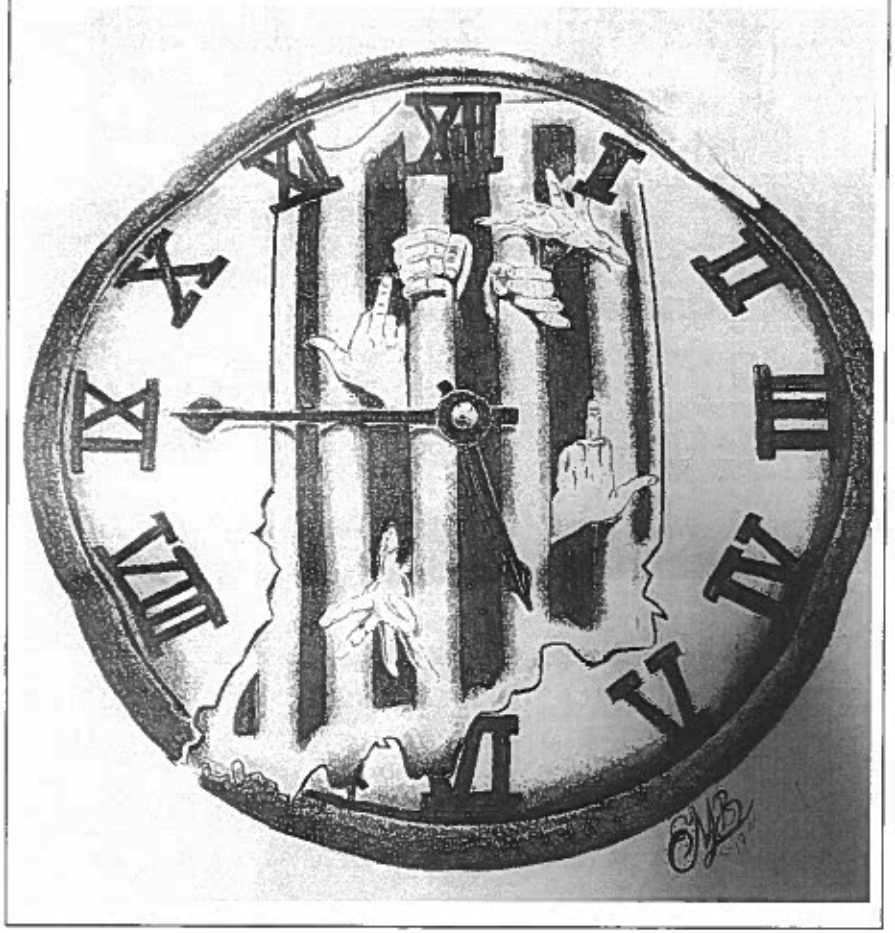
Locked Up During Covid



Midwest Books to Prisoners is an all-volunteer 501(c)(3) not for profit book store and organization based in Chicago. Our goal is to directly support inmates by furthering their educational goals. Since 2004 we have been accepting requests from any and all incarcerated people, and mailing them reading material that corresponds to their areas of interest free of charge. As our name suggests, our focus is on providing books to people incarcerated in the Midwestern United States (Indiana, Illinois, Missouri, Minnesota, Wisconsin, Ohio, Kansas, North and South Dakota, Nebraska, Iowa, and Michigan), but we also send books to inmates in all federal prisons, and we do our best to meet requests from prisoners in other areas when we can.

We accept requests for reading materials from any and all inmates, and send them books, magazines, or other print media within their areas of interest free of charge We also accept donated textbooks, novels, magazines, and other print materials, and rely on these donations to fulfill requests from inmates. If you have books you would like to donate, please drop them off at the Community Center door at

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Midwest Books to Prisoners
1321 N. Milwaukee Ave
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60622

My Covid Story

Since covid-19 has started and spread throughout the Michigan Department of Corrections, the prison system and office of legal affairs has illegally stopped all law library, call out itineraries, and check outs, thus violating our right to access the courts. Some of us have deadlines that cannot and will not be met because of the MDOC's blatant violation of a constitutional right. Covid-19 is continuing to be spread by staff to prisoners who are clearly isolated from the public because the prison administrations are not following security protocol and precautions by resting the COs on the regular or taking the temperatures of the staff to see if they have high temperatures. The prison will test only once if a person has covid-19 and once they've got a positive case they never test that positive person again, but instead places that person in administrative segregation for fourteen days and then let them out into general population to contaminate everyone else.

Who has this virus taken from me? My father Anthony Wright Sr. died from covid-19 while in prison in the MDOC because the staff at his prison didn't take his symptoms serious. I had to lose my mother to covid-19 in December of 2019 when the government didn't know what to classify covid as. I suffer from paranoia and chronic depression but the COs make my symptoms worsy by degrading me and saying things such as "Covid-19 is the black people's curse!" and "I hope covid takes care of the black problem."

So what has covid-19 done to me while I've been incarcerated? It's stolen my joy! It's ruined my peace of mind. It has taken my family and it has shown me just how low on the social ladder I am. My name is Jonathan Summers and I am a Michigan Prisoner.

In his letter to the Hebrews, Saint Paul tells us to "remember those in prison as though you yourself were with them, and those who are mistreated as if you yourselves were suffering." Inmates are members of our community, and at Midwest Books to Prisoners we believe that radical change begins with helping the most vulnerable among us. Incarcerated people are deprived of many of their most basic human rights, including the right to education. Many prisoners have very little formal education and as a result are lacking many of the skills that translate to conventional employment. This means they often face obstacles beyond just their criminal records upon release, which, in turn, raises their chances of return to prison. According to the National Assessment of Adult Literacy, only 16% of inmates who receive literacy assistance in prison will be re-incarcerated, compared with 70% who receive no literacy training. Research continuously shows that when taxpayer dollars go towards social spending and are invested in education, incarcerated people are better able to build full lives for themselves after being released, instead of being sucked back into the prison system. On average, it costs $25000 of taxpayer money per year to house just one adult, and the cost of housing juvenile offenders is nearly double that. Investing in the futures of inmates is not only the most compassionate approach, it is also the most practical one. Inmates want to learn. Our goal is to help incarcerated people further their education through reading and independent study, making it possible for them to build new and better lives for themselves and their families once they've been released.

This zine was inspired after receiving so many stories from people incarcerated of the outrageous and inhumane conditions they have been forced to endure due to the covid pandemic. Many of the people currently have very little to no support on the outside and often their stories fall silent. Who cares what people incarcerated are facing during a global pandemic? Unfortunately, not many in the vast society do. But we do. We at Midwest Books to Prisoners wanted to try to amplify these voices and stories. We want people to know what it's been like inside various prisons and jails during covid.

After nearly a year, people incarcerated are still having to live in full lockdown conditions. Lockdown in prison is meant to only be temporary in nature, (maybe a day or two when there is a "threat" to the prison). But even one minute of lockdown is torturous to those who are forced to endure it. Having to live in lockdown conditions for over a year is abusive. It's traumatic. These are humans that have been stripped of every bit of humanity they had left. No library, no chow hall, no rec, no yard, no proper hygiene, no cleaning supplies, no fresh air, no outside, no movement, no exercise, all during a pandemic.

I saw some ignorant people comparing the covid restrictions states were imposing in the outside world to living in prison and I was fuming. That is really what inspired me to ask for these people's stories and share them with you. These are the people society wants to throw away and make voiceless. But they have important stories society needs to hear. Can you imagine being locked in a cage and only fed PB&J sandwiches three times a day for month? With no access to anything to occupy your mind? No one can imagine this, but unfortunately millions of people in this country know exactly what that is like, because they don't have any other choice. They have had to endure that for months on end.

Some people might respond with the typical, "but then they shouldn't have gone to prison" nonsense. First, this zine does not exist to explain why that is ignorant. And this country is facing another type of epidemic—locking up those impoverished, those who struggle with mental illness, and those that are people of color. But also, the vast majority of people incarcerated will be released. The current system, and especially the system during the pandemic, is severely failing everyone. People are getting released in far worse situations then they were prior to being locked up. Not only are they now traumatized, but they have lost so much, if not everything they had. They are stigmatized and labeled for the rest of their life, so its significantly harder, if not impossible to get a job on the books. Landlords won't rent to them. They didn't have opportunity to better their education while incarcerated. They cannot qualify for even food assistance. Plus, many are deeply traumatized from their time incarcerated. Yet ignorant people in society wonder why recidivism rates are so high. From the time they are arrested, they are always fighting an uphill battle for simple human dignity. These are just a few of their stories.

People's names have been omitted when asked because of fear of retaliation from prison officials. A big thank you to all of the volunteers that helped create this zine by typing and editing all the contributions. Here's to a more just world without cages!

