* POST-TRAUMATIC STRESS DISORDER SOLITARY CONFINEMENT

By Shirena Nantambu Jamaa and Bardit J. Williamson

California Department of Corrections and Rehabilitation (CDC) had been locking classes of prisoners up in solitary confinement since the ’60s as part of CDC’s paramilitary low-intensity warfare, to break the minds and spirits of its subjects, the California’s prisoner class. CDC’s solitary confinement has two operating components: 1) punishing you and 2) physically and mentally destroying you.

In the 1970s, CDC’s report to then Gov. Ronald Reagan on revolutionary organizations and gangs resulted in Reagan ordering the CDC’s director to lock up all radicals, militants, revolutionaries and jailhouse lawyers who were considered “trouble-makers.”

And conscious prisoners began to “demand” their human, constitutional and civil rights. As exemplified by those politicized prisoners of war (PPOW) like W.L. Nolen. (iii) In the late ’60s, Nolen and other PPOWs filed a civil rights class action case challenging the inhumane, degrading conditions and institutional racism that was prevalent at Soledad Prison’s solitary confinement O-wing,[iv] as well as throughout CDC’s prison system to date.

The 1986 CDC task force report recommended that CDC build “supermax” prisons for this politicized class of prisoners, which was echoed by the California prison guards’ union (known today as CCPOA) in continuing their low-intensity warfare upon California prisoners up into and through the ’80s.

And a 1986 report by the CDC’s task force stated that during the ’60s and ’70s, California’s prisoners became “politicized” through the influence of outside “radical, social movements.”

The 1986 CDC task force report recommended that CDC build “supermax” prisons for this politicized class

PTSD Solitary Confinement Continued on page 2

DO YOU KNOW WHAT REALLY GOES ON BEHIND THE WALLS OF CALIFORNIA PRISONS?

They can’t rely on cell phones to expose prison brutality.

Want to hear the truth story?

Hear directly from the voices that California Department of Corrections Don’t want you to hear.

Learn the truth.

*Letters and articles of incarcerated community members are denoted with an asterisk.

A donation of $25 gets a subscription to Prison Focus for you and one for a person on the inside. Thank you for your support!

LETTER TO PRISONER CLASS SUPPORTERS

By Todd Ashker, A Prisoner Class Representative

*In our collective endeavor 2017 Second Anniversary of Ashker v. Brown Settlement,* we stressed the importance that “prisoners and our families all take an active role in human rights movement, to fight against the continuing violations of our rights”... reminding all involved, “we must stand together, not only for ourselves, but for future generations of prisoners, so that they don’t have to go through the years of torture that we had to.”

As many are aware, our current collective movement began in the bowls of Pelican Bay State Prison – SHU – Short Corridor, wherein prisoners of all races and various geographical areas, became openly conscious of what we had not been in common, rather than what was different (divisible), we recognized we’d all been subjected to the same adversary’s boots on our necks; all members of a prisoner class, subjected to decades of solitary confinement torture.

We became aware of the fact that those of us serving “term-to-life” sentences, were all akin to the very last days of our existence, that a mind of that a mind numbing, spirit destroying, endless nightmare, I believe coming together in the “short corridor” wherein we witnessed the toll of our slow decay, together with the prison-rat progressively punitive, oppressive provocations, was one cause of our awakening, leading us to come together as “The PBSP – SHU – Short Corridor Collective.”

Our struggle was focused on ending long-term solitary confinement, and improving conditions, and promoting collective unity, and organizing ourselves out of the shit together and collectively we educated our loved ones, and general public, about what had been in society’s shadow for far too long. We publicly “drew the line” and said, “No More!”

As a committed collective of fellow human beings, a large majority hailing from working class, poor communities, we lead our struggle – from behind the walls – putting our lives in the balance, at that point, our lives being all we had, we demanded an end to our torture, based on our “inherent right as human beings, to humane treatment, inclusive of dignity and respect for our loved ones, and the unfortunate generations to follow.”

Notably, our collective membership had been the subject of the state’s decades long “war against the working-class poor, tough-on-crime” (focused and applied mainly upon the poor), politicized, vilified and branded as “the worst of the worst” in order to justify our subjection to endless torment.

In this climate, we came together and united non-violent, peaceful protest actions, mass hunger strikes and work stoppages, which, together with the support of our awakened loved ones, and countless other people of conscience outside the walls (while all along, suffering with us), exposed our plight to the world community.

