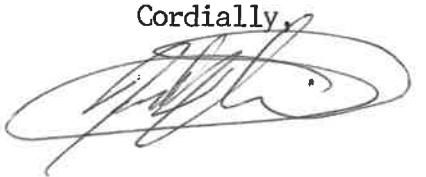


Hello,

My name is Joseph Nichols and I produce a zine titled "The Insiders Zine". Please find enclosed Issue #: 2. I am sending it to you in the hopes that you will digitally scan it and place it on your website. I have previously sent you the first one last year (it is an annual zine) and was told it would be placed on your site. I was never given a link to it, so I was wondering if you do post it, could you send me that link this time so that I may send people to it? Please and thank you.

Thank you for your consideration and I hope you enjoy the zine. Feel free to make physical copies to hand out as well. I am enclosing a legal form that gives you the right to post it online.

Cordially,

A handwritten signature in black ink, appearing to read "Joseph Nichols", is written over a stylized oval flourish.

LEGAL RIGHT TO PRINT

THIS DOCUMENT serves to give notice of the right to scan, digitally store, post or otherwise make available online the following...

- 1) "THE INSIDERS ZINE - ISSUE #2" : A prisoner produced zine aimed at presenting the daily life of prisoners and educating about, and advocating for, prison and criminal justice reform. (Annual)

It may be scanned, stored, posted and made available for download only in its entirety and without edits, censor or alteration, and available for FREE.

This shall be valid in ALL States in the United States, and its territories or holdings, with the exception of any agency of said United States, operated by the Government or on the authority of the Government, nor shall any agent, entity or individual be permitted to, attempt to, or actually give to the above excluded the contents, or portions thereof, of said publication.

This may be revoked at any time by the owner, writer and producer of the above zine and may be deemed void in fact after the date of December 31, 2029.

Validated by hand, this 4th day of January, in the year of  
2024.

x   
Authorizing Signature

01/04/2024  
Date

Welcome to the

# INSIDERS ZINE

-THE-  
**ULTIMATE**  
Prison EXPERIENCE

ISSUE #: 2

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**SEE HOW DEEP  
THE RABBIT HOLE GOES**

Issue #2 -2023

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.

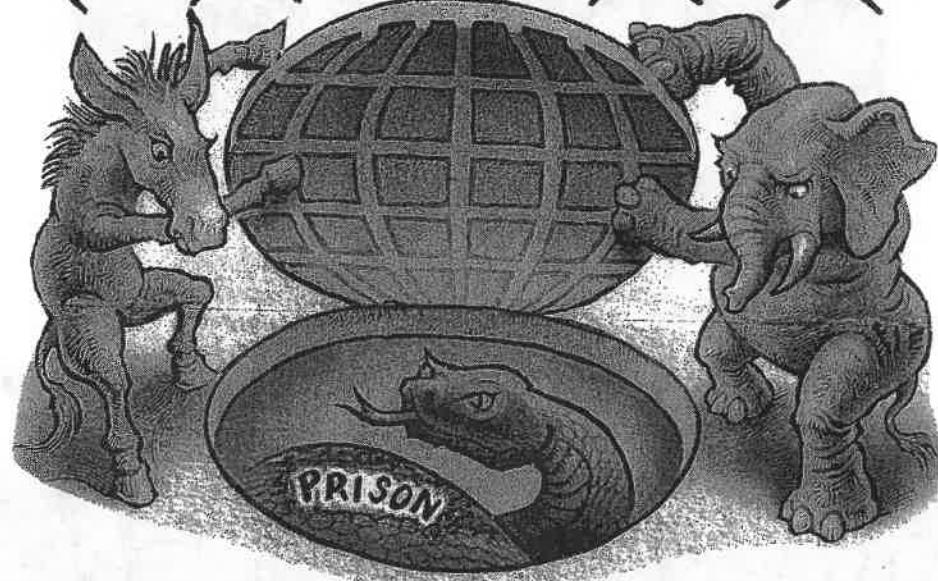
The men who have changed the universe have never gotten there by working on leaders, but rather by moving the masses. Working on leaders is the method of intrigue and only leads to secondary results. Working on the masses, however, is the stroke of genius that changes the face of the world.

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,

It looks like it's another year and another zine. There has been a ton of news items on TV this year about crime, and it looks to be a hot issue for the upcoming election. I would like to point out that we should not confuse crime with prison reform. In fact, we should be focusing more on prison reform now. Why? Because there is no true programming in prison. Everything they are doing now under the guise of programming is just a farce. Only an empty gesture to keep the funds coming.

Simply put, people who come to prison are not being "corrected" as correctional facilities would imply, but to the contrary, are only learning new **criminal** skills to pass on once free. I myself didn't know how to pick locks before coming to prison. I do now. Fortunately for humanity I do not plan ill deeds with my new skill set. The point I am trying to make is that though while I will not be using what I learned for bad things, others would have no qualms in doing so and will be coming back as recidivists. This place is nothing more than convict college the way it is now.

So what happens when you have more criminals than you have places to put them? What, more prisons? Get real. They already can't find enough people to staff them. They have been running constant radio ads, with \$7,500 to \$10,000 sign-on bonuses promised, for the past 10 months with few takers. Meanwhile the guards have turned this into the ultimate "lazy girl" job. No one wants to work, they would rather find excuses to keep us locked down, behind the cell doors, while they rake in time-and-a-half pay for doing nothing but showing up.

No, prison is not the answer. The root of the issue is much deeper than prisons are able, or willing, to address. We need more places that are buffers, or go-betweens, to courts, that will focus on the issues and help correct them without resorting to incarceration. Prison should always be the last resort, not the status quo. Enough is enough. We need politicians that are not soft on crime, but understanding of it. We do not need more empty promises from doddering old fools who have made a career of writing and signing "tough on crime" bills (except for Hunter) anywhere near the White House. What we do need however is someone willing to listen, willing to act in the best interest of everyone involved and not just the upper class that seem to make all the laws to suit themselves. So when it comes time to vote, make sure your voice is heard loud and clear. Vote like the future depends on it, because "Criminal Justice" has damn near ruined it.

- YOURS TRULY

Joseph Nichols #21647-075

"You know, the funny thing is, on the street  
I was an honest man, straight as an arrow.  
I had to come to prison to be a crook."  
- Andy Dufresne - The Shawshank Redemption





BREAK THE CHAINS

MAKE THE CHOICE

BREAK THE SILENCE

RAISE YOUR VOICE

PRISON  
REFORM

BEFORE  
THERE  
IS

THERE  
MUST  
BE

SPEAK  
OUT

## Youth don't belong in adult prisons

The nation's incarcerated young people are in crisis. Children are locked away from their families, facing shackles, pepper spray and solitary confinement.

If you treat prisoners well, they will be less angry, less inclined to violence inside prison, less likely to provoke violent actions by guards, less likely to have reason to file brutality lawsuits that cost taxpayers a bundle and waste administrators' time. And most important, well-treated prisoners will be less likely to leave prison angrier, more vicious and more inclined to criminal behavior than when they went in.

Frank Wood

Former Commissioner of Corrections, Minnesota



SECRET

SCENE

TAKE  
102

ROLL

DATE

PROD.CO.

DIRECTOR

CAMERAMAN

SOUND

Justice Department  
watchdog finds  
negligence and  
misconduct.

11 12 1

**OPEN THE  
BOOKS**  
*IT'S YOUR MONEY!*

**ADMIT  
ONE**

*Men do not differ much about what things they will call evils; they differ enormously about what evil they will call excusable.*

—G. K. CHESTERTON

**ALERT! ALERT! ALERT!**

The average first-time, non-violent drug-sales offender sentenced in the federal system receives a 10 year jail term, more than twice as long as sentences given to average rapist, and just 18% shorter than manslaughter.

**RIGHT  
GRINER??**

**SAY  
NO  
TO  
PRISON**

**TURN IT DOWN!**



**JOIN THE STAMP PROTEST**

> In the last 10 years the National Registry of Exonerations has reported over 3,000 people being released from prison in the U.S. before their sentences were completed., dating back to 1989. The 2021 annual report, released this April, includes 161 people exonerated in 2021, just under half of whom had been convicted of homicide. On average, the exonerated defendants spent 11.5 years imprisoned for crimes they did not commit.

DUPPLICATION CORRUPTION  
PORK FRAUD TAXPAYER ABUSE EARMARKS  
WASTE

CENSORED

TOP SECRET

Join the stamp protest. This is a simple act to show your support for prison reform. Any time that you mail a letter, post card, or package, and you use stamps, just locate the USA on it and place it upside down. **VSA**

'Angola is no place for any person, especially a child, and better options are available.'

