

feedback

inside & outside, voices from the jail struggle

Durham, NC ~ july 2015 ~ volume 9

'All our rights have been taken away'

Dear ---,

DCDF has become Guantánamo Bay. Since the beginning of March 2015, the inmates have been locked back 24 hrs to 48 hrs. We only get out for two hrs to take a shower, make phone call and do all other necessary errands. Now-a-days whether you are on disciplinary lockback, the detention officers do whatever they want to do. Because nobody ever bothers to look at the grievances page anymore.

Most of the complaints for last year are still open, which means nobody here ever read them. If you tell D.O. that you will file grievance, they tell you to go ahead. One even wrote down his full name and told me to try my luck. I did write a complaint about him but I guess I ran out of luck, because it's still open after almost two months. The

DCDF motto of being guilty until proven innocent is ridiculous. As if keeping inmates 48 hrs without showers is not enough, they went ahead and took all the books and reading materials from us, except the Bible. Imagine being locked up 48 hrs without books to read. We are being treated as terrorists at DCDF. All our rights have been taken away.

We no longer wear our shoes. Why? Because they were taken away. They took all shoes at pod 4D. The rest of the jail still has their shoes. The reason is that 4D always kicks at the doors. They did kick at the doors because they couldn't let us out for three days. Now I know why some people turn to Islam and follow Jihad. It's bullshit like this.

Thanks in advance.

— E.P.

'Adding more salt to the wound'

Dear ---,

I hope this letter finds you in good health. I know it's been a while since I've written you but sometimes I get so depressed in here, I go into a slump mood and it's very hard to bounce back sometimes. I know you have heard what has happen. The whole jail being on 23-n-1. Just their way of adding more salt to the wound ... Thank you for your concern and help.

Your friend,
K.S.



*****EDITORS' NOTE:** After a 5-month break in publication (but certainly not active struggle!), we are excited to release this new volume of **feedback**. We intend to distribute it on the outside and the inside. It features many 'outside' voices as well as those inside. *If you would like to contribute to future editions of feedback, please read the fine print below.*

What is feedback?

Feedback is a publication of Inside-Outside Alliance (IOA), a group of people trying to support the struggles of those inside (or formerly inside) the Durham jail, and their families and friends. We recognize that any of us can be outside one day, inside the next – the revolving door of incarceration. We also participate in struggles against police harassment and brutality. IOA maintains a website called Amplify Voices Inside (amplifyvoices.com) that publishes the words of Durham jail inmates and former inmates talking about conditions inside and outside and how they see the world.

The name Amplify Voices Inside comes from something a brave and rebellious inmate wrote in the fall of 2012. This publication, *Feedback*, is a sampling of recent contents of the website. When something amplified is redirected at the source of the sound, the effect is called feedback. That is what this is: the voices that have been amplified to the outside world being re-broadcast inside the walls of the jail. Writer's initials have been changed to protect identities and minimize repressive attacks and harassment.

To contribute words or art, write to: IOA, PO Box 1353, Durham, NC 27701.
Or, if you are not in jail and are able to, send an email: insideoutsidealliance@gmail.com

*** Se habla español. ***

‘Full of lies . . . let me tell you about this walk’

Dear ---,

We got the letters from the sheriff slid under our doors around 2 AM the night of the protest (April 17). This letter, just like their statement on the news, is full of lies.

He says that it is not punishment but implemented for safety issues. If that were the case—why were all of the blocks placed on lockdown instead of the offending parties?

He states that it has to do with assaults on officers—even you said that on the news they said it was because an inmate overpowered an officer – this is not

true. Even when one of us so much as kicks his door or refuses to go to his/her room, they “call code,” which means they speak a code

over the radios, and any free officer in the building rushes to that block in case they need to get “physical.” I’ve witnessed officers break up fights between inmates and beat them in their faces with their fists just cause they were mad or just cause they could. No inmate(s) would jump on an officer cause we know that we might not survive it.

He states that they have “made every effort” to continue access to religious services—which is another lie. In the almost 7 weeks that we have been on lockback they’ve allowed one, one person to come in and the only people who could attend were people out on their walk.