Hello. I tried putting my personal quarantine experience into words, but couldn't make the story interesting. How do you convey the monthly grind of waiting to catch the virus or waiting to get the vaccine? In January, Menard Correctional Center started testing guards and inmates twice a week with the rapid covid test. Inmates who were infected were moved to the south cell house and isolated until they had two negative tests. My cell house, the west, was covid clean by January 31st. February 13th the inmate workers had a serious fight so we've been on a level one lockdown since then. No movement except for sick call and one shower once a week! All movement was with hands cuffed behind back. Not fun.

The tactical teams shook down (searched) our cell on February 19th and took everything, even our pens. So I had to find a pen to even be able to write this and share my story.

The Friday before Christmas, I went to see the doctor because of a very sore throat. The doctor said that he didn't see much wrong with my throat but stuck two cotton swabs way up my nose for a covid test. The quick test came back negative and the second swab was sent to a lab up north for the more accurate test. Even though I tested negative, the doctor decided to stick me in isolation for fourteen days. The "waiting to see if you're sick" gallery is in the segregation wing of 2 North. Filthy, dirty cells!! Flat mattresses. You're alone in the cell behind a sealed up front with only a meal slot to receive meals and medications. They forgot about me in there and kept me for 18 days. Meanwhile, my sore throat progressed into a full blown sinus infection. It hurt just to swallow water. I weighed 195 pounds going in and was down to 175 pounds after those 18 days. I was dehydrated and weak from not eating. I never did find out whether that second test came back positive or negative because they don't tell you. When I got back to my old gallery, folks said that I looked like the walking dead.

W.M., Illinois Department of Corrections

Hello. I will share about the conditions in here, regarding covid, but I am afraid of retaliation. I will share what it was like in here during the covid pandemic. For many months, we were confined to our cells. For the first two months, we were not able to come out of our cells except for about 15 minutes, three days a week, to shower only. We line in two man cells, a room approximately 14 feet long by 6 feet wide, with a double bunk, 1 sink, 1 toilet, and 1 little table. There is a "trap" or slot in the door of the cell, about 1 foot wide by 5 inches wide, and each day, three times a day, officers would unlock each slot and feed us brown paper bags. We get the same thing each day; 2 little cartons of milk, a little bag of cereal (small portion for like a child) and an apple—that was breakfast. Lunch and dinner were the same thing every day. For two months, for lunch, we got four slices of bread, a portion of peanut butter, jelly, two slices of bologna and one slice of cheese. Same thing for dinner. After those first two months, they started letting 10 of us at a time, every two days, for one hour, to shower, use the phone and the computers. All federal prisons have five or six computers in each housing unit which inmates can use to look up notice on the bulletin, e-mail staff and also family and friends, that is for those fortunate enough to have families and friends out there. I don't have any.

After the first two months, the prison commissary started making weekly visits to each housing unit, but the only items inmates could purchase were over the counter medicine. If an inmate was ill, he would have to submit a "sick call" request, but they were only dealing with emergencies. As another inmate put it, "you would have to be dying to be seen by medical staff." We were all given masks which we were required to wear outside our cells but not while we were inside our cells.

Then for three or four months, the bag lunches they gave us improved a little but not much. No hot meals were served for over six months! After six months, they extended the time we could stay out of our cells from one hour to 90 minutes, and increased the number of inmates out from 10 to 20 at a time. Inmates started getting sick and eventually they would get medical attention which basically meant moving from their housing unit to another housing unit which had been empty and all the inmates who got covid got moved to that unit for two or three weeks. I had covid; a mild case of it, eventually more than half the prison population got covid and when it reached its worst point, about eight out of ten inmates got it. All medical treatment was stopped due to covis and they were only attending to emergencies—which there were a few. This facility here is the worst as far as their medical treatment and healthcare, that I have seen and I have seen quite a few. There were inmates who according to medical staff, had to be taken to outside hospitals because they got very sick with covid, their organs began to shut down. I heard there were two deaths, but medical staff would not confirm or deny it. It was bad. I am grateful that I did not get very sick and only had a mild case of it.

Sincerely,

Anonymous, Federal Bureau of Prisons

Hello,

I hope this finds you all in as good health and spirit as can be during these times. I am writing today about my experience as an incarcerated individual during these times of COVID.

In the beginning, it was kind of weird to see all the things about COVID in the news. The virus had not yet hit the prison I'm in. Movement and everything was continuing as normal. I would see the stories of store shelves being empty, people being hospitalized, businesses being shut down and not think much of it. The virus first started affecting me one day when I called my sister who has 3 children and she was worried about finding a store to purchase food for my niece. Hearing my sister say she was scared of what was going on resonated with me. It sent thoughts of worry for her. As the virus started spreading more rapidly, I worried for other family members. Having a grandma on oxygen at home worried. Fortunately, up until this point she has been COVID free. My nephew and sister ended up getting the virus. Fortunately, all they had to do was quarantine at home and were ok. They didn't need any further medical attention.

After a few months the prison began seeing cases here and there. I believe 9 was the initial number. The unit was shut down and there was no further spread through the institution. During the initial time though you would see correctional officers just sitting around with no mask on. Now this frustrated the inmates as we know the only way the virus would be here is through staff because they leave and come back. They stopped our visits with our family and loved ones. We weren't allowed to see our families for worries of spreading the virus yet officers were showing no regard. I can't say all because some did wear masks but this was frustrating. They did eventually start video visits. In the beginning of the COVID lockdown we were

only allowed showers twice a week and could not do our personal laundry. This was again frustrating as they wanted us to be hygienic and do our part to stop the spread but we could not shower regularly. To go with this section here on the overview of the lockdown, because inmate workers were not allowed in the kitchen for approx. 2 months, we were fed peanut butter and jelly for lunch and dinner or just bologna sandwiches (nowhere near our recommended calorie count).If you would report that you were feeling sick or having symptoms the institution would quarantine you to restrictive housing (the hole) with no personal belongings or anything. So this discouraged people from saying they had symptoms so they could avoid isolation. Thus they remained in the unit with healthy people. The National Guard would come to do testing once every 2-3 weeks. The results would take 2-3 days to come back so if you did have the virus you were again still in the unit and risk spreading it. We share a bathroom so you have 150-200 inmates per unit with 2 bathrooms containing 3 stalls with toilets, 6 sinks, and 4 urinals. There are 4 soap dispensers in each bathroom which ran out of soap a couple times, sometimes for a few days. They would put small bars about domino size in the bathroom that everyone had to share. All movement was eventually stopped. When movement was going again only those who had tested negative previously were allowed to work. So others who had tested positive felt punished as they had to stay locked down in their cells all day. To sum the COVID lockdown up, it has been frustrating for many reasons. And not being able to see family and loved ones makes it harder.

As far as health care, they did have nurses come to the unit probably once, maybe twice a week to ask those who had tested positive a series of questions and check their vitals. I personally did not test positive for the virus. I do know multiple inmates who did. Some are still experiencing after effects

Being incarcerated for over 20 years, I am used to being on lock down, but most people out there aren't so on May of 2020 I posted the following "Lock Down Tips" and "Tips for the Zombie Apocalypse" on my Facebook hoping to bring a smile to those who read it--maybe it'll do the same for y'all. I also included my covid records which I kept.

Sincerely,

Juan H., Illinois Department of Corrections.

Corona-Virus Updates

- 3/10/20. 1200 cases & 37 deaths. NBA shut down its season!
- 3/16/20. 5700+ infected & 105 dead in the U.S.
- 3/21/20. 21,000 infected & 266 dead
- 4/1/20. 78,600 infected & 1,135 dead
- 5/4/20. 186,014 infected & 3,852 dead
- 5/14/20. 1,158,341 infected & 67,686 dead
- 7/2/20. 2,686,928 infected & 128,064 dead
- 7/20/20 3,773,723 infected & 140,536 dead
- 10/6/20 7,533,976 infected & 211,492 dead
- 11/9/20. 9,985,509 infected & 237,619 dead
- 12/25/20. 18,725,322 infected & 329,792 dead
- 2/16/21. 27,757,609 infected & 488,103 dead

Lockdown Tips

1. Just because you didn't do anything all day doesn't mean you can skip a showed. I won't mention any names, but this person knows who I am talking about
2. Pick up a hobby. I first started drawing while in the hole and now it's a passion of mine. And no, binge watching "The Fosters" is not a hobby.
3. Do not overeat. To some, being locked up for long periods of time makes them anxious thus they tend to eat their feelings so put that cookie jar down.
4. Exercise! Working out at least 20 minutes every day will make your body fitter. Remember, once off lock down everyone is going to be looking for a new "Sancho" so come out with a killer body.
5. Try not to kill your spouse or whomever is in lockdown with you that may be driving you crazy. It's not worth it. You'll just end up locked up with even crazier individuals like myself. ☺

virus was already being passed from person to person and increasing the chances of us getting it. At the same time, correctional officers, nurses, counselors, and any person employed by the institution were NOT being forced to wear masks!