**Jeremiah  
James and  
Cameron  
Dumas**

## CONVENIENT INFLATION

In 2020, Covid caused major supply chain breakdowns as national lockdowns shut down manufacturing of goods and services. A direct result was uncontrollable inflation exasperated by the free money that the government flooded into the American economy. The Federal Reserve has been battling unprecedented inflation for the past 24 months with drastic rate increases. The Federal Reserve's efforts have paid off as inflation is currently at 5.3% according to reports by the Wall Street Journal.

High inflation and supply chain disruption is a convenient excuse for the BOP to charge more on commissary items. Inmates across the country are paying far greater than ever before. The BOP policy is a 30% markup on all commissary items. Despite inflation going down, items on commissary continue to go up. Some commissary supervisors in the BOP claim prices are up due to inflation and "transportation cost". Is there any effort by BOP commissary supervisors to find new vendors, who can offer better prices, better value, or is there a hidden agenda for BOP commissary supervisors to stick with existing suppliers? Is the BOP exploiting the tens of millions of dollars each year that the families and friends are sending to their incarcerated loved ones? The BOP is being a predator and not a good financial steward for the federal government. Something is amiss and the Inspector General should investigate.

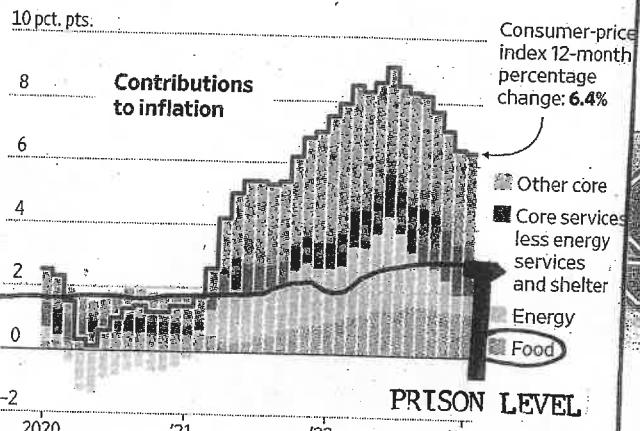
Covid is declared over, inflation is going down each month and the supply chain is back to normal. The convenient inflation excuse does not work anymore. Open up the accounting books!

- G. S. (Inmate Writer)

Criminal: A person with a predatory instinct who has not sufficient capitol to form a Corporation."

- Howard Scott

As the price of energy has been falling, the cost of services has been climbing.



Note: Percentage-point contributions to 12-month percentage changes in the consumer-price index, monthly

USA TODAY  
WEDNESDAY MAY 3, 2023

# Inflation hitting hard in prisons

Inmates paying more for commissary basics

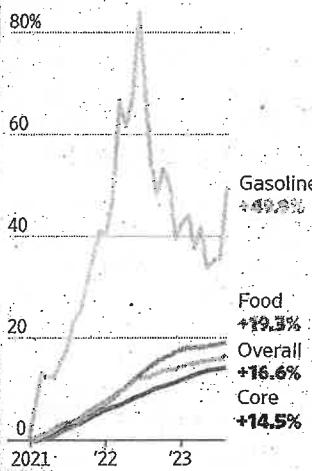
Alex Arriaga  
Marshall Project

READ THE ARTICLE!

YOUR INFLATION ISN'T PRISON'S INFLATION

As of the date of this article and according to the consumer price index listed in The Wall Street Journal, inflation is only up 5.3% in the 'Free World'. Items that you could get for \$9.99 will now cost you \$10.51 or be in a smaller size at the original price. People in prison are not only getting that increase, but it is compounded by the BOP's "mandatory" 30% mark-up and arbitrary mystery fees.

Change since January 2021\*



Consumer-price index sectors,  
Change from a month earlier\*

	Gasoline	Energy
Gasoline	10.6	
Energy		5.6
All items	0.6	
Dining out*	0.3	
Core	0.3	
New vehicles	0.3	
Shelter	0.3	
Groceries	0.2	
Used vehicles	-1.2	

1 COFFEE, COLUMBIAN      \$2.70  
1 COFFEE, COLUMBIAN      \$5.70

This is nothing more than the continued exploitation of people incarcerated and their families and loved ones. What you call inflation is nothing compared to the predatory inflation of prices perpetrated by the many places that keep driving mass incarceration. As to the "mandatory" 30% mark-up, BOP policy says they can charge "up to 30%", and they always do.

- Joseph Nichols  
#21647-075

\* I decided to run both articles. The left is by a guest writer who is an incarcerated person here in this prison with me. I used his initials only at his request due to fears of retaliation.



AP file

To give an example of this, Keefe Columbian Coffee, a long standing staple among people imprisoned, has gone from \$2.70 to an outrageous \$5.70, an increase of \$3.00. Even if the 5.3 was added before the 30% mark-up, it would only come to \$3.60 and still doesn't explain the \$2.10 that was tacked on. When asked, BOP Trustfund Supervisor for FCI Williamsburg stated that it comes from "transporting costs". Keefe did not respond to my letter asking about it, and decided to keep my S.A.S.E. as well.



FOLLOW  
THE  
MONEY!

# A PUBLIC DISERVICE ANNOUNCEMENT

From 1851 to 1888, beheading was a legal execution method in the Utah Territory. (In Utah the condemned chose their method of execution and no one ever chose beheading.)

- First U.S. state to abolish the death penalty: Michigan, in 1846, upon becoming a state.

- Crimes punishable by death in the American colonies included witchcraft, adultery, trading with Indians, and stealing grapes.

- Youngest person executed in U.S. history: Hannah Ocuish, a 12-year-old Pequot girl. She was hanged in 1786 for the murder of a 6-year-old girl.

- State with the most executions in the modern era (since 1977): Texas, with 515. Second: Oklahoma, with 111.

- Since 1700, there have been more than 15,700 executions in the United States: 9,183 by hanging; 4,439 by electrocution; 1,211 by lethal injection; 593 by gas chamber; 130 by firing squad; and 65 by burning.

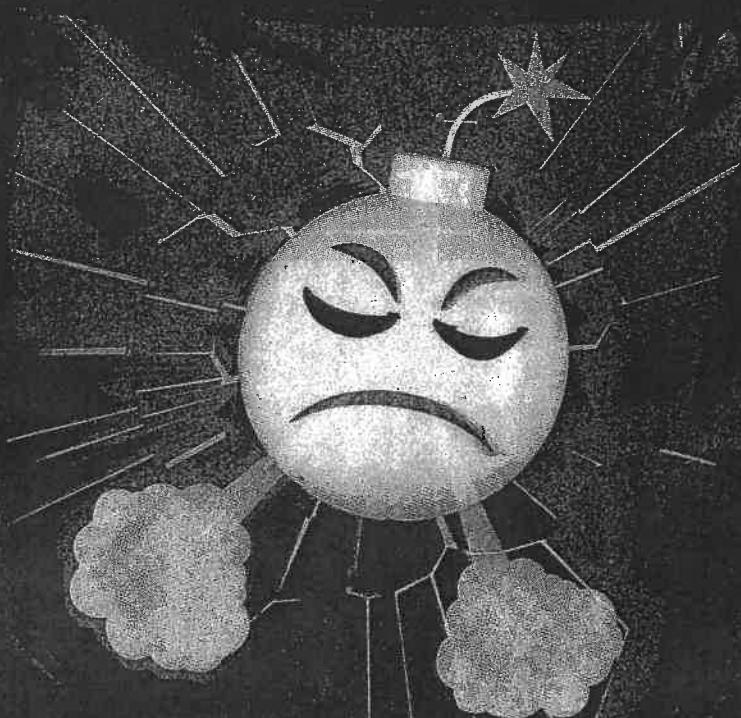
- Last person executed in the United States for a crime other than murder: James Coburn, who was executed for robbery in Alabama (1964).

- 98 countries have abolished the death penalty; 58 still have it. Canada officially abolished the death penalty in 1976. Mexico abolished it in 2005.

**PLEASE NOTE:** The 2020 election campaign promise, by Joseph R. Biden, Jr., to abolish the death penalty was NOT kept!!!

"All executions should be televised on all networks and over current programming. See then who has the stomach to commit murder for murder."