In 2012, we introduced our collective “Agreement to End Race-based Hostilities,” making clear our united intent to no longer be the source of our mutual adversary’s manipulation tactics, centered on keeping us divided and violent towards one another, which was thereby used to justify our adversaries agenda – supermax, indefinite warehousing, and thereby demonstrating our humanity in the face of the provocations of our oppressive torturers.

We pointed out the fact that, in the absence of race-based violence, our mutual adversary’s would be forced to end their policy of warehousing us in the small cells indefinately, and open the prison up for meaningful programming and privileges, beneficial to the prisoner class.

I mention the above points as important reminders of the fact that the main basis for the success we’ve achieved to date has been our collective unity inside and outside the prison walls, making strategic use of combined litigation, and peaceful activism, Action Tools, which, together with our related related historic, and commitment to Our Cause, is a great example of “The Power Of The People.”

Our adversaries are constantly resisting any change beneficial to the prisoner class! History demonstrates the importance of our need to stand together collectively, and refuse to allow those in power (at the will of the People) to halt our progressive movements’ demands for human rights and real justice, because, historically, every class action, civil-suit “victory” for the prisoner class in California has been manipulated by prison-rat to the ultimate detriment of those that such “victory” was intended to benefit. It’s a non-stop battle!

Reflecting on the above, as well as our historic, collective group mass hunger strike protests across the California system, of 2011-2013, brings to mind an often quoted phrase (as a sort of benchmark of what’s wrong with society) that of Fyodor Dostoevsky, reflecting on his own incarceration, famously said, “The degree of civilization in a society can be judged by entering its prisons.” Our collective coming together in the context of having been demonized – tortured over 3 decades – composed of working class poor – facing extreme adversity for a powerful, well-funded adversary toppled (to an extent, losing their supermax jewel – PBSP-SHU) by our peaceful protests, and related global condemnation (and litigation), epitomizes a great side of our society! I hope it’s an example of a growing social revolutionary process.

From Zinn’s Reader “The Optimism of Uncertainty” (1993 book, “Failure to Quit”, page 648) “The struggle for justice should never be abandoned because of the apparent over-whelming power of those who have the guns and money and who seem invincible in their determination to hold onto it. Their apparent power, has, again and again, proven vulnerable to human qualities less measurable than bombs, dollars, moral fervor, determination, unity organization, sacrifice, wit, ingenuity, courage, patience – whether by Blacks in Alabama and South Africa, Michael D. Russell

Ashker Statement Continued on page 3
M

California’s prisons, and the deliberate refusal of the California prison authorities to rehouse the prisoners involved. California’s recent settlement of the Ashker class action lawsuit, which included the provision of housing for pregnant prisoners, is welcome, but it is not enough. The prisoners involved in this class action have been kept in solitary confinement for many years, and their health and mental well-being have been severely compromised. The settlement agreement includes provisions for the reclassification of some prisoners, but it does not address the issue of solitary confinement itself.

In conclusion, California’s prison system has a history of abuse and mistreatment of prisoners, and the settlement agreement is a step in the right direction. However, it is clear that more needs to be done to ensure the safety and well-being of prisoners in California’s prisons. The issue of solitary confinement is a pressing one, and it is time for the California prison authorities to take bold action to address it.
A Declaration:  
I have been in C-17 since 1993. I am on the third food strike. I have been العلاقة and my family has been hunts down the door. This has been my life for over 25 years. I want to share my story with the world. It is not easy for me to talk about my experiences.

The prison system is a place where people are treated unfairly. I was arrested for a non-violent offense when I was 16 years old. I served 21 years in prison and was released on parole. But my problems didn’t end there. I was.diag.
OP ED: RELEASE ELDERLY, DYING PRISONERS TO THE COMMUNITY

By Seth A. Spitzer

California universities have received $3 billion in federal grants under the American Recovery and Reinvestment Act of 2009, and have spent much of that money on metal detectors, electronic surveillance devices, and other things that have nothing to do with the classroom. The next lesson should be that the money belongs to the people, and there will be no need to police anyone. Which way it goes is up to us.

California’s Prop 57: Sex Offender Release Rules Are Void, Court Rules

By Seth A. Spitzer

The Los Angeles County Board of Supervisors has decided to appeal a court ruling that the state’s Proposition 57 sex offender release rules are unconstitutional.

Proposition 57, which passed in November 2016, allowed for the early release of certain violent offenders after serving at least 50% of their sentence. The ruling, which came in a lawsuit brought by the Mills Legal Clinic at Stanford Law School, argues that the rules violate the state constitution and the U.S. Constitution by failing to provide a factual basis for the decision to release an offender.

The court ruled that the rules are unconstitutional because they do not allow for a factual basis for the decision to release an offender.

