

Welcome to the

INSIDERS

ZINE

-THE-
ULTIMATE
Prison EXPERIENCE

ISSUE #: 1

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**SEE HOW DEEP
THE RABBIT HOLE GOES**

Issue #1 -2022

Cost: FREE

Gifts of funding can be made to the following address...

Joseph Nichols #21647-075
Federal Lock-Box
P.O. Box 474701
Des Moines, IOWA 50947-0001

Money Orders and Checks only. My name and # MUST be on both the envelope and the check/money order.

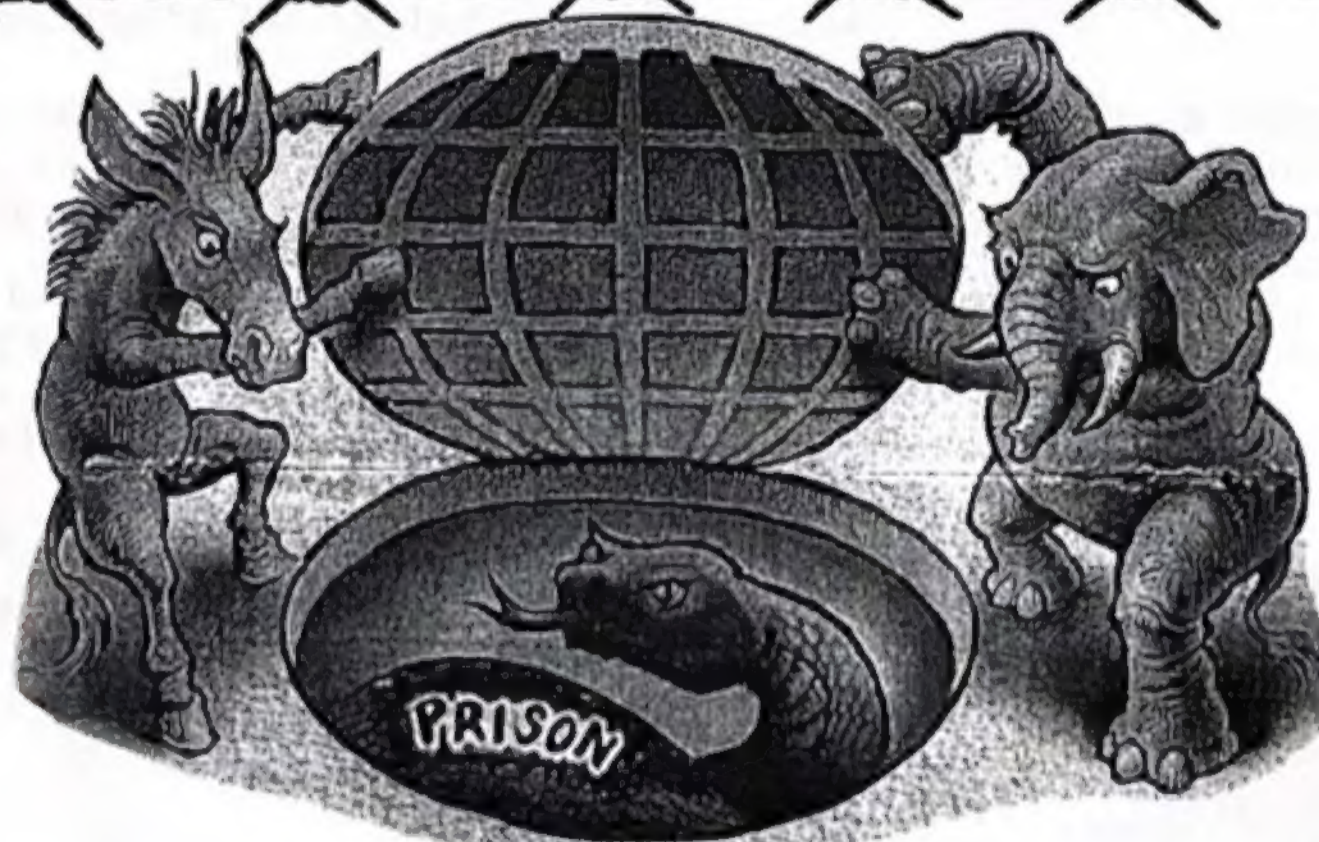
The men who have changed the universe have never gotten there by working on leaders, but rather by moving the masses. Working on leaders is the method of intrigue and only leads to secondary results. Working on the masses, however, is the stroke of genius that changes the face of the world.

Napoleon Bonaparte
1769-1821

WHAT THIS ZINE IS ABOUT:

This ZINE is made by an inmate to inform and educate the public to the gross abuses suffered by prisoners daily.

I do not promote or encourage violence. I do believe that 80 to 90 percent of prisons should be closed. I believe that other means of correction and punishment can and should be found. I believe that America has too many laws and not enough compassion in the courts, and that the powers that be forget that the ones that they are punishing are sometimes a victim as well. I also believe in change. Not only do I believe in it, I demand it.



Feel free to copy and distribute this, in paper form or online, as long as the cost is free and remains free.

Dear Reader,

If you are reading this then that means that you are not incarcerated. Congratulations! This means that you are not a slave.

The 13th ammendment states... "Neither slavery nor involuntary servitude, except as a punishment for a crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction."