- Anonymous



"America is the only nation in history which miraculously has gone directly from barbarism to degeneration without the usual interval of civilization." - Georges Clemenceau

# Secrecy In And By Prisons: A Case for Bodycams Behind Bars

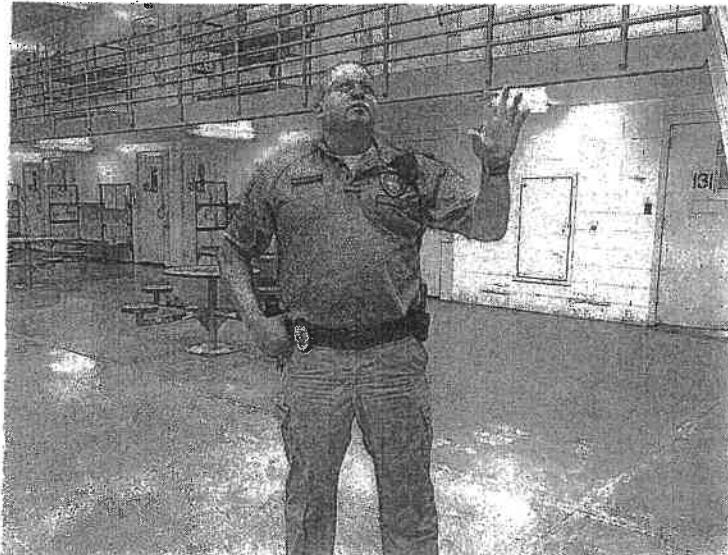
In this age of technology, keeping up with it is almost as fast as light. As soon as the "next big thing" comes along, everyone must have it. From the newest iPhone, to the most up-to-date software, consumers and businesses quickly scoop it up and incorporate it into their lives. Why then does the American Prison System resist it so adamantly? Things that could assist inmates with staying in touch with the world, family and friends, are prohibited, even illegal, such as cellular devices. Something so simple to go and pick up on the outside and use is banned in prisons because they are not able to monitor them? Utter nonsense.

The ability exists to censor, monitor and restrict what is put on, or viewed on, these devices. They can be restricted to calling or texting pre-approved numbers just as they do with the BOP's TRULINC e-mail system. Also exists the ability to fully monitor all calls and activities, as the former National Security Contractor Edward Snowden showed the world in 2013, when he stole and distributed "state secrets" before fleeing to Russia. So why then are they not allowed? Because prisons fear us getting out the undeniable truth.

The camera footage of the murder of George Floyd justly sparked a wildfire of police body-cam footage in the news, scrutinizing every pull of a trigger, every violation of basic human rights, and every brutal beating, savage treatments and moments of corruption. From the miss-handling of the Uvalde school shooting to the beating to death of Tyree Nichols. Why then do we never see what goes on behind these walls?



DAMIAN DOVARGANES • AP file



A sanitized media tour of a prison.

Journalists face a near impossible task of trying to get an unrestricted look into the American Prison System and when they do manage to get inside, they are usually only given a closely monitored tour. Others are allowed to interview inmates in a monitored setting. Even then, they are not allowed to choose who they interview. Phone calls are surveilled and can be "dropped" at any time by the guards listening in. Letters never go out without a guard reading them. Inmates who try and talk freely to reporters are often retaliated against by prison staff, including solitary confinement, false charges being levied and violence. Requests for public records usually come heavily redacted or can't be found.

Despite the difficulties in exposing the going on behind these walls, stories of insane abuses still get out, but are not given any attention by major news outlets, and if they do cover it, it is quickly forgotten about by the next issue.

Operating behind a thick veil of secrecy is the normal business practice for American prisons, but Criminal Justice, in the wake of crime wave after crime wave, one mass shooting after another, should be of great importance and an issue with which the public has a strong interest. So too should what goes on behind the closed doors of prison since 90% of inmates will be re-entering society at some point. A huge concern should be shown over how inmates are being treated before they are released.



Prison does not just keep prisoners in, it keeps the public out.

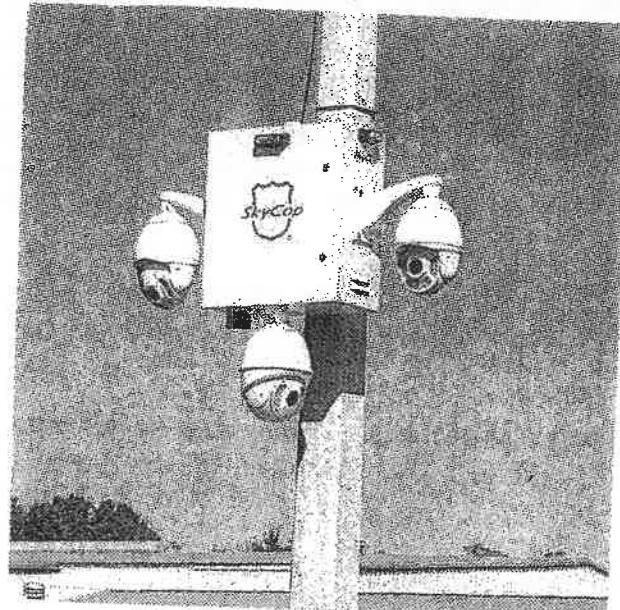
A bi-partisan effort is needed to enforce a change that will address the issues. A thorough and honest assessment of the current prison systems failings needs to be openly done and plans enacted to address and fix the problems. The first action beyond that needs to be a systemic cleansing of repeat problematic prison staff. This action alone will solve many of the rights violations that go on daily in prison.

The next step would be to bring in outside social workers to work with inmates to assess and address their areas of need, and to help set and accomplish goals such as obtaining identification and other immediate needs such as release housing, clothes, food, transportation and the like.

The third and most essential step would be enforcing the wearing of bodycams by all prison staff and visiting officials on all prison grounds, both public and private. The video and audio should be backed up and be made available to watchdog groups and government oversight agencies on set times, as well as when investigating allegations of abuses.

Some groups may balk at what they perceive as privacy concerns, but inmates already have little or no expectations of such a concept and are subject to observation, property and body searches, and more. To those incarcerated, it will only help us, and the only ones with something to hide would be the prison staff themselves.

With these measures in place, the entirety of the prison system would be forced to improve when staff are no longer able to



SkyCop says its cameras, like this "1-2-3 Box" model, can deter crime just by being in plain sight.

COURTESY OF SKYCOP FACEBOOK PAGE

So too can Body-Cams!

PRISON IS DANGEROUS...  
FOR THE GUARDS.

refute accusations of misconduct, abuse and corruption. Inmates will have the peace of mind in knowing that people can see the evidence remotely and it will not just be destroyed.

The needs of the many will always outweigh the needs of the few, and the few are prison staff. The many are the people who will have prisoners releasing, possibly to be their co-workers, neighbors, UBER drivers, repair men, or just the random person you meet while out on your day to day excursions into the world. How they come out can be decided by you, and your elected officials. No more hiding in the shadows for prison staff. True education and programming for inmates. Actual beneficial work details and not just "ghost jobs" that only look good on paper. It is time for this medieval form of punishment to catch up with the modern age. The age of technology. It is ultimately the right decision.

Your decision...

- Joseph Shannon Nichols  
#21647-075



Radio, television and newspapers have been running almost non-stop ads for job openings in prisons nation wide. Perhaps you would like to know a few facts that they didn't tell you. Did you know...

Correctional officers commit suicide at a rate of two and a half times more than the populace.

Prison guards also have shorter life spans than the average person and those that don't kill themselves die roughly a decade before others of the same sex, age and race.



Working in prisons has been shown to increase instances of domestic violence and child abuse compared to other jobs.

Roughly one-third of prison guards suffer from PTSD. This is a higher rate than soldiers that return from active war zones.