Let me tell you about this walk: there is a reasonable capacity of about 62 inmates to a block. When

they first started allowing the walks it was 6 inmates out for two hours at a time 3 times a week. Let’s say 50 people—means around 10 walks, for two hours each—that’s (about) 20 hours of walks! They would start in the morning at 9 a.m. and wouldn’t finish until 4 a.m. the next morning! So when he says... “We have increased the number of cells open at any one time...” it wasn’t to help or reward us, it was to help them! And instead of 6 people out now it’s like 10...for still ...only 2 hours 3 times a week.

They are trying to say because of fights in the jail they’ve done this and that if we quit we’ll come out. This is a lie. It’s just an excuse to keep us on lockback because this is jail (and) there will always be fights!

More ways that Durham is trying to cover up their misdeeds and lies with more lies. Like holding our mail for 5 months and not telling us, not giving it to us, placing it in our property, or even sending it back! That’s a federal offense!

Anyway, this letter is to the people who are protesting and also sending us those used books that they held. I have written over 6 letters to (those groups) with no reply—so it’s safe to assume that our mail to/ from them is being tampered with.

I really started to believe that you all had abandoned us—that is until I finally had confirmation that

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“Durham is trying to cover up their misdeeds and lies with more lies.”

VOICES OUTSIDE

From K, outside the jail:

“The policy of having people in cells as long as they are makes it more likely that they’ll go against each other, that there will be more violence. Their own words just don’t hold up, you can turn them back against themselves until they’re nothing. Take, my baby daddy, he’s been in there two months, and he’s gotten into a fight with two cellmates now—one, then another. He’s not really a violent person, but of course that’s gonna happen when people are in their cells as long as they have been. You would expect it, for any person. Is that the point? Of course, they say that’s the opposite of the point of the lockback.

They are already away from the community, isolated. Why you gotta put ‘em on lockback?”

‘We’re having some major problems at this jail!’

4-14-15

IOA,

Listen, I don’t know really what you all do there, but we’re having some major problems at this jail! First off, when entering the jail, they take away our shoes! While bare-footed, we go to our cells. If money is not on our books, we still have to wait until canteen day to buy some flip-flops. Secondly, we’re on a 22, sometimes 48 hours, locked down! For 2 months now, for no reason! So if they found: knives, weed, etc... That don’t give them the right to keep us locked back in our window / cells. We as inmates done wrote to numerous of places, but there’s no result yet! If you can’t or won’t call Maj. “Couch” to get us off this lock up, then send me someone’s address that will look into this matter for ‘us’ (as a whole).

Sincerely,
R.L.

LIES, continued from page 3

the jail has been messing with our mail.

Last Friday, they began to pass out books from the International Prison Books Collective that they had been holding for more than 4 months from us. They now say that we cannot receive used books free or bought, but never told us anything about it until now. I was outraged!!! Durham County jail, police and courts are getting away with murder!

We can only come out for 2 hours 3 times a week, can only have 5 books in our cells—including law books and bibles, dictionaries, etc. Soy meat to eat and sandwiches every night, no pencils in our cells, no religious activities, increase in price on canteen items, apathetic staff members, shoddy health care—and now violation of our mail.

I’ve been here for (12+) months and I am so done—but I know they use these measures to make us accept ludicrous plea bargains—so I will keep holding on god willing.

Your brother,
C.C.

'It's barbaric just being in this place'

Wow! I ain't heard from you in a min man! I got your letter dated June 3rd and it said it was received June 8th and I got it June 19th—that's crazy! See this mail room is some b.s.! But thanks for the check to see how I'm doing. I hope to take a plea in the next month, I've been here 17 months and ready to get this over with cause it's barbaric just being in this place. I sleep in

pod __ now and shit the same with the c.o.'s. Send me your last new letter. Yeah, Sheriff Andrews some b.s. and Durham County Jail, I'll just be glad to get out this place cause it's nothing! I'll write you a longer letter in a day or 2 but keep your heads up!

Always, C.S. In struggle

VOICES OUTSIDE

Jail lockback is part of a violent system

This letter first appeared in The Daily Tar Heel.

This year we've seen heightened national attention on anti-black police brutality, but let's not forget that the police are mouths that feed into our prison system. Since March of 2015, inmates in the Durham County Jail have been confined for extended periods of time, receiving as little as six hours per week outside their cells.

As someone who was previously in the jail, I saw firsthand the harm such conditions do to people's minds. Since the lockback began, I witnessed multiple people attempting suicide. These incidents have gone unreported. Like many who were locked up, a criminal record means great difficulty in finding a job for myself. Like many who were and are locked up, I am a black man living under institutional racism and the revolving door of homelessness, unemployment and incarceration.