Yet the UN drafted the "universal declaration of human rights" which states in Article 4 that "No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms." Is not the United States a member of this? Did the United States not even come up with the idea of the UN? Welcome to the United States of Hypocrisy.

I would like for you to think about this for a bit. Reflect on the news of the protests and riots of the last few years. Of all the declarations of "I CAN'T BREATHE!". Now ask your self this question... "Who do I know that has ever served time in a jail or prison?". Do their lives matter? Well mine does and so does the lives of ALL of the slaves being tortured on a day to day basis in prisons and jails with the games the officals play. Lack of programming, lack of medical care, lack of sanitation and lack of fresh air. I TOO CAN'T BREATHE!

Most people never get to see what goes on inside prisons. You have heard of PTSD? There is a such thing as Post-Prison Stress Disorder or PPSD, and for good reason. Prison is torture. Sometimes subliminal, other times full force. Be it physical, or mental it can't be called anything else.

----- The time now is ripe for anyone wishing to make a change from within, so to speak. Due to the shortage of guards at prisons and jails, People with good hearts and good intentions could seek employment with these places, taking up positions that would otherwise be filled by a corrupt, uncaring and morally lacking guard or prison offical and replacing it with dedication and compassion. It's just my idea, really just a dream I had. But the pay is great and the benefits are beyond belief.

Stay strong and stay free,

YOURS TRULY

Joseph Nichols #21647-075



STOP THROWING AWAY YOUR CHILDREN!

If you're not old enough to drink until the age of 21, why are you old enough to go to prison? Judicial discretion can also allow juveniles to arbitrarily be transferred into the adult courts and penal system. In some instances of drug charges, this is an automatic act. Nine other states also automatically charge youth as adults for a set of other specified offenses. One mistake and this could be your child...

HEY KID...
WHAT YOU IN FOR?