The administration stopped our family and friends from coming into the prison to visit, stopped us from going to recreation, law library, school, etc...in order to keep us safe from catching covid but failed horrendously because they were the carriers who got us all sick and caused lives to be lost all because they couldn't do something as simple as wear a facemask from the very beginning.

It wasn't until people started dying when officers started wearing face masks, but it wasn't to protect us from them-no! It was to protect themselves from us and they would let it be known too! Months later we would eventually be given one face mask per week to wear for ourselves and would have to have it on upon coming out of the cell or else we'd be written a disciplinary ticket. It was quite comical how I've seen some officers yelling at inmates to put on their face masks over their noses, yet they won't even have one on themselves.

Covid hit every single unit in the compound and it seemed like everyone contracted the virus but no one would alert the staff about it including myself when I contracted it yet again in late November. Why would we not tell staff you might ask? Well, when one gets sick you don't know if it's the virus or not and by the time it hits you you're too weak to do anything but lay in bed. If you tell an officer that you're sick, he'll tell you to pack up all your property and be taken to a different unit where you'll have to unpack and sit there for two weeks. And that's all you'll be doing--sitting there. Being in the quarantine unit doesn't mean you're being given any special care or even given cold pills, no. If you want Tylenol, you still have to write health care and wait a week to be seen by a nurse and then another week for your Tylenol to arrive. By then you're already out of quarantine. After two weeks of being on quarantine, whether you're still sick or not, you're getting moved back to the unit you came from. It defeats the purpose of even having a quarantine unit if infected people are coming back out and infecting the rest of us. I could go on forever over the lack of common sense the administration has, but I'll end it here.

a couple months later. I do know a couple of inmates also who were taken out to the hospital and were worse than others. I do know that if you were experiencing extreme symptoms and an ambulance was called. I would see them coming and going quite frequently out of my window. I do not know anyone who has passed away but heard there were a couple. Someone also reminded me that during our 2-3 month lockdown we were only given 2 paper face masks every 2 weeks. These were not made for prolonged use.

When it comes to handling the situation, I have done my best to keep hope in this going away soon. I try to remain positive. I continue to read, draw, and listen to music. I can't lie, I have felt myself mentally slipping in my thoughts and actions. I usually try to catch myself in these moments and try to remember we are all going through this. We all are missing family/loved ones. We all are tired of being stuck inside. It doesn't help that recreation is not allowed right now, which is an outlet to relieve stress and frustration for a lot of guys. Now that the vaccine is more available, myself and others are holding hope for the future. This situation has most definitely changed a lot for many of us.

I'm sure I left some things out as this has gone on for a year now. This is most of what has been happening here during COVID. Things have gradually been opening with the number of positive tests going down. I do know that out of approx. 2200 inmates here 900+ have tested positive and those are only confirmed cases.

Thank you for taking the time to read this. I would also like to thank you for everything you are doing to help those incarcerated. This is not a place for anyone to be. And thank you for helping to shine the light on positive conduct and brutality.

Tyler M. Wisconsin Department of Corrections

Hey! How are you all doing? I would first like to thank you for all the good work and services you put out and for wanting to hear my story. Thank you for lending an ear and your time. My name is Mohammad S. and I'm 26 and currently incarcerated at Lawrence Correctional Center. According to the daily institutional channel, which is run by the institution, as of 2-5-21, there are 203 officers who contracted the virus; all but 5 have recovered, and 956 inmates; all but 6 have recovered. Back towards the end of March is when things started to change for us here at Lawrence. They immediately put a stop to outside visitation, walking to the chow hall, and our day room time was reduced to 30 mins a day. Each cell would get one phone call and a shower a day. Also we now go to commissary once a month. Surprisingly, they have been good on providing us with caustics to clean our cells. We get a cur of soap and bleach mixed just about every day. In the beginning months the nurses would walk around the decks checking our temps; anyone who registered a 99 degrees or higher would receive a COVID test. This is how things at Lawrence were being ran for quite a while until around December. I'm guessing the way they were running things wasn't working because on the 16th of December, Reditus Labs were testing inside the institution, twice per week. They stated that this would go on until they registered zero positive tests for two weeks. Another thing they said is that if an individual does test positive, after he recovers and gets put back in population, that individual will not need to get retested for at least 90 days. Not sure if that's standard procedure but a lot of us guys find that to be odd. Most of the complaints coming from us brothers stems from the officers' lackadaisical approach to our safety. A lot of the officers would walk on the deck with their mask on their chin, or it would only be covering their mouth, leaving their nose exposed. When confronted about this we're usually met

"Incarceration During Covid"

On February of 2020 I got sick like never before. I was bed ridden for two weeks going in and out of consciousness. My entire body hurt; I had no appetite and I just stayed in bed waiting for by body to fight off what I thought was the flu. Covid wasn't even a thought back then, but after a few months of watching this virus wreak havoc across the world I am confident that I had somehow contracted covid that late February.

I first heard about covid though CNN, but didn't really pay any attention to it, thinking it would be something like H1N1 here people would get sick, get better and move on with their lives. It wasn't until March 10 when the NBA shut down its season due to covid concerns when it hit me "This is something different". The NBA generates, and has hundreds of millions (if not billions) of dollars into a season, so if they are shutting down (money, profits, income) then something big is going to happen. I immediately got on the phone and warned all my family letting them know to hunker down cause it's going to get a little crazy out there. I also started keeping track of the virus's death toll through CNN polls.

In here, on March 12, 2020, all visits were cancelled until further notice. We were all devastated. No more seeing out family or friends. No more social contact like hugs or wet little kisses from our kids. Everyone was upset. All we had left now was two 15 minute video visits a week to see our loved ones, but the kiosks are so messed up that half the time we cannot hear what our visitors are saying or the screen is all pixelated. A couple of days after the entire prison went on quarantine lock down and we were stuck in our cells for 23 hours a day! This is the same treatment as if we were in segregation. We had no recreation, no law library, no Chaplin services, no walking to the chow hall and we were only able to come out for day room twice a day for 30 minutes each to either use the phone or shower. That was it.

During this time, the health care unit was becoming overwhelmed with covid cases, so on April 1st my living unit which holds 52 two man cells were all told to pack up because our building would be used as a quarantine unit where anyone who catches covid would be sent there. Out unit was uprooted and we were all scattered to different houses where the

How are you doing today?

Things here are getting out of control. As you know, we have been locked down for about 10 months now because of covid-19 and in those 10 months, we have not left our unit, except to et a grab and go breakfast and lunch, if we are not locked in our cells for a covid outbreak (like we are right now). We also go to laundry and commissary once every two weeks. We do NOT have access to the library or any education. No book carts have been sent around to the units in ten months. The only books we get to read are the ones out families send us through the mail and programs like [Midwest Books to Prisoners]. The books we do get we pass them around to each other so we have some thing to occupy our mind when we are locked in our cells for 23 or more hours each day. Some people don't have money to order anything for themselves, including books. And now the prison is taking away our ability to even order books. What are we supposed to do all day, every day? How are we not supposed to lose our minds?

Sincerely,

Anonymous, Federal Bureau of Prisons

with a smart-ass response such as "you are the inmate. Just make sure you are following the rules and you'll be okay." Like HELLO you dunce, you officers are the ones who are most likely bringing the virus (other than nurses) into the facility. They either don't think about it or if you ask me, they simply don't care.