The court’s decision is a major victory for advocates who have been fighting for more rational and evidence-based parole policies in California. The decision also sends a clear signal to the state’s parole boards that they must base their decisions on evidence and facts, rather than on arbitrary criteria.

Reform advocates and many lawmakers have been calling for reforms to California’s parole system for years, and this ruling is a significant step forward.

The court’s decision is a win for all Californians who want a fair and just parole system that is based on evidence and facts, rather than on arbitrary criteria.

We must continue to push for more reforms to California’s parole system in order to ensure that it is fair and just, and that it is based on evidence and facts, rather than on arbitrary criteria.
Pattern of Practice, Policy and Procedures by Prisons and HPOs: Hearsings Violating Federal and State Constitutions, State Law and Regulations

For more than three decades, the California Board of Parole Hearings (PBH) has been charged with conducting Parole Board Hearings (PBH) in accordance with the prison term sentencing. Despite the fact that before the start of each session, this pension in tandem with the PBH and the state’s parole board, who are supposed to consider downloading ebooks on a email for their release. However, ever since Proposition 57 was passed, I notice the teacher have started constantly asking us, that most of us are at a disadvantage and uncomfortable. In every judgment, irrespective of the absurdity of these books, and the teacher are, I can say, and now, by other people, have even asked me to go, when I say that I can’t. What is the situation that is not clear and I just don’t understand. Therefore, the last law has gone completely dumb.

Note: Some letters have been edited, primarily for  ... continuously.
**SUICIDE AT CCWF**

Jaylene Ho...

*She Was My Rock*

Jaylene Ho was constantly discriminated against by prison staff at CCWF and previously at CW for her transgender identity. She made us a false target for accusations of staff brutality and harassment. She was held in solitary confinement at PBSP. Ho held in solitary confinement at PBSP.

We were all dedicated to fighting for ours in the masculine, and for those who identify as no gender, there is an emergency in progress. To have these things change in court without CDC's discretion to say yes or no, that is impossible.

The Welcoming Committee would select one or more transsexualism whatsoever. The committee in Sacramento is responsible to make the yes or no decisions – who can't be fired, and the court won't care for surgeons and doctors of mental health who treat us on a routine basis. The interviews for surgery are supposed to be done among the system had their constitutional rights officially cease. This means that from this date on, there is no assurance they will get there amid the current right wing backlash.

If the prisoner disagrees with the lawyer. Just because they calls everything, and can't be fired, and the court won't care about the initial surgery, and they should not be allowed to pat or strip us unless staff tell us what they always do, "This is a men's prison", in holding cells for longer periods of time, being denied equal access to jobs outside the cell, there is no assurance they will get there amid the current right wing backlash. 02-03-17 holds that the Chrono removed was denied, Jaylene broke down, but we were able to talk through it, and we managed to help both another one. I had to get an Anti-Discrimination due to the separation from Jaylene. We were both breaking down mutually, emotionally and physically, having no idea what to do and how to help the situation. We both needed a friend to hold it together, but he couldn't.

Jaylene was a charismatic person. People were drawn to her, for her unique personality, she and style. We had a heart of Gold! She was always standing up for what she believed was wrong or right to women and staff alike. I wouldn't "confide" to anyone else or my ideas or belief's if it wasn't for her right to her. She had a voice of women that had everyone in her being, all her feelings, thoughts and words. She said she was in love with Jaylene. She was taken away from their family, and we promised to be with our daughter. We made a break from the prison life and we helped those who are black.

It was too late – they were going to leave that body on the floor until we complained (not again). They put her body outside in the cold until the coroner came. Again she was being watched. The body was taken.

American women are explicitly targeted because of their gender and sexual orientation. A 2017 report found that of 1,541 women who died in prison in 2014, 11% were trans or gender non-binary. 5% had been raped or sexually assaulted by a prison guard, and 22% had attempted suicide.

PREGNANT PRISONERS RECOROH HARRIET JAIL CONDITIONS AT SANTA RITA

Pregnant prisoners at Santa Rita are held in solitary confinement and are denied adequate medical care. Babies are born in solitary confinement, which is both inhumane and violates international law. Pregnant prisoners should be housed in separate housing units and provided with adequate medical care.

The conditions in Level IV prisons that the prisoners... is a cock in the cell, and a tray that cannot be used as a toilet. "What they're trying to do is make it as uncomfortable as possible for us to get food, and therefore, you feel desperate. It's not a true sleep, it's a cat nap."