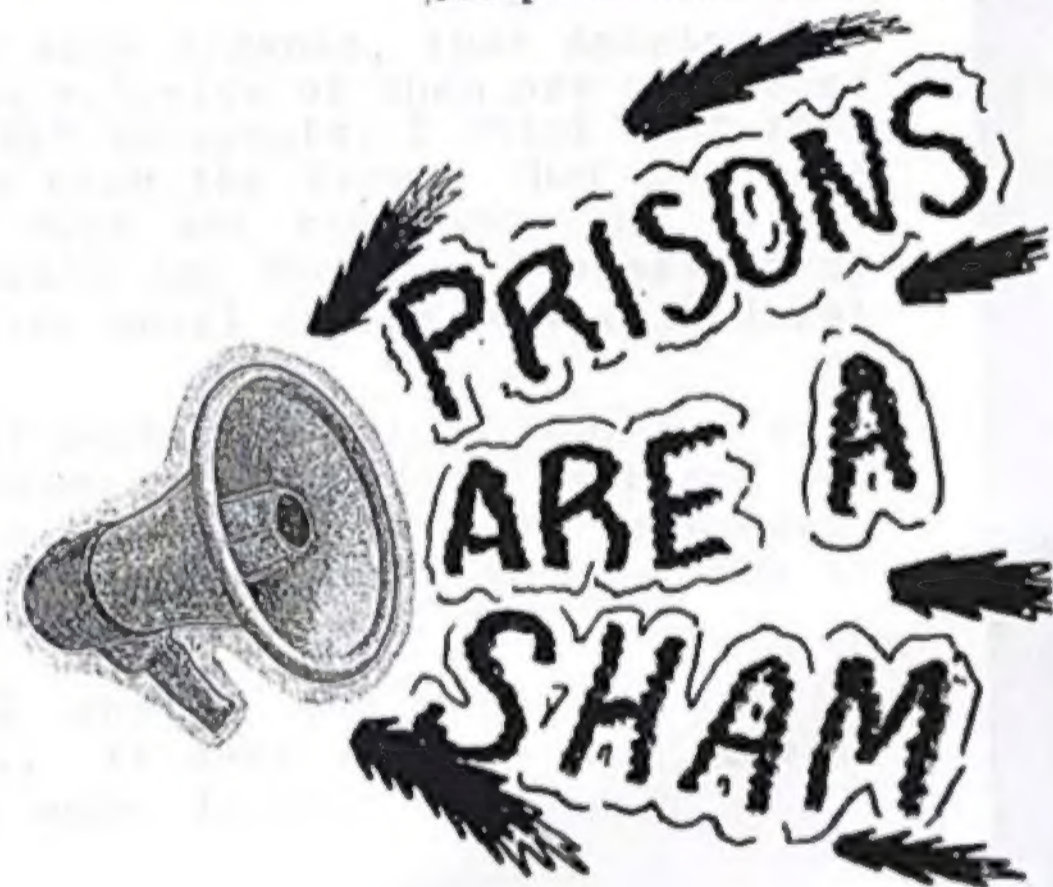


PRISONER REHABILITATION IN THE BOP IS A MYTH

You would think that the BOP would want to lower recidivism what with the lack of staff and the overcrowding issues that plague Federal Prisons and that they would want to give inmates the tools to better themselves. They do not. They upsale overpriced, faulty MP3 players for \$89.00 - these same players sell at Walmart for \$15.00 - and we're told that it is a privilege to buy music and other audio files. The BOP charges inmates up to 31 credits per song/track. At 5¢ per credits, that's \$1.55 per average song/track. It is the average because they have 3 tiers of prices. 31, 24 and 16 credit pricing with the majority priced at 31 credits. They have categories for Audio-Play, Audio-Book, Meditation, Relaxation, Self-Help, Etc. and as you can see, the potential is there. The content, however, is not. Instead, under "Self-Help" they have an album called "Godnat Baby" with tracks such as "Oles Nye Autobil" and "Byssan Lull", and would seem to be only a disrespectful joke on the part of the BOP aimed at the very inmates they are tasked with helping. If they truly want to rehabilitate inmates, they would offer Audio Educational Courses, Self-Help, Peptalks, Podcasts and more... And if not for free then for atleast the cheapest price possible. As you may have noticed, the BOP only sells and there is no 4th tier for free content. This alone should show you the BOP's true motive and intentions. I wonder if the Artists whose music they sell even get paid? Artists such as Taylor Swift, Travis Scott, Bob Seager, Eminem, and many others. I wonder if they are being screwed by the BOP as bad as inmates?

What I and the other inmates would like to see are free or low cost classes, from 1st grade through College as well as vocational courses, religious courses, language learning courses and a large selection of various self-help topics. I would also like to see a selection of fiction and non-fiction audio books, including AA/NA literature and religious texts of all demoninations and faiths. But no, the BOP doesn't want to do that. They would ruin their cash cow that way by making it so we have the tools to better ourselves. It would cost too much money. But where did the \$458.00 go that I spent on my 300 songs? Certainly not back into getting better content. Absolutely not into rehabilitation. The BOP only looks for ways to save money or make money, all so there is more to not reinvest into lowering recidivism.

Joseph Nichols #21647-075



Section 1. Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction.

SLAVERY STILL LEGAL IN AMERICA?!

**The United States Constitution
Permits Slavery in Prison...**

AMENDMENT XIII

Section 1. Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction.

For those of you who think that Abraham Lincoln abolished slavery, I must tell you that you are wrong. Most classrooms in the US say that he did. It is a Lie. A lie of omission. The wording says "except". Read it yourself above as copied from the 2022 World Almanac.

So that means that, according to the same Almanac, that America has almost 1.5 Million slaves and that the majority of them are people of color. So while I do agree with the BLM movements, I think that this issue should take center stage along with the issues that they are trying to tackle. Systemic racism does not stop once the arrest happens. It lives in these prison walls and breathes its malice on us every day. Especially in this "Guilty until proven innocent" legal system.

So now you know. If you have a family member or friend that has ever done time, then that person is a former slave. It's in black and white as plain as day. Amendment 13 = Slavery. Amend the Amendment! We must get rid of the exception clause if we as a nation wish to heal from the past and move on. That includes ALL of us.

So let me sway a few of the 22% who do not know if the US Constitution should ever be changed... It does. Now is the time to do so and now is the time to let your voice be heard.

Joseph Nichols
#21647-075

**Contrary to what we may learn in school,
the American Civil War did not see the
complete abolition of slavery in 1865...**

PRISONER: BY ANY OTHER NAME

There seems to be an ongoing debate as to what those of us who are incarcerated should be called. Referring to us as Prisoners seems to be as unpopular as Inmates does. Some even try Errants, Cons, Convicts, Felons, Reprobates, Jailbirds and even Internees. None of those terms are any better. Some of those terms are even down right insulting. Incarcerree? That has such a terrible ring to it. Stop trying to get cute with it. Let us see what the U.S. Constitution has to say about it. The 13th Amendment says... "Neither slavery nor involuntary servitude, except as a punishment for a crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction". Well now, that just seems to settle the debate now, does it not? I'm not saying that all of us behind these walls are lovely flowers or nothing, but why call a rose by any other name and expect it to smell so sweet? Until the "Exception Clause" is removed from the Constitution, and it reads "Neither slavery nor involuntary servitude shall exist within the United States, or any place subject to their jurisdiction", then call us what we are. Call us slaves.

- Joseph Shannon Nichols
#21647-075

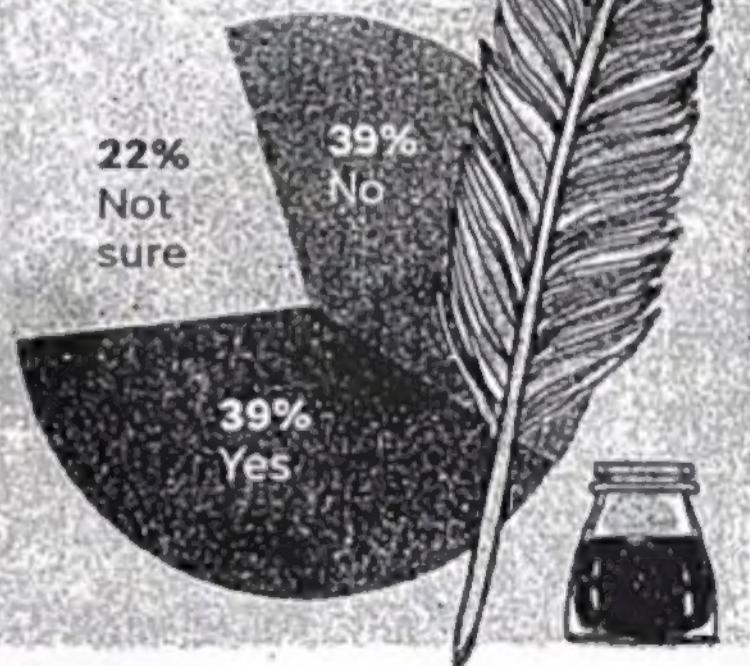
*See the article titled "Language Matters: Why we use the words we do". By- Paul Wright