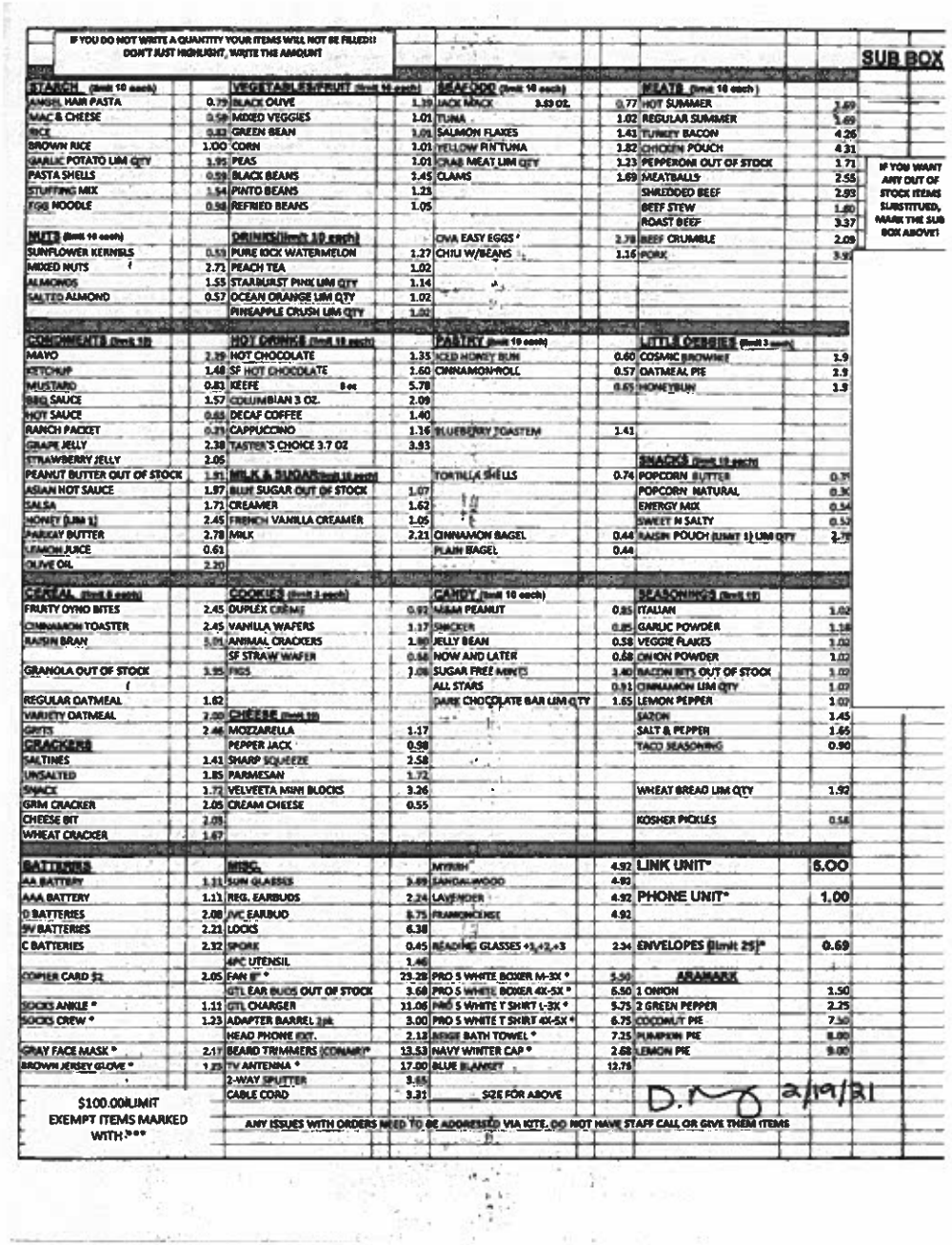
So about 3 weeks ago, I woke up on a Monday and I instantly knew something was wrong. I couldn't quite put my thumb on it though. I had zero symptoms and didn't feel sick, I just felt off. Later on in the day I took a nap, and let me tell you, when I woke up, I felt DESTROYED! I had a raging incessant pounding in my head and my body felt like I was carrying a thousand-pound book bag. I got the porter's attention and told him to inform the officer that I need to speak with him. Five minutes later, the officer comes to my door and I tell him how I am feeling and he tells me he will make some calls and see what he can do. 30 minutes later he comes back and tells me that the nurse said "that I can't have COVID because I just got tested 3 days ago and my result was negative. It's probably just a 'little fever'". I replied that that is a very inadequate response and that I needed medical attention. Either send me to healthcare or have a nurse come to my cell and check me out. At the very least come to check my temp. The officer said he would make more calls, and in the meantime let him know if my condition gets worse. At this point it's 12:30 p.m. and by 1:30, I felt worse. I pushed my emergency button, which is in every cell. It sends a message to the officer in the office that there is an emergency. I promise you I pushed that button no less than 100 times and for an hour straight, to no avail. By this time, 2:30, I'm freezing and literally dripping sweat. I have long hair and no exaggeration it was soaked. So I grabbed my tablet and sent my sister two lengthy detailed emails explaining everything that has transpired and that if she receives the emails before I can call

her tomorrow to call down here at Lawrence and raise hell. It's sad, but most of the time, the only way to get things done is to have our loved ones apply pressure from the outside. So for the rest of the day, I just lay in bed bundled up trying to sleep the day away. My cellmate did suggest that I should try to talk to the officer that works second shift, but by this point I didn't feel like talking to anybody. My body felt like crap. It didn't know whether it wanted to be hot or cold and all I wanted to do is stay in bed and not move. I decided that I would deal with the pain and bear it for one day, then tomorrow when I come out, I'll call my family and when they call up here, I'm definitely going to receive medical attention. So I woke up the next day around 8:00. I brushed my teeth, washed my face, and put my shoes on, ready for my phone call, and that's when it hit me: I didn't feel anything at all. No symptoms: headaches, body aches, sweats all gone. I felt like I was back to operating at 100%. I felt like my normal self. My cellmate and I figured the nurse was right; I probably just had a little fever. I swear it was crazy how I went to sleep and it hurt to move and to sleep the night through and miraculously healed by morning. So I dropped the whole thing about my family calling down here and enjoyed the rest of my day. The next day, Wednesday, the Reditus Labs came to my deck and tested us all. Here we go, the moment of truth is at last upon us. The next day, Thursday, around 3:30 p.m. the officer comes to my cell and informs my cellmate and I that we both tested positive for COVID and to pack our belongings. We're being moved to 6 house (the quarantine/positive house). 6 house was basically being ran the same as every other house. Each cell comes out for 30 mins. A phone call and a shower. Obviously the Reditus Labs weren't testing in 6 house being that we were all positive. I was told that I would have to spend two weeks in 6 house, then I would be released back to general population. I should mention