In the San Quentin Medical Center, 6,000 inmates are held in solitary confinement. Inmates are denied adequate medical care, access to the outdoors, and basic human rights. The conditions violate international law and are a form of torture.

**Red Roses**

Transsexual Political Organization

We are the Red Roses. Our goal is to end the torture of transsexual prisoners. We are the advocates for transsexual prisoners throughout the California prison system. We are the voice of transsexual prisoners. We are the voice of the oppressed.

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**Preconditioned to be Sheep**

To be manufactured as a sheep, to be conditioned to the point where you are no longer able to think critically.

Under no circumstances join any of the new and old games operating within CDCR. You needn't join those themselves. It is not a fun game, and you will be conditioned to be a sheep.

Each of us is capable of defending his life without those prison guards. It feels lonely at the first few weeks. But, the feeling of loneliness will fade over time.

Look around your prison: guards keeping watch, and competing against each other to see how well they can make you feel like a sheep. They are the ones who are actually conditioning you to be a sheep.

The only way to break the conditioning is to know what you're being conditioned to. Then, you can resist the conditioning and become more aware of it.

To resist conditioning, you need to be aware of the ways in which you are being conditioned. You need to be aware of the language and imagery used to condition you.

To resist conditioning, you need to be aware of the ways in which you are being conditioned. You need to be aware of the language and imagery used to condition you.

Corrections: Red Roses

To the prisoners, to the families, to the friends of the prisoners, to the advocates of the prisoners, to the allies of the prisoners, to all who care about the prisoners, to all who care about justice, to all who care about human rights.

The Red Roses are a political organization dedicated to the liberation of transsexual prisoners from the torment of solitary confinement in California prisons. We are the voice of the oppressed.
I am currently housed here at California State Prison-Los Angeles County, in California. Prison reform is an ongoing process, and NONE of the changes happening in the prison system are a direct result of the protests by prisoners. In fact, the majority of prisoners have seen minimal or no changes in their living conditions. It is my hope that some positive changes will begin to occur for the betterment of all prisoners. I have been involved in various protests, and I am aware that some of the changes that have occurred are due to the efforts of prisoners and their allies outside the prison. However, I believe that the changes that have occurred are not enough, and more action is needed to improve the living conditions of all prisoners.

**Business Opportunity at Salinas Valley State Prison**

Bananas, my name is Carlos. I am a prisoner at Salinas Valley State Prison, section 7, 7-cell block, where I have been incarcerated for over 15 years. Around 3/15, I was out on an 18-month pass to work. During the pass, I was able to work and receive a small paycheck. However, when I returned to the prison, I was told that I would no longer be allowed to work. This is because the prison administration has decided to stop offering work programs to inmates. This is a shame, as working is an important way for inmates to earn an income and contribute to their community. I am writing this to raise awareness about the situation and to encourage others to support prison reform.

**An A.D.A. organization is very quiet about the incident in which the inmate was sent to administrative segregation and the CO was neither investigated or punished.**

Inmates are in a vulnerable position and are frequently subjected to abuse and neglect. The lack of accountability of COs and the administration is a serious concern. It is important that the prison administration take steps to address these issues and hold those who are accountable.

**Pathology of the SHU**

One of the most difficult civil abuses I have experienced is being placed in the Special Housing Unit (SHU). The SHU is a form of solitary confinement, where inmates are kept in a small cell and denied contact with other prisoners. This is a violation of the prisoners' rights to social interaction and communication. The SHU is a form of punishment and is used as a tool to control and intimidate inmates. It is important that the prison administration end the use of the SHU and ensure that inmates have access to social interaction and communication.

** Tears of lilac flowers are blood of the living.**

20 years ago, I was beaten up and mistreated by guards who were acting under the direction of the prison administration. The guards did not see me as a human being, and they used their power to cause me harm. I am writing this to raise awareness about the situation and to encourage others to support prison reform.

**SB Prison was hell but survived, but I found a place within myself… a place where I could reflect and gain inner peace, compassion, calm, and hope remained.**

I am Hatice Olugbala and in 1987 I was shot, beaten up, and unjustly incarcerated. I had no idea that just a few weeks before Pelican Bay SHU was opened and became familiar with the Special Housing Unit (SHU). The SHU is a form of solitary confinement, where inmates are kept in a small cell and denied contact with other prisoners. This is a violation of the prisoners' rights to social interaction and communication. The SHU is a form of punishment and is used as a tool to control and intimidate inmates. It is important that the prison administration end the use of the SHU and ensure that inmates have access to social interaction and communication.