**See the article titled "What's In A Name: Exconvict, Formerly Incarcerated, or Returning Citizen" also. By- Jeffery Ian Ross



**4 in 10 would
never amend**

U.S. adults on whether
the Constitution
should ever be
changed in any way:



SOURCE YouGov poll, Aug. 11-15
AMY BARNETTE, TRACIE KEETON/USA TODAY

A FUTURE WITHOUT PRISONS

It has been said that "The promotion of fair and equal justice under the law is a myth. Many of the sentences themselves are criminal, needlessly torturous and asphyxiating". Nothing has ever been more true. Many of America's vast and seemingly limitless laws are passed because of some politician's ambitions or a personal agenda, far out of line with what the majority of the public wants. According to a survey released by the Alliance for Safety and Justice, a wide majority of crime victims do not support a Criminal Justice System geared towards punishment, but overwhelmingly support rehabilitation, shorter sentences, investments in education, mental health care, substance abuse treatment, and job training. Lawmakers need to move away from the "What Else?" and need to embrace the "What If?" before it is too late to fix what is wrong in this country.



It does not help that many misguided prosecutors latch on to a single aspect of "their" case and mindlessly plow forward with it, all while demanding the stiffest sentence because "He is guilty of breaking a law". Mostly it seems to be fueled by emotion and arbitrary in deciding which of America's countless laws to get you for. Decision making based solely on emotional intuition, and lacking the aid of reason to keep it in some kind of check, will, for the most part, always fail. Three year olds and dogs base their lives and decisions on their emotions and intuition. Know what else three year olds and dogs do? They soil the carpet. The thing that lawmakers and politicians never understand is that the prosecution of crimes may make a few feel good in the short term of things, it ignores the underlying issues, and unresolved issues never stop, they only get exchanged and/or upgraded to something worse.



The solution lies in the acceptance and active healing of the negative experience and not the avoidance of it. Not the warehousing of it. Stop locking people up, but instead, build people up. How can someone rise above something when it feels as if the world is against them? When a child misbehaves, you tell him what he did was wrong, why it was wrong, that you still love him and this is what needs to be done to make it right.

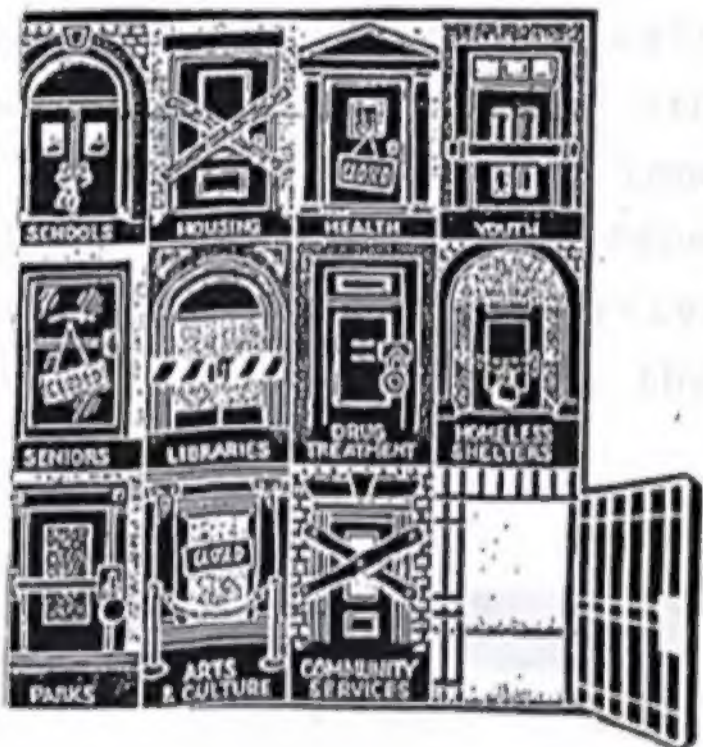
With presumed criminals it's "You're charged with this. We know you did it. You deserve more than I can do to you. Take this plea "bargain" and GET OUT OF MY SIGHT".

It is that exact mentality that causes the US to have the highest rate of criminal incarceration IN THE WORLD! We're #1!!! As of November 2020, it boasted over 2.5 MILLION people in jails and in prisons, with another 4.5 MILLION plus on probation and parole. An estimated 11.6 MILLION people cycle through the over 3,000 local jails nationwide. A whopping 77 MILLION Americans have criminal records. That is almost 1 in 3 adults over the age of 18. (Not counting juvenile records) I guess that is why the US prison budget exceeds 80 BILLION dollars.