WINDOW 1

ALL PRICES, LIMITS AND SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE

HAIR CARE		**VITAMINS /SUPP**			**HYGIENE**		
HEAD AND SHOULDERS *	1.73	MULTI VITAMIN *		4.38	EAR WAX REMOVER *		1.17
SELENIUM SULFIDE SHAMP. *	2.48	VITAMIN C *		2.68	BIOTEX		1.43
VO5 SHAMPOO	1.33	VITAMIN E *		4.27	LIP BALM		0.65
VO5 CONDITIONER	1.33	VITAMIN D25 (IU) *		1.40	COTTON SWAB		1.40
SUAVE CONDITIONER	1.81	B100 *		2.99	EMERY BOARD		0.81
SUAVE SHAMPOO	1.81	ZINC *		2.56	TWEEZERS		0.57
VO5 3 IN 1	1.48	FISH OIL *		4.27	FINGER CLIPPER		0.39
SULFUR 8	8.85	GLUCOSAMINE *		4.48	TOE CLIPPER		0.81
MURRAY POMADE	2.28	D CALCIUM *		2.64	WASH CLOTH		1.53
HAIR FOOD	2.13	**PAIN RELIEF**			BATH POWDER		1.05
BERGAMONT	1.99	ALEVE / NAPROXEN 50CT *		2.99	ACHE CREAM *		7.12
STYLING GEL	1.75	PAIN RELIEVER * OUT OF STOCK		0.80	ACHE WASH *		6.54
POCKET COMB	0.65	ASPIRIN 81 MG*		0.91	CHEST RUB *		1.74
HAIR TIES	1.11	IBUPROFEN 200 ct *		2.13			
CLUB BRUSH	1.90	**COLD/MUCOLD**			**EYE CARE**		
OVAL BRUSH	1.84	SF COUGH DROP *	LIM 4	1.73	SALINE CONTACT SOLUTION *		4.43
		COUGH DROP *	LIM 4	0.99	ARTIFICIAL TEARS *		1.58
		COUGH SYRUP *	LIM 2	1.73			
FOOT CARE		ALKA SELTZER		1.01			
WHITE/BLACK SHOE LACE	1.07	NASAL SPRAY(GENERIC NASACORT) *		11.29	**MOUTH CARE**		
BOOT LACES	1.45	SALINE NASAL SPRAY *		0.65	COLGATE WHITENING		3.14
CIDER GATERS INSOLE	1.62	**ANTI-ACID**			ULTRABRITE		1.33
GEL INSOLE *	11.25	MILK OF MAG.*		1.70	SENSODYNE		5.45
ARCH SUPPORT INSOLES *	11.86	PEPTO BISMOL *		1.87	ORAL GEL		1.13
SHOE POLISH WHITE	2.61	ANTACID TABS *	LIM 2	1.82	AM MOUTH WASH		1.52
		SIMETHICONE 80 MG *		1.16	CREST MOUTHWASH		6.46
SHAVING PRODUCT		ANTACID LIQUID *		2.99	TOOTHBRUSH HOLDER		0.40
AFTER SHAVE GEL	1.91	OMEPRAZOLE 14 COUNT *	LIM 2	5.87	FIX O DENT		3.96
TWIN SELECT	1.72	FAMOTIDINE 10 MG *		3.41	DENTAL FLOSS		1.18
SHAVING GEL	1.57	**ALLERGY**			TOOTHBRUSH SOFT		1.12
SHAVING CREAM	2.83	ZYRTEC *		2.02	COLGATE TOTAL		3.64
TRIPLE BLADE RAZOR	2.89	ALLERGY TABS *	LIM 2	0.95			
TRP. BLADE REPLMNT. 4PK	3.82	LORATADINE 30CT *		1.90	**DEODORANT**		
SUMP STOPPER	3.68	**MISC. OTC MEDS**			ORAL ROLL ON		1.23
		OOCUSATE *		2.74	SPEED STICK SPORTS TALC		2.83
STATIONARY		FIBER *		5.13	OLD SPICE		2.83
CARD AND POSTAGE	1.01	LACTOSE RELIEF *		4.15	SPEED STICK GEL DEOD.		2.83
ADDRESS BOOK	2.29	DIBUCAINE OINTMENT 1% *		4.39	DEGREE DEOD.		7.80
LEGAL ENVELOPES	0.11	HEMORRHOIDAL PADS *		4.16			
PENCIL	0.10	SUPPOSITORIES *		2.26	**SOAPS**		
BLACK/BLUE PEN 2PK	0.86	HEMORRHOIDAL CRMT *		2.24	ENERGIZING BODY WASH		3.33
PENCIL SHARPNER	0.60				IRISH SPRING MOISTURE BLAST OUT OF STOCK		2.58
MARKERS	1.97	ALL OTC MEDS AND VITAMINS ARE LIMIT 1 UNLESS OTHERWISE NOTED.			MOI 3 COCO		0.43
POKER CARDS	1.23				MOI 1 SPORT		0.43
PINOCHLE CARDS	2.03				IVORY 3 PK		1.85
COLOR PENCILS	2.34				DOVE		1.60
LEGAL PAD	0.89				ORAL ANTIBATE/RYAL 4 OZ BAR		1.01
PHOTO ALBUM	2.62				AMBI SINGLE		2.04
NOTEBOOK	1.23				ORAL HYPOALLERGENIC 2PK		2.40
CARBON PAPER 10CT	2.16	**MISC**			SOAP DISH		0.64
ELECTRONICS		EAR PLUGS		0.37	NEUTROGENA		2.95
LAMP *	12.53	TOILETRIES CLEAR BAG		2.40	**LOTIONS & CREAMS**		
BOOK LIGHT	7.83	SEWING KIT		0.89	MUSCLE RUB *		2.45
NIGHT BULB	3.51	MIRRORS OUT OF STOCK		1.68	CALAMINE LOTION *		3.07
ALARM CLOCK	7.95	BANDAGES		0.90	HYDROCORTISONE *		1.44
RCA UNIVERSAL REMOTE	5.94	PONCHO		2.46	ANTIBIOTIC OINTMENT *		1.87
AM/FD REMOTE	7.38	HANNES		0.66	TOLFANATE CREAM *		1.17
CLEAR TUNES REMOTE	4.50	BODY SCRUBBER		0.73	CLOTRIMAZOLE ANTIFUNGAL CREAM *		1.27
		SHOWER SHOES LARGE		1.08	PETROLEUM JELLY		1.29
LAUNDRY		SHOWER SHOES XL		1.08	BABY OIL		2.03
MOUNTAIN BREEZE PUREX	4.74	HAND SANITIZER		1.35	SIGN CREAM (NIXEMA)		1.13
DRYER SHEETS	1.44	SANITIZING WIPES HAND FACE		1.72	EUCERIN CREAM		4.61
AJAX DISHWASHING LIQUID	1.29	PHOTO ALBUM		2.62	SUN BLOCK		3.29
ERA	6.40				ENFUZED COCO LOTION		1.76
SIMLINE	1.50				KERI LOTION *		5.28
PUREX PINK	4.74	**MISC. ITEMS**			VASELINE LOTION *		4.64
		FRUIT CUP		1.80	SUAVE LOTION		2.67
CUPS/BOWLS		GATORADE POUCH		1.72	COCO BUTTER STICK		1.80
SMALL BOWL	0.66	CARNATION INSTANT		5.90			
MEDIUM BOWL	3.08	AQUAFINA WATER		0.90	RAMEN LIMIT 36 TOTAL		
LARGE BOWL OUT OF STOCK	3.85				CHICKEN		0.22
RUBBERMAID BOTTLE	3.80	12 PACKS ONLY LIMIT 24			CHILI		0.22
THERMAL MUGS	1.82	COLA		1.96	SHRIMP CUP		0.39
TUMBLERS	0.85	GINGER ALE		1.96			
		FAYGO ORANGE		1.96	**CHIPS**		
TOILET PAPER LIMIT 2		DIET COLA		1.96	RIPPLE		1.07
		ALL POP IS LIM QTY			BBQ		1.07
					PRETZEL		1.08



IF YOU DO NOT WRITE A QUANTITY YOUR ITEMS WILL NOT BE FILLED!! DON'T JUST HIGHLIGHT, WRITE THE AMOUNT

SUB BOX

STARCH (limit 10 each)		VEGETABLES/FRUIT (limit 10 each)		SEAFOOD (limit 10 each)		MEATS (limit 10 each)		
ANGEL HAIR PASTA	0.79	BLACK OLIVE	1.39	JACK MACK 3.53 OZ.	0.77	HOT SUMMER		1.69
MAC & CHEESE	0.59	MIXED VEGGIES	1.01	TUNA	1.02	REGULAR SUMMER		1.69
RICE	0.83	GREEN BEAN	1.01	SALMON FLAKES	1.41	TURKEY BACON		4.26
BROWN RICE	1.00	CORN	1.01	YELLOW FIN TUNA	1.82	CHICKEN POUCH		4.31
GARLIC POTATO LIM QTY	1.95	PEAS	1.01	CRAB MEAT LIM QTY	1.23	PEPPERONI OUT OF STOCK		1.71
PASTA SHELLS	0.59	BLACK BEANS	1.45	CLAMS	1.69	MEATBALLS		2.55
STUFFING MIX	1.54	PINTO BEANS	1.23			SHREDDED BEEF		2.93
EGG NOODLE	0.58	REFRIED BEANS	1.05			BEEF STEW		1.80
						ROAST BEEF		3.37
NUTS (limit 10 each)		DRINKS (limit 10 each)		OVA EASY EGGS *	2.78	BEEF CRUMBLE		2.09
SUNFLOWER KERNELS	0.53	PURE ICE WATERMELON	1.27	CHILI W/BEANS	1.16	PORK		3.91
MIXED NUTS	2.71	PEACH TEA	1.02					
ALMONDS	1.55	STARBURST PINK LIM QTY	1.14					
SALTED ALMOND	0.57	OCEAN ORANGE LIM QTY	1.02					
		PINEAPPLE CRUSH LIM QTY	1.02					

IF YOU WANT ANY OUT OF STOCK ITEMS SUBSTITUTED, MARK THE SUB BOX ABOVE!

CONDIMENTS (limit 10)		HOT DRINKS (limit 10 each)		PASTRY (limit 10 each)		LITTLE DEBBIES (limit 3 each)		
MAYO	2.19	HOT CHOCOLATE	1.35	ICED HONEY BUN	0.60	COSMIC BROWNIE		1.9
KETCHUP	1.48	SF HOT CHOCOLATE	2.60	CINNAMON ROLL	0.57	OATMEAL PIE		1.9
MUSTARD	0.83	KEEFE 8 oz	5.78		0.65	HONEY BUN		1.9
BBQ SAUCE	1.57	COLUMBIAN 3 OZ.	2.09					
HOT SAUCE	0.65	DECAF COFFEE	1.40					
RANCH PACKET	0.71	CAPPUCCINO	1.16	BLUEBERRY TOASTEM	1.41			
GRAPE JELLY	2.38	TASTER'S CHOICE 3.7 OZ	3.93					
STRAWBERRY JELLY	2.05					SNACKS (limit 10 each)		
PEANUT BUTTER OUT OF STOCK	1.91	MILK & SUGAR (limit 10 each)		TORTILLA SHELLS	0.74	POPCORN BUTTER		0.71
ASIAN HOT SAUCE	1.97	BLUE SUGAR OUT OF STOCK	1.07			POPCORN NATURAL		0.71
SALSA	1.71	CREAMER	1.62			ENERGY MIX		0.54
HONEY (LIM 1)	2.45	FRENCH VANILLA CREAMER	1.05			SWEET N SALTY		0.53
PARKAY BUTTER	2.78	MILK	2.21	CINNAMON BAGEL	0.44	RAISIN POUCH (LIMIT 1) LIM QTY		2.79
LEMON JUICE	0.61			PLAIN BAGEL	0.44			
OLIVE OIL	2.20							