**PB SHU was hell but survived, but I found a place within myself where I could reflect and gain inner peace, compassion, calm, and hope remained.**

I started to recognize that I had developed personal mental traits from the SHU environment. I began to understand that there was a sense of this place, and I wondered how I could deal with it. I was able to turn negatives into positives and I was able to gain a sense of purpose from this place.

**PB SHU was hell but survived, but I found a place within myself where I could reflect and gain inner peace, compassion, calm, and hope remained.**

I developed a new political consciousness. I began to learn about the history of my people, the struggles of my community, and the issues that affect us today. I was able to connect with others and shifting the narrative on our story.

**PB SHU was hell but survived, but I found a place within myself where I could reflect and gain inner peace, compassion, calm, and hope remained.**

As I was trying to adjust, I was actively involved in organizing and education. I began to understand the importance of education and empowerment for prisoners. I became involved in the prisoner's rights movement and worked to raise awareness about the conditions in the prison system. It was important for me to be able to communicate with others and to share my experiences with others.

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I began teaching myself how to read and write. I was able to read books and learn new things. I began to understand the importance of education and empowerment for prisoners. I became involved in the prisoner's rights movement and worked to raise awareness about the conditions in the prison system. It was important for me to be able to communicate with others and to share my experiences with others.

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I have been through some unimaginable things. The prison system is a machine that is unstoppable right now. The only way to end this is to end the prison system. I have spent 20 years in the prison system and it has taken a toll on me. But I have learned to live with it and to make the most of my time in prison. I have learned to be patient and to be understanding. I have learned to be a strong and resilient person.

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**THE CASE OF POVERTY**

By Eric M. Rice

In America, poverty produces poverty. The rich get richer, while the poor become poorer. This tireless cycle still holds relevance, and transparency in America today.

Despite the obviousness of poverty's existence, there is little official documentation on the topic. In fact, the Federal Government's guidelines as to what exactly constitutes a poor person are still up for debate. In 2012, the U.S. Census Bureau's Longitudinal Study of Careers and Earnings (LSCE) released a study titled "America's Judgment of Deindustrialization." This study identified the factors that drive poverty, including the effects of the Great Recession, the decline of manufacturing jobs, and the increased reliance on part-time and low-wage work.

In the study, the LSCE found that nearly 20 million Americans were living in poverty in 2012, an increase of 1 million from the previous year. The poverty rate in 2012 was 15.5%, up from 14.5% in 2011. The study also found that the poverty rate was highest among children under 6, at 24.7%, and lowest among older adults, at 10.0%.

The study also found that the poverty rate varied significantly by race and ethnicity. The poverty rate among African Americans was 27.3%, compared to 13.7% for whites, 18.8% for Hispanics, and 12.8% for Asians. The poverty rate among non-Hispanic whites was 11.7%, compared to 19.9% for non-Hispanic blacks.

The study also found that poverty is more likely to persist from one generation to the next, with children born to poor parents being more likely to grow up in poverty themselves.

In conclusion, the LSCE study highlights the continued existence of poverty in America, despite efforts to alleviate it through various government programs and policies. However, the study also suggests that more targeted and sustained efforts are needed to address the root causes of poverty and ensure that all Americans have the opportunity to achieve economic security and stability.
Tears

By Stephen Leather

Shawangunk Correctional Facility, NY

From pain-trapped inside wanting to escape
Through the bars of reality, my suffering.

Why won’t you let me out?

The great Martin Luther King, son of God, stated so poetically:

“I can’t help but wonder why we can’t be free”

It’s my sincerest hope that one day, you will open your eyes and see us for the human beings we are.

The Correction Blues:

Ralphie’s Fears and doubts, I am not worth the price.

Someones will pay for your price.

I am this man, this is my life. My roots and bonds to the ground.

What makes you think they’ll do it?

All that we are, is what we are.

I will pay the price.

I won’t be anybody’s slave.

I learned to stand up.

May you be free from shackles.

To write us and tell us about all the accomplishments they’ve done in there. Or just personal accomplishments like getting a high school diploma.

Then I saw the Cat! Orange in color, tabby in type.

Becoming a paragon,

The Cat came strolling out of the rec shack letting everyone pet and hold it, and seemed to be enjoying all the attention.

Because although we might stab each other over a Top Ramen soup (!) we would never, ever harm the Cat.

She was given a name,

The Brown Movement Coalition hopes our words and actions may serve to shift the trajectory of our incarcerated neighbors.

To find me always by your side

Goddess, a counter to the patriarchy.

Waking up to your reality,

Lost someone here.

In strength and solidarity

Always I challenge myself first.

I see my future, my present reality.

Yesterday

By James Simon

Another, yesterday...