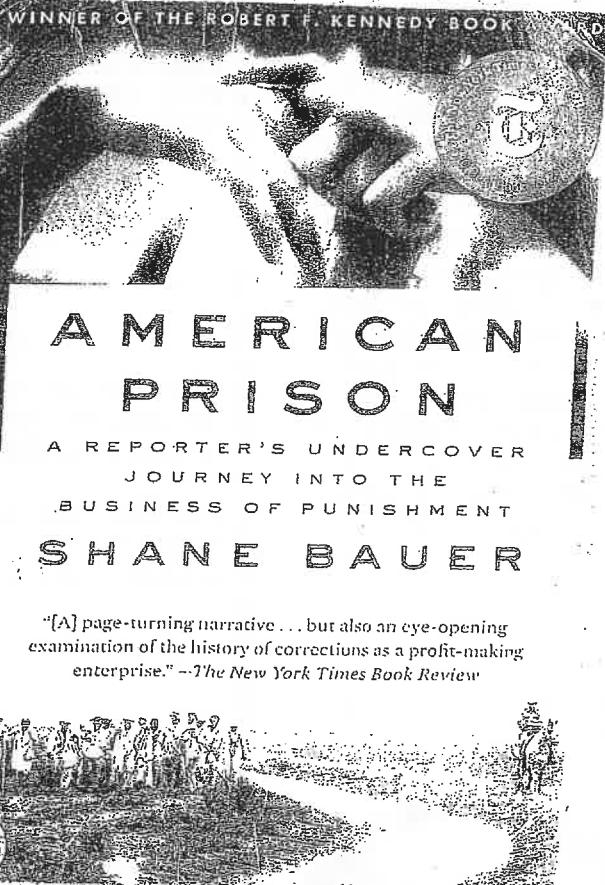


Hundreds of prison staff are arrested each year for charges ranging from taking bribes, smuggling contraband, drug possession, sexual abuse, assault, corruption and even murder.

Why then do they continue to work in prisons? Easy money and low risk of legal repercussions for their brutality, corruption and endless greed. Compound that with the fact that many of them can not work in the public sector due to preexisting mental issues, attitude problems, unprofessional behavior and general unlikeability. Not to mention ineptitude.

REMINDER: Wal\*Mart is hiring!

# READ THIS BOOK!!!



## ⚠ WARNING

This is a deep look into the greed and corruption that is not only fueling mass incarceration, but is actually fanning the flames. Hats off to the author, Shane Bauer, who went undercover as a prison guard, to expose American Prisons for what they are. This is a fine example of advocacy in action.

## WHAT DOES IT TAKE TO GET THINGS DONE IN THE B.O.P.?

To begin with, let me just say that brevity is not one of my strong suits, but I will attempt to make this as concise and as straight forward as I possibly can, without rambling too much...

I was arrested in 2015 and have been incarcerated now for almost eight years. However, I was born with a significant visual impairment. I am legally blind in my right eye, and have no left eye at all, which limits my ability to move around the compound easily on my own. After six months of trying, I was finally able to get a white cane to assist my traveling and navigating through the hectic prison compound where several hundred people are going in random directions during the moves. It was a lot harder to get the magnifier, almost 16 months, which is for reading small print, which to me is most print. My biggest issue right now is a recent introduction of a cataract in my right (and only) eye.

For the past two years, I have been attempting to do two things. 1) get to a retina specialist to see if my cataract can be repaired or not, and 2) acquire a sighted companion to help with my daily tasks and activities. While I did briefly get a companion, they moved us to different units, along with everyone else, due to a severely leaking roof, after just two weeks. Still no luck on a retina specialist.

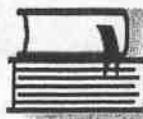
The solutions that I have been offered for the companions are not what would be best for me, and would open me up to situations I do not want to be involved in. I am told that I have to choose someone that is in my unit already. There is several issues with that. I do not know any one there as I just got there, and I do not trust them enough to not rob me blind (Pun intended).

Basically, the entire issue sums up to be that the administration is making it way harder than necessary and is placing me in danger of self due to injury and continued, albeit limited, sight.

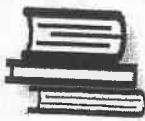
worsening of my already limited sight by not allowing or enforcing a sensible change in order to increase quality of life for someone losing their vision, possibly permanently. This is just one of the many types of issues that we incarcerated must face. I hope that perhaps you can see things from my perspective better now.

(NAME WITHHELD FOR SAFETY)

If the US freed all of its prisoners  
except murderers and rapists,  
it would still have more  
people in prison per head than  
Germany.



# PAGING ALL BOOKS



One of the most important things to people incarcerated in prisons are books. It is how we pass the time. It is how we learn new things. It opens eyes and doors that otherwise would remain closed. Sadly, most prison libraries are not well stocked. Sadder still, many behind the wall can not afford to purchase books. Thankfully there are many great free book programs available to prisoners that collect book donations, process inmate request letters and mail packages of books free of charge. You can help by finding a place near you to donate books, time or funds. You may even be eligible for tax deductions. Check out the list provided below, or search for one near you on your favorite search engine. You could also ask your local library to help.

- ◊ BOOKS TO PRISONERS (Seattle, WA)  
(206)527-3339  
[www.bookstoprisoners.net](http://www.bookstoprisoners.net)
- ◊ CHICAGO BOOKS TO WOMEN IN PRISON (Chicago, IL)  
[www.chicagobwp.org](http://www.chicagobwp.org)
- ◊ DC BOOKS TO PRISONERS (Washington, DC)  
[www.dcbookstoprisoners.org](http://www.dcbookstoprisoners.org)
- ◊ GREAT FALLS BOOKS THROUGH BARS (Greenfield, MA)  
[www.greatfallsbooksthroughbars.org](http://www.greatfallsbooksthroughbars.org)
- ◊ LGBT BOOKS TO PRISONERS (Madison, WI)  
[www.lgbtbookstoprisoners.org](http://www.lgbtbookstoprisoners.org)
- ◊ LUCY PARSONS PRISON BOOK PROGRAM (Quincy, MA)  
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[www.prisonbookprogram.org](http://www.prisonbookprogram.org)
- ◊ MIDWEST BOOKS TO PRISONERS (Chicago, IL)  
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- ◊ NYC BOOKS THROUGH BARS (Newyork, NY)  
[www.booksthroughbarsnyc.org](http://www.booksthroughbarsnyc.org)
- ◊ PRISONER EXPRESSES BOOKS (Ithica, NY)  
[www.prisonerexpress.org](http://www.prisonerexpress.org)
- ◊ PRISON LIBRARY PROJECT (Claremont, CA)  
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[www.prisonlibraryproject.org](http://www.prisonlibraryproject.org)
- ◊ PRISONERS LITERATURE PROJECT (San Francisco, CA)  
(510)749-4160  
[www.prisonlit.org](http://www.prisonlit.org)
- ◊ PROVIDENCE BOOKS THROUGH BARS (Providence, RI)  
[www.provbtb.org](http://www.provbtb.org)
- ◊ TRANZMISSION PRISON BOOKS (Asheville, NC)  
[transmissionprisonproject@gmail.com](mailto:transmissionprisonproject@gmail.com)
- ◊ WOMENS PRISON BOOK PROJECT (Minneapolis, MN)  
[www.wpbp.org](http://www.wpbp.org)

GET INVOLVED TODAY.

"Outside of a dog, a book is a man's best friend. Inside of a dog, it is too dark to read."  
- Groucho Marx

# ARTICLE HIGHLIGHT

## Tech Can Keep Ex-Offenders Out of Jail

By Barry Latzer

**R**ehabilitation used to be the mainstay of criminal justice in the U.S. In a famous 1959 essay, law professor Francis A. Allen wrote that "in some quarters it is almost assumed that matters of treatment and reform of the offender are the only questions worthy of serious attention in the whole field of criminal justice and corrections."

Two decades later, that liberal ideal had collapsed thanks to the largest violent crime wave in the 20th century and the discovery that few rehabilitation programs worked. "Nothing works" became the new mantra and incapacitation the new rallying cry of penology.

**Electronic monitoring is intrusive but it's good at giving constant reminders to choose the right path.**

Though crime has declined dramatically since the early 1990s, most analysts think that our get-tough policies, such as harsher sentencing schemes, are mainly responsible. Few believe rehabilitation deserves the credit. There is good reason for this. More than 80% of inmates released from state prisons recidivate. The most recent available data are from 2021, when nearly 236,000 probationers and parolees failed to comply with the requirements of their release and were incarcerated. Violations of probation or parole are responsible for 27% of prison admissions in the U.S.

Despite what we've learned about rehabilitation over the past five decades, we still don't know how to reform prisoners. Perhaps nobody does. Even some of the most progressive prison systems in the world generate sizable numbers of repeat offenders. The percentage of released prisoners who are reconvicted within two years in Denmark and Sweden is 63% and 61%, respectively.

It is possible that for most inmates imprisonment isn't compatible with rehabilitation. Reform requires a self-generated transformation that leads to law-abiding behavior, but the inherent absence of freedom in jails and prisons stifles one's ability

to choose a path to reintegration. Young adults in the free world have this choice, from marriage and family to schooling and a variety of work experiences. Prisons can't provide these options.

