The mission of the Pennsylvania Prison Society is to advocate for humane prisons and a rational approach to criminal justice.

Art by Jose Rodriquez

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The opinions expressed are of the authors and not necessarily those of Graterfriends.
Dear Friends of the Society,

March marked one year since the start of the pandemic, and though there is still a long road ahead of us, there are also small victories and signs of progress worth celebrating.

SCI Laurel Highlands, SCI Muncy and SCI Waymart have already vaccinated more than 70% of their populations, and infection rates have already fallen.

Governor Wolf signed 310 pardons at the end of February, and the Bureau of Prisons is actively working with the governor’s office to develop a more streamlined review process for both commutation applicants and certain types of pardon applicants whose applications are recommended by BOP to the governor.

And two new staff members joined the Prison Society. Our team is growing and thinking of new ways to support you.

Noah Barth is our new Prison Monitoring Director. Noah served as an Official Visitor with the Prison Society’s Philadelphia chapter and has a depth of experience working with prisons in Pennsylvania, Connecticut, and most recently Baltimore. For the last five years, he worked in higher education in prison, helping women and men incarcerated in multiple states access high-caliber college educations and academic resources.

Anton Andrew is joining us as our Education and Advocacy Fellow. Anton will work to increase the Society’s visibility in legislative offices, support education efforts and explore ways to sustain strategic advocacy campaigns. Anton has spent the past 25 years as a public defender, educator, and local activist fighting to protect people and communities whose voices have been historically ignored.

We feel optimistic despite the challenges before us. Know that we remain here for you, listening and fighting to create a safer, more just system.

With gratitude,
Kirstin

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Graterfriends is a publication from the Pennsylvania Prison Society.

We reserve the right to edit submissions. Original submissions will not be returned. Allegations of misconduct must be documented and statistics should be supported by sources. All submissions should be no more than 500 words, or two double-spaced pages. Letters more than 200 words, or one double-spaced page, will not be published in their entirety and may be shortened for clarity and space.

To protect Graterfriends from copyright infringement, please attach a note, on your submission, stating that you are the original author of the work and that you give us permission to edit and print; date and sign the declaration.
Prison Society staff and volunteers began receiving the vaccine on March 7th.

**WHAT IS THE VACCINE:**
Vaccines train our immune systems to recognize and destroy the virus. Currently, three vaccines are in use in the United States.

None of the vaccines can cause COVID-19.

COVID-19 vaccines DO NOT affect or interact with our DNA in any way.

**WHAT THE VACCINE DOES:**
Most effective protection from exposure from the community

The vaccines went through all of the regular FDA-required assessments and regulatory processes.

People who have had the COVID-19 vaccine may be able to get mild infections, and they may be able to spread COVID-19 to others. (We do not know how common this is yet.)

Until most people have been vaccinated against COVID-19, everyone needs to continue wearing masks, practicing physical distancing, and frequently washing their hands.

**COMMON SIDE EFFECTS:**
Arm soreness, Tiredness, Headache, Muscle pain, Chills, Joint pain, Fever

These side effects are more common after the second dose of the vaccine and if they occur usually resolve within 2 days. These symptoms are normal, and they are a sign that your body is building protection against the virus that causes COVID-19.

**WHAT IF I ALREADY HAD COVID-19?**
COVID-19 vaccination should be offered to you even if you already had COVID-19.

The vaccination has been shown to be safe in those who have already had COVID-19.

You should not get the vaccine if you are currently sick with COVID-19.

**PA DOC VACCINE POLICY:**
There will be a $25.00 incentive for incarcerated people to receive the vaccine, but no punishment if people refuse the vaccine.

Newly incarcerated people will be offered the vaccine upon reception once it is available.

DOC staff are also being offered the opportunity to get vaccinated.

**ADDITIONAL INFORMATION:**
As of March 8th, the United States is administering approximately 2.2 million vaccine doses daily. In PA, approximately 18% of people have received at least one dose of the COVID-19 vaccine.

No one has died from the vaccination. By contrast, more than 500,000 Americans have died from COVID-19.

Vaccination is by far the best protection for yourself and fellow incarcerated people against the disease.

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The Pennsylvania Institutional Law Project (PILP) is pleased to announce two new projects that seek to address important issues faced by some of the most marginalized in our community. PILP is a statewide legal aid organization that seeks to advance the constitutional and civil rights of those incarcerated and detained in Pennsylvania, by providing civil legal assistance, pro se assistance, legal advocacy, and legal representation.

First, one of PILP’s projects currently focuses on gender-based issues in Northeastern Pennsylvania. PILP would like to encourage readers of marginalized genders (including, for example, cis women, trans women, trans men, intersex and nonbinary people) who have experienced issues such as access to health care, lack of disability accommodations, or other civil rights concerns while incarcerated, in addition to people of any gender who have experienced sexual violence while incarcerated, to contact our Lewisburg office via confidential legal mail at P.O. Box 128, Lewisburg, PA 17837. Although we support incarcerated people from all over Pennsylvania, we currently have expanded resources in the Northeast region on these issues.

Second, PILP is seeking to increase and expand access to Medications for Opioid Use Disorder (MOUD) or Medication-Assisted Treatment (MAT). If you have sought access to medical support for opioid use while incarcerated and have been denied or experienced other barriers, please contact our Philadelphia office via confidential legal mail at 718 Arch Street, Suite 304 South, Philadelphia, PA 19106. Individuals incarcerated in county, state, and federal facilities in Pennsylvania are eligible.