**MORE
EDUCATION
LESS
INCARCERATION**
(community controlled
education of course)

Prison is designed to break people down and destroy them. Tearing at the very fabric of their soul, it aims to render them as less than human. It is a dark place full of undue stress that has a profound psychological impact that can manifest as aggression, irritability, insomnia, fatigue, exhaustion, sadness, tears, loss of control, memory issues and problems concentrating. Stress can also affect your physical health as well. For

example, it can cause increased blood pressure, raise your risk of heart disease, induce gastrointestinal problems such as diarrhea, heartburn, stomach ulcers, and more. It can lead to unhealthy behaviors and addictions by being exposed to pressures you would not ordinarily be exposed to in the free world. Finally, it can lead to suicidal thoughts, suicide attempts and suicide itself. Knowing this, is it a wonder why many of us come out of prison worse off than when we went in?



It is not just prisoners that are affected by incarceration either. Countless families are left without mothers, fathers, or caregivers. Houses, property, vehicles and jobs lost. All for what? Revenge? That is all the current criminal justice system is about. Any pretense at rehabilitation is just a sham. Prison in and of itself is an outdated concept. This country was founded in 1776, and 14 years later the first prison was built in Philadelphia. Prisons didn't work then and they don't work now. Land of the free, Indeed.

It's time to bring criminal justice into the modern age. A full 85% of prisons are no longer needed or necessary. Instead of prisons, community supervision can be accomplished via technology and real-time tracking. Children would no longer be losing a parent to an over zealous system, and instead of throwing away BILLIONS of tax payers dollars each and every year, the government would instead be collecting taxes from an otherwise burden. Stigmas need to be removed and people convicted of crimes need to be given real chances in the community to address their issues that led to their actions. They need to be allowed an opportunity to make up for it.



Together we must identify the causes, and work towards valid solutions. We must explore and discover alternatives to detrimental incarceration that are reality based and socially constructive such as the development of programs that repress unhealthy values. Dominance, manipulation, violence, greed, impulsiveness, and other bad traits quashed. At the same time, values such as honesty, innovation, vulnerability, standing up for one's self and others, self-respect, charity, humility and creativity can be fostered, all in a supportive environment. This is the future that I plan to work towards. This is the future that I want to see.

- Joseph Nichols
#21647-075

"Men are more ready to repay an injury than a benefit, because gratitude is a burden and revenge is a pleasure".
- TACITUS, c. A.D. 55-120

FAR FROM FAIR, FAR FROM JUSTICE.

I retyped this from an ad, pulling out all the advertising for Daniel Rodriguez's resentencing or release. I have taken liberties in omitting things, I have not changed the wording or context. I present it to you as work NOT MY OWN, but no less true. Credit should be given to its author, whom I do not know. If you want to visit their web site, please go to ...

[HTTPS://WWW.AMERICANINJUSTICE.COM/](https://www.anamericaninjustice.com/)

* I have obviously not been to it and can't attest to its contents! *

Millions of families around the country pose the question, what is the difference between rogue officers that murder civilians versus judges that under the pretense of condign justice mete out blatantly abusive, draconian, discriminatory, disparate and unamerican sentences that often themselves amount to death sentences, and a residual destruction of families.

The answer is that today technology makes an officer's actions world news while a judges abuses are silenced by their regulated and sheltered courtrooms. Where minority defendants are voiceless.

America, we cannot allow the Derek Chauvin verdict and sentence to serve as a red herring to the rampant injustices occurring daily throughout our nation's courthouses. Now we must unite and demand our public officials support balanced and equitable criminal justice sentencing reforms.

For example, sentences that are rendered to police officers for murder pale in comparison to sentences given to nonviolent minority Americans.

In Dallas, officer Amber Guyger was convicted of killing Botham Jean and sentenced to 10 years. In Michigan, officer Mark Bessner was convicted of killing 15-year-old Damon Grimes and sentenced to 15 years. In Chicago, officer Jason Van Dyke was convicted of killing a black teen and sentenced to 6-3/4 years. In Minnesota, officer Mohamed Noor was convicted of killing Justine Ruszczyk Damond and sentenced to 12-1/2 years. In South Carolina, officer Michael Scott was convicted of killing an unarmed Walter Scott and sentenced to 20 years, and the list goes on. Such as police officer Derek Chauvin 22-1/2 year sentence for killing Jorge Floyd, which the judge qualified due to the aggravating circumstances of his murderous convicted conduct. Yet the reality is that he will serve (less than 15 years) two-thirds of his sentence.

Meanwhile, Daniel Rodriguez, 49, was sentenced to 33 years in Federal Prison for mere grams of an over-the-counter harmless fake marijuana, a nonviolent offense, of which he will serve 29 years (85%). Which also begs the question of why the federal prison system hasn't reenacted the federal parole system to end the oppressive sentencing disparities, that exist between the percentage of time inmates are serving within our federal and state system's nation-wide. For example, is it fair that Mr. Chauvin is scheduled to serve less than two-thirds of his state-sentence, while Mr. Rodriguez must serve 85% of his unjust federal-sentence? For Rodriguez a 33-year sentence equals to the judge's proverbial knee on Mr. Rodriguez's neck and should serve as a template for the sentencing woes that plague our unamerican system of justice, and the destruction of millions of families it's directly caused. As well hopes that congress reins in on the unfettered God-like powers that often leave defendants susceptible to unknown variables, the arbitrary whim of fluctuating moods and discriminatory practices by Judge's and Prosecutors alike. Futher Rodriguez states, that congress should move to abolish cooperation incentives that often lends to self-serving testimonies and wrongful convictions. A practice that is fraught with corruption and injustices.