Once released, former inmates find that "going straight" isn't straightforward. It's easy to slide back into old ways, with the same bad friends engaging in the same bad behavior. In this post-release phase, where interventions can be especially effective, ex-offenders need help. Young men released from jail or prison face powerful incentives to commit more crimes that must be offset by counter-inducements to conform to the law. Electronic monitoring can create these positive incentives.

What ex-prisoners need most at this stage is a constant reminder to choose the right path. Parole and probation officers aren't in the constant-reminder business given their large caseloads. Technology doesn't face that limitation. Electronic monitoring, unlike even well-intentioned humans, can provide constant audible reminders: "Meet with your parole officer"; "attend your drug-rehab meeting"; "don't go near your victim's apartment" and so on. Because the offender knows he is being monitored, he will be more reluctant to reoffend. Yet unlike prison, electronic monitoring allows him to choose his path to integration without the constraints of metal bars or lockdowns.

Tech is becoming ubiquitous in our lives and can be a potent force for good for the deinstitutionalized. Already it's being used to that end. A Florida study, supported by the U.S. Justice Department and involving more than 5,000 medium- and high-risk offenders placed on electronic monitoring over a six-year period, found that the method reduced their risk of failure by 31%.

Electronic monitoring is intrusive and limiting, but that is unavoidable. Any intervention that monitors someone, requiring him to wear and charge a device and to report his location to government authorities, necessarily inhibits his freedom. The proper criterion isn't whether the monitored subject is less free than the unmonitored; it's whether he's freer than the imprisoned. Doubtless he is.

As technology advances we will develop less stigmatizing and more effective ways to monitor former

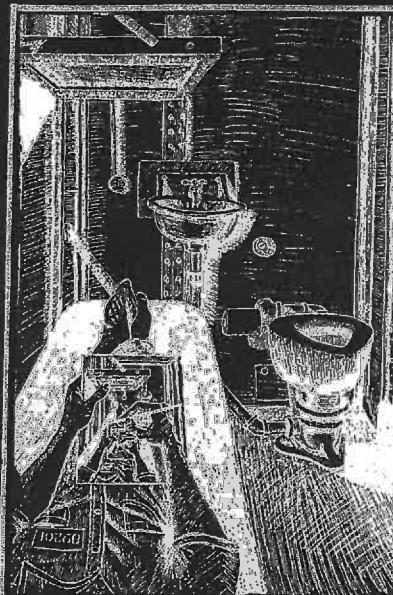
prisoners electronically. Experiments are under way to use smartwatches instead of ankle bracelets. If we can ensure the right person is wearing the device around the clock, this could be a significant breakthrough.

Despite electronic monitoring's great promise for offenders, leftist advocacy groups and even some judges have trained their ire on the technology. This is puzzling. Liberals still support rehabilitation and urge government to adopt more addiction-treatment and mental-health services—even though these services alone don't sharply reduce recidivism. These advocates also favor vocational training as a means of reintegration, which hasn't been effective. Why then would those who purport to care about the incarcerated reject a useful tool to help ex-offenders turn their lives around and avoid wasting years behind bars?

Some on the left will say that we shouldn't be incarcerating so many people in the first place, especially if prisons don't succeed at rehabilitation. This misunderstands why we incarcerate people, which is for our sake, not theirs. We must do what we can to protect the public, deter others and punish the deserving. Given that more than 62% of state prisoners are behind bars for serious violent crime, and most of the rest were convicted of such offenses as burglary, car theft, drug trafficking and weapons violations, decarceration isn't an option.

Once offenders are released, electronic monitoring offers the best opportunity to achieve reintegration into law-abiding society while ensuring public safety. After half a century we can finally say that something works, even if today's "reformers" don't want it.

*Mr. Latzer is an emeritus professor of criminal justice at John Jay College of Criminal Justice and author of "The Myth of Overpunishment: A Defense of the American Justice System and a Proposal to Reduce Incarceration While Protecting the Public."*



I live in a damned bathroom!  
Drawing by: Maury Logue  
Human Kindness Foundation



OPEN A SCHOOL AND YOU WILL CLOSE A PRISON!!!



STOP THE MADNESS  
THAT IS THE  
AMERICAN  
PRISON SYSTEM

■ Fox News aired an average of 141 weekday segments on violent crime each week from September until Election Week 2022. After the election, the number of violent crime stories on the network dropped by 50 percent.  
*The Guardian (U.K.)*

"Resentment or grudges do no harm to the person against whom you hold these feelings but every day and every night of your life, they are eating at you."

- Norman Vincent Peale

## HOME PRISON CELL CHALLENGE

This is a general challenge for anyone with enough gall to accept it. To pull it off you will need to enlist the help of a few family members and/or friends. Just follow the steps below to take this challenge. Good Luck!

\*♦\*♦\*

Step 1- Pick a bathroom in your house that has a tub, toilet and sink. Remove all bathroom related items from it but one towel, one washrag, one bar of soap, one comb, and one toothbrush. Add one sheet, one blanket, and a thin 1-1/2 inch thick plastic covered foam mat. Put plywood over the tub and place the mat, made up with the sheet and blanket, on it. This will be your bunk. Be sure to use cheap, generic and thread-bare items. The itchier the better.

Step 2- Stock a bin outside the bathroom with some cheap, well used novels of types you would not normally read. Buy cheap notebook paper and short nubby pencils without erasers. Get envelopes and stamps. Add a speaker system that plays a background soundeffect of a crowd talking loudly and keep it on a loop.

Step 3- Have yourself locked in the bathroom with only 3 pair of clean underwear, 3 pair of socks, cheap flip-flops, and 3 white t-shirts. If you get bored, write a letter out if you can get paper, pencil and stamp. If you can't get all three, you're out of luck. Try getting a book instead. Every 4 hours, you must stand up for 20 minutes to be "counted", no matter if you are taking a nap or sleeping. Have the radio volume randomly adjust between 3 and 7, and at least 1 hour at volume 10. Yell out the door to the "guard" if you need something. (IE., Cup, Medication, Medical Treatment, Razor, Etc...). The "guard" will respond according to the tables below. Roll a single, 6 sided die (1d6) and respond as the dice dictate.

### ACTIVITY TABLE

- 1- You get what you need in a timely fashion.
- 2- you get yelled at and told to shut up by the "guard".
- 3- You get your "cell" tossed by the "guard". (Trash it good!)
- 4- You get what you need after 1d6 hours have passed.
- 5- You don't get anything at all.
- 6- You get something else at random.

\* This applies to showers, items, 15 minute calls, etc.

NOTE: You can only request one thing every 1d6 hours!

### FOOD TABLE

- 1- Food is on time.
- 2- Food is served late and cold.
- 3- Food is served cold, but on time.
- 4- You are served 2 meals at once.
- 5- Food is really late.
- 6- food is spoiled.

\*To spoil the food, cook it all with vinegar. Sprinkle any bread with sage. (Mold)

If you can do this for one week, you have completed the challenge. When you are done, it is someone else's turn because prison is a revolving door. Feel free to continue this past the one week time and go for as long as you can stand to. But what mad person would choose that?

# PRISON CHRONICLES

I am no longer doing the Prison Journal. It has been replaced by this section. I have had issues finding places to host this ZINE because they "do not carry journals". That said, I hope that the PRISON CHRONICLES fills the void as it attempts to address the issues going on here at this BOP prison.

**EDUCATION:** Here lies the problem with most of the lack of programming in the BOP. When staff are allowed to get lazy, nothing gets done. I teach an A.C.E. class (Adult Continuing Education) called "The Joy of Reading". It is a one hour per week, ten week class. You would think that I should be doing three classes, annually, what with 53 weeks per year. Even two classes a year? Nope. My class has been an average of ONE per year, and I have had to stay on them constantly to keep that up. Well folks, I got tired of it and so I got manipulative. I spoke with the staff over the B.R.A.V.E. (Bureau Rehabilitation and Values Enhancement) about doing a class for their unit since everyone in the unit has to live there apart from the rest of the compound. I pitched the idea to their unit team, had them buy their own books, got them excited about it... then asked my "boss", Ms. McClary, "Hey, umm... when is the B.R.A.V.E. class going to be?". The look on her face was priceless. She knew nothing about it. It just goes to show that when a guy shows up with a clipboard, it doesn't make him an official. So now they have to do it. Since I got paid \$25 per class, that should be a bit more \$\$\$ to do this ZINE with. (It isn't cheap) The big problem now is to make sure they get the class credit.