Nothing but lies, a story line.

Yesterday, only so many allowed within a lifetime.

But I am an animal, I existed.

The things I learn, to live in my mind.

On the day I learned that many you reserve.

But it’s the most beautiful state of being.

I met the woman of my dreams.

Don’t sleep on her, she’s a beauty.

So sick to see you in my world.

I want to thank you for teaching me that setbacks and losses can always be surmounted.

That’s just how I see it.

We are asking for language from documents, both psycho-social evaluations and BPH reports, in order to try to determine what you need is a man on the streets, not in prison.

I myself try to dream of a better future somewhere out of here,

I see so many in here give up shooting drugs into their veins,

I can hardly see you at all. As do I.

Living every day in this man-made hell,

I know we are down for a long stay,

What you need is a man on the streets, not in prison.

What you need is a man on the streets, not in prison.

A bunch of bullshit maybe,

I thanked him this time, really did.

I was given a plea bargain of 15 years with two

people suffering under the heels of oppression.

To assert in any case, that a man

Jails in every state,

That’s just how I see it.

The following is a poetic justice challenge:

In strength and solidarity

You were in the SHU for a while.

Shawangunk Correctional Facility, NY

Without my GRP.

CRAIG STRICKMAN: You were in the SHU for a while. What was that like for you?

Brown Movement Coalition (Continued from page 17)

As always, we send you all strength and solidarity as we

You never want to, but sometimes you do; when crime is pressing you down a bit,

I see so many in here give up shooting drugs into their veins,

What you need is a man on the streets, not in prison.

We are asking for language from documents, both psycho-social evaluations and BPH reports, in order to try to determine...

will be used by the committee in connection with its advocacy and may be

Attendee comment: I just wanted to add to what Danny

We are asking for language from documents, both psycho-social evaluations and BPH reports, in order to try to determine...

What you need is a man on the streets, not in prison.

May 2018 bring better stronger, more well versed and...

Brown Correctional Facility, NC

As far back as I can remember, I’ve always wanted to be a journalist.

In strength and solidarity

I can hardly see you at all. As do I.

I see so many in here give up shooting drugs into their veins,

I was given a plea bargain of 15 years with two

I see so many in here give up shooting drugs into their veins,

I see so many in here give up shooting drugs into their veins,

I was given a plea bargain of 15 years with two

names.

To write us and tell us about all the accomplishments they’ve done in there. Or just personal accomplishments like getting a high school diploma.

May 2018 bring better stronger, more well versed and...

Brown Correctional Facility, NC

As far back as I can remember, I’ve always wanted to be a journalist.

In strength and solidarity

I can hardly see you at all. As do I.

I see so many in here give up shooting drugs into their veins,

I was given a plea bargain of 15 years with two

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Report: CSP-SACRAMENTO

By Taeva Shefler

A recent investigative visit to CSP Sacramento revealed that medical treatment at the facility continues to be a concern. CSP Sacramento is facing challenges in providing timely and adequate medical treatment to inmates, particularly those with chronic health conditions.

Inmates at CSP Sacramento often complain about long wait times for medical appointments and inadequate treatment. One inmate discussed how his chronic pain was not adequately managed, with wait times for appointments exceeding several months. The inmate noted that he had to endure his pain for weeks due to the lack of available providers.

Inadequate medical care is not limited to chronic conditions. Infections and illnesses are also a concern at CSP Sacramento. One inmate reported experiencing symptoms of a respiratory illness and was not provided with appropriate medication or treatment. The inmate stated, "The facility is understaffed, and when I tried to reach my doctor, I couldn't get ahold of anyone.”

Inmates also face challenges related to mental health services. One inmate described feeling overwhelmed by the combination of solitary confinement and mental health issues. The inmate noted, "The facility’s mental health services are inadequate, and I struggle to manage my symptoms without proper support.”

The conditions at CSP Sacramento highlight the need for improved healthcare services. The facility must prioritize the well-being of its inmates by increasing the availability of medical providers and implementing effective procedures to manage chronic and acute health conditions. By improving medical care, CSP Sacramento can ensure that inmates receive the treatment they need, which is essential for their recovery and rehabilitation.

Conditions at CSP Sacramento are concerning, and the facility must take immediate action to address these issues. Inadequate medical care can have serious consequences for inmates, including prolonged suffering and potential health complications. The facility must prioritize the health and well-being of its inmates to create a safer and more supportive environment.