Through these projects, PILP aims to increase legal support and representation in these underserved areas. Please note that each letter and potential client will undergo an evaluation process and that we cannot guarantee advice or representation. PILP and its affiliate, the Lewisburg Prison Project, can only assist individuals with civil rights violations related to the conditions of their confinement (medical, mental health, excessive force, etc.). We cannot assist with criminal cases, sentencing, or parole issues.
COVID-19 One Year Later  
A Year of agonizing isolation

It’s been one year since the COVID-19 pandemic arrived in Pennsylvania. For much of the time, we’ve been focused on how to protect people in custody from deadly outbreaks of the virus. We’ve also been focused on using Graterfriends to provide our readers with accurate information about the virus and the DOC’s response to its infection of those in custody. Each issue, we’ve gathered your insight and reported it not only back to you, but to those on the outside through our electronic newsletter, social media outlets, etc.

A year later, amidst all the responses we’ve received, one thing continues to stand out: the extreme isolation and claustrophobia of near-constant prison lockdowns has defined your responses just as much as the fear of becoming infected has. Its toll is harder to measure, but we report these responses so you can understand you are being heard, and you’re far from being alone in those feelings.

Surveys continue to speak to feeling “hopeless” while confined largely to cells

Less than a month into the pandemic, the statewide quarantine kept people confined to their cells for all but 45 minutes a day. The policy was lifted in May, but the prisons continued to impose similarly restrictive “enhanced quarantines” when outbreaks occur. So when COVID-19 infections exploded in prisons during the fall, confinement to cells nearly the entire day for weeks or months at a time brought increased issues with mental health:

“Locked in a cell 24 hours a day, seven days a week,” a person incarcerated at State Correctional Institution (SCI) Camp Hill. “Maybe every other day a shower or phone call for five minutes. And it’s not easy to digest being in a small cell day in and day out...Everyone is not strong enough mentally to cope or deal daily in these circumstances.”

In our most recent survey of 300 people during the fall and winter, 37% percent said they were allowed less than 30 minutes outside of their cell per day, and 62% were allowed less than an hour a day. Some people said they often go an entire day without getting any time out of their cells at all.

“I not only feel trapped in my cell but also in my mind,” another person wrote from SCI Albion. “To capture our feelings the best in one word [:] ‘Hopeless.’”

Questions about access to time in the prison yard, television, puzzles, religious services, library books or other activities that can help relieve isolation and grinding boredom found that:
- 41% had not been allowed into the yard in the last week,
- 65% were not able to access library books at their facility,
- 77% stated that their facility was not offering any type of religious services, and
- 66% answered that puzzles, bingo, or board games were not available at their facility.

The makings of a parallel crisis.

There have been dozens of comments describing the psychological strain of living under constant lockdowns. 12% of respondents mentioned mental health concerns without being prompted to do so. Yet responses suggest that it’s been even harder to obtain mental health services during the pandemic.

One person incarcerated at SCI Mahanoy reported not receiving any kind of psychological help a month after requesting it: “No answers[,] no support besides my original request stamped as received.”

“Mental health is a big issue,” another person in custody at SCI Phoenix wrote. “Many are suffering getting no help to improve [their] condition.”

There are some troubling signs intense isolation will lead to a parallel public health crisis in prisons. In the Philadelphia jail system, there were more than twice as many suicide attempts between March and August of last year as usually seen during that period of time. The city has imposed especially restrictive lockdowns in its jails. Until a federal judge ordered city jails to relax restrictions, incarcerated people were only allowed 15 minutes a day outside of their cells for parts of December and January.

Eradicating the spread of COVID-19 in prisons offers the best hope to ease the desperation so many incarcerated people are feeling as the pandemic drags into another year.

The Prison Society is here to help. Graterfriends strives to be an outlet for the mental wellbeing of our readers across the state. We ask to let us know if there is further support we can provide to you to be another source of support for mental health during this increasing crisis.

Reducing Populations to Protect the Vulnerable: A Comparison
Taylor Lawrison, Volunteer at Pennsylvania Prison Society

As COVID-19 continues to wreak havoc around the world, officials in all areas of the government are being forced to acknowledge the increased risk of infection faced by people who are incarcerated. It is estimated that 1 in 5, or a staggering 20% of Pennsylvanians who are incarcerated have been infected with the coronavirus, with over 1,300 of these cases being reported since the beginning of 2021.

Pennsylvania is one of only six states which imposes life sentences without possibility of parole, giving it the second highest population of lifers in the country. As a result, 23%, almost a quarter, of the state’s prison population is over the age of fifty. Despite overwhelming evidence that elderly people are highly unlikely to commit crimes upon release, Pennsylvania continues to spend millions of dollars each year keeping elderly people behind bars. According to the American Civil Liberties Union, the average recidivism rate is around 60%, but falls to a miniscule 2% for people over the age of 50 and almost 0% for people over the age
of 65. Because this population is not likely to pose any threat to society and is the most at risk of being harmed by the Coronavirus, corrections officials across the country have sought to reduce this population significantly, to varying degrees of success.

In the summer, California released a whopping 8,000 people from prison due to concerns about overcrowding and its effects on the spread of the virus. Release priority was given to non-violent offenders over 30. In early November, New Jersey governor Phil Murphy signed a bill into law which reduced the number of incarcerated people in New Jersey by a monumental 35%. People who were incarcerated in New Jersey were eligible for release under the bill if they were within one year of completing their sentence, for crimes which were not sexual assault or murder. Over 2,000 prisoners were released, one of the largest prison population reductions to ever happen in a single day.

In April, Pennsylvania Governor Tom Wolf issued an executive order which established a reprieve eligible to non-violent medically-at-risk people within one year of their release date. In order to be considered at-risk, a person must either have a serious chronic medical condition or be over the age of 65. While state officials estimated that the prison population would need to be reduced by 12,000 in order to slow the spread of the virus, only about 160 people were granted parole through the reprieve, which many advocates believe had far too many clauses and qualifications for eligibility.

