

COYOTE

"ANOTHER DAY, ANOTHER STRUGGLE"

Another day in the life of no sunshine. Some might say any day above ground is a beautiful day. I used to think that way too, but it seems like those positive thoughts that I used to hold on to so strongly are slipping away more and more each day.

The way they got us in here, man, this ain't living. They got us living real foul in here; there's no unity or trust among us, we got people of all nationalities, Brown, Black and White, going against their own kind and not to mention the increasing racial tension that's stimulating between the different ethnic groups. This is foul territory; locked down in these tomb-like cells and they got us hating each other and we're just opening the doors for these pigs to come in and do us any ole kind of way.

And what's so sad is, that there's going to be many of you so-called convicts who read this, knowing this is the truth, but instead of acknowledging it, or embracing it you're going to go back to doing what you're doing, you'd go with the flow of things instead of standing up and trying to fix things; knowing that this shit is foul. If this ain't a cause worth standing up for then what is?

There's many things that can be done that can improve the conditions you live in; to uplift the morale of your "community", even the small things will have significance and impact. Small things like sharing literature or offering some encouragement to another prisoner who's struggling. You have to start somewhere. RIGHT?

I'm seeing more and more prisoners going crazy, some slowly, other's not so slowly. This is a sickness, the atmosphere we live in, the mentality and most of all the psychological warfare that's going on. The way we're living is foul, but some of us in here don't even realize it. I wish there was something I could say, I could do to reach out to everybody in this "community", to open their eyes and let them know that this shit ain't cool. But who am I but another prisoner struggling just like everybody else, going through the same shit that everybody else is going through.

So I guess, the best thing I can say for now is, if you have Books and literature read them; and pass them along, because people in here need food for their souls. We may not be able to achieve liberation, physically, from this constant oppression, but we can still liberate our minds and souls through knowledge and by the means of self-education, and I'd say that would be a step in the right direction. A lot of people don't realize it, but the struggle we're going through in here is just as spiritual as it is psychological.

Things aren't getting any better for any of us, the only people who's running shit is the administration and they ain't trying to do nothing good for us. So we have to stop fighting each other and aim our attention towards the real problem. This life of no sunshine ain't life. This shit ain't cool! The people on the outside, they don't understand, they're not in here going through what we're going through. So we can't depend on them until we start getting things together amongst ourselves. It's always a good thing to see someone taking the steps to make things better for themselves, and it's always a beautiful thing to see someone trying to make things better for their people... .

Coyote 2006
Ely State Prison

AN AFTER THOUGHT:

You have to stay strong and stay *Focused*, cuz if you lose your mind and go crazy, these people ain't gonna do nothing to help you. They're just going to let you sit in that cell and suffer... .

CALLING

"RESISTANCE IS CRITICAL: ESSAY #18"

From the cemetery, I salute you! May my words be heard, shared, and reflected on, from prisoner to prisoner, State to State. Although, I'm not saying nothing new, I'm not saying nothing that hasn't been said before, I still believe there are some who haven't yet heard it, and the ones who have, well maybe they need to hear it again.

The situations we're faced with, the shit we're up against, some think its cool to "do time", this aint cool, this is war. I've seen these lock-down situations turn solid cons into funny-style P.C.'s! That's what this shit is doing to us, that's what They're trying to do to us, make us funny-style.

It's a strategy that keeps us hating on eachother and at eachothers' throats, rather than aiming our anger at our oppressors, they got us thinking that we have to survive by any means. It's true we have to survive, but there's many means in which we can be doing this, rather than destroying eachother we could be surviving by uplifting each-other. You think Brown Power, Black Power, White Power is achieved by controlling and dominating other races? NO!, it's achieved by uplifting yours, and this can be done without stepping on the necks of the next mans race.

I've read about many warriors before who have liberated themselves, who have found redemption through the knowledge of books. Malcolm X, Dennis Banks, George Jackson and Tookie Williams to name a few. Did the State rehabilitate these people? NO, They took it upon themselves and were surrounded by a solid support group inside prison who encouraged them and who helped uplift them.

In the cases of all of these greats, who have rehabilitated themselves, who have found redemption and liberation, not once did any of these men say that we should cooperate or identify with the people who oppress us. The entire time they were aware of who their enemy was. These are the people who went to the extreme to lift their own people up, to make situations better for their people, all while standing a firm ground against the people who oppressed them.

As a prisoner I represent the prisoner class. I represent the poor and the oppressed, of all races, nationalities, creeds and religions. From State to State we are all trapped in the same system, we are all behind the same lines of enemy territory, under the same gun. And they don't have to worry about killing us as long as we're killing eachother. We're doing their job for them, isn't that great.

As I've mentioned in the beginning of this essay, I've seen this shit make a funny style motherfucker out of good men, so, I encourage you, if you have books, to pass them around and share them, to hold discussions and study sessions, without being disrespectful to anybody else's race, religion or creed. Keep it on a positive vibe, it's all about uplifting eachother. Who knows, you could be the next Malcolm X or the next Dennis Banks, or you could be the one who helped create Him. These are 2 people who educated and re-educated themselves while incarcerated and then went out and made things happen for their people, good things.

Incarcerated, locked-down, slammed, torcidos. In these situations resistance is critical. We are at war, in struggle. This is a psychological war, so we must defend ourselves by strengthening our minds. I encourage you to read any books you can find on psychological warfare, so that you can study what they're doing to you and seek ways to combat it. Knowing is the first step to consciousness. Consciousness is the first step to organization. Organize your mind and then your people.

To the activists, concerned citizens and people on the streets, those who write to prisoners, who are concerned w/their struggles and developments, if you are writing someone who you know is seriously committed to higher learning or further developing their skills, I encourage you to get involved w/them & help them progress.

If they're into writing then help them get into a correspondence class for writers. If they're trying to study and learn the law, help them out with some law books. If they're into drawing/art then help them get the materials and supplies they need from Hobby-craft, if they're in the hole and can't get Hobby-craft then get them some drawing books or help them enroll in a drawing correspondence class.

Whatever it is they're trying to do, help them if you can, cuz they can't do it without your help, and they can't expect the same people who oppress them to help them. You would be surprised how far your help can go. The things you do for us, even the smallest of things, means so much to us, we can't do it without you. We need people on the outside, we need that outside support in order to get things done in here, in these graveyards.

As prisoners, we face many obstacles, fight many fights. For some of us the fight goes beyond survival, in the physical sense, it is a fight amongst ourselves, between good and evil. Our souls are in turmoil. We need books, we need to feed our souls with knowledge and spirituality, so that we can grow inside, progress, become stronger and

Your hands are cuffed but your spirit runs free and alive. No need to surrender to the darkness, The fight has just begun. Breathe Young Warrior, Breathe. With each breath be sure to take in what's going on around you. Know your surroundings, Learn them well. Be aware of what's in front of you, beside you, around you, behind you. Learn the in's and out's and seek ways to control your environment, know how to make things work to your advantage. Use what you have in your cell. Learn other ways to use these things outside of their original intended use, this is Guerilla warfare, you must know how to improvise. Know your enemy, know yourself. Train daily, without fail, so that your techniques become instinctive and natural. Use your time wisely, learn craft, dedicate yourself towards study. There is no time for idle fantasies, illusions or even dreams. Stay focused and be aware. What you don't know can kill you. Fight the demons, break the chains, seek the truth and be free. Your spirit cannot be denied, your will cannot be contained, restrained or detained. Breathe Young Warrior, Breathe !!!

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intelligent, all while in the state of turmoil. This struggle is neverending, we must resist, we must fight against the conditions we live in, we must defend ourselves from the psychological oppression used against us everyday.

Before I close, I just want to say thankyou to those of you who published this essay. Your support means so much to us in the struggle, in these graveyards, if it wasn't for beautiful, compassionate people like you, we wouldn't have a voice, Thankyou!!!

"WHAT DO YOU STRIVE FOR?"

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To be strong. Resilient. Wise. Powerful. To be able to prevail during hard times and to overcome all obstacles, trials & tribulations that are set in front of you, around you. To out-do your opponents, to be stronger, smarter & more organized than them. To be able to uplift yourself, along w/the righteous while destroying the weak, scandalous and unrighteous. To be quick and clever, to know how to resist the powers that be. To know how to use what you have to make what you can. To be intelligent, influential, to be able to motivate, to shine like the sun, to be forceful like the wind, to be fluid like the rivers and just as rapid. To know; to rise; to develop; to learn; to love; to live; and to endure, Mind, Body and Soul. What are your ambitions, what do you strive for? Life is not over, it has just begun. The Strong Survive, The Wise Prevail.