Another thing they have been lazy on is the "Inner Library Loan Program". This program allows for inmates to check books out from the outside library (free of charge) and turn it back in for more books after two weeks. This is useful to incarcerated people in many ways and is a vital resource for many, especially those that don't have funds to purchase books. While many places exist that send books (see the article "Paging All Books") this allows you to get the exact book you wish to read and not have to hope that the prison book program has it. Many times they will not. Understandably, this program was stopped amidst the Covid-19 pandemic, but with that declared over, it is past due to restart. I have been on their a\$\$es to get this program started back up for over a year. I have even gone so far as to copy their request form 30 times and asked inmates to fill them out and give them back to me. I turned in over 20 at once. You should have seen the look on my "bosses" face when I did... Priceless. It seems like the only way to get things done here is to manipulate it into being. That is the kind of thing we are up against here. It isn't that they do not have it, it's just that no one has been putting a foot up their hind ends to get them to do it. Alas, it doesn't always work...

One of the biggest hurdles for us is actually getting into the Law Library and Leisure Library. It is a 50/50 chance for it being open when it is supposed to be, and is only not open for the most part, when either c/o Elery or c/o Williams, both assigned education jobs, do not come in, are late, or just do not open it and stay in education by themselves. As per policy, the library must be open for at least eight hours on the weekend yet it is a crapshoot if it is or not. c/o Elery is usually late if and when she does come in and c/o Williams can never seem to open it, and blames the compound officer for not calling the move to education. I called them on it to the Head of Education, Ms. McClary and the next day I was singled out and berated, called a racist and other choice names and had my cell searched in retaliation, to which the guard searching it denies it had anything to do with it - and he never searches cells unless told to do so - Yet c/o Elery is always flirting with the Lieutenant that was working that day. I do not believe in coincidence. Only a fool does. It is no big secrete that she is screwing inmates and guards for job perks, a job for which she is not qualified or fit to do. As to c/o Williams, his problem is 100% laziness. If we could clean this mess that is the two of

them, then education would have room to actually be effective and a useful tool for inmates. As it stands, my class, "the joy of reading", has been allowed to lapse, and has not been restarted. That is the job of c/o Williams, so go figure. He is over the A.C.E. Programming.

RECREATION: Exercise is one thing for inmates that we can do pretty much where and whenever we wish. However, organized group activities such as soccer, softball and running track take up a lot of room that is just not available to us in the units. There is plenty of room on the outside recreation yard (rec yard) though. In addition to the health benefits, mental balance and being able to blow off steam and alleviate stress, it is also one of the places inmates can go for space from other inmates. Our Administration here at FCI Williamsburg has indefinitely taken this from us because they are incapable of doing their jobs and apprehending the person(s) responsible for orchestrating the flying of drones to deliver contraband into the compound. Their response has been to collectively punish all of us instead of the guilty person. So now we have been without outside rec since October.

One thing you have to understand is that the recreation department is directly under the Education Department. That said, the staff are just as lazy. Correctional Officer Stone is over rec, and getting him to actually do anything there, such as special purchase orders (SPO's) to allow inmates to purchase hobby craft items is next to impossible. Such items are allowed by policy and are a great way for inmates to be productive with their time. However, he has made it impossible with his compulsive lying, stonewalling, and other tactics like destroying turned in order forms. In addition to this, classes are without oversight and nothing is really learned here. This is another department where programming is dead and the day to day motions are just that, day to day motions.

Another issue involving recreation is the ability to play the TTRPG games so common in prisons. For those that do not know, Table-Top Role-Play Games such as Dungeons & Dragons, Pathfinder and other games played using paper and dice have had a shaky history due to the misbelief that it promotes devil worshiping and can drive players to suicide. If you have ever seen the movie "Mazes & Monsters" with Tom Hanks in the lead, you will know a bit of what I am talking about. Education banned us from playing in their department and told us to play at recreation, yet recreation has banned the bringing of books to their department, and books are required to play the game since they contain all of the rules as well as many additional features such as items, characters, and even entire story lines complete with quests and surrounding characters called Non-Player Characters, or NPC's. While education made the call to ban us from playing in their department and refuse to order recreation to allow us to bring the books and materials needed such as dice, pencils, papers and such, we are essentially banned from playing it in prison since no unit has enough players to play in-unit games. This only leaves some of prisons most smartest minds idle, and that is a dangerous thing.

With staff shortages nationwide, owing only in part to Covid-19, and the rest to the fact that no sane person wants the job of 'prison guard', it is understandable that the existing guards would be pressed for extra duty, further stressing them in an already stressful job. The guards over recreation have seemingly found a way to make their jobs easier. All they have to do is claim that they have seen a drone and their department is immediately closed down, and they can sit back and relax the rest of the day. This tactic has had the recreation yard closed for roughly 30-40% of the year. Even the most untrained eye can tell the difference between a high-flying airplane and a low-flying drone. Yet staff here can't. Anything to get out of working...

INMATE MAIL: Inmates do not have much to look forward to in prison. Mail is one of the few things that we cherish. Letters and photos from home, books that friends send for you to read to lift your spirits. Educational courses via the US mail system is also common. Newspapers, magazines and other media as well. Laziness and lack of oversight have allowed a situation so toxic to develop here in the mailroom though and it affects all recipients of mail at this facility. Staff have taken to twisting policy any way they see fit to reject and return mail so that they do not have to take the time to process it, and give it to the correct inmate, in the correct unit, on the correct floor, in the correct cell in a timely fashion. The mail that we do get is usually late, sometimes by weeks. This is usually worse around Holidays and is a noticeable and obvious trend. Some of the places that send books, free of charge to inmates, have been lied to and told that they are not allowed to mail books to this facility when in fact they are allowed to. The ONLY person allowed to ban a place is the institutions warden, NOT the mail room. Even in the event of an actual ban, the place being banned is given a means of recourse with the ban order. No such papers was sent. They do this because they know the hurdle we will face in trying to rectify it will be monumental if not impossible. Most magazines will cancel subscriptions if they get one returned, interrupting your service. They also reject ENTIRE book packages and packs of photos instead of pulling out the offending one and giving you the rest. If we try and get it fixed here at this level, we get the run-around, lied to or retaliated against. To make matters worse, few if any records or logs are kept on what is rejected or sent back, and rarely is notice of rejection given to either, or both the sending, and intended recipient. Just another tactic used by the BOP.

In addition to the above, when incarcerated people do get books, namely from the organizations that send them for free, we are not allowed to know who sent them. Invoices, accompanying papers, letters and other identifying sources are removed, thrown away and not given with the package, including the removal of the return address itself. There is no way to keep track of which places respond to request letters or don't. We are forced to waste postage writing them all in the hopes there is a response. This is also designed to discourage inmates from even trying in an effort to lessen their work load.

FACILITIES: The department that is supposed to perform routine maintenance and repairs is severely lacking to the point of criminality. They have allowed the 'A-Side' of building 2 to go without these cost saving repairs till the roof is now pouring in water to both the upper and lower floors. Needless to say, they kept inmates in these conditions for as long as possible. Thankfully they have now cleared out the top but have left about 15 inmates in the lower floors to act as a cleanup crew when it rains. This area of the compound is also known to flood when it rains, water pooling up to about 7 inches, or more, deep. Inmates that live(ed) in that building have/had to walk through it to get to the chow hall, and other areas of the compound. This being South Carolina, it rains a lot. It is not that difficult to be pro-active and get this fixed, especially with us inmates doing the brunt of the work. But no, they would rather be lazy and do nothing but allowing mold to grow and the foundation to crumble. And yet we're the ones that are called criminals?