In early December, more than half of the population of Laurel Highlands, Pennsylvania’s institution for elderly and medically-at-risk people, tested positive for coronavirus, demonstrating the significant threat posed to those incarcerated during the pandemic and the need for Pennsylvania to join the 18 other states which have enacted new legislation or medical parole during these unprecedented times. We will keep our readers updated if and when the PA legislature takes additional steps to protect medically vulnerable people in custody.

John Wetzel made two things abundantly clear at the most recent Appropriations Committee budget hearings. First, he loves Bloomsburg University! Second locking up people is becoming an increasingly expensive way to deal with other larger societal problems.

That is what Pennsylvania lawmakers, and viewers like myself, heard when he was asked why the Pennsylvania Department of Corrections Secretary is seeking more for its annual budget at a time when the overall number of people in its custody is dropping.

Wearing a Bloomsburg University (BU) fleece (he also gave BU a shout out early in the proceedings), Secretary John Wetzel asked for a 2.5 percent budget increase mainly to keep up with increased costs due mainly to population shifts, despite reduced population numbers.

The aging population has been growing annually and now makes up 1/4 of the state’s prison population. Those with mental illnesses now make up a 1/3 of the population. And 1/4 of the incarcerated population is struggling with addiction. These groups all require additional medical and other resources, sometimes under court order, including better trained staffers. And that takes more money.

Much of the Secretary's testimony focused on the DOC response to the Covid-19 pandemic.

He emphasized Pennsylvania had one of the lowest rates of infection among incarcerated people, among large states. And stressed the importance of quickly vaccinating people in custody and corrections staff, who work with them to prevent spread into outside communities. He also described the 23in/1out quarantining policy as being “terrible” for anyone locked up for that long, but necessary.

Secretary Wetzel also provided insight/gave reasons for why, reprieves and commutations have been frustratingly/disappointingly low, at a time when there is such a great need to reduce prison populations. The Governor’s one-time emergency order granting reprieves to certain nonviolent individuals in state custody who have medical conditions that make them particularly vulnerable was done with the hopes that Democratic and Republican elected representatives in Harrisburg could come up with a more permanent legislative solution. And that has not happened. SO, only the 159 out of the more than 1200 eligible people which both DOC and District Attorneys Association could agree on (neither advocates for incarcerated people, including defense attorneys, or incarcerated people were excluded) were released. And because “Pennsylvania has the most stringent rules for (commutations)”--which require an inmate’s commutation to be not only supported by the DOC, but by a unanimous vote of a person panel, including the Attorney General, Lieutenant Governor, and 3 appointees, followed by an independent review by the Governor’s Office--Secretary Wetzel was not surprised only13 out of more than 5200 serving life were granted.

At the end of the two hour hearing he was asked whether inmates were still required to pay a $5 copay for medical visits. Secretary Wetzel responded it had been waived during Covid-19 Crisis. When asked if it would be eliminated, post Covid, he responded, “I don’t know... when it was started in the 90s it was used to prevent frivolous (visits)... Not sure that’s relevant anymore... (it’s) a discussion worth having.”
Since Pennsylvania opened Eastern State Penitentiary in 1830, the Criminal Justice system has undergone major transformations, some for the better, some for the worse. Ultimately, it has not eliminated crime from the Commonwealth, and therefore it has failed. It is time to compare what the prison system is really doing versus what it purports to do.

Beyond the classism and racism promoted by the prison system, one also faces individual injustice. If you or I were to viciously assault a fellow human being, we would be criminally charged and might face prison time. If someone who works “in the name of justice” does these things in service of “order and discipline,” he is hailed as a hero by the masses! Society at large has been brainwashed into thinking that just because someone is charged with a crime, even if they are not convicted, they must inherently be a bad person, deserving whatever the consequences of that crime may be. We fail to recognize that the real victim of the crime is just that: the victim. If anyone should have the power to punish or pardon, it should be the victim!

If we dig deeper into the concept of the prison complex, there is a disparity in the wages the Corrections staff makes compared to the inmates, the people who really do all the work. According to a document I received from the PADOCS’s “Right to Know” office, the average corrections officer makes an annual base salary of $39,329.00. Inmates like me get paid a starting wage of $0.19 cents per hour. With an average pay period of 23 days a month at 6 hours a day, in a year we make a measly $314.64! They pay our grossly overpaid babysitters $39,000 to press buttons and break up the occasional fight, but they feed us terribly and enslave us for less than 0.1% of that salary.

 Needless to say, they may call themselves “corrections,” and their mission statement might proclaim them to be “leaders” in the Corrections field, but what are they attempting to correct?! Through often barbaric practices, they reinforce the systemic, wide-spread oppression and enslavement perpetrated by the prison system.

So, what can we as inmates do to fight back against our unfortunate system? First: know your rights. One of the few things prisoners do right in Pennsylvania is offer a fully functional law library. Take advantage of it! The next thing to do is learn how to exercise your rights peacefully. Violence begets more violence. You will be respected by your administration more if you promote your cause peacefully. Don’t be afraid to file a grievance. I assure you that it won’t mess with your parole, and you may make a difference to the population as a whole. Familiarize yourself with the grievance policy (DC-ADM 804), for knowledge is power.

The most important thing we need to do is stick together. United we stand, divided we fall. I wish you much peace and tranquility.

For more reading, check out “Beyond the Prisons” by Laura Hagnam and Harmen L. Wray. The book is suitable for any-one looking to expand their knowledge and gain insight into the grave injustices prisoners face.