-Coyote-
Ely State Prison, Nevada
2006

THE PSYCHOLOGY OF FEAR: A REVOLUTIONARY PERSPECTIVE

There's nobody in the world more dangerous than a man who feels he has nothing to lose. All fear is lost once a sense of hopelessness sets in; once a hopeless situation has been created for him. When you put a man in prison, throw him in the hole, take all the privileges away, strip him of his appliances, he has nothing left to lose, no worries, no cares, no fears, nothing. This is a die-hard revolutionary soldier in the making.

People on the streets don't fully understand this level of commitment, because naturally, they have much to live for and much to lose. The soldiers behind enemy lines have a hard time grasping this when reaching out to activists and comrades on the streets.

The only thing the hopeless prisoner has to live for is struggle and for hope itself. As an oppressed nation of people, we will not be able to achieve any real level of success, towards change until people begin to fully grasp the understanding that the struggles prisoners face in here are all combined with the struggles of the community and the world.

Things won't change, because deep down inside, people, on a collective level, fear change. They fear taking the initiative, taking the revolutionary steps towards change and they fear all of what will come with and after change.

For change to happen people need to get over their fears. Instead of going to church and praying for forgiveness, people should perhaps go to a new kind of church, a church that teaches you how to remove fear from your hearts, instead of sin. Fear should be a sin. Once people learn how to overcome their paralyzing fear, or embrace it and, rather, use it as a motivator, then, perhaps we can work towards effective changes.

We all have fear, there's no denying that. But as men we must embrace our fear instead of being ashamed of it. A warrior cannot be brave without fear. Fear is there to challenge us. Those who embrace their fear and who allow themselves to be challenged by it are considered the bravest of soldiers. Those who are ashamed of their fear have much to overcome, and for those who allow themselves to be ruled by fear, well, quite simply, they are considered cowards.

There's different levels of fear, but the more desperate, the more hopeless situations become for people, they begin to shed their fear like a snake sheds its skin. One who is engulfed in darkness strives to move towards the light. The closer he gets the further the light is, but he still moves forward. It's not the light that he craves, but the illumination. Hopelessness is when someone turns out that light rendering him a prisoner to utter darkness. First comes fear, then panic, but after days and days go by, turning into weeks and months. The prisoner learns to overcome his fears, transforming it into rage, becoming fearless. When there's nothing left to lose, there's nothing left to fear.

COMRADES AND FRIENDS,

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Greetings from the graveyard! may these few humbled words find you in the very best of health, and in the brightest of spirits, with your head held high. Pardon this small interruption into anything that you may be doing right now and grant me with just a few minutes of your time.

Allow me to introduce myself and state the purpose and cause of this letter. My name is coyote, I'm 27 years old, A young man who is currently serving time in an an isolation cage, at a maximum security prison that is located out in the middle of nowhere, otherwise known as ELY, NEVADA. By the grace of the creator I am now on the path of truthful knowledge and understanding. During these times of confinement and isolation me and my comrades have come together in search of unity and organization, as the oppressor tries hard to tear us apart and keep us down on our knees. We have put together a study group, made up of a few members who are sincerely dedicated to the betterment and empowerment of ourselves as we struggle to take control of our lives while living in these atrocious conditions of inhumanity. we strive for self-education, discipline, unity and much more!

We come to you because we are in desperate need of literature and reading materials. We have tried relentlessly hard to obtain the materials we need and we've searched for these things in other places, but nobody has been able to provide us with anything close to the materials we need. In the search, Your address has been given to us with the advice that we could find the literature that we are looking for from you! so maybe this is a blessing in disguise!

In case you are not aware, we are locked up in a box 23 hours a day, and it has been extremely hard on us, but we are not ready to give up just yet. I hope and pray that I've come to the right place! We would truly appreciate any literature that you can provide us with, some of the things that we are specifically looking for are basically anything on:

- 1). The psychological effects of sensory deprivation and long term isolation.
- 2). Mexican history/poncho villa/the aztecs/mayas etc.
- 3). Prison issues/control units and maximum security lockdowns.
- 4). Native american history/A.I.M./leonard peltier
- 5). The black panther party/assata shakur/sundiata acoli
- 6). Ernesto "che" guevara/guerrilla warfare.

(or any extension of these thing)

I can't even begin to explain how much your help means to us. It would be more than a blessing to receive any empowering literature while in these tragic circumstances. Please hollar back at me and let

we know a little more of what your organization is about, and if there's anything we can do to help out or assist you in any way, Please let us know? we would more than be glad to help! Also, if it's not too much to ask, can you please send a resource guide, it would be a very useful tool in finding people and places that we can reachout to, thanks!

Thanks for your time and concern, I hope to hear from you soon, take care & may the sun forever shine on you and all of your pathways in this life and the next.

In solidarity and truth,
Coyote

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COYOTE SHEEP #55671
P.O. BOX 1989
ELY, NEVADA
89301-1989

PLEASE NOTE!

Any books being sent into prison require prior approval.

First & must be paperback & brandnew, so please contact me first if you plan to send any books, as for loose literature, xerox copies, downloads off the internet, pamphlets, etc. only 20 pages per envelope!

THANK YOU VERY MUCH!

MEMBERS AND SISTERS!

I hope and pray, with every ounce of my heart, that these few humble words reach your destination safely, finding you in the best of health, humility and in the brightest of spirits, with the sun forever shining brightly in your life! Please excuse this small interruption into anything that you may be doing right now and grant me a few minutes of your time.

Allow me to introduce myself and state the nature and purpose of this letter. My name is Coyote, I'm 28 years old, a young man who is penning this letter from the depth of this sunless cemetery, while in search of truth, consciousness and understanding. As of right now I am currently confined to an isolation cell. At a maximum security prison that is located in the middle of nowhere, otherwise known as ELY, NEVADA. By the grace of the creator I am now on the path of truthful knowledge and higher learning. I seek truth and I am dedicated and prepared to base my entire life on the truth that I find.

During these times of struggle and isolation a few comrades and I have been called upon to come together in search of unity and organization, regardless of the circumstances that we are up against and regardless of the consequences that we may or may not face for our efforts. We have established an EFFECTIVE study group, consisting of warriors who are sincerely dedicated to growth, truth and the betterment and empowerment of ourselves and our lives as we struggle endlessly to raise the level of consciousness, awareness and intelligence and spread these precious gifts to the poor brothers and sisters who struggle alongside us! In our plight, some of the principles in which we are constantly striving to achieve and which we aim to instill, with the efforts of the study group include: SELF EDUCATION, DISCIPLINE, UNITY, PROGRESSION, INTELLIGENCE, CONSCIOUSNESS, SPIRITUALITY AND SO MUCH MORE!

Our search has brought us to you and we call on you because we are in desperate need of literature, books and reading materials. We have struggled relentlessly to obtain the materials that we need and we have searched high and low for particular books and printed materials. Most of the places we've tried, it seems that not too many of these places have been able to provide us with anything remotely close to the materials we needed. And some of these people weren't supportive of our efforts at all. However fortunate this may be, in the search your address has been offered to us with the advice that we could find the litera-

ture and reading materials that we are looking for! So, I'm hoping that this is a blessing in disguise! I hope and pray that I've finally come to the right place! We would be truly appreciative of ANY materials that you could provide us with, but some of the things that we are particularly looking for are generally any selfhelp books on:

- 1). How to develop writing skills/ How to draw/ Creative understanding
- 2). Human psychology/ Sociology/ Books on developing strategy
- 3). Exercise and fitness/ Health/ Anatomy
- 4). Native american culture & spirituality/ Eastern philosophy/ Zen practice
- 5). Books on culture/ Progression/ Achieving & maintaining consciousness of inner-self

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Before sending any books or printed material in to this prison it is necessary that you know the rules and regulations of this institution. If you are planning to send any books then you must know that I need prior approval for the specific books that you're sending, before you send them. And they must be sent within 60 days of the date of approval. All books must be new and they must be paperbacks. All books must be sent via first class mail and they must be sent from an authorized vendor. (that means you can't send them from your home.) So if you are planning to send any books, please contact me first, with the names of the books & the authors and I will get the approval and we'll go from there.

If you are planning to send any loose literature, printed materials, xerox copies, downloads off the internet, pamphlets, etc, then please note that this institution only allows 20 pages to be sent per envelope. So if whatever your sending exceeds 20 pages, then the simple solution is to just divide it into different envelopes and mail each envelope out all at the same time. These materials are very much needed and are easy to pass around to other prisoners, so if you have anything like this that you can send us, as well as books we would be extremely grateful.