CEREAL (limit 6 each)		COOKIES (limit 2 each)		CANDY (limit 10 each)		SEASONINGS (limit 10)	
FRUITY OYNO BITES	2.45	DUPLEX CREME	0.93	M&M PEANUT	0.85	ITALIAN	1.02
CINNAMON TOASTER	2.45	VANILLA WAFERS	1.17	SNICKER	0.85	GARLIC POWDER	1.18
RAISIN BRAN	3.01	ANIMAL CRACKERS	1.80	JELLY BEAN	0.58	VEGGIE FLAKES	1.02
		SF STRAW WAFER	0.66	NOW AND LATER	0.68	ONION POWDER	1.02
GRANOLA OUT OF STOCK	3.95	FIGS	1.06	SUGAR FREE MINTS	1.40	BACON BITS OUT OF STOCK	1.02
				ALL STARS	0.91	CINNAMON LIM QTY	1.02
REGULAR OATMEAL	1.62			DARK CHOCOLATE BAR LIM QTY	1.65	LEMON PEPPER	1.02
VARIETY OATMEAL	2.00	CHEESE (limit 10)				SAZON	1.45
GRITS	2.46	MOZZARELLA	1.17			SALT & PEPPER	1.65
CRACKERS		PEPPER JACK	0.98			TACO SEASONING	0.90
SALTINES	1.41	SHARP SQUEEZE	2.58				
UNSALTED	1.85	PARMESAN	1.72				
SNACK	1.72	VELVEETA MINI BLOCKS	3.26			WHEAT BREAD LIM QTY	1.92
GRIM CRACKER	2.05	CREAM CHEESE	0.55				
CHEESE BIT	2.05					KOSHER PICKLES	0.58
WHEAT CRACKER	1.67						

BATTERIES		MISC.		MYRRH*	4.92	LINK UNIT*	5.00
AA BATTERY	1.11	SUN GLASSES	3.69	SANDALWOOD	4.92		
AAA BATTERY	1.11	REG. EARBUDS	2.24	LAVENDER	4.92	PHONE UNIT*	1.00
D BATTERIES	2.08	JVC EARBUD	8.75	FRANKINCENSE	4.92		
9V BATTERIES	2.23	LOCKS	6.38				
C BATTERIES	2.32	SPORK	0.45	READING GLASSES +1,+2,+3	2.34	ENVELOPES (limit 25)*	0.69
		4PC UTENSIL	1.46				
COPIER CARD $2	2.05	FAN 8" *	29.28	PRO S WHITE BOXER M-3X *	5.50	ARAMARK	
		GTL EAR BUDS OUT OF STOCK	3.68	PRO S WHITE BOXER 4X-5X *	6.50	1 ONION	1.50
SOCKS ANKLE *	1.11	GTL CHARGER	11.06	PRO S WHITE T SHIRT L-3X *	5.75	2 GREEN PEPPER	2.25
SOCKS CREW *	1.23	ADAPTER BARREL 2pk	3.00	PRO S WHITE T SHIRT 4X-5X *	6.75	COCONUT PIE	7.50
		HEAD PHONE EXT.	2.13	BEIGE BATH TOWEL *	7.25	PUMPKIN PIE	8.00
GRAY FACE MASK *	2.17	BEARD TRIMMERS (CONAIR)*	13.53	NAVY WINTER CAP *	2.68	LEMON PIE	9.00
BROWN JERSEY GLOVE *	1.23	TV ANTENNA *	17.00	BLUE BLANKET	12.79		
		2-WAY SPLITTER	9.65				
$100.00/LIMIT		CABLE CORD	9.31	SIZE FOR ABOVE		D.M 2/19/21	

EXEMPT ITEMS MARKED WITH *

ANY ISSUES WITH ORDERS NEED TO BE ADDRESSED VIA KITE. DO NOT HAVE STAFF CALL OR GIVE THEM ITEMS

that the nurses were coming on the deck every day, checking our temps and oxygen levels. On my 13th day I asked the nurse if it was safe to send me back to regular population the next day. I thought that we should have to produce a negative test result, then be let back out into general population. The nurse informed me that that was uncalled for because the virus would run its course by two weeks and that I couldn't infect and spread the virus. So here I am now 3-4 weeks since I tested positive and I am doing and feeling great. I do not get tested when the Reditus Labs come on the deck and am told that I won't need to for at least 3 months. Not sure why that is? The nurses recently went door-to-door asking every individual if they planned to get the vaccine. I replied in the affirmative and asked which company would be supplying the vaccine. Let me tell you; if looks could kill I would be dead two times over. I got her message: "just be happy you're getting the vaccine." I think it's safe to say that she didn't have an answer to my question and 'til this day, every nurse I come across tells me they don't know where the vaccine is coming from (Moderna or Pfizer.) Maybe that's something you can find out. Well that's the end of my story. I hope I was able to give you some insight on how things are being ran and that you found it to be informative & enlightening. Once again, thank you dearly for taking the time to listen to my story. Wish you all the best.

Sincerely,

Mohammad, Illinois Department of Corrections

Hello,

Covid-19 pandemic begins to invade the states and the prisons. Here at FCI Elkton in Ohio we had our 1st death from Covid-19 and about 20 cases as I recall. Our population at that time was overcrowded. Over 1800 prisoners, at a facility designed for about 1200. Not only was the units full, but so was the SHU (special housing unit/hole).

Visitation was the first thing stopped, as well as all outside volunteers. This affected me the most because, I was waiting on my 1st visit ever from my 18 yr. old niece, she was planning to come the end of March 2020...we are now a year later and still no visiting.

By mid-April they began "swab" testing us. I being high risk due to my COPD and other issues was one of the first groups. I "tested" positive and was moved to the chapel for quarantine purposes. Mind you, the gym visitation room, chapel and education were all designated for this purpose. So no recreation, no religious services, no education, no library-all were closed to us. Even the dining hall no longer allowed us to sit and eat. We picked-up our meals in Styrofoam clam shell trays and returned to our units. Unless you were in quarantine-then your meals were brought to.

Health Services stopped doing "sick calls" and we now had to rely on a guard to make a decision on whether we needed healthcare or not.

Having been moved to the chapel, we didn't have our property at first and the shower was "mocked" up in the handicap toilet stall.

We see different staff working different units all the time. Instead of having the same staff work the same units, to minimize exposure, they send staff everywhere and still infect us, but still restrict everything. It seems like the institution was making sure we would get covid. There was no real safety measures. No one enforced mask wearing. The guards were not wearing masks. People would walk around the block (especially the younger guys) with no masks on, exposing us older and vulnerable people to covid. And they didn't care.

Life inside has been more difficult due to covid. However, I am grateful to still be alive and that my case of covid did not last long. Though I still have trouble with breathing when I walk to the chow hall with the cold weather that causes me to cough more.

Sincerely,

Anonymous, Ohio Department of Corrections

to covid—you would have thought no drugs. So now it was our mail that we were getting drugs in. Nope—this correction institution loves corporal punishment. People made alcohol so they took away sugar packets. People were smoking tea bags, so now you cannot buy tea. No punishment of individuals, just punish everyone.

When covid came, the institution shut down all programs. If you were a person that needed Victims Awareness to receive parole, well, no program so no parole. The only program that was not stopped was the sex offender program. But I am not in that program, nor would I do something like that.

I recently started having vision issues. Now it costs us $2.00 to see medical or the doctor. That is days of work for us. When I was called to have my vision checked, the nurse had me read the chart. One eye was 20/15 and the other was 20/30. I was told that since it was only one eye to buy reading glasses off commissary (which I cannot afford) and they would not refer me to the eye doctor, but kept my $2.00.

Recreation has been shut down. No workouts. The chapel was closed—no religious services. We just exist. People in prison during covid meant to just breathe. If you have a problem, oh well, we will wait until that problem is severe then we might look into it. We are stuck in our unit or cohort. We could only have contact with our own unit, no other people. However, as the warden said in a town hall, if the inmates got covid, it was because it was brought in by staff.

With no access to reading material or anything really we mostly slept and ate. During this time I never experienced any "symptoms". After 2 weeks were moved to a "Unit". 3 Units became quarantine, while the visitation room was kept for those going to half-way houses (which most were put on hold or delayed) and home.