I would like to follow Mr. McKelvie's issue. The judicial system knowingly convicts innocent people of color and claims that justice has been served. Justice means to give someone their rightful place and position — to be fair and equitable. Which leads me to the report from Ms. Sloane, Esq., “Reviving Batson.” The Swain v. Alabama (1965) ruling allowed for discrimination during jury selection and violated the right of individuals who were excluded to serve as jurors based on race. Most importantly, it was showed to reduce the likelihood that a defendant will receive a fair trial, which means an innocent man may be more likely to go to prison.

Now to my point: what happens to those people of color that were convicted under Swain, before Batson? Those whose had their 14th Amendment rights violated by hidden discrimination and racial disparity in the jury selection by the DA office policy that taught AD attorneys to keep people of color off of the jury? This blatant discrimination to peremptorily strike jurors clashes with the dictates of the Equal Protection of the 14th Amendment, which is still not enough to give those innocent under the Swain era their day in court with a fair-picked jury. How about those whose cases are old, before Batson, when it was not believable that there was and is illegal tactics by DA offices and police? Are these old cases just collateral damage?

The Batson rule did not preclude defendants from still using the same kinds of historical evidence that Swain had allowed them to use to support a claim of racial discrimination: why can’t a defendant under Swain use the Batson rule? Especially because Batson is the precedent over Swain now! After Batson, defendants may still cast Swain’s wide net together with evidence... Batson is the precedent over Swain now! After Batson, defendants may still cast Swain’s wide net together with evidence... Again why can’t Swain defendants use Batson’s wide net to support their claim?

The Court stressed a basic Equal Protection point: in the eye of the Constitution, one racially discriminatory strike is one too many. Batson enforces the constitutional principle, but not for those under Swain. Batson, but not Swain, ended the widespread practice in which prosecutors could, and often would, routinely strike all Black jurors. If you support capitalism, you support racism, since capitalism is built on the “racial bribe.”

Attention: life-sentenced men and women. Let’s talk about CADBI (the Coalition to Abolish Death By Incarceration). I love CADBI; everyone involved works tirelessly for us. But the problem is that our families and friends are not involved enough. The latest CADBI membership numbers are appalling. In CADBI’s November 2020 newsletter, they informed us that their membership was just over 800, which includes 625 men and women sen-
tenced to life and 150+ in the free world. CADBI fights day-in and day-out to support us and to help get parole for all Lifers. We have over 5,000 Lifers in PA, so CADBI’s membership should be 10,000+. When they have rallies, it doesn’t matter where you’re from, CADBI needs members who are willing to help. Please, if you’re a Lifer, have your family contact CADBI by sending an email to decarceratePA@gmail.com, or decarceratePA.phg@gmail.com. Or, you can send them a letter at Decarcerate PA PO Box 40764, Philadelphia, PA 19107. Let’s all get involved.

I know a lot of y’all. Lifers are my family; so many went home and they didn’t forget us. Let’s work together, united as a team, for the goal of us all getting parole. United we can win, but divided, we will fail. I am personally talking to a Republican state representative on the judiciary committee who supports HR135. We need more of them, but we also need more of us.

Let’s work together on ways to get more free people in the world involved. I look forward to working with the men in Phoenix when I get there later this year. I will be joining their Lifers organization and Mann Up to work again with my friend Tyree Wallace. Let’s all get involved or we’re doomed to fail. For all of those who were friends of Andrew Swainson, aka Blood, who rotted in SCI Dallas for 32 years: I speak to him weekly and he is living in NJ and working in a hospital’s maintenance department. He has officially been exonerated and has been declared innocent of murder.

Congratulations to my friend Charles, “Chuck,” Haas on making commutation!

Death by Incarceration
Larry Stephenson, SCI Phoenix

When a person serving life without parole, or a death by incarceration sentence [LWOP/DBI] reforms and rehabilitates his/her life, they should be allowed “The Right to Redemption,” to return to society.

Life-sentenced prisoners have become forgotten and virtually lost within the correctional and criminal justice systems. Only a few dozen “DBI” prisoners have been released in the past 40 years.

It is painfully clear that most “DBI” people will die in prison, unable to demonstrate their changed lives and strong need and desire to become useful citizens in society again.

Presently, only the commutation procedure is available for LWOP/DBI release. It is a delicate and confusing process which often relies on political consideration, rather than the change in the applicant as recorded with the prison record, psychological testing, prison staff opinions, and the applicant’s community support.

LWOP/DBI prisoners believe in “The Right to Redemption” and the difficulty in being released. We believe that justice dictates fairness and equality in the process. We want a true chance to demonstrate our worthiness to become free, productive citizens again.

Many charities and worthwhile projects benefit lifers to a significant degree, as they make the effort to atone in the only way open to them: helping others in need. Ordinarily, the news-media is not excited or interested in following these acts of “Redemption”, but the goals are achieved regardless, because the motivation is intact.

Lifers do react and adapt to the gravity of their crimes and lead exemplary lives once released. A check of the record shows that the Board of Probation and Parole, is currently supervising over 200 life-sentenced offenders on parole, who have “redeemed” themselves. The bulk of these offenders were commuted in the 1960’s and 1970’s through the Board of Pardons.

Lifers vary as the community on the outside. Some are serving life sentences having taken no life. Many are genuinely remorseful and their crimes were committed while extremely emotional and simply will not be at risk to commit any further crimes, if released.

Indeed, studies on recidivism of lifers demonstrate that paroled/commuted lifers recidivism rates are a tiny fraction (1.01%) of the overall prison recidivism rate.

Many prisoners who have taken a life walk the streets every day without incident - those who have served their time for third degree murder and manslaughter. Most times, the only difference between these people and LWOP/BDI people, was an overzealous prosecutor who wanted a harsher sentence, and charged for first degree murder.

LWOP/DBI prisoners are not content to merely idle away time and are recognized leaders and activists, as most correctional officials will testify.