It would be hard to find the words to express in full detail how much your help means to us, but it is more than a blessing to say the least! The work that you are doing is a beautiful thing and from the heart! It's hard to come across compassionate people, so I just want you to know how appreciative I am to have your support, because if it weren't for people like you in this world, then people like me would be forever lost in a cold world of darkness! Please write back soon and let us know a little more of what your organization is about, and if there's anything that we can do to help out or assist you in any way, please let us know? We would be more than glad to help! Also, if it's not too much to ask, can you please send a resource guide, it would be a very useful tool in finding people and places that we can reachout to, Thanks!

There are a couple of thoughts that I would like to leave you with before I close this letter. As I've mentioned in the beginning of this letter, these words are written from the confinements of an isolation cage, but more importantly they are written from the depth of my soul. It is difficult for a man to maintain his sanity under these circumstances, the rather than letting this place break me down or destroy me, I have kind've turned it into a monastery for myself, and my time is used wisely and to my advantage. I don't say these things so you could feel sorry for me, I don't even have time to feel sorry for myself. I tell you these things only to share my experience with you. It has always been said that it's very important for someone in here to establish and maintain contact with people on the outside. The problem with this, at least for me, is that for all of my efforts of reaching out, it seems that the people who do answer my letters are only there momentarily and then I never hear from them again. This concerns me. In all honesty, I am looking for someone to correspond with and someone who I may be able to relate to on all different levels and in usefulness. I don't know if YOU would be interested in corresponding with a prisoner, I hope you'd be interested, but if not, than I hope you could find someone who would be interested in writing to a prison. Either way, I wish to thank you from the deepest reaches of my heart for helping me obtain the materials I am looking for, and I pray that the sun will forever shine on you and all of your pathways, in this life and the next. Please write soon.

In truth and solidarity,
Coyote

~WHAT WE WANT, WHAT WE BELIEVE~

- 1) WE WANT AN IMMEDIATE END TO RESTITUTION CHARGES UNRELATED TO THE DIRECT DESTRUCTION OF UNINSURED STATE PROPERTY, THE OVER PRICING OF GOODS IN THE PRISON. AND THE EXCESSIVE BILLING OF PHONE CALLS. WE WANT A FREE MARKET SYSTEM IN PLACE TO ENSURE QUALITY GOODS AND SERVICES AT THE BEST PRICES.

WE BELIEVE WARDEN E.K. MCDANIAL AND HIS EMPLOYEES HAVE SHOWN THEMSELVES TO BE TRUE CRIMINALS, USING US TO EXTORT MONEY FROM OUR LOVED ONES, WHO FOR THE GREAT MAJORITY, LIVE IN POVERTY THEMSELVES.

2) WE WANT THE ESTABLISHMENT OF A CULTURALLY DIVERSE PROGRAM ALLOWING RESPECTED RELIGIOUS LEADERS FROM OUR COMMUNITIES TO VISIT THE GENERAL POPULATION AND LOCK DOWN UNITS, AT LEAST THREE, THIRTY MINUTE PERSONAL PHONE CALLS A MONTH IN THE LOCK DOWN UNITS AND THE OPPORTUNITY TO PURCHASE PICTURES OF OURSELVES FOR OUR FAMILIES.

WE BELIEVE WE HAVE THE RIGHT TO ESTABLISH, STRENGTHEN, AND REBUILD POSITIVE TIES TO OUR FAMILIES AND COMMUNITIES.

3) WE WANT WEIGHTS BACK IN THE GENERAL POPULATION, PULL UP AND DIP BARS IN ALL RECREATION AREAS, MAXIMUM ACCESS TO OUTSIDE RECREATION DURING SUNLIGHT HOURS FOR ALL PRISONERS IN LOCK DOWN UNITS, AND AN INSIDE RECREATION AREA FOR THE WINTER MONTHS. MORE HEALTHY FOODS, FRESH FRUITS AND VEGETABLES ON THE DAILY MENU. AT LEAST TWO ADDITIONAL DOCTORS AND BETTER TRAINING FOR THE ENTIRE MEDICAL STAFF SO THAT ALL OF THE NINE HUNDRED PLUS PRISON POPULATION CAN RECEIVE THE BEST POSSIBLE MEDICAL CARE. WE WANT AN IMMEDIATE END TO THE ILLEGAL USE OF PSYCHOTROPIC DRUGS TO SILENCE AND CONTROL INMATES. WE WANT ALL MENTALLY ILL AND PROTECTIVE CUSTODY INMATES TO BE SEPARATE FROM LOCK DOWN AND GENERAL POPULATION INMATES. ALL MENTALLY ILL INMATES SHOULD BE SENT TO A FACILITY BETTER ABLE TO PROFESSIONALLY CARE FOR THEM.

WE BELIEVE WE HAVE THE RIGHT TO POLICIES AND PROGRAMS THAT WORK TO ENCOURAGE GOOD PHYSICAL AND MENTAL HEALTH.

4) WE WANT AN IMMEDIATE END TO THE HAND CUFFING OF CELLMATES IN GENERAL POPULATION AND PRISONERS RECEIVING HAIR CUTS IN LOCK DOWN. WE WANT ALL INMATES HOUSED IN DOUBLE MAN CELLS TO HAVE AT LEAST FIVE HOURS OUT OF THE CELL DAILY, WHERE THEY CAN HAVE TIME APART.

WE BELIEVE WE HAVE THE RIGHT TO SUITABLE LIVING CONDITIONS AND THE OPPORTUNITY TO DEFEND OURSELVES AGAINST PHYSICAL ATTACKS IF NECESSARY.

5) WE WANT AN IMMEDIATE END TO THE FILTHY, UNNECESSARY, AND HUMILIATING PRACTICE OF FORCING INMATES ON THEIR KNEES TO BE SHACKLED. WE WANT DAILY ACCESS TO CLEANING MATERIALS, SOAP, CLEANSER, AND HAIR CARE PRODUCTS IN LOCK DOWN UNITS, RAZORS FOR THE INDIGENT INMATES TO SHAVE THEMSELVES, AND INMATE TRUSTEES TO KEEP THE LOCK DOWN UNITS CLEAN.

WE BELIEVE WE HAVE THE RIGHT TO GOOD PERSONAL HYGIENE AND CLEAN LIVING CONDITIONS.

6) WE WANT AN IMMEDIATE END TO THE MENTAL AND PHYSICAL ABUSE OF INMATES AT THE HANDS OF PRISON AND MEDICAL STAFF, BETTER TRAINING, AND ACCOUNTABILITY FOR MISCONDUCT. POLICIES THAT REWARD STAFF REPORTS OF MISCONDUCT AMONG PRISON EMPLOYEES, AN IMMEDIATE END TO THE FREEZING OF INMATE ACCOUNTS, AND THE USE OF JAIL HOUSE INFORMANTS IN DISCIPLINARY HEARINGS.

WE BELIEVE WE HAVE THE RIGHT TO BE TREATED AS HUMAN BEINGS, WITH RESPECT, FAIRNESS, AND CONSIDERATION.

7) WE WANT THE SCHOOL BUILDING REOPENED TO ALL GENERAL POPULATION INMATES, MORE TEACHERS TO SPEND TIME IN THE LOCK DOWN UNITS, MORE EDUCATIONAL BOOKS IN THE PRISON LIBRARY AND THE OPTION TO DONATE OUR PERSONAL EDUCATIONAL BOOKS TO THE PRISON LIBRARY.

WE BELIEVE INCARCERATION DOES NOT INCLUDE A SENTENCE TO IGNORANCE. WE HAVE THE RIGHTS TO THINK FOR AND EDUCATE OURSELVES AND THE RIGHT TO PARTICIPATE IN ALL EDUCATIONAL PROGRAMS AND ACCESS TO ANY EDUCATIONAL MATERIALS, NOT ONLY WHAT THE PRISON PROVIDES, BUT WHAT OUR FAMILIES AND COMMUNITIES COULD PROVIDE AS WELL.

8) WE WANT AN IMMEDIATE END TO THE FORCED USE OF THE PRISON COPY MACHINE AT EXCESSIVE PRICES. WE WANT CLOSE CONTACT WITH KNOWLEDGEABLE LAW CLERKS IN THE LOCK DOWN UNITS. THE OPTIONS TO DONATE PERSONAL LAW BOOKS TO THE PRISON LAW LIBRARY, FREE ACCESS TO INMATE WELFARE FUND INFORMATION (WHICH IS OUR MONEY!) AND PARTICIPATION IN THE FORMATION OF PROGRAMS FUNDED THERE OF.