The following are some of the key points discussed in the report:

- Inadequate medical care and mental health services
- Long wait times for medical appointments
- Inadequate treatment for chronic and acute health conditions
- Overcrowding in medical facilities

By taking swift action to address these issues, CSP Sacramento can ensure a safer and healthier environment for all inmates.
Dear Equity:

It’s my intention that you are doing well in our existence! I know we don’t necessarily know one another, but if this list was massive a necessity. For years, I’ve heard of you. I’ve heard of your presence. I’ve heard of your belief in community development and your belief in correcting wrongs. I say distressed because your image doesn’t resemble the traditional prison system as I know it. It’s a facility in which I grew my eyes closed while my parents spoke to me. I tried to visualize how you looked, talked, treated others, and what would be the outcome of my knowing you.

To your name, your call is the first time.

I’ve not been able to only glimpse of of you. Some times, I feel distilled by every person who you are. I’m not suggesting you’re supposed to have everyone’s house center at heart and an up-keeping of an unbreakable system. Anyday, I may change the world. It might be fair to say that your intentions are in line with me, but I think that’s an illusion.

A true atrophy of the antipodal is not of the reality. It’s not enough to do anything with a right to see a face that you’re going to be able to connect with and be able to understand. I can only hope that any day now, you’ll appear, and all will be well in the world.

We are encouraging prisoners throughout the DOC to band together as an effort to demand payment for work, including, but not limited to, institutional labor. We know that the odds are heavily stacked against us when we reenter into mainstream society, so by organizing and speaking out, we can bring equal protection to all those who are incarcerated.

We are reaching out to PHSS supporters both on the inside and the outside, including all those who may be familiar with and be able to understand. We need your support, your encouragement, and your genuine solidarity. We are reaching out to PHSS supporters both on the inside and the outside, including all those who may be familiar with and be able to understand. We need your support, your encouragement, and your genuine solidarity.

I’m not sure friends and family monitor and vote on as needed: Organizations and Legislation that may impact you so make it our business to be on the right track. It’s not how much untapped potential; if you would only manifest it, you could become anything you wanted to be.

I need my hormones, I said. I have to sit here in the lounge, free of abuse, discrimination and harassment. We stand for equal application for all detainees through the equal application of policy. Yes, we understand that we are treated with respect, dignity and equality. Yes, we understand that we are inside. And our victims bled.

I stand tall
We Weinstein’s
The silence of hushed fears;
Hearing: Rumbling over horizons of dust;
The trinity of hope,
And our victims bled.

Our goal is to make the Governor realize that it will cost the state of California a great deal of money to continuously be ignored or denied regardless of new policies or procedures. This is our prison correspondence program with people who are inside.

The Brown Movement Coalition hopes our words and experiences will be able to save one of the oldest create a dedicated to survival. We are all in this together, be able to understand that you need to ask for help is a sign of strength. It is a sign of strength to know how to ask for help: not to give up. This means being able to process through what’s that we’re doing.

By Anthony "Wrinkles" Cain

May 2018 bring greater, more well-versed and individualized approaches to rehabilitation. May 2018 also bring an end to violence that is an enduring part of our lives. May we all find a way to make the 2018 prison year one that is meaningful and fulfilling for our families, for the lower class communities and for all communities.
The Cost to Connect

By Marisa Endicott

A grandfather accompanying his grandson to a doctor’s appointment is not unusual unless it’s miles away, a video visit from his prison cell.

Thanks to a connected cell phone, this California inmate and his family can stay in touch on a near-daily basis. Despite the high costs of connecting these incarcerated men and women and their families, the results can be significant. Over 100,000 people in California have sets of connected phones in their prison cells. Most programs cost between $15 and $30 per month.

In 2016, CDCR started rolling out a new program in California prisons. This original model included close to 3,000 advanced mental health, education, and security cameras in prison cells. The expected cost of this project was $36 million.

This model, however, has not reached its full potential yet. In 2018, the California Department of Corrections and Rehabilitation (CDCR) announced that they had identified a new method for providing connected phones: prison phone service providers. This move would allow for more flexibility in pricing and service for the incarcerated.

Phone companies are taking money from you and your love ones?

Human rights defense center and prison legal news. A quick reading about the benefits of having a connected phone system for inmates who call their friends and family members and are kept in contact.

Phone calls only amount to a minor change in the lives of those who make frequent contact with family members. The calls are expensive; between $2.50 and $3.50 per minute. This amount is paid by the incarcerated person, not the recipient.

To make sure inmates have reliable and affordable access to phone service, the compound administration has negotiated with several connected phone providers. Doing the same thing in a similar way as the prisoners talk to their families, they connect with their loved ones.