People who care about homelessness and poverty in Chapel Hill, I urge you to support the work of the Inside-Outside Alliance, a group working to advance the struggles of those currently and formerly incarcerated in the jail and their family and friends.

The group has drafted a set of demands calling for an end to the lockback and deplorable, torturous conditions inside the jail. A key demand is an independent investigation of living conditions, conducted by doctors, mental health practitioners, nutritionists, lawyers and Durham residents.

Sign their online petition, and join them every Friday at 6 p.m. outside the jail to demand an end to the lockback: <https://www.change.org/p/end-the-lockback>.

Ricky Alston
Inside-Outside Alliance

VOICES OUTSIDE

'What they are doing is torture to these people'

By Dora

I first became aware of the lock back sometime in March. Because my dad had had court that day, and when he was brought back to his cell, everyone was locked up. It was bad. It is bad.

As far as what people inside are doing to resist the conditions, I have heard that some inmates create chaos in there. Some have even tried fighting the guards to try to do something about it, and others do as they are told to try to see if that helps better the conditions and situations. But nothing seems to be helping.

Some inmates, for example my father, has a serious illness. He needs a special diet and special medication that are being denied to him because "He is a prisoner. He's living at a jail not at his house"! He was taken to the hospital about a month and a half ago because his whole body was paralyzing. He was losing oxygen, his mouth began to dry. His whole body and face turned white, and as we pleaded and yelled for help to save him and do something, they kicked us out. We had no information about how he was. We weren't allowed to go visit him and for over 30 minutes a group of 5 or more sheriff officers stood around him laughing and making fun of him while he was slowly dying and asking them to help him.

The only criminals here are the Sheriff's department and anyone else who is helping fund them. They are the thieves and murderers here. They don't get real food, when they are sick they aren't taken to the doctor. They don't have real educated doctors in there. They are woken up at 2 a.m to cut their hair. The mail is opened, read and very rarely delivered to them. If you do not have any money, they will NOT by any means take you to be seen. You will first die before you are allowed any medical help. What they are doing is torture to these people who, no matter the race, language, religion, sex, still have a right to live. A dog lives better than these inmates. They have feelings and they are human beings and also make mistakes and some are innocent.

Here's a story that might help people understand the humanity of the people inside. During one of the shakedowns (where they go in and take whatever possessions of yours they want, supposedly to get contraband), the officers took from my dad a card he had gotten for Valentine's Day that played music. They threw it away. But, what happened was the garbage was maybe a work duty for someone, and they took the card out, and it ended up making its way down the line of cells and back to my dad eventually. The other inmates knew it was his card, and they knew there was

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no reason he shouldn't have it so they made sure he got it back after the shakedown.

As for the officers, well, one time recently when we were outside looking at my dad through the window, and my brother and sister were writing on the sidewalk with a rock, a c.o. came out and told us we were 'defacing public property' and we had to go. He said something about taxpayers and public property. I said we pay taxes and it's not defacing anything. But he said again, more forcefully, you have to go. When we didn't move right away, he said "You have to go," and he reached toward his gun and he put his hand on it, as though to show us what he would do. We started moving then. It was very upsetting because it was threatening.

My family and I got involved in the protests because I have my father and several other family in jail and it really hurts and kills me to see not only what is being done to them and how they have been treated, but to EVERY inmate in there. They are humans, not animals and even animals do not deserve that kind of torture that is being done. The inmates are like the guinea pigs and sheriff department is the scientist. The protests have done a lot of great things. The inmates have gotten the privilege to 4 hours out of their pods since the protests. Although the price to be seen when they aren't feeling well has gone up from \$10 to \$20.

A great memory of the protests is one day when we played music and we went walking around the entire jail and the inmates (some)

were able to see that we haven't forgotten them. We will continue to fight for Justice and for their rights.

We continue to do this because the inmates like it. My dad is truly thankful and grateful to every single person who has been out there helping protest, not caring of the weather conditions or the trouble/problems that protesting might bring. He says that as long as we're protesting, "OUR VOICES and PRAYERS" will be heard. He says that this is the best we could have done.

A jail is designed to help and/or guide those who have made mistakes. To help them be better and maybe to teach them a lesson. A jail is supposed to help keep innocents safe, but Durham County Detention Center is doing the opposite. The inmates aren't learning anything, they are being TORTURED and HUMILIATED and treated like garbage.