WE BELIEVE WE HAVE THE RIGHT TO UNHINDERED ACCESS TO LAW BOOKS, LEGAL

DOCUMENTS, AND TRAINED LAW CLERKS TO EXPLAIN AND/OR HELP FILL OUT AND FILE LEGAL DOCUMENTS. WE SHOULD KNOW AND HAVE A SAY IN HOW THE INMATE WELFARE FUND IS BEING USED.

9) WE WANT REAL-TIME JOB TRAINING, SUCH AS COMPUTER, CONSTRUCTION, CARPENTRY AND ELECTRICIAN CLASSES, MORE PRISON JOBS FOR INMATES AND AN END TO SELECTIVE HIRING.

MANY OF US WILL EVENTUALLY BE RELEASED FROM PRISON. WE BELIEVE WE HAVE THE RIGHT TO REASONABLY PREPARE FOR THE LIFE IN SOCIETY AND OBTAIN SKILLS NEEDED TO REALISTICALLY PROVIDE FOR OURSELVES AND OUR FAMILIES UPON RELEASE.

10) WE DEMAND NEW POLICIES, PROCEDURES AND REGULATIONS BE WRITTEN TO REFLECT THE FOREMENTIONED HUMAN AND CIVIL RIGHTS AND THAT THE EXISTING WRITTEN RULES REFLECTIVE OF THESE RIGHTS BE UPHELD AND ENFORCED AMONG STAFF HERE AT ELY PRISON.

WE BELIEVE WE HAVE THE RIGHT TO AND WILL RESIST BY ALL AVAILABLE MEANS ANYONE AND ANYTHING THAT PROMOTES OR ENCOURAGES THE VIOLATION OF OUR HUMAN AND CIVIL RIGHTS.

ATTN: CONVICT,

THESE ARE YOUR RIGHTS AS MEN AND HUMAN BEINGS, STAND UP FOR THEM, DEMAND THEM, FIGHT FOR THEM IF NECESSARY. NONE OF THESE ARE UNREASONABLE OR UNATTAINABLE. THE MAJORITY WE ALREADY HAD BEFORE E.K. McDANIAL CAME AND STRIPPED US OF THEM. HIS POLICIES WORK TO STRIP US OF OUR VERY DIGNITY, WE MUST RESIST, NOW.

KEEP A COPY OF THIS DOCUMENT AS A REMINDER AND NOTICE TO ALL THAT YOU WILL NOT ACCEPT ANY TREATMENT LESS THAN A HUMAN BEING DESERVES.

IN TRUTH WITH RESPECT.

"THE PLIGHT OF NEVADA"

Our 1st, 5th, 6th 8th, 9th & 14th Amendment Rights are being violated on a daily basis. Some examples include:

- 1) Discriminatory subjection to a classification "Level System", which is routinely being imposed arbitrarily as a punitive behavior modification system.
- 2) Discriminatory in the allocation of privileges by routinely according substantial privileges to all "Female" inmates in the NDOC while sharply restricting or denying altogether those privs. to similarly situated "Male" inmates.
- 3) Discriminatory &/or denying the equal protection in the allocation of privs. by routinely according substantial privs. to all other ethnicities (White & Black inmates; at ESP while sharply restricting or denying altogether those privs. to similarly situated "Hispanic" inmates.
- 4) The conception & implementation of regulations & policies that violate the First Amendment Right to Freedom of Speech.
- 5) Denial of meaningful access to the prison Law Library, &/or denial of adequate legal assistance to illiterate & non-english-speaking prisoners.
- 6) Unreasonably promulgation a policy that censors incoming & outgoing privileged legal mail.
- 7) Arbitrarily & capriciously using food as a form of punishment, &/or in a manner which violates State laws, &/or Federal substantial Rights.
- 8) Customarily denying inmates access to basic cleaning supplies & instruments which Threatens not only our health, but it causes our degeneration &/or mental & physical Well being.
- 9) Denying adequate exercise time or facilities which causes mental &/or physical break down &/or amounts to cruel & unusual punishment.
- 10) Promulgating inadequate disciplinary & grievance procedures which are wholly deficient & constitutionally defective.

These are just a few examples of some of the ways that our rights are being violated. I have evidence of all of these allegations that I've listed & more. If you would like to learn more about the things that are going on behind these enemy lines or what we are doing to try to make living conditions for all NV/ESP prisoners, Please contact me at the address below! Feel free to copy & distribute this paper and pass it to people who you know will want to help! Permission is granted to publish this in Newsletters/Newspapers/Magazines etc., as you see fit!

For Letters of support & encouragement hit me up at this address!

Coyote Sheff #55671
P.O.Box 1989
Ely, Nevada 89301-1989

Prisoners' health at risk

A plan is needed to address criticisms of health care within Nevada's prison system

Inmates within the state's maximum-security prison at Elko are being deprived of adequate medical attention, federal public defenders Gary Taylor and Michael Pasocetta told a Nevada legislative committee last week.

The two gave their exemplar. There was no doctor at the prison, which is holding 1,000 inmates, during a recent two-month period. The previous prison doctor was an obstetrician-gynecologist with no experience in treating men. The prison's X-ray machine has been broken for six months. Inmates wait weeks to see a doctor. An inmate diagnosed with a serious medical condition may not even be informed of it for months.

Meanwhile, the American Civil Liberties Union of Nevada told the Las Vegas Sun this week that health care is exceptionally tenuous at that state women's prison in North Las Vegas as well. Nearly penniless women are charged \$8 to see a doctor, and if they do not have an additional \$16, they are not informed of the results of any medical tests, the ACLU said.

"Every year, more than 1.5 million people are released from jail and prison carrying a life-threatening contagious disease."

From a report, "Confronting Confinement," prepared by a private commission

The ACLU also noted the "total lack of preventive care" and that the women prisoners can go as long as six years without a dental exam.

Findings by the public defenders and the ACLU mirror the state of health care in prisons around the country. A 16-month study of the U.S. prison system was completed last week and presented to a Senate subcommittee. The report, titled "Confronting Confinement," was prepared by a private commission whose members included former FBI Director William Sessions, National Urban League President Marc Morial and former U.S. Attorney General (under President Lyndon Johnson) Nicholas Katzenbach.

Along with documenting the

abysmal health care throughout the nation's prison system, the report explained why all of us should care. "Every year, more than 1.5 million people are released from jail and prison carrying a life-threatening contagious disease," the report said.

A civil-prison spokesman, Fritz Schultman, reacted to the report by Taylor and Pasocetta, saying, "What do you expect from the public defender's office... You get what you pay for. How many people on the outside get two medical care?"

Nevada must overcome this kind of attitude. The state has a responsibility both to the inmates and public health. It must, without delay, decide upon a plan for improving medical services within its prisons.

The Rev. Jesse Jackson arrived unannounced at the Southern Nevada Women's Correctional Facility in North Las Vegas on Wednesday.

"The public has a right to know what's happening here," he said.

Jackson and state Assemblyman Harvey Munford, D-Las Vegas, took what Jackson called a "tear-jerking" tour of the facility that was prompted by numerous letters from inmates about the conditions inside.

Jackson was greeted by cheering inmates, witnesses said.

"The inmates treated him like a celebrity," said Howard Skolnik, the deputy director for industrial programs for the Nevada Department of Corrections.

He said the tour was not unusual; tours are regularly provided to groups and government officials.

"We are very proud of what we do," Skolnik said. "We have no fear of taking people in and showing them around."

Munford, who has toured the prison twice before, said he had received many complaints about the lack of medical attention at the prison. In one case, he said, an inmate with a history of aggressive breast cancer said she hadn't seen a

specialist. Another woman reportedly gave birth inside the prison without adequate medical supervision, he said.

"The inmates are not getting first-hand, sensitive, compassionate, professional care," he said. "That seems to be the number one complaint: medical neglect."

Skolnik said prisoners receive better medical care than most of the public. In March, about two-thirds of inmates at the women's prison saw a doctor, he said. And most of those times, inmates were able to see a doctor within a day of requesting an appointment, he added.

But, Skolnik said, mistakes can happen anywhere "you have humans dealing with humans."

The women's prison has previously come under fire for allegedly not providing medications to inmates and for employment problems. Since December, at least five employees at the prison have filed complaints against the prison system with the U.S. Equal Employment Opportunity Commission or the Nevada Equal Rights Commission.

The employees accused the prison of racial discrimination and harassment.

Prison officials said Dr. Robert Bannister, the medi-

Department of Corrections, would be able to comment further on the medical conditions in Nevada prisons, but Bannister did not return calls left with his secretary seeking comment.

Budgetary concerns and a growing population are the primary problems for the women's prison in North Las Vegas, officials say.

The prison had 440 inmates in 2004. It now holds 608.