While Mr. Rodriguez's case is the one presented to underline the tacit injustices within our criminal justice system, he is merely one American of tens of thousands being callously incarcerated under the unamerican and inhumane sentencing practices. Where sentences harshly overrepresent the crime of conviction.

A radically changed **Prison** demands radical rethinking.

Prison Reform Should Be a Bipartisan Issue

By Marc M. Howard

I was happy to learn that Rep. Marjorie Taylor Greene and several other members of Congress visited the District of Columbia Jail recently. And I was flattered that her ensuing report, "Unusually Cruel," quoted from my book and even borrowed its title. As someone who frequently visits prisons, I believe it is vital that people see firsthand the conditions of incarceration around the country—and realize the humanity of those behind bars.

Mrs. Greene's report focuses on the "inhumane" conditions in which the Jan. 6 defendants are being held. "Cells in the January 6 wing of the CTF were extremely small, composed of a single toilet, sink and a small bed cot," she notes. "The walls of the rooms had residue of human feces, bodily fluids, blood, dirt and mold. The community showers were recently scrubbed of black mold—some of which remained." The report adds that inmates said they "did not have access to their attorneys, families or proper nutrition."

These observations match the standard story of incarceration in America, and they should lead people to reflect on how they would feel if they or a loved one were held in such conditions. This isn't an abstract exercise, as 45% of Americans have had an immediate family member incarcerated.

Deplorable physical conditions are shockingly common, with prisons and jails across the country characterized by filth, violence, overcrowding and lack of privacy. Most correctional facilities allow limited movement and communication, scant access to work or educational programming, and hostile and dehumanizing relations with staff.

Despite the dilapidated conditions that will likely lead the D.C. Jail to be torn down soon, the District's Department of Corrections has made several praiseworthy innovations in programming and rehabilitation. These include the Young Men Emerging unit, the Lead Up unit, the Lead Out transition program, and the credit-bearing

Georgetown Prison Scholars Program. The department's leadership supports the recommendations of the District Task Force on Jails and Justice for a new facility that will put education and treatment above punishment and surveillance.

Across the country, prison reform has been a largely bipartisan issue for nearly a decade. The First Step Act of 2018 passed overwhelmingly in both houses of Congress and was signed by President Trump. It was the most significant federal criminal-justice reform aimed at reducing incarceration in the past 50 years. States led by Republicans (including Texas, Mississippi, Georgia, Louisiana and South Carolina) and Democrats (New York, New Jersey, Connecticut and California) have made conscious efforts to reduce their incarceration levels.

Although the events of Jan. 6 have become polarizing in American politics, the situation at the D.C. Jail has created an opportunity for both sides to appreciate the disturbing realities of prison in America. I hope Mrs. Greene and others on the right who are appalled by the physical conditions they witnessed will become advocates for reforming the laws and policies that support a system that currently treats prisoners inhumanely.

I also hope that people on the left—including those who already favor prison reform but view it primarily through a racial-justice lens—will resist their own vindictive impulses, stop demonizing their political opponents, and support Jan. 6 defendants' right to proper treatment.

Mrs. Greene and her colleagues found their visit to the D.C. Jail emotionally powerful. Having myself guided more than 1,000 visitors to prisons and jails through the Frederick Douglass Project for Justice, I know that most call the experience life-changing. They emerge with a strong commitment to supporting the men and women they met behind bars. Both parties should come together to combat all forms of injustice in the prison system.

Mr. Howard is a professor of government and law at Georgetown and founder and president of the Frederick Douglass Project for Justice.



'SPREAD THE WORD.'

radical
VISION

"An intentional destruction of the old and construction of the new are both necessary and possible."

"We can make it so that regardless of position of birth, everybody has a say in terms of how we're going to set up the system that serves all of us. That's a radical notion in the context of human history."

America's correctional institutions are filthy, violent, overcrowded and lack all privacy.

TRANSFORM
criminal justice



THE AMERICAN PRISON WRITING ARCHIVE

*Calling for Essays by Incarcerated Americans,
Prison Workers, and Prison Volunteers*

The American Prison Writing Archive (APWA) is an in-progress, internet-based, non-profit archive of first-hand testimony to the living and working conditions experienced by incarcerated people, prison employees, and prison volunteers. Anyone who lives, works, or volunteers inside American prisons can contribute non-fiction essays, based on first-hand experience: 5,000 word limit (15 double-spaced pages); a **signed APWA permission-questionnaire must be included in order to post work on the APWA.** All posted work will be accessible to anyone in the world with Internet access. Hand-written contributions are welcome. There are no reading fees. We will read all work submitted. For more information and to request the permissions-questionnaire, write to: APWA, c/o Hamilton College, 198 College Hill Road, Clinton, NY 13323-1218; or go to <https://apw.dhinitiative.org/> Do not send added stamps. Sincerely—The APWA Editors.

FUTURE PLANS FOR INSIDER ZINE

Thank you for taking the time to read this. It may not look like it, but it has been a monumental undertaking. (You try doing this from prison during Covid-19 lockdowns and staff shortages, and no inside or outside help) I plan on producing a new issue annually. In the next issue will be new articles written by inmates, as well as a new comic set in prison, co-created by another inmate and myself. It will be tentatively titled "Ball & Chainz". I would like to get it syndicated, but for now the zine will serve as its platform.