I think the police, jails, prisons and the justice system are 100 percent in favor of this dumb legacy/belief that white people are better. African-Americans, Indians, Hispanics and many other races can do just as much good and bad that "White" people can and do. No race is better than another. A brown egg and a white egg are still "eggs". The brown egg isn't less of an egg just because it's BROWN. The skin color does NOT matter. It's very sad to see that the people that are supposed to represent the words "Justice" and "Equality" are the same people who are breaking the laws and showing what UnJustice and InEquality really is.

VOICES OUTSIDE

Jail officials: ‘Nothing we can do about it’

From Michael, regarding visitations (or lack of):

I have missed a few visitations because of some officers saying I can't use my student ID (as valid identification), where the website clearly says you can. These are when I have visitations scheduled, I come in, and they just say, 'No, you can't use that.' It's been the same two people that won't let me use it, one of them is a lady named Cater. When I try to say your website says you can use a student ID they act like they don't know what I'm talking about, or they don't care.

Another problem that I have is that sometimes I get two confirmation numbers for a visit, or, after getting a confirmation # for a visit, then I'll get an email canceling the visitation. Yesterday, when this happened when I was trying to add a minor to my visit for (the next day), I called the jail to see why the visit had been cancelled. They told me it must have been because (my inmate) had been moved to a different pod. I said, 'No, he had already been moved a couple weeks ago.' Then she (Cater) said it's because there is no space left for visitation. I said, 'I already had a visit scheduled, I was just adding a minor.' She said there was nothing she could do about it.

‘Lock back mode’

Dear ---,

Thought I would write and tell you what's going on in the Durham County Jail. I'm sure you're aware that our free time has been the hours of 9:00 a.m.–12:45 p.m., 4:00–6:45 p.m. and generally sometime between 9:00 p.m. and 10:45 p.m. On March 6th all of that changed. Now we only get out of our cells six hours a week. The whole jail has been on lock back mode since and they're trying to do it permanently they say. It's like a damn maximum security prison. I've been here almost 9 months and still haven't been to court or given a plea. The food is alright except for dinner. They give you two sandwiches, cake, applesauce and that's at 4:30-5:00 p.m. That means you have to go 13 hours with nothing to eat if you don't have canteen till the next morning. I'd appreciate it if you could let everybody know what's going on in this F'd up place.

—T. S.

‘The sheriff’s employees and directors of the jail and courts are directly conducive to the crime rate in Durham’

Hello,

This letter that u sent on June 1 and received by DCJ June 4 delivered to me June 19. Crazy huh.

How are you? I’m fine under the circumstances. I’ve read and understand all of the documents sent and am moved with compassion knowing that we are not forgotten.... For that I am grateful to (all of you). I’m also prepared to contribute in any way possible to this cause. Although I don’t have much but what I do is at the disposal of (the cause). I am very sad to be in such a helpless position in a place of continuous destitution. Sometimes I look at the young people here and see no future. It’s hard to see tomorrow in a place where people live for the day. I feel there are so many things that can be taught and learned at minimal cost—simple etiquette, morals, philosophies, that could change the direction in lives inside of DCJ. Not

“Obviously, the system would rather incarcerate than educate.”

only for those detained but also for Durham itself. This jail is by far the worst place I have ever encountered, but not only the jail, the sheriff’s department, as well as the police department. The corruption not only of officers but the justice system itself. I’ve seen and been a victim of more injustices than I care to tell. When I was 19-20 years old I was filled with so much optimism about the direction of society, my hopes were so high, I wanted to make a change to better lives. To

fight for those who couldn’t, to be a voice or implement myself toward a cause that society deemed necessary, but I look around now and see a system that’s service is monetary. If everyone of the people inside this jail were fired and the jail demolished and a more productive institution rebuilt would this jail be missed? I think not. The sheriff’s employees and directors of the jail and courts are directly conducive to the crime rate in Durham. Inhumane food is as important to the mind and emotional state as the sun (or lack of it). Obviously, the system would rather incarcerate than educate. They would rather bury youth than congratulate achievement. Lawyers, judges and officers monopolize from the poor and contribute to the poor quality of life. The more tax dollars allowed to state departments that depend on making quota to

support a force of 1,000 instead of one of 800, and rerouting funds to programs or organizations that’s goal is to reduce crime by educating young people and creating opportunities to relieve the justice system. What it all boils down to is they want more money to lock up more people. Until we have a deputy, sheriff or judges that care for the people, I see a very dark future for all. Hope to hear from u soon.