A new wing that will hold 300 additional prisoners should be open in January, but the prison will still be overcrowded.

"We are right now at our 2007 population," said Greg Cox, the deputy director of operations for the Nevada Department of Corrections.

And prisons don't have the choice of turning away prisoners when they don't have a bed.

Cox said taxpayers and the legislature need to either re-evaluate punishments for certain crimes or improve funding for Nevada's prisons.

Gary Peck, executive director of the Nevada American Civil Liberties Union, said he was happy to hear of Jackson's visit.

"We certainly are heartened that the conditions in the prison system and at the women's prison have now garnered national attention," he said.

"We think those conditions are bad enough that they deserve national attention."

The Nevada ACLU is attempting to interview inmates at the women's prison who have had acute or chronic medical problems, among other issues, to determine the extent of the problems at the prison.

any such problems have been addressed, and we hope that is the case," Peck said.

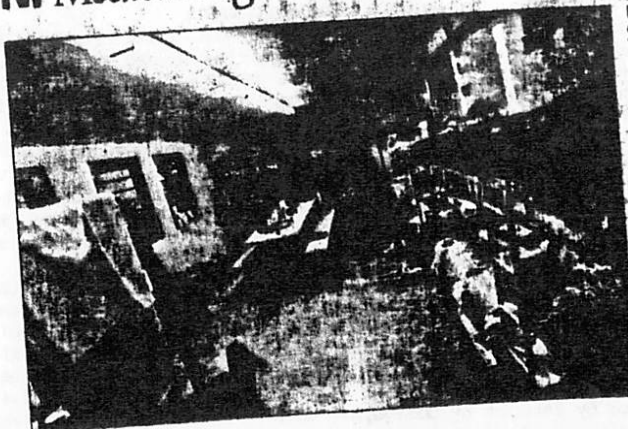
Jackson also said Nevada's prisons need more minority in positions of authority.

Skolnik said the system has been slow to reflect the changes in Nevada's demographics.

At the Southern Nevada Women's Correctional Facility, the warden and an associate warden are women. Throughout the Nevada Department of Corrections, 23 percent of the wardens and associate wardens are women, Skolnik said.

"We've identified that need to do a better job recruiting minorities," he said. But the ethnic makeup shouldn't make a difference, he added.

► PRISON: Medical neglect called top complaint



Inmates lie on bunk beds Wednesday in a dorm room at the Southern Nevada Women's Correctional Facility in North Las Vegas. This room is supposed to hold eight beds but never holds 12. Prison officials say overcrowding is a problem at other facilities.

JANE BALDWIN/REVIEW-JOURNAL

Death row inmates

Hearing sought on prison's medical center

THE ASSOCIATED PRESS

RENO — Inadequate medical care at Ely State Prison might be to blame for the deaths of some death row inmates and could be threatening the lives of other death row inmates, the federal public defender's office claims.

In a motion filed last week in U.S. District Court, the office seeks a hearing on the prison's medical center and an order to protect against tampering of medical records.

In one case cited in court documents, the prison's warden made death row inmate Patrick Cavanaugh his ward after determining that the inmate had dementia and couldn't make medical decisions for himself.

But neither Warden K.R. McDaniel nor the Nevada attorney general's office contacted Cavanaugh's lawyers about his mental state or the warden's decision to become his medical guardian, according to the documents. Cavanaugh died in April of natural causes at age 60.

In another case, prison officials are accused of providing little or no care to death row inmate James Lisle for life-threatening illnesses.

Lisle told his lawyers that when he complained about a blood clot in his leg, the prison doctor said "he hoped (Lisle) would die from it."

Michael Pasco, assistant federal public defender, said he's concerned about whether a lack of medical care re-

care criticized

sulted in the deaths of other death row inmates, including Gerald College and Kenneth McKagan.

"I can't give a medical judgment about whether earlier detection would have resulted in a different outcome," Pasco told the Reno Gazette-Journal.

But some death row inmates told him they complained to prison officials about their poor health but were not treated until it was too late, Pasco said.

Fritz Schlottman, spokesman for the Nevada Department of Corrections, denied the allegations.

"These people are not doctors. They shouldn't be talking about this caused this or that unless they've got something on a piece of paper to prove it," Schlottman said.

"The department's position is that Lisle received adequate medical care. To suggest that a doctor would knowingly deny care for a person, inmate or not, is an odd suggestion. They take a Hippocratic oath to do no harm," he said.

But Schlottman acknowledged that the prison's doctor, Steven MacArthur, has been placed on administrative leave pending the outcome of an investigation by the inspector

general.

He said he didn't know what the investigation was about.

MacArthur was out of town and couldn't be reached for comment.

Lorraine Memory, a registered nurse at the prison, said in a 13-page statement attached to the motion that the medical treatment of inmates at Ely is inadequate.

"I believe that most of Dr. MacArthur's medical decisions were based upon the costs of treatment," she said.

But Schlottman disputed Memory's claims. "That's her opinion, and we don't share that opinion," he said.

Jackson takes 'tear-jerking'

BROTHERS ! SISTERS ! COMRADES ! AND FRIENDS !

From the depth of this sunless cemetery, We salute you. First & foremost We wish to deeply extend our gratitude & respect, for it isn't everyday that We are fortunate enough to stumble upon people as kind & as compassionately driven as you- and especially not from behind these Tombstoned walls! So w/those thoughts in mind We hope, wish & pray w/the full force of mind, body & soul that these true & humble words reach your destination safely and with good timing, finding you doing well in all respects of health, humility & spirit, w/the sun forever shining brilliantly & brightly in your lives! I write these words from this coffin w/only the best intention in mind & directed towards the hearts & minds who struggle-both in & out of (all) prisons & communities alike- & to those who want to help us help ourselves, especially. So, please excuse this small interruption into anything that you may be doing at this particular moment & grant me a few minutes of your time!

Allow me to re-introduce myself & re-address the nature and purpose of this letter. My name is Coyote, and along with Maritte Funches and several other Warrior, Comrades and Soldado's, who are just a few of the many who were left to die in the corner of this cold & desolate graveyard, We have been wise & dedicated enough to set our racial differences to the side & come together in struggle, to Unite, Build & Organize what We hope to be an effective study group. I am 28 years old, a young man w/all my life ahead of me- still, & I don't know if this is by chance or by fate, or by design, But as of this moment I am currently confined to the tormenting loneliness of an isolated cage. A prison inside a prison that has been intentionally tucked away out in the middle of nowhere, also known as Ely, Nevada. Some of you may already be familiar with our previous Letter, "Greeting From The Graveyard" (Written by both Me & Maritte Funches), which has offered a basic outline of a few of our efforts & struggles- But not all of them! This letter is a follow-up from the first one, in a desperate attempt to shed more light on the other issues & dilemmas that We are up against in Nevada & to state some of the goals, objective & ambitions that We strive for! We want to tell you why We need help, & who & what type of people We are looking for to help us. Because right now it seems many of our Comrades are beginning to lose steam & its almost as if these walls are starting to close in on us as the quality of our living conditions are deteriorating as fast as the mentality of the overall prison population itself.

As you already know, Nevada has no prisoners' rights advocacy groups, health care resources, nowhere to go for any type of literature. Recidivism rates are tragic, civil rights violations are common & psychological abuse is an everyday strategy, systematically served to us through the tactful design of this oppressive Administration. It has already been explained that our sincere ambition is to organize a small network of individuals on the outside to form a study group, to build & structure new & effective healthcare programs, rehabilitative & educational programs & to put together a Newsletter, to encourage & uplift others, to gain support here in NV & to raise consciousness & offer means to spiritual & mental liberation amongst the convicts who are restricted & confined to these hellacious conditions; left w/no positive/productive outlets to release the powerful emotions that are building up inside of us; & no way to redirect this energy into constructive forces, rather than destructive ones. Most of you are already aware of how difficult this struggle has been for us with little or no efforts or support from solid friends or family & the pork-chop Administrations' efforts to thwart us & keep their boots on our necks at every turn.

It has also been explained that We will be dedicating everything-our spirit, hard work & dedication, our knowledge, our time & even our own funds- to help bring forth the changes We seek, as We strive to turn these words into action, so that they'll really mean something!

What you don't know is that these prisoncrats are not offering any programs for prisoners to build up social skills or to develop job skills. Basically, all We are offered in here is a high-school education & nothing beyond that! Some of the prisoners aren't even eligible for that! If they attended High School on the street, then they're basically alienated in here, because this system doesn't provide the opportunity for them to further their education. Unless they have family/friends on the streets who can pay money for them to take college/correspondance courses, they're being denied the ability/opportunity to pursue their education beyond a high school level & in essence, they're being denied the ability to develop socially. This backwards rehabilitation is evidence of this system's lack of concern for our reintegration back into society!