Given the opportunity to “The Right to Redemption” and a second chance, based on the lifer’s prison record, psychological testing, prison staff opinions and the lifers family and community support, should merit a return to society. Life without parole serves no purpose other than, “Death by Incarceration.”

Anonymous

I’m not going to let myself be sidetracked from fighting to get lifers parole eligibility, but here’s a line of reasoning you might like to use along with the good ones you already have.

“No taxation without representation.” This is so intrinsic to democracy most people think it’s an inalienable right guaranteed to all Americans by our U.S. Constitution. However, our elected leaders think otherwise. Like King George of England taxing our forefathers without representation, politicians today are taxing millions of Americans in prison without representation.

What do you think would happen to our social security system if senior citizens were stripped of their right to vote? Would it
get better or worse? Of course, it would get worse. It would get so much worse, senior citizens would start calling our social security system unfair and inhumane. In like manner, our criminal justice system is unfair and inhumane because American citizens in prison who are the most affected by harsh legislation passed by politicians have no say in these matters because they have all been unjustly stripped of their right to vote.

Ironically, in this “land of the free”, we incarcerate a higher percentage of our people than any other country on earth. Over two million Americans are currently in prison, and they are paying taxes without the right to vote. Since the Civil Rights Movement, tens of millions of Americans have been stripped of their right to vote after being imprisoned for committing some crime. Is it merely coincidence politicians finally granted black people the right to vote in the 60’s, yes, about a century after slavery ended, and then began stripping this right from millions of them by adopting unfair get-tough-on-crime polices and then enacting a boatload of draconian laws to imprison them at a rate unparalleled in human history? You really don’t believe they did all that by mistake, do you?

Denying imprisoned American citizens of their right to vote has greatly contributed to the multitude of injustices and cruel inhumanities in our criminal justice system. In a true democracy, “no taxation without representation” is fundamental fairness. Politicians must stop taxing prisoners or allow them the right to vote.

Hopefully this gives you something to expand on. I seem to recall reading something about one or more European countries who allow prisoners the right to vote. You could look into that and CURE. A while back, CURE was looking for people like you to fight this very voting rights injustice.

As someone wiser was fond of saying, “It will all work out in the end. If it hasn’t worked out, it’s simply not the end”.

I replied, “Then just listen.”

As my story was told, my soul lifted; by the time I looked up, he was missing.

I am confined in this institution without the opportunities to develop my special capacities. They are never properly studied or understood. I do not want to be more concerned with what can be done to increase my ease, comfort, or happiness. I want to fix the root of my disorder. What am I to do, except be condemned, when what I am suffering from is not mentioned in your textbooks?

When they are getting paid for their so-called efforts, why should they try to innovate? With sufficient thought to construct a program, it is undesirable, and the system of this institution refuses to work with me. The institution only wants to promote its cause. I am being daily forced more and more to accept psychiatric treatment that only suppresses my true response to the conditions that surround my life inside this institution. It causes mental segregation, and does not allow me to be capable of thinking for myself.

This should not be this difficult, but whenever I open my mouth it seems to be an imitation resulting in the enslavement of my mind. Somehow, I am closer to the position of a test dummy. The keynote in my mental development is for me to do what I am told. When they are getting paid for their so-called efforts, why should they try to innovate? With sufficient thought to construct a program, it is undesirable, and the system of this institution refuses to work with me. The institution only wants to promote its cause. I am being daily forced more and more to accept psychiatric treatment that only suppresses my true response to the conditions that surround my life inside this institution. It causes mental segregation, and does not allow me to be capable of thinking for myself.

I was sitting, a man appeared as if out of a vision, “what’s your name, son?”

“Does it make a difference?”

He said, “only if you wish it.”
the professionals ignore the duty of teaching the truth, while these other miseducated professionals are playing up falsehood.

The experiences of the administrators show that the attitudes are not easily changed after the ink dries. Although, I, of this advanced stage of IICPI, am shown the fallacy of superiority and the folly of social distinctions, they nevertheless continue to do less worthy than themselves and persist in treating them accordingly. Anyone giving attention to this problem of IICPI has succeeded in softening and changing the attitude of those whose judgment has not been so hopelessly warped by the general attitude of the miseducated professionals.

**Stand Up Against the Corrupted DOC**

*Juicy Queen Bee, SCI Albion*

We are at war. We are faced with oppression, hate, and discrimination. This is a cry to families, mothers, fathers, and children.

Oppression, hate, and discrimination are issues that are infectious like COVID-19. Yet, medications and shots won't cure them. It takes action, grievances, and unity amongst all types of people: Blacks, whites, Hispanics, Asians, Christians, and Muslims. And those of different sexual desires: Homosexuals, Transgenders, Gays, Queens, Straights, and Lesbians. We all want the same respect, justice, and freedom.

Today, we must stand up against the corruption within the Department of Corrections. Today, we must stand up, united, and fight this fight. We should be starting a movement for equality. We must join together like civil rights activists.

We must write to our families and to anyone who will listen. We should have organizations helping us to send grievances about these issues, especially deaths by suicide and abuse against prisoners where they are denied food, recreation, showers, and beds in the RHU.

We must stand up for actual policy to be followed, and not for the discriminatory application of policy!

**Response to James Brown’s: “In support of a Goodtime Bill for Pennsylvania”**

*Alvin Cruz, SCI Fayette*

Pennsylvania has a high assault rate on both staff and prisoners, which is a problem that can and should be addressed. The state definitely needs a Goodtime Bill, but I don’t see how such a bill would diminish these assaults on staff and inmates alike.

When it comes to preventing assaults, I believe that the PA DOC needs body cams on all guards along with an adequate grievance system. These guards and civilian staff lack people skills and should learn how to talk to us with respect. The lack of accountability that police officers in the free world have is the same lack of accountability throughout the prison system. I just can’t stress that enough: there is a major lack of accountability for the guards and civilian staff.