— S.A.

‘They’re trying to keep you QUIET so everyone thinks things are changing’

IOA,

I hope this letter finds you in best of health and spirits. As for myself I’m adjusting. As I have written you more than twenty letters since I last heard from you. I haven’t been able to get mail out or in in my name on a regular basis. I’ve written my uncle and wife and lawyers and the Southern Coalition (for Social Justice) and other organizations about things going on and haven’t gotten any replies. Your letter was written by you on May 31st, postmarked 1st June, received here in jail June 4th. I received it June 19th, being 19 days after the time it was post-marked. 19 days from being picked up till I was given the letter as the torn off part I sent back shows. It shows how they’re keeping my mail for I’ve not received a letter of any kind in 6 months or better. I’m (a long time) waiting trial...

I’ve took notice of how they cover up issues of the personal when they get caught doing illegal situations just like the clerk of court that got caught with heroin on the third level of the courthouse parking deck. They gave her a \$1,500 dollar bond, then the person from whom she was supposed to have gotten the drugs a \$7,500 bond and they got caught on the court house grounds, a government installation redhanded, one of their own. She lost a job, but she can find another, whereas there are those like myself where they gave million dollar

bonds and haven’t been arrested with drugs, only accused, can’t go to trial nor get anyone to help get us out of the trap because we want a trial on the created charges. We inform those we can of the way they’re trapping us, but no one tries to recognize the true effort that they go to cover up the crooked ways they operate the laws of North Carolina or the families they tear apart to make the money they get each month to warehouse people. They tell you it’s \$60,000 a head for prisoners, that’s \$5,000 a month to house one person in jail. It’s a legal racket which grows by convictions. True most all are black, a few Mexicans, and very few whites, but it’s a marketable enterprise. Canteen, phone calls and medical and court (fees), there’s no way around the legal racket or extortion being put down by this county under the people’s nose. Just as each major issue your organization points out—racial profiling, corrupt jail and court system, the cruel and unusual punishment with lockback to push up plea bargains. They tell all of you on WTVD one lie to deter your protests. WTVD is always trying to cover up their corruption. No one is trying to address the issue as you have written on your letter to the sheriff or the commissioners or the mayor because the only action that they (listening) to is when each time you create the time and

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space to make WTVD place your organization on prime time. Then they have to act. Right now they're trying to keep you QUIET so that everyone thinks things are changing. It would be nice if you could get an outside group to come in and see the place in action, but prior notice they would be ready for and if a group would come in unless several of your own organization are present in the group each time it will have no point for it will only be another one of their ploys to cover up the facts. This jail makes millions off inmates. It runs itself on misery. A goal they set for each family they break apart. Their goal is to keep the status quo and to keep you and your organization at bay. I thank each of you each week, but to break these issues wide open you're going to need more of

WTVD's air time, but if you can get WRAL or Fox50 or 28 to give you the air time you will have fully gotten their attention. Some officers are changing jobs, but they're still trying to keep lockback in place because they don't want to work, only to prosecute. They can't be bothered with people not being able to talk to their family, mail being held or other 'little' communication problems, along with the food, health and other issues: Misery is what this place sells and thrives on. I hope to see more of your positive action. Thank you again.

Sincerely,
B.V.

P.S. How long did this letter take?
(Answer: More than a week and a half.)



VOICES OUTSIDE

Jail strips you of your dignity, pride and integrity

By C. Fox

I heard about the lockback situation originally through my son. He called me and told me about it. And early on, he kept telling me about people who were really at the edge, who wanted to kill themselves, and were ready to kill themselves, and when I talked to him I knew that he just wasn't right himself. So I decided to get a petition going to try to end the practice.

In these conditions, when they weren't coming out of cell much at all, they do a lot of praying if that's what they do, and a lot of venting to family members and friends who visit, or by phone. But there are many who don't have that option, because they're not getting visits and don't have family calling. They have no way of getting those feelings out there, no way to release it. And the atmosphere is such that it's just so easy for the d.o.s to oppress people horribly and to cover up any kind of 'accident' or death that might occur. They keep things covered up.