Sometimes the Educ. Dept. Broadcasts video for the prison to watch, But some of these videos are for 6th grade children & they always show the same videos over and over, if they show anything at all & if you don't have a T.V. or money to buy one then you can't see nothing at all. So, for one, We need Organizations, Churches, Educ. Depts/School systems & Colleges to donate any type of Educ. DVD's or VHS videos on History, Science, Astrology, Mathematics, Political Science, Social Studies, Reading/Writing, etc., to this Educational Dept. at this prison. Please contact me or Maritte Funches first & We will show you how to get in contact w/the people you need to talk to, to get these materials sent in).

Furthermore, all of the other prisons in this State allow opportunities for prisoners to be issued a (Donated) State T.V., if they can't afford one or don't have any family or anybody to send them money to buy one. This prison is the only prison in NV that doesn't issue out State T.V.'s, not to mention that much of the Educ./Religious services are offered to us via video/T.V. & for the prisoners in "The Hole" (& other parts of the level system) that is the only way they can receive religious services. So we are going to need outside support to help push the issue, so that this prison will start issuing out State T.V.'s in essence, this so-called Educ. Dept. has been instituted for appearances only. This way they make it appear as if they're giving us the opportunity for education/rehabilitation. But the cold truth is that these people care less if we are rehabilitated or not, as long as they're getting paid, that's all they care about. But w/ the solid & consistent help of the people and from groups, orgs., churches, school districts & colleges, we can bust this wide open & turn this prison's Educ. Dept. into a real vessel of opportunity for the prisoners serving mental death sentences in these graveyards. We need free college courses back in the prisons, we need job training and social skills!

Moreover, on a daily basis they are violating our 1st, 5th, 6th, 8th, 9th & 14th Amendments Rights—some of which include the right to be free from cruel & unusual punishment, the right to due process of law & the right to equal protection under the law. (See attached list at the end of this letter). Things in here aren't going to get any better until we take the initiative to step up & make things better for ourselves. Which is what we aim to do w/ the study group. But we cannot do it w/out outside support. If you were to ask some of the convicts in here if they had any plans for the future or for when they're to be released, how sad it would sound, to know that more than 1/2 of these men don't even have plans for tomorrow, let alone their future. This is one of our goals w/ the study group/newsletter, to instill amongst the morale of our fellow prisoners a sense of self-worth; self-education; discipline; perseverance; unity; progression; intelligence; consciousness; spirituality & so much more! These are the same things that this system tries to deprive us of, so it's a never-ending struggle. We live in a graveyard where our cell is our coffin & the "Name-Tag" on the outside of the cell door serves as the epitaph on our Tombstone.

They have been illegally charging us restitution through a kangaroo disciplinary system that has been systematically designed to convict ALL "alleged offenders", regardless if they can prove their innocence or not. The same systematic oppression is being served to us w/ the so-called grievance process, which is hindered and delayed for such a long time & the grievance is, most of the time, always denied, causing the petitioner to have to carry out through so many twists & turns, leaps & bounds, that he eventually gets frustrated & abandons all attempts at seeking relief from violations committed by the State. We are being denied meaningful use of the Law Library and our attempts at any effective study & research of the law is being stunted w/ each attempt. The NDOC, (Nev. Dept. of Corrections) in full cooperation w/ MCI has even monopolized our collect calls & are victimizing our families/friends by charging us up to \$16 for a 15 min. phone call! They're denying us any adequate use of recreational activities or equipment & putting extreme restriction on the amount of time allotted to us to make use of the little to none Rec. opportunities we have. Not only have they stripped us of almost all recreational programs, but they even stopped bringing in movies. The food is awful and sometimes even "suspect". The food here is inadequate by calories & sanitary standards, portions are small in size and the mystery meat they serve us is lacking in nutrients. If that's not bad enough, the price of living in these dungeons is extreme, everything (Food, Hygiene, Clothing etc.), costs at least twice as much as it would cost on the streets, & Appliances sometimes cost three times as much & some don't even last longer than a year!

In these graveyards, these are just a few of the issues we're faced w/; no outside support this is what I mean when I say the walls seem to be closing in on us more & more each day. We don't say any of these things for you to feel sorry for us, the truth is we don't have the time to even feel sorry for ourselves, things get done through action, not tears. These efforts are real, this is real, don't get the wrong idea, we are not asking for your money, all we are asking for is your time, your compassion, your dedication & commitment to help organize, to help us rise above these poor and inhumane living conditions, to help us help ourselves.

Many of you have asked what can you do for us, many individuals activists and kind-hearted people have come forward & have offered whatever assistance they could provide us w/. We need these individuals to come together to join efforts, & network to help build programs for NV. We need organizations to step up, willing to spread their wings and branch out, start new chapters in NV. We need Churches, Colleges and Students on campus to get involved in our cases. We need Editors, or people who can connect us w/ Editors who can help us create & publish our own newsletters, or at least give us basic ideas & estimates on how to get it started on our own, how much it will cost us to start it up, how much it will cost to keep it going. We already have enough literature of our own (Essays, Articles, Book Reports & Summaries, Papers etc. All written by members of our study group in here) to contribute to the first year of the new-

letter, alone. All We need is people on the streets to help us get it going. We need Family Support Groups/Health Care Programs to get involved.

There have been many Bookstores & other Orgs. who say they provide to certain states or who do not provide to NV, We want to contact these people & We want to know why they don't provide to NV prisoners?, What is stopping them from extending their support to us? We want to talk to these people so that We can see if & how We can bridge the gap & maybe even establish an open line of communication that will hopefully lead us to working together in the future.

If each & every branch, agency & level of the system can come together & oppress us, divide us & attack us on all levels & fronts, then why can't We come together to defend ourselves on all levels. The truth must be exposed. We must open ourselves to what's in front of us every day. Like the saying goes: "If it was a snake it would've bitten you" well, it is a snake & it's biting us every day & slowly but surely our minds are being poisoned by that same venom! We are a people in search of truthful knowledge, consciousness & understanding on a higher level, we seek truth & We are fully prepared to dedicate our entire lives on the truths We find! We have to teach our comrades who struggle blindly & unknowingly, in these graveyards/prisons that these people are doing to us, We are not being rehabilitated by being here. This is social isolation. Instead of learning the social skills that We so much need, this shit is destroying us, destroying friendships & tearing us apart from our families, who have no type of understanding of what it is that We are going through & many of us cannot find the ways to explain it to them w/out having to break their hearts!

Not only do they keep us isolated in these tiny cells/cages, But they have intentionally built this prison in a tiny, isolated area, out in the middle of nowhere & far away from anything or anyone. They know what they're doing. This isn't to keep us away from the world, but to keep the world away from us, while they feel free to subject us to all types of mental & physical abuse. Because they know that We don't have anyone out there in our corner that we can turn to!

We've received alot of responses from people who want to help, But who also want to know little more of what our study group is about. We are not a prison gang, We are individuals prisoners made up of different racial & ethnic backgrounds & nationalities, who has collectively come together as a class, to bring about true changes to the deplorable living conditions of these prison cemeteries, and We strive to end the racist idealisms amongst the mentalities of the prison population so that We can come together in full union against our true enemy.

For years & years many convicts in many prisons in many states throughout the Nation have been talking about putting an end to all the racial separation & coming together to rise against the oppressive nature of this system. Well, We became tired & disgusted w/all the talk and tried listening. Real success & positive achievements & changes can only come about through action, not words, so here We are, ready to act. There is alot work to be done, and none of this can happen w/out the people & organizations on the outside, We need you behind us. We need you beside us. We need you w/us.

Of course, I could've made this letter much shorter, But its not everyday that I get to reachout-w/my heart in my hands-to such dedicated & considerate people like you. So I wanted to take this opportunity to express myself fully & effectively as I could, besides, I'm not the type of person to take shortcuts, and I hope you're not either! Please write back as soon as you can & be sure to see the attached pieces of papers at the end of this letter, to get a better understanding of some of the issues we're faced w/in here. Also, many of you have asked what type of Literature/Books/Reading Materials can you send & what are the rules & Regs. of this Institution for getting these things sent in. I've attached a couple pieces of paper at the end of this letter so that you can get a better understanding of that We are looking for. Before We close We wish to thank you w/the true purity of our hearts: souls combined, We are extremely grateful for the concern you have shown us and your willingness to help and your dedication to our struggle! Let's hope that together We can celebrate our success soon!