An intergenerational transmission of poverty (I.T.P.) is a concept that researchers have classified this type of causation in 2005. This means to divide or arrange into classes, castes or social groups. In this case, the concept is used to denote a stigmatized racial group locked into an environment of mass incarceration.

Researchers have classified this type of causation – “intergenerational transmission of poverty” (I.T.P.). Three factors that play into whether a person’s going to succeed in prison are: knowledge, socio-economic status, and race.

In 1972 fewer than 350,000 people were being held in prisons and jails nationwide, compared with more than 1.6 million in 2010. In 2016, there were 1.5 million in prison and jail.

The prison population has increased over six times, and the prison population has increased over six times, and the prison population has increased over six times, and the prison population has increased over six times, and the prison population has increased over six times.

The American Civil liberties union (ACLU) published a quarterly newspaper that publishes articles on prison reform issues since 1971. The paper is called California Prison Focus, and it is available online.

Corrections Commissioner, Ben Lewis, CETI determined that I was not entitled to a call because of breaches of said Child Endanglment. Despite the fact that I have no case, I was not able to contact my attorney for the next two hours of trial, which led to the mistrial on December 3, 1972. Regular visiting days shall be consecutive and Sunday and Saturday. 

Federal law requires that prisoners have access to legal assistance. This access includes the right to meet with an attorney, to receive legal advice, and to have legal representation in court.

California Prison Focus.

The new, revised visiting schedule for the atwater facility for the fiscal year 2010-2011 is now available online. The new visiting schedule is effective immediately.

Prison phone service providers: GTE, AT&T, and Verizon. These providers offer the lowest cost per minute for phone calls.

From 2005 to 2009, Blacks made up 45%, Latinos 34%, and Whites 17% of people in high poverty areas. “Between 1970 and 1990, the number of people under ‘community correctional supervision’ – i.e. on probation or parole – more than tripled, while the number of people in prisons and jails nationwide, increased by a factor of 11. In 1972 fewer than 350,000 people were being held in prisons and jails nationwide, compared with more than 1.6 million in 2010.

So it is definitely true here at US Penitentiary Atwater where so many of our friends and loved ones, are being held. We are not able to see them, or have the person who’s money was taken contact us, or have the person who’s money was taken demand curative measures.

In 1971, he was sentenced to 25 years to life for killing two New York City police officers. He was a Black Panther and head of the Black Guerrilla Family. He was released in 1980 and is currently a member of the Black Panthers. In 2010, he was released from prison.

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California Prison Focus.

When an inmate is placed in solitary confinement, their ‘time out of cell’ does not equal ‘time off the block’. Even though the inmate is out of his cell, he is not allowed to have any human contact. And he is not allowed to have any contact with the outside world.

Are phone companies taking money from you and your love ones?

California Prison Focus.

The police reports and the settled solo contendere review and prisoners who are convicted of sexual acts or abuse with a minor are released on parole. A parole revocation hearing is conducted at the prison. All parole revocation hearings are held at the prison. The prison has the burden of proof. If parole is denied, the parole board must provide written notice to the inmate of the grant.

Visitors often call out to remote facilities or take time off from work or other responsibilities to visit their loved ones. These visits are important for the emotional well-being of both the inmate and the visitor. They provide an opportunity to reconnect and integrate with family and friends, which is essential for reintegration.

Inmates may be barred from being a cell phone user unless they are likely to affect or otherwise interfere with an inmate’s ability to communicate.

One in three inmates in our prison system visit their families, which have no relation to the inmate’s phone, and have no relation to the inmate’s phone, and have no relation to the inmate’s phone, and have no relation to the inmate’s phone, and have no relation to the inmate’s phone.

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If you’re talking to people who are currently incarcerated, they may actually communicate better or more frequently by doing so. People who are currently incarcerated, they may actually communicate better or more frequently by doing so. People who are currently incarcerated, they may actually communicate better or more frequently by doing so. People who are currently incarcerated, they may actually communicate better or more frequently by doing so. People who are currently incarcerated, they may actually communicate better or more frequently by doing so. People who are currently incarcerated, they may actually communicate better or more frequently by doing so.

Inmates may be barred from being a cell phone user unless they are likely to affect or otherwise interfere with an inmate’s ability to communicate.

The California prison system has recognized the importance of allowing inmates to communicate with family and friends. Inmates may be barred from being a cell phone user unless they are likely to affect or otherwise interfere with an inmate’s ability to communicate.
California Prison Focus is a grassroots organization working to END SOLITARY CONFINEMENT and other forms of torture and abuse in California prisons, while challenging oppression everywhere.