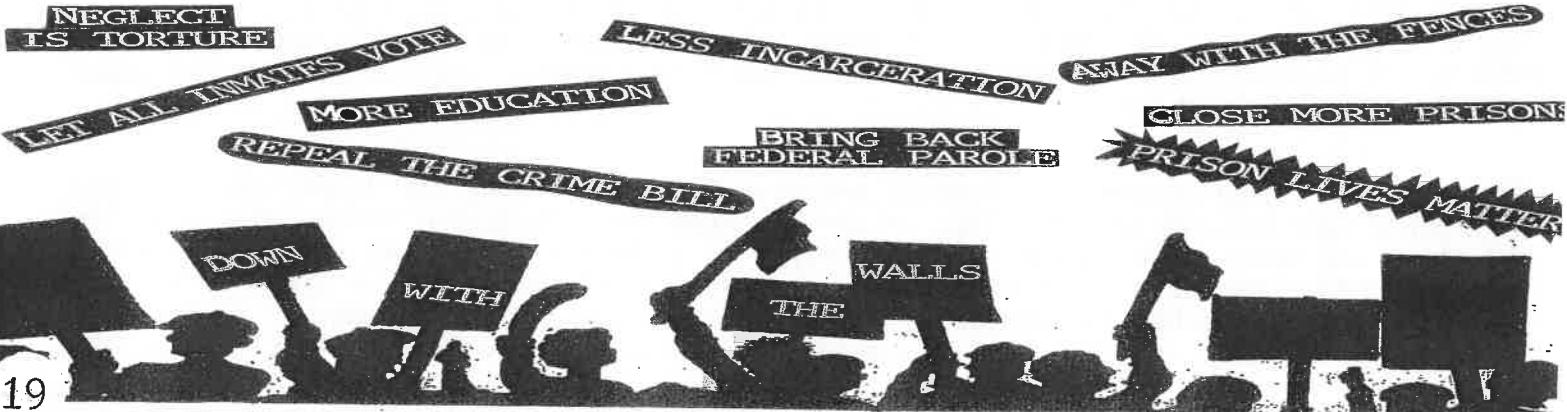
MEDICAL: When they handed out bedside manners, common courtesy and human decency they overlooked this pool of talent. This is the one department here that should always be 'on point' at all times. The health of human beings is nothing to play with yet medical staff here do nothing but play games with our lives. Not only do they reek of ineptitude, they know it and treat us bad because of their failings. These are people that would not make it in the public sector. They would be sued for malpractice in a heartbeat out there, yet

in here, they get to hide behind the protection of the Prison Litigation Reform Act, which shields them from prosecution and affords them a license to literally kill. Be it by neglect, bad medical practice or just plain ignorance to basic medical knowledge. These are the same people that treat diabetes with peptobismal. Yet due to little to no oversight and unwavering legal protections they are allowed to mistreat inmates daily. One guy here went in for an infection in his big toe, which resulted in it, and two other toes being amputated, with a threat of the entire foot, or leg due to medical neglect. He had been trying to get treated for over a month for it, and by then... it was too late. I my self need two teeth pulled, but after my last encounter with Dental here, I am reluctant to see them, Instead, I pack my cavity with crushed Asprin and Oral-Gel, pressed into place with a wet paper packing. I would rather bide my time than ask them for help. Go figure.

**VISITATION:** The BOP has the visiting information on their website so outdated that visitors are being turned away. Some even after spending thousands of dollars for travel, rentals, and lodging fees, and after traveling hundreds of miles. The BOP has, several times, been made aware of this issue. Their disregard for the friend and families of those incarcerated speaks volumes.

**FOOD/CHOW HALL:** Inmates are being forced to decide on eating meals or going to programming, recreation, law library, leisure library, chapel and other places on the compound because the do not allow you to eat before going to these places in the PM hours. They do a move out to these places, then once you are locked behind the door or gate to the area that you went to, you are not afforded another move until 7PM, well after food is served. This is not beneficial to inmates health, physical or mental, in any way. Further evidence of the criminality of the American Prison System.

**HOUSING AREAS:** Other than mold that keeps growing back over the showers, and the slippery floor in the same area, the windows were frosted over with a spray-on coating to make looking out impossible. It also diffuses the natural sunlight, makes judging the current weather to know what to wear out side impossible, but it kills the already low morale in this prison. At the first of 2023, BOP Region did an inspection and ORDERED administration to remove the coating from the windows. As of December 31st. it is still there. The administration here has such disdain and contempt for the people over them, as to completely IGNORE an order. This is what happens when power is given with no effective oversight. This is why we need better watchdog groups, with more access to the prisons that they watch over.



# Ball & Chainz



Update on the "Ball & Chainz" comic. The fellow inmate that I had lined up to help with this project has backed out. While the concept, characters and initial design are all mine, I do not have the time or drawing skill to devote to this by myself. I must at this time regrettfully postpone the launch of this portion of the zine. Perhaps one day I will be able to present it to you. Till then, enjoy this teaser.



# \*\*\* ONE LAST WORD \*\*\*

This ZINE is, for an inmate, expensive to produce. A gift of funding of any denomination you choose, be it \$25, \$50, \$100 or anywhere in between, will help pay for paper, pens, envelopes, stamps, typing ribbons, correction tape, copy cards and other supplies. So far, for this ZINE, I have borne the brunt of the cost, putting all of my "Joy of Reading" pay into it. All \$25.16 every 3 to 6 months or whenever they pay me.

Below are the prices of the items that I have to buy to make this ZINE. Please help support this effort if you can.

Date: 08/29/2023

Time: 2:35:12 PM

Name \_\_\_\_\_

Do not leave the Commissary once you have submitted responsibility to check the commissary bulletin board

\$0.66 ea.	FOREVER STAMPS (20)
\$1.00 ea.	STAMPS, \$1.00^
\$1.25 ea.	2PK BIC INK PENS (5)
\$6.95 ea.	COPIER PAPER
\$1.95 ea.	ENVELOPES (1)
\$1.40 ea.	LEGAL ENVELOPE (2)
\$2.40 ea.	SWINTEC CORRECTION TAPE-S (1)
\$7.75 ea.	SWINTEC PRINT RIBBON (1)
\$19.50 ea.	SWINTEC PRINT WHEEL (1)
\$47.60 ea.	TYPEWRITER RIBBON
\$2.85 ea.	WALLET ENVELOPE (2)
\$1.30 ea.	WORD FINDS
\$1.25 ea.	WRITING TABLETS
\$6.50 ea.	COPIER CARD

\*\*\* SPECIAL THANK YOU to the person who sent the \$27.04 (See lockbox info below). This was greatly appreciated and well used. I was able to get much needed copy cards. Thank You!

Date: 10/10/2023

Time: 09:11:42 AM

## TRULINCS Account Transactions - Corr Personal Inmate Information

Inmate No: 21647075 Inmate Name: NICHOLS, JOSEPH S

Date	Reference #	Transaction Type	Amount
10/10/2023	54	Sales	-\$19.50
10/10/2023	53	Sales	-\$12.10
10/09/2023	TL102023	Pre-Release Transaction	\$25.16
10/09/2023	ZIPP0923	Payroll - IPP	\$25.16
10/09/2023	ZIPP0923	Pre-Release Transaction	-\$25.16
10/06/2023	70193701	Lockbox - CD	\$27.04

Sales Invoice ---S.O.U.---

Williamsburg FCI

MAIN

Account No. 21647075 1F70930

NICHOLS, JOSEPH S

10/10/2023 08:22:16 AM TXN6599376 54

ITEMS PURCHASED

Qty Description Price

1	COPIER CARD	\$6.50
1	COPIER CARD	\$6.50
1	COPIER CARD	\$6.50

Total \$19.50

Charge 21647075 \$19.50

ALL SALES ARE FINAL!!

### WHO AM I?

My name is Joseph Shannon Nichols. I am an inmate in the Federal Bureau of Prisons. I am a human being, a dreamer, a thinker and an advocate for many things. I am creative, curious and a lover of art, music and good fun. I am a victim. I am a perpetrator. I am getting well by coming to terms with what I have done and what was done to me. I believe in leaving this world better off than when I came in to it and I will be working towards that goal until my dying day. I don't mind that one bit.

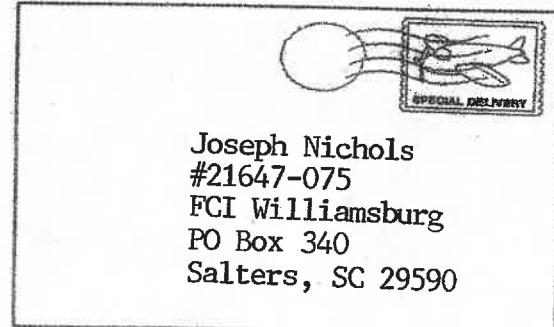


I also look

good in a suit.



FEEDBACK WANTED: Write me and tell me your thoughts on my zine.



# SPOTLIGHT

## INTERVIEW BEHIND BARS

This will be an annual feature where I interview inmates who are being productive in prison or trying to make a difference in the world from behind these walls. I will run them for as long as I have people willing to sit down for the interview. Enjoy!

Q: Would you mind introducing your self for me?

A: My name is Michael Gallon. I write a series of books from prison titled "The Murder Queens".

Q: How much time do you have left on your sentence Michael?

A: A bit under 20 left...

Q: What motivated you to write books in prison?

A: I wanted people to know the real story of what got me here.

Q: So your books are fiction, but based on true events?

A: Yeah.

Q: How would you say that your experiences with the criminal justice system and prison has shaped and influenced your work?