Also, your input & ideas are definitely welcome & encouraged, and if there's anything that we can do to assist you in your efforts or help you in your struggle, We'd be more than glad to help. So, Please let us know! (Feel free to copy & distribute this letter & pass it long to people who you know will want to help. Permission is granted to publish this letter in Newsletters/Newspapers etc., as you see fit.).

Please write to:

Coyote Sheff #55671
P.O. Box 1989
Ely, Nevada 89301-1989

In Truth and Struggle,
Coyote

With incarceration comes darkness and once you've been subjected by the darkness the only thing to do is search for light. I guess that's why since I've been down I've always craved an insatiable hunger for knowledge, for elevated thinking and higher learning. Many things that I've learned in here, I've learned through raw experience, personal pain or strife. My other sources of knowledge have been obtained through intense research and study—Mostly 'cell study'! But there have been many things I've learned through other convicts.

That comes with being solid. There have been many different convicts and comrades throughout the years who had enough decency and respects to take time out to show me things, ideas, perspectives or ways to get ahead, ways to get over and ways to get around the pickle—suit oppressors. That's what being a convict is about, knowing how to do time; To look out for other convicts. Because, like it or not we are all cuffed by the same cuffs, we are all shackled by the same shackles, we are all in this madness together.

I always had convicts around me to pass me a new piece of Literature or a book, or someone decent enough to encourage me to pursue my studies even further, to develop my own writing skills and to put my skills to use. Ever since, a fire has been raging inside me and I've been on some unknown mission to keep it burning by igniting the torches of others who I see have potential or who are ambitious or who seek to grasp and understand things more higher, deeper than their normal perceptions of what they consider to be REALITY.

If the conditions of confinement aren't sad enough, it's as if now-a-days, in these lock-down situations, The weirdos seem to outnumber the solid convicts. When I say weirdos I'm mainly speaking about the inmates and psych-patients who should be in protective custody or a Mental Health Facility, the ones who are either openly working against the solidarity and unity of the prisoner class, in conjunction with the Administration, or the ones who are working against us impassively for their own personal, sick satisfactions. It's devastating for all of us to be under the same gun and still working against each other instead of directing our frustrations and hatred towards the one whose holding the gun in our face.

More and more prisons are being built and more of them are being slammed. From state to state the internal conflicts that arise within these dungeons are what's giving the Administration the excuse they need to keep us confined to a cell all day, everyday.

I see new faces all the time, most of these new faces that are coming through this disgusting system seem to be younger and younger. This system has no hesitations about locking up kids and throwing them in with the Lions. All true convicts know what this system does to the youngsters, how it turns them out, and all true convicts know that we can't count on the same people who oppress us to help us.

So it's on us, as convicts to give these youngsters the proper tools, the proper guidance and education, to help them move forward, cuz these youngsters crave truth like a Vulture craves a corpse, they crave the power of knowledge like a Jackal craves to lick the blood off of left-over bones.

It's on us to lead these youngsters down the right path, to turn scavengers into hunters and make higher learning and self-education their initial prey. It's true that there's nobody more dangerous than a sophisticated thug, but I'm thinking beyond that. I'm talking about instilling dignity and self-esteem, productivity, creativity and intelligence into our younger generations and into one another as well. We must seek ways to rise above these horrible situations, to move forward.

I believe that as prisoners, regardless of what race, We are all an oppressed people. To rise above oppression we must first teach ourselves to think on a higher plane, We must first liberate ourselves through knowledge. Knowledge is idle without action and action is baseless without knowledge.

Through my actions and through my efforts I have been able to focus on more uplifting endeavors. Through my actions I have been able to put into practice what is called "Solidarity".

It's always a blessing to open someone's eyes to something truthful, to something fresh and to something progressive, especially while in these confined situations. It's always a blessing to be able to offer new insights, new ideas, and to be able to inspire others to want to further their own path or sphere of knowledge.

I've said it before and I'll say it again: some of the most brilliant, intelligent minds can be found right here, behind enemy lines. To all the Comrades, Activists and Organizers on the streets, if you're not writing to a prisoner, you don't know what you're missing. Get involved with a prisoner and share His/Her struggles and burdens, and you will come across some of the most enlightening and truthful conversations and discussions. If you are writing a prisoner, it wouldn't hurt to send them a book, at least once a month, so that they may seek liberation through the power of knowledge.

To the Comrades on lock-down, in prisons nationwide and beyond, We must rise above this oppression. We must stride out of the darkness and towards the light. Open your eyes, open your heart and open your soul to truth and to struggle. If you have what it takes to learn then you have what it takes to teach.

I encourage you to make copies of this essay, publish it in your paper, newsletter or zine, mail copies of it to prisoners, especially to prisoners serving time in solitary enslavement. And I encourage prisoners to pass it to other prisoners. Use it as an example to write your own essays, to say what's on your mind, to speak the truth.

Thankyou for allowing me this opportunity to say what was on my mind. I was shackled to my thoughts until I took the time to share them with you.

In Truth and In Struggle,
-Coyote-
Ely State Prison, Nevada
2006

"TO KNOW SOLITARY IS TO KNOW SELF"

Have you ever wondered what purpose those 4 walls serve? Do you ever take the time to stop and think, or even wonder why they got you locked up in that box all day, everyday? You can believe, those 4 walls stand to break you down and destroy you mentally and spiritually. But if you're the warrior you say you are, the warrior that I know you are, then, only you can determine what purpose those walls serve—for you.

Sometimes solitary is the price we pay for being solid. So, the only thing to do under such extreme circumstances is to seek ways to make the best out of a bad situation. Devoting yourself to survival, to progression.

To know solitary is to know yourself. It is through our transcendence in darkness and solitary that we truly become aware of ourselves and with this awareness comes the ability to create and it is through our power to create that we become one with the Creator.

While under many years of intense isolation I used to ask myself what purpose these 4 walls served. And once I've figured that out I then began asking myself what purpose do I serve, in life, in struggle, in the process of creativity and human growth and development? What role did I have in all of this? Was I a part of the problem or part of the solution, I wondered.

No matter how extreme our situations, we must stay free by knowing how to think for ourselves, we can't let others do our thinking for us, especially not our captors. We must liberate our minds by thinking for ourselves, and we must keep our spirits alive by believing in what we want to believe in and by holding on to those beliefs. Because it is our thoughts, beliefs and ideas that set us free, they can't keep those in handcuffs, they can't lock those in a cage.

People who can't think for themselves are prisoners of a different kind, this is a type of incarceration that is far worse than any type of physical incarceration. People who can't think for themselves have no self-confidence, and without self-confidence we are lost.

As warriors there comes times when we have to pick up the sword, and there comes times when we have to pick up the pen, but whether it's the pen or the sword you hold in your hand, it's only mighty if you wield it with confidence.

Over the years I've come to learn that these walls aren't shit, but what I make them to be. This has been a time for deep reflection, whereas I have used this time to get to know myself, my abilities, my strengths and weaknesses, and building upon these things, knowing that one day, someday, when the Coyote howls and the Eagle swoops, I'll be ready.

-COYOTE-
Ely State Prison, Nevada
2006

In prison one of the first things a convict learns is not to judge dudes by what they say but by what they do, because anybody could say anything and make it sound real beautiful too, but when it comes down to it alot of these dudes talk a good game, but they don't have what it takes to back it up. That's probably why some of the most common phrases heard in prison are: "don't talk about it, be about it", or, "don't talk the talk if you can't walk the walk", or, "talk is cheap", and one of my personal favorites: "that sounds good".

So it seems, that in this day and age people don't respond to words anymore, they respond to action. That's what gets peoples attention, that's what makes them listen. It's what makes us believe.

Out here in Nevada there is no real activism on these streets or in these communities, most of the prisoners in here aren't even from Nevada. A lot of them came out here for a vacation, to gamble, or whatever and somehow ended up in the slammer, which makes it difficult for us to build a solid support group and structure in this state, and this is a problem.

It's a problem because we are dying in these graveyards. In Ely State Prison, the so-called doctors who are really suppose to be treating us are actually trying to kill us. They're illegally charging us restitution through a fake-ass, kangaroo disciplinary system. They got us slammed down in these so-called general population units, not letting us out of our cells except for a 15 minute shower and an hour of rec yard every now and then. We have no solid access to the law library either. It's like we're doing hole time in General Population, it's like we are being punished for nothing. Most of us are forced to live in a double cell w/ another prisoner, and they're not letting us change cells or cellies anymore, so whoever we end up with we're stuck with and if you refuse a cellie you're going to the hole until you accept one. They've created a very hopeless situation for us here, the atmosphere is like that of a graveyard, we need help, we need outside support.