From SCI Camphill to SCI Fayette, every time a guard is assault-
Now is the time for us to urge the PA Department of Corrections to allow all prisoners in its custody to purchase “hot pots” that meet the electrical and security requirements of prisons. We have all spent the majority of the last ten months locked in our cells. We are all being fed in our cells and the quality of food is, therefore, even worse than it normally is. The food is usually cold and needs to be heated. Furthermore, many items sold on commissary, Access SecurePak sales, and in organizational food sales require heating and are intended to be heated before eating. Such food items need to be heated and cooked not only for the sake of edibility, but also for health reasons. Heating the food we are served or purchase can kill potential bacteria and parasites.

Currently, many of us use “stingers” to cook our food. Not because we have no regard for prison rules, but because quality food is a necessity. Companies, such as West Bend, make tamper-proof hot pots with a clear base and translucent body. They have thermostat controls to prevent overheating and fuses to prevent power outages. Our use of stingers probably costs the DOC a substantial amount of money from countless blowing of fuses, power outages, and there is always the potential of injuries to prisoners.

We urge everyone to contact Secretary Wetzel, and have their supporters contact him on our behalf, to allow us to buy hot pots made for prisons. We should also send requests to superintendents and deputy superintendents, until we get results.

The West Bend prison hot pot is designed to be tamper proof, and therefore safe for use in the carceral environment. The Hot Pot can boil up to 5 cups of water, but it also comes with a removable “food insert” that allows precooked food to be heated up as well.

Book Recommendations

Recommended by John Adams at Morgan County Jail and Clifford Karolski at SCI Camp Hill

- Always allow at least 90 days for delivery.

Sample Letter:

Wednesday, March 27 2019

Hello,

I am writing to respectfully request any softback books you can provide on the following True Crime, Fantasy, Poetry, Westerns, and Self-Help.

Thank you so much for your time and efforts.

Respectfully Submitted,

John Adams #123456
Po Box 2000
Wartburg, TN 37887

Reminder: Donations like books are expensive, and often not tax write offs. If it’s within your ability to send a donation please do! Even if it’s only one stamp. Anything helps.

Proverbs 3:27 - Do not withhold good from those whom it is due when it is in your power to do it.
Tributes to Those Lost During COVID-19

The Graterfriends team was greatly moved by Andrew O-Lock’s piece Lifers Lost found in the July/August 2020 Edition (Vol. 48, Issue 7) as well as Stan Rosenthal’s tribute to Bruce Norris found in the January/February issue.

The large-scale impact of this pandemic has led to many deaths becoming part of a statistic, especially for those lost inside our prisons and jails. We would like to offer up the opportunity for others to write a tribute to someone on the inside that they have lost. We will feature these tributes in the next issue of Graterfriends.

Please write us a tribute with the following information:

- Individual’s name
- Facility they were incarcerated
- A few sentences about their life and impact.

Call for Literary Submissions

After the creative pieces we received for our 2020 Special Edition Creative Issue, we are planning to move forward with another creative issue at the end of 2021. We are currently taking submissions for this—anything from poems, songs, short stories, etc.

We are accepting submissions on any topics, but those that relate to the carceral experience are very encouraged!

We would especially love to see more visual art in this issue!

The submission deadline for the creative issue is November 1st, 2021.

Please note, if you submit a piece for the literary issue and do not receive a response about it, we are most likely holding it for the issue. Letters notifying that your piece will be featured in the creative issue will be mailed out in late November.

Feel free to write with questions about something you have sent us!

Do you know a Society volunteer, incarcerated person, or correctional employee who shows #loveabovebars?

Nominate someone who has shown unwavering commitment to humane prison conditions and exemplary leadership for one of our annual awards:

- Incarcerated Person of the Year
- Correctional Employee of the Year
- Prison Society Volunteer of the Year

Please join us in nominating deserving individuals! Award recipients will be announced in a very special way this June!
Prison Society Mentoring Program

Families and Individuals Reintegrating Successfully Together (F.I.R.S.T.), our mentoring program, is a voluntary program for men currently in the Transitional Housing Unit (THU) at SCI Chester and SCI Phoenix.

The program helps prepare incarcerated individuals for successful reentry mentally, emotionally, and logistically. After a series of workshops on relevant topics (such as social media, applying for medical benefits, securing housing, and obtaining education and jobs), mentees are assigned to mentors, to meet one-on-one for at least six months to develop and achieve a personalized goal plan. We are also working with soon-to-be-released Juvenile Lifers across the state to help them bridge into life outside in the community.

We are always seeking mentors and mentee participants. For more information, or for a mentor application, please contact:

Joseph Robinson, Mentoring Program Case Manager
P: 215-564-4775, ext. 1005

FAMM

FAMM, a DC-based sentencing reform organization, is working to fight mandatory minimums in Pennsylvania, but needs case examples to help convince lawmakers to support fair sentencing.

If you are serving a long mandatory sentence for a drug or gun offense, please send: 1) your name, 2) your contact information, 3) contact information for an outside friend or family member, 4) a brief description of your offense, and 5) your sentence, to:

FAMM
Attn: Pennsylvania Stories
1100 H Street, NW, Suite 1000
Washington, DC 20005

Note: FAMM does not offer direct legal assistance, but the organization will contact you by mail if they'd like to learn more about your case.

The Prison Society & Broad Street Ministry

The Prison Society at Broad Street Ministry is a collaboration providing reentry support for people returning to Philadelphia. At Broad Street Ministry, individuals can receive a P.O. Box, change of clothes and personal care items, as well as meet with a reentry associate. Broad Street partners with multiple non-profit organizations who offer on-site assistance with medical care, housing, employment, public benefits, and obtaining personal identification.