OTHER PROJECTS
More Articles!
Proof of Abuse
Some Suggestions
Other Zines
Inmate Interviews
Inmate Art

As most people never get to see what goes on in prisons, I hope that my attempt to give you a glimpse has been helpful. I would like to solicit more inmates to write their own experiences down, but Covid has been a large factor in hindering that.

I wish to thank the many places that donate their services to inmates, especially 'Prison Activist Resource Center' for their awesome resource guide. I also wish to thank the many 'Prison Book Programs' that send books to indigent inmates free of charge. If you can, donate your used books to these places, or donate your time or money to their efforts. It would mean a lot to the many inmates who rely on them. Look online for one near you.

Also, I have asked around trying to find a place that will post this, and future zines online. I have not yet been able to find one... If you happen to know of any places that would make these zines available online as a free download, please let me know. As of this date, I have not received a response from the places that I have written to to ask.

Well, I guess this is a wrap. I have already started on the next issue, and I hope you enjoyed this one enough to look for it. Until next time...

If we must strive and suffer,
we may as well strive and suffer
for our own rights.

Who you work with matters

There are many organizations out there that advocate for prison reform or may otherwise be useful to you. Below is a list that I have compiled, with as much contact information that I could provide, considering my limited resources. It is my hope that they are accurate. Please consider working with these organizations and or giving to the cause any way that you can.

Adopt An Inmate
P.O. Box 1543
Veneta, OR 97487
adoptaninmate.org
971-236-7897

All Of Us Or None
4400 Market Street
Oakland, CA 94608
allofusornone.org
415-255-7036 x337

ACLU - National Prison Project
125 Broad Street, 18th Floor
New York, NY 10004
212-549-2500

Center For Constitutional Rights
666 Broadway, 7th Floor
New York, NY 10012
ccrjustice.org
212-614-6464

Citizens United For The Rehabilitation
Of Errants (C.U.R.E.)
P.O. Box 2310
Washington, DC 20013
curenational.org
202-789-2126

Critical Resistance
P.O. Box 22780
Oakland, CA 94609
criticalresistance.org
510-444-0484

Coalition For Prisoners Rights
P.O. Box 1911
Santa Fe, NM 87504

Families Against Mandatory Minimums
(F.A.M.M.)
1100 H Street NW, Suite 1000
Washington, DC 20005
fam.org
202-822-6700

Prison Activist Resource Center
P.O. Box 70447
Oakland, CA 94612
prisonactivist.org
510-893-4648

National Center On Institutions
And Alternatives
7130 Ruthland Road
Baltimore, MD 21244
ncianet.org
410-265-1490

The Sentencing Project
1705 DeSales Street NW, 8th Floor
Washington, DC 20036
sentencingproject.org
202-628-0871

MISC

abolitionistlawcenter.org
asfc.org
compassionprisonproject.org
realcostofprisons.org
reinstsatfederalparole.com

A WAKE UP CALL

Covid-19 has been an unprecedented nightmare on a level never before seen behind these walls. It has given birth to further divisions between inmates and society, has bred more staff corruption at an outlandish rate and has caused to rise prison drug use, consequential overdoses and senseless suicides. Prison Administration has found it an uphill battle to deal with it. Wardens change with the season, and staff no longer have the heart or desire to work in a prison system held hostage by a virus.

The easy solution would be to start letting people go. Bringing back Federal Parole would be a start. Giving 2 for 1 good time would be another. Lowering the mandatory 85% to a reasonable 65% for everyone, home confinement, compassionate release, early and extended halfway house placement would also be viable options. Another option would be to make the First Step Act credits available to all, regardless of crime. It excludes too many to be useful, and as is it is discriminatory.

There are many things that can be done to fix the problems that plague prisons. No one ever thinks to ask, and I mean seriously ask, those of us who are affected by it 24/7. We see the flaws. Why do you think the biggest changes for good come only after we fight for it. Did you forget about Attica? We haven't, 9/9 lives on.

We call on lawmakers, politicians, wardens, BOP Directors (here's looking at you Ms. Peters), and others to make a Bi-Partisan move to end this nightmare. We call on voters to ensure that "lock 'em up" cowboys never get in office. We call on human decency to say "enough is enough" and demand change. Prisons can't find staff willing to work, in a place just as much a hell hole for them as it is for us, for a reason. Society is no longer for Mass Incarceration. The writing is on these walls. Wake up and read it.