All that rhetoric about talk being cheap, that doesn't just apply to prisoners, believe me. I've come across all kinds of so-called activists, anarchists, prison abolitionists and different people w/ all kinds of notorious titles, who have alot to say about this and that, with their euphonious speeches. But I don't see anyone really trying to get involved w/ our struggles out here, and I don't see anybody trying to do anything to help us, other than offer their sympathies, and I'm even willing to bet there's going to be alot of people who read this article wishing they hadn't, because they know I'm talking about them and they know that even after they read this they're not going to do anything to help.

That's right, I'm calling you out. If you've received this letter in your mailbox then that means I'm calling you out. And please, don't write me back asking me what can you do, rather, write back letting me know what you will do and what you're really willing to do to help. You should be ashamed of yourselves; you people calling yourselves activists, some of you are more like actors and actresses, cuz you guys aint no better than alot of these dudes around here; all talk & no action. No need to write me back, trying to defend yourselves; telling me about all the things you've done in the past; all the pickets & rallies you've attended; all the meetings & movements you've participated in, way back when, cuz if you're not willing to stand up for this cause right here, or any cause right now; then all that stuff in the past don't make no nevermind.

This may sound harsh, and I know alot of you truly are kindhearted, compassionate & caring people, but I'm fed up. I'm fed up w/ all the niceties because they haven't gotten me anywhere. I'm fed up w/ sympathy, we need help not sympathy. Sympathy is good for those who are feeling lonely, heartbroken or hurt, but it's doing us no good out here where we are being buried alive. I'm fed up w/ watching my fellow prisoners getting knocked off by these doctors and pigs and not being able to do anything about it. Some of my comrades feel that I might be burning alot of bridges w/ this letter, but hey, I don't see no point of those supposed bridges even being there if nobody's willing to cross them in the first place. This letter may sound bitter, but it's all I got left, I write these words with the wholeness of my heart, hoping it will initiate some type of positive reaction towards getting people involved in our plight, because the situations we're faced with; the obstacles we're up against--this shit is real! We need your help. We need solid support from the outside if we're to get anything accomplished in here.

"DEDICATION, DEVOTION, DISCIPLINE"

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To those confined to cages, the realest of the real, involved in struggles endless and ageless, take heed to these words embraced in these pages. I bring these to you from one convict to another, from one soldier to the next. From my cell to yours. As always, My essays are aimed towards progression and designed to motivate, inspire and uplift. With this particular essay I wanted to take some time to shed a little light on the Three D's. All true Riders, Soldiers and Warriors know these to be Dedication, Discipline and Devotion. So let me break it down even further, as I try to explain each word in my own definition:

DEDICATION

To be consistent, determined to win, determined to achieve, driven to excel, to keep going non-stop. To practice daily, to train daily, study daily.

To strive, to struggle and keep your eye on the prize all the way through.

To endure, to prevail. To dedicate yourself to truth, knowledge, strength and endurance.

DISCIPLINE

To control your emotions. To stay focused, to stay dedicated. Train yourself to wake-up at a certain time everyday. Shut at a certain time everyday, to go to sleep at the same time everynight. Learn how to trust your penitentiary instincts and use them daily. Break yourself from bad habits and devote yourself towards positive outlets, healthy living and strive to be stronger, wiser and better in all aspects. To be able to control your actions; know when to act and when to be still. To put thought into your words before speaking them out loud. To say what you mean and mean what you say and to know when not to say anything at all. Respect yourself, respect others and avoid those who do not respect themselves or others.

DEVOTION

Devote yourself towards uplifting endeavors, movements and different struggles. Devote yourself towards happiness, healthiness, humility. To be strong and then stronger. To be wise and then wiser. To be fast and then faster. Devote yourself towards study, exercise, good dieting and healthy living. Devote yourself towards struggle and assisting others in their struggle. Devotion is from the heart, it's dedication and it requires discipline.

For those of us locked down, confined and caged, our main focus should be survival, whether on an individual level or collective one. These are extreme conditions for anyone to live in, which is why I wanted to bring attention to the Three D's, in hopes that this will assist you in your survival. Know the Three D's and be three dimensional.

These walls and these cells can either serve as your coffin or they can be like a monastery to you. It's up to you, Get off your ass and get yourself together. This is the situation you're in, whether you like it or not, this is what it is. The best thing to do is to find ways to use your time to your advantage. Life isn't over YET. Keep your head up and be a Soldier.

-Coyote-
Ely State Prison, Nevada
2006

"RESISTANCE"

Having the will to live, even with the fact in mind that one day we will meet face to face with the face of death, having the will to stay strong and keep fighting while in the hands of our captors, behind enemy lines, having the determination to stay focused and aware and mentally stable, despite all of the mind torture and psychological warfare that is used on us everyday, having the dedication to keep your body healthy, fit and strong with rigorous exercise and good dieting, while the tormentors insist on weakening us with starvation and tasteless foods. This is resistance and resistance is survival and survival is only achieved through awareness and by those who are courageous and strong enough to resist. Love yourself, respect yourself and protect yourself. Mind, body, heart and spirit are the attributes that make a warrior what he is. Sharing literature and knowledge with others who struggle alongside you and lifting them up with you, are part of the things that make a convict what he is. Keep fighting, never lose hope, stay strong and focused and realize that it is all a mind game. We are all warriors in this game, everyday is a battle to make it to another sunrise without losing your sanity.

---COYOTE

"PRESERVERANCE"

Rise Soldier, Rise. Like the sun in the sky. You may not see it, But you know it's out there. No need to get angry over things you cannot control. But rather, learn how to be a thing that cannot be controlled. This does not mean to go on a senseless rampage, it means to be in control of yourself without giving others an ounce of control over you. Much easier said than done, believe me, I know. Takes discipline, takes time. But in these graveyards time is all we have. Learn to use it wisely. There is a struggle going on around us everyday and one going on inside us. Learn to connect the two and to use struggle as a force that drives you towards positive solutions. I say solutions, not ideas. Solutions are ideas put into action. You cannot uplift others without uplifting yourself first. You cannot rise until you've learned how to stand on your own two feet. Struggle lives in us all, We are all a part of this same struggle. To preserve is to survive; know what's worth holding on to and know what needs to be let go of, reduced, eliminated, destroyed. When you rise like the sun you shine like the sun. Just be sure to shine on others too. Because we who dwell in darkness are in need of each others light.

-Coyote-
Ely State Prison, Nevada
2006

"CONSCIOUSNESS"

Even though I'm confined and caged, please allow me this moment and time to define these uncaged thoughts as quickly as they rage from the slippery confinements of my refined mind. I don't mean to sound vain, in truth I am only trying to share my pain as I try to explain that a prisoner in chains can't change or be tamed until he is unchained, let loose and unrestrained, aided by influences beyond explanation, reaching for new heights and destinations, while abandoning bad habits and unstable situations, by means of demonstration, while becoming independent from tried out declarations.

What does it mean to be a politically conscious prisoner? It is more than just reading political books while in prison. The key word is consciousness. Those who consider themselves warriors should strive to reach some level of consciousness, both on and off the field of war, no matter what your struggle is or whether the war you're in is physical or psychological.

Consciousness is in knowing, but it is beyond knowing. To know is the first step. To know and be aware. Your mind can be transformed into a dangerous weapon and can be an effective tool towards survival. It's when this transformation starts to take place that we first begin to become conscious. To be conscious is to know by instinct. Like what you see in martial arts when the student or disciple engages himself in the practice of combat while blindfolded. He is training his instincts. That is consciousness.

Be conscious of struggle, be conscious of strategy, be conscious of self and of enemy.

Be conscious of culture, be conscious of history.

Be conscious of the conditions you live in, strive to make things better for yourself and for others.

Be conscious of your surroundings, by knowing how to adapt to them, by being able to tune in and out at the right times and moments.

To be conscious is to know and to know is to learn. First you learn, until you know, once you know, consciousness will come.

Know what angers you and control it.

Know what frightens you and conquer it.

Know what distracts you and eliminate it.

Know what disturbs you and challenge it.

Know what detains you and destroy it.

Know what destroys you and kill it.

Don't let the shackles bind you, don't let the walls blind you and keep your enemies below and behind you. Let truth guide you, struggle drive you, courage define you and consciousness will find you.

If your actions are as sincere as your words,
please write to me at this address:

Coyote Sheff 55671
P.O. Box 1989
Ely, NV 89301

**SOUTH CHICAGO ABC
ZINE DISTRO
POB 721 HOMEWOOD IL 60430**

"To know and yet not to do is in fact not to know"
-Wang Yang Ming

"A little knowledge that acts is worth infinitely
more than much knowledge that is idle."
-Kahlil Gibran