Broad Street Ministry
315 South Broad Street
Philadelphia, PA 19107
P: 215-733-4847
W: www.broadstreetministry.org

LAMBDA Resources for LGBTQ People in Custody

Lambda Legal’s mission is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and everyone living with HIV through impact litigation, education and public policy work.

As a 501(c)3 nonprofit organization, we do not charge our clients for legal representation or advocacy, and we receive no government funding. We depend on contributions from supporters around the country.

National Headquarters
120 Wall Street, 19th Floor
New York, NY 10005-3919
P: 212-809-8385
W: www.LambdaLegal.org

Expunge Philadelphia
Juvenile Expungement Hotline
P: 267-765-6770

Graterfriends. March & April 2021. The opinions expressed are of the authors and not necessarily those of Graterfriends.
Community Legal Services
Center City Office
1424 Chestnut St.
Philadelphia, PA 19102-2505
P: 215-981-3700

North Philadelphia Law Center
1410 W. Erie Avenue
Philadelphia, PA 19140
P: 215-227-2400

ACLU
Whether it’s achieving full equality for LGBT people, establishing new privacy protections for our digital age of widespread government surveillance, ending mass incarceration, or preserving the right to vote or the right to have an abortion, the ACLU takes up the toughest civil liberties cases and issues to defend all people from government abuse and overreach.

ACLU Pennsylvania Central Office
P.O. Box 11761
Harrisburg, PA 17108
P: 717-238-2258
W: www.aclupa.org
E: hbginfo@aclupa.org

Prisoner’s Rights
Abolish Death by Incarceration
c/o Decarcerate PA
PO Box 40764
Philadelphia, PA 19107
P: 267-217-3372
W: www.decarceratepa.info
E: decarceratepa.pgh@gmail.com (Pittsburgh)
E: cadbiphilly@gmail.com (Philadelphia)
E: decarceratepa@gmail.com

PA Institutional Law Project: Philadelphia
The Cast Iron Building
718 Arch Street, Suite 304 South
Philadelphia, PA 19106
P: 215-925-2966 (Philadelphia)
F: 215-925-5337 (Philadelphia)
P: 570-523-1104 (Lewisburg)
P: 412-434-6004 (Pittsburgh)
W: www.pailp.org
E: alove@pailp.org

Prison Activist Resource Center
PO Box 70447
Oakland, CA 94612
P: 510-893-4648
W: www.prisonactivists.org/resources
E: info@prisonactivists.org

Reentry Services
Philadelphia Reentry Coalition
P: 1-215-683-3379
E: philareentrycoalition@gmail.com

Franklin County Reentry Coalition (Franklin Together)
533 S. Main Street Chambersburg, PA 17201
P: 717-263-5060 ext. 314

Life Without Parole
Women Lifers Resume Project of PA
PO Box 324
New Hope, PA 18938
P: 814-393-5400 (Cambridge Springs)
P: 570-546-3171 (Muncy)
W: www.wlrpp.org

Reconstruction Inc.
ATTN Fight for Lifers
PO Box 7691
Philadelphia, PA 19101
P: 215-223-8180

Pennsylvania Innocence Project
The Pennsylvania Innocence Project has a four-fold mission to: (1) secure the exoneration, release from imprisonment, and restoration to society of persons who are innocent and have been wrongly convicted; (2) provide clinical training and experience to students in the fields of law, journalism, criminal justice, and forensic science; (3) collaborate with law enforcement agencies and the courts to address systemic causes of wrongful convictions; and (4) strengthen and improve the effectiveness of the criminal justice system in Pennsylvania through public education and advocacy.

Philadelphia Office
1515 Market St
Philadelphia, PA 19102

Pittsburgh Office
914 Fifth Avenue
Pittsburgh, PA 15219

W: www.InnocenceProjectPA.org
P: 215-204-4255
E: InnocenceProjectPA@temple.edu

The opinions expressed are of the authors and not necessarily those of Graterfriends.
GUIDE TO: GRIEVANCES
For those in Pennsylvania DOC Facilities
(Does not apply to County Jails or Federal Prisons)

QUESTION: When can someone file a grievance?

ANSWER: Any person in a DOC facility can file a grievance for most issues, including: (a) experiences of physical abuse, (b) problems with facility conditions, (c) denial of medical care, (d) having phone or mail privileges taken away, or (e) having property taken or destroyed. A person can also file a grievance for most other problems they have while in a facility.

There are some issues that require other procedures, such as sexual abuse or challenging a specific disciplinary charge.

The Prison Litigation Reform Act (PLRA) requires that a person file a grievance and fully exhaust the system through every level of appeal, before filing a lawsuit about prison conditions.

YOU HAVE THE RIGHT TO CHALLENGE UNFAIR CONDITIONS OF CONFINEMENT

WHAT ARE THE STEPS TO: File a Grievance?

1. An incarcerated person can submit an “Inmate Requests to Staff Member” (form DC-135A) before filing a grievance to try to resolve the issue, but it is not required.

2. Grievances are filed using the “Official Inmate Grievance Form” (form DC-804 Part 1), which should be available in every housing unit and in the libraries. If someone has a disability that makes it hard to fill out the form, they are entitled to help.

IMPORTANT: A grievances must be filed within 15 working days of the event

3. A grievance form must include:
   - name and DOC number of grievance writer
   - statement of facts (2 pages or less)
   - policy or law that was violated
   - name of any individuals known to be involved in the incident
   - requested resolution including any request for monetary damages

4. Some kinds of complaints – like those for missing property or denial of publications – require additional paperwork. The grievance will be rejected without the proper forms.

5. Each issue/event requires a SEPARATE grievance.

6. Forms can be submitted in the lock-box labeled “grievances” (on each general population housing unit) or to the Facility Grievance Coordinator.