Another two weeks and our unit and two others that had become quarantine units became general population units (we were never tested a second time yet told we were now "Covid recovered".

All the other units then became quarantine or isolation units. All these new Covid (+) cases had to be tested 2, 3, 4, up to 5 times before being cleared.

Commissary (store) was dropped to $50.00 a week and constantly out of stock of items common to our needs in here. Finding ourselves without job, and many indigent this became stressful.

Hobbycraft items were not allowed to be ordered because the money comes off your allowed commissary and these staff members didn't want to deal with orders anyway. People who had In-Unit hobby craft authorization began running out of materials, and did not have access to recreation to obtain anything they may have had out there.

Flash Forward 2 months-Hobbycraft allows guys to pick up stuff from lockers. One hour recreation yard per unit. Visitation starts back with limited days per unit and dictated by staff when and who would be allowed. Most people moved back to original housing units. Still walking to chow hall and bringing Styrofoam trays back to unit to eat.

Still very few inmates working...

FEMA tent put on basketball court takes weeks to set up and becomes quarantine for the guys getting out. Portable showers and restrooms were brought in for them. After the "inspection" of that situation, they removed the portable trailers and brought in Port-a-Johns and only allowed showers every few days at another location. They had no phone access.

They closed the original units for quarantine AA, CA, EA and again moved people around.

Just this month February 2021 they increased the spending limit to $200 a month, and allowed a very limited hobby craft order from only Blick Art Supplies. What we are allowed is also very limited and mostly only the more expensive items (they also charge an additional 30% on top of the price). Any order comes off your commissary allowed balance.

We no longer walk to chow-hall for lunch, it is brought to the Units. Breakfast and dinner we walk over to meals). They don't want us possibly to intermingle with other units, (when the administration is here during the day).

Healthcare is virtually non-existent and the over all care-level is sub-par to the point of being dangerous at times. When I arrived here before Covid they took me off of Meloxicam (for arthritis) because "they don't give that here" and was told to buy Ibuprofen. I'm on other medications for asthma, COPD, high blood pressure which "state" not to take Ibuprofen with these medications-and then they got the dosages wrong. Yeah not the best care in the BOP.

I have been wearing the same shoes for over a year and a half, and the quartermaster stopped giving out shirts, socks, towels, and washcloths and we now have to purchase these items from commissary. But prison jobs only pays up to $24.00 a month if you are a level and not a porter. We have to purchase our own pain pills, cold meds, etc...laundry soap, body soap, shampoo, envelopes, and such and the prison work pay has not increased even though we have to buy these items now. Most people think the prison supplies this to everyone, but they don't. (I have included a commissary sheet so that you can see the prices—attached below.) Now most male prisoners pay child support from the $24.00 a month, so they receive $15.00. To be declared indigent, you have to have less than $12.00 a month. So the prison will only give you a hygiene kit if you have less than $12.00. You have to buy your own toilet paper.

Covid caused visits to be stopped and we started to get video visits for 15 minutes at a cost to our family of $3.50 per visit. We also started getting 3 free five minute phone calls a month. I knew 2 people who died, Bill and Rivers. As for handling covid, it is hard at times, you have to find something to do. I knit and crochet and read 19 books in 2020. We had more fights than previous years and they stopped putting people in the hole (segregation) because it was being used for covid quarantine. The mail system has now started copying all our mail and keeping the originals for 30 days. When we had visits, the institution blamed our visitors for bringing in drugs. So no visits or volunteers allowed in the prison due

How are you? I hope this letter finds you well and safe. I wish to extend my sincere thank you for all you do to help people inside prison and outside. I believe that the hate and oppression of certain people has gone on far too long.

Here at Grafton Correctional Institution a lot has happened, and I am writing this letter knowing that if someone of this institution discovers that I wrote a letter to tell of what Grafton has done, there will be retaliation. Each and every day, we are locked down inside the unit. Temperature and oxygen levels became the norm every morning. When I started showing a few symptoms and told the people I was not feeling well, they ignored it because I still had my sense of smell and taste. I slept for three days and even had wrote to medical that I needed cough medicine. I never received medication but was finally called to medical and they did the same temperature and blood oxygen check and checked my blood pressure. The nurse told me I did not have covid and sent be back to the block to suffer without any medication. As I slept for three days, when I woke, I had to force myself to drink water and eat a slice of bread. I had no appetite and had told the nurse such. I never received a covid test or was able to see a doctor—only the nurse. So I was left to my own means. Luckily, I did not have a more severe case. At meals, at first we only went to meals with our block, then the meals started getting delivered to each block, then we walked to pick-up our meals from the chow hall.

We are in open-cubes and while the courts forced this facility to decrease the population we are still overcrowded and its receiving more transfers into the facility. Our Covid situation is not over by any means, any time I leave my cube I wear a mask. But masks do not prevent Covid. Many guys who tested positive here wore masks religiously so don't think masks make you safe.

The vaccine has been offered to staff, essential workers and those 65+. The rest of us???
Who knows when or if we'll be offered the vaccine.

I'm in no way complaining. But the conditions which we are forced to deal with in here are quite unreal. Fresh air is shown to be good for one's health, exercise as well, but we are allowed so little of that. Even being socially distanced while outside they force guys to wear masks, if you don't, you go to the SHU (hole). Anything healthy, productive, or beneficial to our health and well-being is denied to us or made nearly impossible to obtain, with prices having a 30% mark-up. What you would pay $100 for I way $130. Can people send me drawing paper? No. Can people purchase crochet hooks, yarn and have it sent from an approved vendor? No.
Why? Because it would not allow the facility to gauge 30% of the price for their own coffers.

You would think that to keep guys busy and not "idle" they would do everything possible to allow us these items to occupy our time and "keep us out of trouble".

I can understand a slight "fee" for Hobbycraft program however, Unit Hobbycraft items are used in the Unit, not at recreation

Hobbycraft areas. We don't use the tools or other equipment out there. Plus, we can't use it during this continued Lock-Down.

As for eating the Unit(s). I don't mind it, but not every cube has a desk to sit at to eat and every cube has two inmates and no chairs to sit on. Tables in the "TV" room can only manage, at capacity, about 1/3 of the Unit population, but we are not allowed to sit next to each other (social distancing). Even though we have all been in the Unit together for months without anyone getting sick from Covid. So, it would be nice to sit down at a table to eat, haven't done that personally in almost a year.

Yes, something needs to change here, but it is likely to remain this way for another year. If it ever changes back to something more normal. We are at a "low" not a "VSP" but being treated like higher custody.

Thanks for listening-hope this has given you a sense of what it's been like in her over the last year.

James P., Federal Bureau of Prisons

Covid-19 Broke me!

Hello,

I'm a transgender female in a male prison and I'm in a prison that's infected with Covid-19. It's been hell, I have been locked down like 23-1 for over a year because of Covid-19. My mental health disorder has risen and dropped. Due to Covid-19, I'm not allowed to go yards and mental health groups. They barely clean these cells, no they don't clean the cells or the showers where I am housed, at M.T.C. (Modified Therapeutic Community). The CO's give us very little bleach on a towel. CO's wear gloves, black unsanitary street gloves, instead of latex to pass out our food. I have gotten sick 3 times during the Covid-19 pandemic. I don't know if it was Covid-19 or not because CO's nor the nurses don't tell who has Covid-19. My next door neighbor had Covid-19 and nobody told him he had it until he ask one nurse, and the nurse said he tested positive on 1/22/21, but said he is good now because it been over 14 days. They kept my neighbor next to me while he had Covid-19 and has interacted with all of us. It's been very scary in here. The windows are plastered up for the winter and no correct ventilation in this cell house, which is the North house. It is not fit for nobody to live in.

They have since moved me, but I did take the first Moderna. It's kinda scary cuz CO's are saying y'all gonna die. After we got the shot my arm is still sore. I took the first shot on 3/2/21 and have to wait 28 days before the second. People don't even wear N95 mask or none. It's scary cause you don't know who has it.

Cee Cee Williams, Illinois Department of Corrections

Hello,

my mind there wasn't a question if I would catch Covid, but when. So the range of emotions ran high and low. I became anxious, desperate, afraid, sad, depressed, constant mood changes, my stress level went through the roof. Then add the interruption of my daily routine: no recreation, showers only three times a week, hot food every 48 hours, visitation cancelled, no laws library, no phone calls. Fortunately, I have yet to catch Covid. Medical started giving us Covid tests and the staff are wearing gloves and masks. No one has died that I know of, but I wouldn't know.