A: You can see that it's a dead end. There is no justice.. I was never indicted and am here on a criminal complaint. It's f\*\*\*\*\* up how they do people. It shows in my work.

Q: Do you see yourself in any of the characters in your books?

A: Most definitely. Michael Vallentino and I live in the same world. We are the same person, no different than any other man trying to make an understanding. What you take from my story is what you want to believe. That's just how it is. I never said I was a pimp, but the justice system said I was.

Q: What message do you try to get across to your readers?

A: Don't follow behind me in my footsteps. Don't take the same path that I did. Everyone has a story to tell in order to be free and you just have to tell your story.

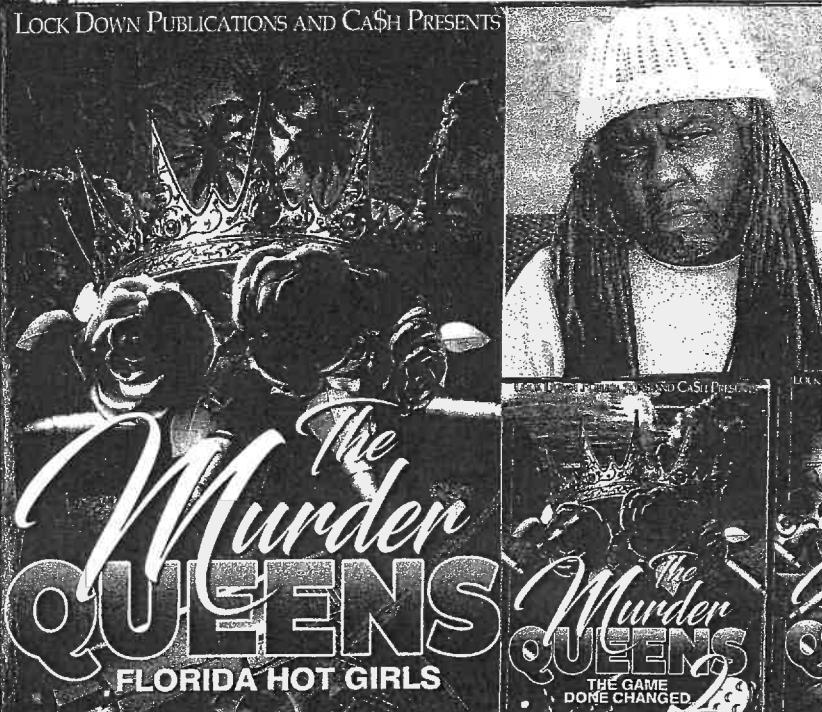
Q: If you could tell a younger you a life's truth, what would it be?

A: Listen to your parents. They always know what's best for you.

Q: What other writing(s) or projects do you have in the works?

A: There are definitely more books coming. I type other peoples books as well and one of my goals is starting my own publishing company.

LOCK DOWN PUBLICATIONS AND CASH PRESENTS



Michael Gallon aka Michael Vallentino  
is currently housed at F.C.I. Williamsburg  
Salters, SC 29590

He caught his Federal case, while residing  
in the beautiful Sunshine State. Fla.  
Lakeland, Florida to be exact. His books can  
be purchased where ever books are sold and on  
Lock Down Publications....

LOCK DOWN PUBLICATIONS AND CASH PRESENTS

LOCK DOWN PUBLICATIONS AND CASH PRESENTS

More  
to  
Come...

MICHAEL GALLON

MICHAEL GALLON

MICHAEL GALLON

MICHAEL GALLON

# **SUPPORT THESE ORGANIZATIONS**

I have checked and re-checked every organization in this list to ensure that it is still open after the COVID-19 outbreak. However, the economic and social impacts of COVID-19 will continue to be felt, both in and out of prison, for a long time and many places are closed or are being forced to adapt and may be temporarily closed. I suggest that you check online before counting any places with wrong information out.

## **All of Us or None**

4400 Market St · Oakland, CA 94608  
415-255-7036 x337 : <http://www.allofusorone.org>

Grassroots organizing project of Legal Services for Prisoners with Children. All of Us or None fights for the full restoration of our civil and human rights of formerly-and currently-incarcerated people and families. They are fighting against the discrimination that people face every day because of arrest or conviction history.

## **Amnesty International**

311 W 43rd St 7th.floor · New York, NY 10036  
212-807-8400 · <http://www.amnestyusa.org>

Compiles information regarding prison conditions such as the use of prolonged solitary confinement and other abuses in prison for advocacy purposes; also works on police accountability and ending the death penalty.

## **Center for Constitutional Rights**

666 Broadway 7th floor · New York, NY 10012  
212-614-6464 · <http://ccrjustice.org>

Non-profit legal and educational organization committed to the creative use of law as a positive force for social change and dedicated to advancing and protecting constitutional rights.

## **Critical Resistance**

P.O. Box 22780 · Oakland, CA 94609-2301  
510-444-0484 · <http://www.criticalresistance.org>

CR seeks to build an international movement to end the Prison Industrial Complex by challenging the belief that caging and controlling people makes everyone safe.

## **Citizens United for Rehabilitation of Errants (CURE)**

P.O. Box 2310 · Washington, DC 20013-2310  
202-789-2126 · <http://www.curenational.org>

CURE organizes prisoners, their families and other concerned citizens to achieve reforms in the criminal-justice system.

**ESPERANZACENTER.ORG** (They advocate through inmate art shows and sells inmate art.)

**PRISONPOLICY.ORG** (Works to change bad prison policy and introduce beneficial policy.)

**TRUTHOUT.ORG** (They expose prison and other issues through online articles.)

**REALCOSTOPRISONS.ORG** (Highlights what having prisons costs you, and not just money.)

**PRISONACTIVIST.ORG** (A hub of resources for prison activists and inmates alike.)

**MORETHANOURCRIMES.ORG** (Humanizes inmates through inmate writing and direct activism.)

**PRISONLIVESMATTER.NET** (Works to educate people on both sides of the wall about prison.)

**RIGHTSBEHINDBARS.ORG** (Works with inmates to challenge cruel and inhumane conditions.)

**NATIONINSIDE.ORG** (Helps advocates build movements to challenge mass incarceration.)

## **Death Penalty Information Center**

1701 K Street NW Suite 205 · Washington, DC 20006  
202-289-2275 · <http://deathpenaltyinfo.org>

DPIC focuses on disseminating studies and reports related to the death penalty to the news media and general public covering subjects such as race, innocence, politicization, costs of the death penalty, and more.

## **Families Against Mandatory Minimums**

1100 H Street NW, Suite 1000 · Washington, DC 20005  
202-822-6700 · <http://www.famm.org>

Nonprofit organization fighting for fair and proportionate sentencing laws that allow judicial discretion; improved prison conditions; and an increase in compassionate release.

## **Solitary Watch**

PO Box 11374 · Washington, DC 20008  
<https://solitarywatch.org/>

Solitary Watch works to expose and oppose the use of solitary confinement in U.S. prisons and jails.

## **The Sentencing Project**

1705 DeSales Street NW, 8th Floor · Washington, DC 20036  
202-628-0871 · <http://www.sentencingproject.org>

The Sentencing Project is a national policy research and advocacy organization that works for a fair and effective criminal justice system by promoting sentencing reform and alternatives to incarceration.

There are many, many more places out there, both local and national. Work with any you can, but ultimately these places need to work with each other to meet their goals as all prison and criminal justice issues are important to America's future!

Thinking of you as we struggle  
**TOWARD ABOLITIONIST HORIZONS**

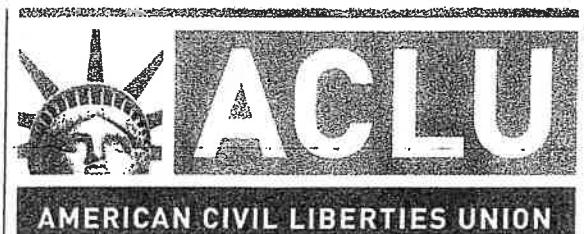


Issue #1 of this zine can be downloaded at...  
<https://archive.org/details/the-insiders-zine/>

**HEY!** Enjoy these  
documentaries...

DEATHROW: A History of Capital Punishment  
in America. (5 Hours/2 DVD's) Mill Creek

ATTICA '71 Documentary of the 1971  
riot at the Attica Correctional  
Facility. (NR 1:56)



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**JUST SAY NO**



**TO JOE!**

*sic Priso*

8' x 12'

**VOTE**