This letter does not constitute legal assistance or advice, just information. It is possible that the information has changed since the letter was created.
We welcome comments and suggestions from all readers. Please complete this form and mail it to Pennsylvania Prison Society.

We hope you enjoyed our literary issue that we released at the end of 2020!

In 2021, we are looking to model a traditional literary magazine and have one common theme for the creative piece. We want your input!

What themes would you like to suggest for our 2021 creative issue?

We are also looking for visual art pieces throughout the year to use in our bimonthly issues. If you enjoy creating visual art—paintings, drawings, etc, please send them for use in upcoming issues!
COVID-19 Survey

As part of our continued efforts to monitor prison conditions, we are asking you for your help understanding what is happening on the inside. Since we have added some new questions, even if you have taken a version of this survey previously, it would help if you would fill it out again.

Please fill out this survey and mail it back to us at:
230 South Broad Street, Suite 605, Philadelphia, PA 19102.

1. Do you feel safe? Yes | No

2. How satisfied are you with the accessibility of medical care during the COVID-19 pandemic?
   Very Dissatisfied  Dissatisfied  Neutral  Satisfied  Very Satisfied

3. How did you get information from the prison about COVID-19? (select all that apply)
   Paper Bulletin on Unit  Facility Info Channel on TV
   Verbal communication by staff  Town Halls run by prison administration
   I did not get this information  Other, please specify: ______________________________

4. Do you have access to a TV?
   Yes, block TV  Yes, personal TV  Yes, block TV & personal TV  No

5. How satisfied have you been with communication about prison policy from the prison staff?
   Very Dissatisfied  Dissatisfied  Neutral  Satisfied  Very Satisfied

6. How frequently do staff members wear masks?
   Never  Rarely  Sometimes  Often  Always

7. Did the incarcerated people around you follow good health practices in the last week by washing their hands often?
   No  Yes  Unsure

8. Did the incarcerated people around you follow good health practices in the last week by cleaning shared items after use (example: phones)?
   No  Yes  Unsure

9. Did the common areas you have access to get cleaned at least two times a day in the last week (examples: dayrooms, showers)?
   No  Some areas, but not all  Yes, all areas  Unsure

10. How often did you get cleaning chemicals from the prison to clean your cell / sleeping area in the last week (examples: soap, bleach, or peroxide)?
    Never  Once last week  2 or 3 times last week  Unsure

11. Did you get enough cleaning chemicals to thoroughly clean your cell / sleeping area in the last week?
    No, I did not get any  No, did not get enough  Yes  Unsure

12. Did you have enough soap to regularly wash your hands in the last week?
    No  Yes  Yes, but I had to purchase some from the commissary  Unsure

13. How many times in the last week did you shower?
    None, I was not able to shower  None, I chose not to shower
    1-2 times  3-4 times  More than 5 times

14. How satisfied are you with the size of the meals you were served this past week?
    Very Dissatisfied  Dissatisfied  Neutral  Satisfied  Very Satisfied
15. How satisfied are you with the quality of the meals you were served this past week?
   Very Dissatisfied    Dissatisfied   Neutral   Satisfied    Very Satisfied

16. What activities/services is the prison administration providing to people in custody? (select all that apply)
   Board Games   Puzzles   Bingo   Religious Services
   Library Book Delivery   Other, please specify: ______________________________

17. Last week, did you access the law library?
   No, did not try to   No, was not able to   Yes

18. How much time outside of the cell (not including yard time) do you get per day?
   Less than 30 minutes   30-60 minutes   60-90 minutes   90-120 minute   120+ minutes

19. How many times did you go to the yard last week?
   I did not go to the yard (did not want to)   I did not go to the yard (not allowed)
   1-2 times   3-4 times   5 or more times

20. How many free phone calls did you make in the past week?
   None   1-2   3-4   5   More than 5

21. In the past week, did you send at least one free email?
   No, did not try to   No, was not able to   Yes

22. Did you get a free video visit in the last week?
   No   Yes, but bad service   Yes, & it worked   Does not apply to me

23. Since the start of the COVID-19 lockdown, have you spoken with anyone from psychological services?
   No, have not tried to   No, have not been able to   Yes

24. Are you aware of the DOC policy change that medical co-pays are waived for flu-like symptoms (fever, cough, chest tightness, etc.)?
   Yes   No

25. How satisfied are you with the way your facility has responded to COVID-19?
   Very Dissatisfied   Dissatisfied   Neutral   Satisfied    Very Satisfied

26. If you’d like to add to your answers above: What is the atmosphere of the prison like?

The opinions expressed are of the authors and not necessarily those of Graterfriends.
27. If you’d like to add to your answers above: What is the attitude of the staff like?

28. If you’d like to add to your answers above: What are your concerns about how the prison is managing the coronavirus outbreak?

29. What facility are you in? _______________________________________________________

30. Are you in the RHU?      Yes |   No

31. What is your housing unit? _____________________________________________________

32. What date did you fill out this survey? ____________________________________________

33. Have you taken a version of this survey earlier?     Yes |   No

OPTIONAL (your name will not be used in reporting our results)

Name: ______________________________________________________________________

PPN number: ________________________________________________________________

Thank you for your feedback. We are here during these uncertain times.

PLEASE NOTE: if you have other concerns, not related to the questions above, please write to us on a separate piece of paper. If you provide additional information on this survey, it may get lost.
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Make a check or money order payable to:
The Pennsylvania Prison Society
230 South Broad Street, Suite 605
Philadelphia, PA 19102

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Starting January 1, 2020, all multi-year subscriptions must be exact; any overage will be counted as a donation to the Society (i.e. a $10 check will be processed as a 3-year subscription and a $1 donation).

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