Sincerely,
Anonymous, ADMAX Florence Federal Bureau of Prisons

Dear Interested Parties,

I am writing this to tell the story of COVID in my prison Elkton, in Lisbon, Ohio. We've been locked down since April 1st, 2020. I write this in mid-February. When this all began, we (the inmates) were kept in the dark. No one would confirm whether or not COVID had reached the compound. It had. Still, they kept the details from us. We were denied recreation and began to go to the chow hall to pick up our food. We mixed regularly with kitchen workers and staff. Then people started getting sick, A close personal friend of mine eventually "fell out" and never returned to the compound. He passed away and the only way we found out was when his named appeared in the local news. I was devastated. While this was going on a large number of us experienced total loss of smell and taste. At this point, it wasn't listed as a symptom of COVID. This was within the first two months. There was no sick call to go get checked out. I experienced light-headiness, nausea and had problems with my equilibrium. Around this time the video made by an inmate had gone viral, so the National Guard were on site. I decide to get the unit officer to let me go to medical. I needed to be seen. I just wasn't feeling right. Our units only have one officer. Six officers for twelve units. I have to wait, with uncertainty, for the officer to come to my units side. When I saw him I asked to go to medical. He asked what was wrong. I informed him of the above mentioned. He asked if I'd be okay to walk

the compound because he radioed medical check time out. I told him "I don't think so". He told me to walk across to medical. Now, they were still serving chow to other units. I told him I wasn't sure I could make it without falling. His response was "If you drop, I'll just radio it in." Yeah, he said that. So I ambled with a shuffling uncoordinated past people who may or may not have been inflected, that I may or may not have inflected. I get to medical eventually (without falling) and am told to wait in the waiting area. Nurses, staff, etc. are walking by along with members of the National Guard. We were smack dab in the middle of the worst pandemic ever, and these women are less concerned with the health and well-being of the compound than they are with the "cute men" as they giggle about it. Yes, meanwhile my heart was hammering my ribs and two other gentlemen are waiting. One of them I know, he's hooked up to an oxygen mask. He tells me "I'm going to the hospital please tell Otter (nickname of an inmate we both know). As I write this, I'm almost positive I was the last inmate on the compound to see him. He died in the hospital. Well, they decided to give me a chest x-ray to look for fluid. I explain to the women my concerns. She does my vital signs. Normal pulse/ox, better than normal blood pressure, 99.0 temp and a pulse of 137 bpm! She freaks out about that, my x-rays come back and no COVID. She thinks I might be dehydrated. I've made a habit of drinking a water bottle or more a day. 36oz water bottle at that too. We waited awhile. She takes my vital signs, and everything is about the same. My pulse is 141,

"THE STRUGGLE" is a living breathing entity but without the energy of loyal dedication and honest participation the struggle will eventually stagnate.

Truly believe it is my obligation to all the prisoners who don't have the platform to speak their truth. Also to those of you who've spent countless years/hours on the frontline in the trenches of social justice. Thank you for the passion.

I am housed at ADX in Florence, Colorado, I'm sure that most of you know of this monstrosity, I find myself in the crown jewel of the federal industrial prison complex. Psychological warfare on the highest level. 23 & 1 super-max, single cell detention, minimal to no human contact. Most of the prisoners in this facility will never leave the inside of the walls.

I'm sure all of you have witnessed or read about the people who refuse to social distance or wear a mask, as if there isn't a pandemic for this prison population. Most of the facility staff fit that description. Imagine my thoughts when a correctional officer shows up to my cell door with my food not wearing gloves or a mask, or when I'm being escorted to recreation and the C.O. doesn't have gloves or mask on. My thoughts are all over the place. In my mind it's only a matter of time before I'm showing symptoms! The prisoners rely on the facility staff for everything: food, mail, recreation, cleaning supply, laundry, law library, phone, visitation, razors.
The only way covid can enter these walls is through staff and if they are not practicing proper precautions the prison population is sitting ducks. Staff feeds us breakfast, lunch, dinner, they escort us to recreation, then you add the simple mundane acts of everyday super-max life, medical, law library, visitation, phone, showers. The outcome is predictable.

No doubt we did have an outbreak but what happened next made no sense. Those who had been exposed or actually contracted the virus were moved into our unit. Let me point out that ADX has two empty units, so why did the administration decide to move the prisoners to a void free unit. To quarantine does not mean to isolate around people who have not been exposed which is exactly what happened. I won't speculate why this happens, I just know that it was a reckless decision.

So there I was in my cell, feeling helpless as I observed medical staff wearing full personal protective equipment (PPE) monitoring the prisoners daily. In

constant contact of the inmates, not to mention passing our food to us. Yes, there have been multiple outbreaks of the virus, throughout the Summer and Winter of 2020. I've sat next to an inmate that was wheezing for air, not wearing his mask, in an elevator going to the medical floor to acquire medication. Psychologically, it has been not only depressing, but extremely disturbing how this virus has been handled in the B.O.P. Many staff workers in the medical unit have quit working here out of fear of catching Covid. The worst part is how the inmates are treated, not only do we feel like society's trash, but the staff treat everyone like lepers in such a childish way. Social distancing is a complete joke in the facility, there is just no way you can distance the inmates, the solution is to just stay in lockdown. Commissary has been few and far between and these limitations just create more aggravation among the inmates. Hopefully the vaccines will give us some kind of leverage, but most of our hopes are low at the moment. Waking up to sounds of inmates coughing and wheezing, banging and yelling out of frustration to no avail and making sure to stay cautious of who is near me until something else happens is just how its going to be for a while.

Sincerely,
Timothy O'donnell, MCC Chicago

and I've only been sitting down. I mention this because I asked for my medical records here and their official documents say my pulse was 107 and 109. As an inmate I am scum to society. I know it's hard to believe but I'm not fabricating this. And since it's my word against theirs, I lose by default. I was eventually told to go back to the unit, again I said, "What if I fall?" Her response, "If you drop, we'll radio it in." I can't make that up. The same words as before. I eventually returned to normal health. I then asked the warden for a compassionate release, via email. I've done 40% of my time and was listed as "at risk" due to the fact that I've had pneumonia at least 4 times since coming here, combined with severe asthma. I'm the only one I've encountered in my 8 years of incarceration who has a nebulizer machine. I was denied my release. Then the compound received tests. Months after losing my taste/smell I was declared to have COVID. They moved me to another unit with over 100 positive test results. Ask just about any inmate here we've ALL had COVID. They didn't have tests for a while and you can't always trust the results. They made a few "isolation: units, they never treated us. We received NO medical of any type other than what we were already taking for chronic care. We were left for weeks in other units to cohabitate with other people who may or may not have COVID. Now, those who tested positive and who had false positives were all in the same living space. This inevitably exposed EVERYONE to COVID. How? Well, the inmates have COVID, officers were exposed they now expose everyone else. They then re-

tested everyone who was positive 2 weeks later. Those cleared moved to other units. Months of uncertainty for us all. We are all jaded and cynical because society has forgotten us. We were recently given recreation. 2 weeks ago, they lifted the 50/week spending limit. It's been over 10 months and we are still locked down. I have no delusion that my story will change anything. The ACLU lawsuit gave us a glimmer of hope that was crushed. I sincerely hope my freedom won't come from death in this prison. I have 8 more years to go. Will my family ever see me again?

Sincerely,

Anonymous, Federal Bureau of Prisons

My name is Timothy O'Donnell. At the beginning of the year 2020, not only did a virus find its way into all of our lives, but a man, who was handcuffed, died after an officer of the law pressed his knee into his neck while he pleaded for air. This event striked demonstrations of protest all over the world. In Chicago, IL a man allegedly set a police car ablaze during the protest that turned into a riot with much antagonizing coming from the riot police. I found myself incarcerated in Chicago's downtown federal prison called the Metropolitan Correctional Center. Due to the fact that I undergo Methadone treatment, I must report to a clinic outside of the prison once a month. You must quarantine for 14 to 26 days anytime you take a trip outside of the prison, so instead of moving me in and out of quarantine every fourteen days. I found myself in a situation that forced me to complete lockdown although I'm still technically innocent until proven guilty. Monday through Friday, I am on a 23 hour lockdown schedule where for that half hour I am able to shower, make 1 fifteen minute long phone call, clean the cell, exercise or make legal emails in the computer room. Saturday and Sunday's I sit in a 12x8 cell that I share with another inmate. Never do I move off the quarantine floor where I would be able to attend church services, psychology meetings, access to exercise equipment, etc. For a year I have had to make sure to stay on top of who comes into contact with me by wearing two masks and taking advantage of the anti-bacterial dispensers. Everyday could be the day I come into contact with Covid-19 via inmate or guard. Now that time has passed, the guards have relaxed to the caution needed to be safe from this virus. More times than I count when a guard is rushing to complete his daily tasks to run home by not putting on his/her masks to go into the cells and check on the condition of the rooms. It only takes a second to catch Covid019 and guards are in