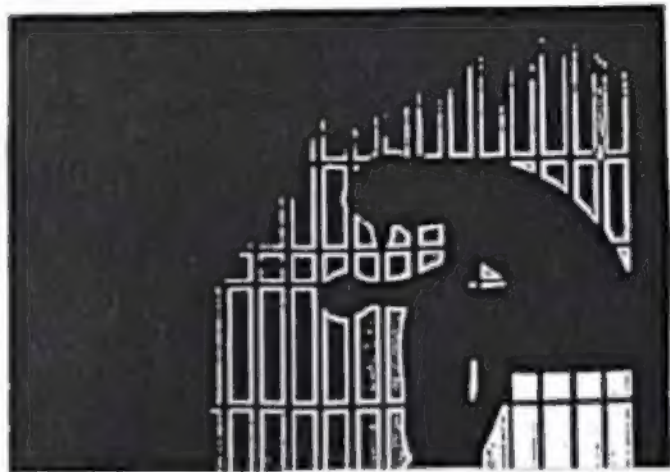
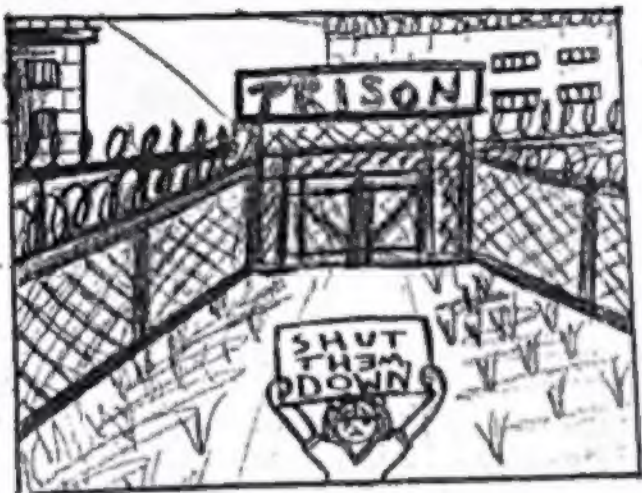
Joseph Nichols #21647-075

Hey! Check out these documentaries...

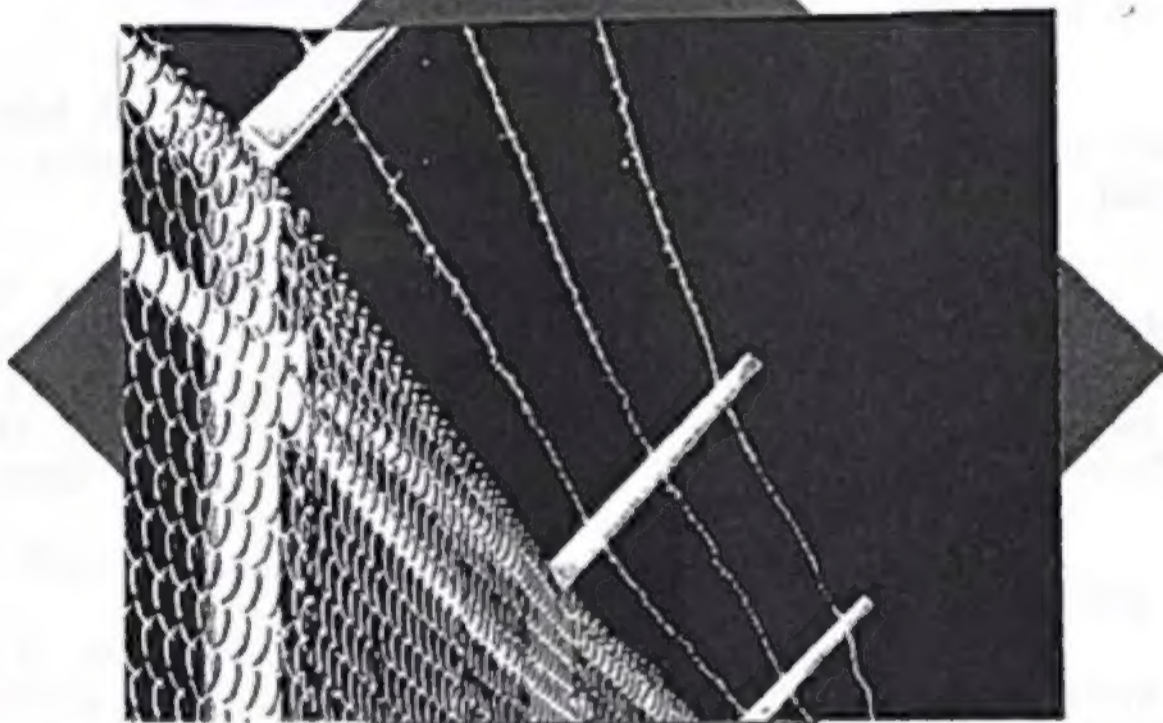
"In the Belly of the Beast" by Erika Cohen
"Behind the Barbed Wire" by Scott Whitney

Both filmed by former prisoners. Enjoy!

Food For Thought - If putting people in prison makes the streets safer, Then the United States must be the safest country on earth.



Movement Calls for



Prison Abolition



ONE LAST WORD...

I encourage you all to be active in Prison Activism and Criminal Justice Reform. While some refer to it also as 'Prison Warfare', it is not as clear cut as that. It is not something that we, on the inside, can win by ourselves. Due to the many restrictive laws and tactics, and the closing of ranks by prison officials and courts alike that are designed to stall and discourage inmates actions in courts, relief from judicial sources is virtually impossible. Media is unresponsive unless they can make money on a story. Unless inmates have a willing family member or friend, getting anything on social media is a no go. We have to get creative in how we get the word out. Many heart felt thanks go out to those who go to the frontlines for us. To those who fight for justice. Those who speak for the ones whos voices would otherwise remain silent. To you I say thank you. For those who are for prisons, I say this... I will one day be free of prison, but prison will NEVER be free of me. Till next time.

-JN