I got involved in the struggle to end lockback and more, because I'm a person who is for what's humane and right. I've been incarcerated myself, and know what it's like in there. You shouldn't be further oppressed. You shouldn't be incarcerated on top of being incarcerated. This causes people to

get in a state of mind where they are so damaged that you're not the same person you were, with the same mental capacities, same feelings. And, if you had violent tendencies, it could make you more violent, or more susceptible to turning to drugs.

The fact that (detention director Natalie) Perkins was saying that the time out the jail was giving was more than the minimum requirement doesn't matter. It's

“Without our actions,
NOTHING would
have changed.”

inadequate. Two hours, or now four hours out is not sufficient for them to maintain their

sanity. These conditions make people ticking time bombs. Then, when they explode, they say “security breach” or “safety,” but the way people are treated, what they're facing inside and outside, that's what it leads to.

My son is very proud and grateful for the work we've been doing on the outside. Without our actions, NOTHING would have changed. Grievances weren't being answered at all. The inmates didn't have too many other options. Without the actions we've taken there might be some people dead, from suicide or violence or health care or mental health situations.

My favorite result in being in

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this struggle has been finding out about Inside-Outside Alliance, and meeting people who have the same concerns that I do. Great people. And all the progress that's been made.

It can be easy for people not too involved to think we're just fighting the lockback, but as far as other things people need to know about, where do I begin? Restrictions of shoes (people in 4D were collectively punished by having their shoes taken away and haven't gotten them back). Mentally suppressing inmates. Not addressing grievances. Not letting people have medical care just cause they don't have \$10—and now \$20. No prompt delivery of mail, or delivery at all. Lack of quality hygiene products, with them being of such low quality that people have all kinds of bad skin reactions.

Two million dollars more is going to the jail, I guess so they can get more globalized with Global-Tel. But this money won't make anything better. Inmates should

be able to have a different blanket than the one that makes every-one itch like crazy. They should be able to have a pillow. A pillow! And the clothing you get through the commissary, underclothes like socks, underwear, t-shirts, these things when they get washed, they draw up and in no time they're not able to be worn anymore. So you're buying new stuff every two or three months. And the jail knows this...

The jail is designed to enslave people, both the body and the mind. It ensures the lack of ability to return to society with the same mental and emotional capacity. It strips you of your dignity, pride and integrity. The police, and the jails and prisons and the entire justice system all works together as part of the historical legacy of white supremacy, with the one purpose of trying to diminish one group of people. It does it to one group, but it affects everyone and hurts everyone, all races.



'If you aren't dying, then it's not an immediate concern'

IOA,

You know, — months ago when I first got locked up in Durham County Jail I would hear other inmates complain about the jail and I would say that it wasn't that bad. "It's jail, it's not supposed to be summer camp." I would hear other inmates complain about the mail and hear them say that the jail was tampering with their mail. I would shake my head and laugh at their unfounded paranoia. — months later, things have changed.

Durham County Jail seems to basically do whatever the hell they want to do at any given time. I recently found out the sheriff, and ultimately the jail, is a "constitutional office that doesn't answer to other arms of local government." So basically it doesn't matter that we all know the indecencies and crimes they are committing—it's basically: "What you gonna do about it?"

I've worked in food service most of my life and know that in restaurants, at least, the food is to be served at a certain temperature. I don't know if jail is like prison where they also have a certain serving temp, but here in DCJ it is being served cold. Numerous inmates have told me that when they worked in the kitchen that the food would be ready but would sit an hour, hour and a half until they were finally sent upstairs to serve. When your grits can be held up like a popsicle—something isn't right!

Correct Care Solutions...the medical company that is subcontracted out to the jail—should be sued, arrested and imprisoned. I've

physically witnessed them give incorrect inmates another inmate's meds. Certain meds they will pass out by putting them into a pill crusher and dumping the powder into the inmate's cup. They do not empty the pill crusher out or clean it. What if the next inmate is allergic to the previous meds that were crushed?

I have heard of an inmate who was seen by medical for a filling that fell out where the cavity underneath was not fully removed. A sick call was filed by this inmate last year and it was never handled. Another person had a skin rash and was given meds to no avail. They said the rash would need to be treated by an outside dermatologist. But guess what? No dermatologist has been to see him. The policy is if you aren't dying, then it's not an immediate concern. I kid you not.

As you may know, inmates had been corresponding with and receiving books from International Prison Books Collective (IPBC). Well, around the first of this year, I thought I was going to receive some books from them, so I wrote back inquiring about them—no response. I wrote you all at Inside-Outside Alliance—also no response.

Last month we heard that we could no longer receive any used books but that we would all receive our "other" used books the next week. We didn't know what this meant, until the mail woman started passing out brown paper packages—books from IPBC.

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We have proof that they held mail and lied about it for 4 months, that they have intercepted mail between IPBC, Inside-Outside Alliance, and others without telling anyone, and even tampered with incoming legal mail without me being present.

Every time there is a protest no inmate is allowed outside of their cell. If the news channel is on the t.v.—they will turn it. We have also been prevented access to the library and the law books inside. Remove the knowledge from the people and you remove their power.

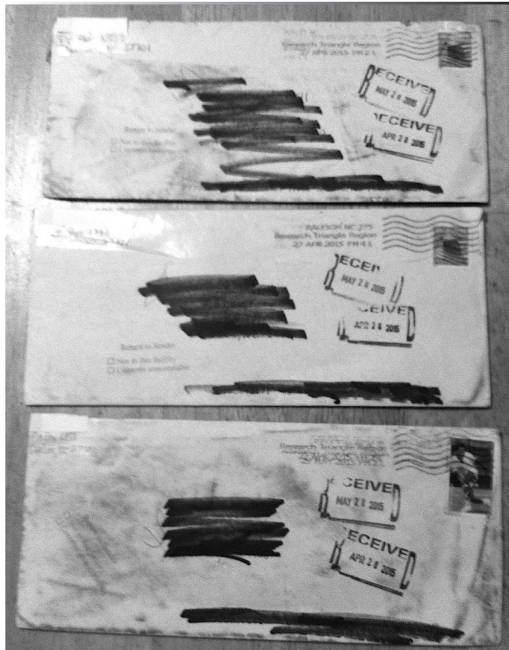
I am a practicing Christian and believe in peace...but I also believe that sometimes it takes the people rising up against their oppressors to effect change...Nothing short of

force will work. We've tried things over and over the right way and nothing has changed. Now they laugh at us and dare us to revolt. They tell us that they cannot be punished or removed by local powers. They flaunt their mistreatment of us and dare us to try to do anything against them.

It is our constitutional right to overthrow the government if the government oversteps its boundaries laid out by the constitution. Those boundaries have been erased! Nothing short of prayer and force will effect change.

But then again...this is just my opinion.

Your brother in the struggle,
—A.C.



MAIL FRAUD: Above, just three of the 20+ letters returned to IOA from the jail in early June. Notice that all are double-stamped 'Received'—in April and in May. All of the intended recipients were still inmates of the jail.

'Any grievance directed at Aramark gets totally ignored'

Dear Inside-Outside Alliance,

I am writing about my concerns dealing with Aramark. Although I could complain about the outrageous prices of their products AND how they influence how DCDF operates, my main concern here is our meals. They consist of too much starch and white bread. I have been here — months. A while back Aramark chose to stop giving us 3 hot meals a day. Our last meal consists of sandwiches on white bread, and is also received with a snack bag which has another sandwich with white bread. Plus, at lunch we usually receive two more slices of white bread, along with rice, pasta, potatoes (starches). My blood sugar has gone from 110-135 to 285-300 since this has been going on. I put in a grievance which goes unanswered. Medical tells me there is nothing they can do because Aramark runs the kitchen. Any grievance directed at Aramark goes totally ignored. It's like everyone is afraid to upset Aramark. Although we're on lockdown and could not come out our rooms, not even to put in a sick call, they could bring us a paper to fill out. It may have gotten picked up in 2 or 3 days. Yet, they allowed us out of our rooms to go to the same kiosk to order canteen and allowed out of our rooms to pick it up. But if you were sick, forget it. The jail is on lock down, no one comes out of their room.

Due to Aramark's decision to "cut cost" my health is at risk. They refuse to use whole wheat bread for inmates with blood sugar problems. All my life I have watched what I ate. Now, because of Durham County Detention's choice to allow Aramark to control what inmates are fed, I am suffering from abnormally high blood sugar levels. Legally, I feel they should be held accountable for their disregard of my health. Their meals are not properly balanced!

Thank you,
G.K.

