

# STATEVILLE

## SPEAKS

VOICES FROM INSIDE... A QUARTERLY NEWSLETTER

ISSUE FIVE

# Life without Parole

## Parole Eligibility for Lifers and Long Termers

Joe Dole

Illinois is one of 11 states, including Pennsylvania, to have only one type of life sentence: life without the possibility of parole (LWOP).

For years, lifers, their families and other concerned people have been working to obtain parole eligibility for lifers. This

is an obvious uphill battle struggling against the current public view that prisoners are mere animals that deserve to be "locked away for good."

Pennsylvania has taken positive steps to address the issue. On September 26, 2002, the Pennsylvania General Assembly approved Senate Concurrent Resolution #149 directing "the Joint State Government Commission to establish a bipartisan legislative task force to study the geriatric and seriously ill populations in Pennsylvania State Institutions, review how other states deal with these populations, and make recommendations to the General Assembly." A 36-member Citizens Advisory Committee was established to assist the Commission. The Citizens Advisory Committee was divided into three subcommittees: Health/Hospice; Mental Health; and Geriatric/ Lifer. The Geriatric/Lifer group was charged with examining issues relevant to Pennsylvania's older and life-sentenced



inmates.

Following an exhaustive study the group recommended parole eligibility for lifers who were 50 years of age or older and who had served 25 years. The recommendations were supported by statistical studies that demonstrated parolees meeting the above criteria almost never committed crimes when released.

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*hope / change / redemption*

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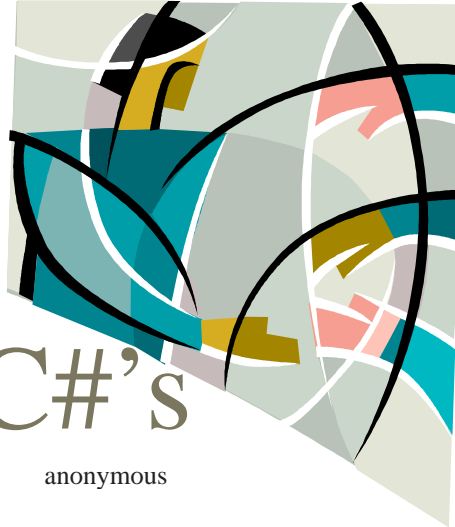
# Coverage

WHEN YOU NEED IT

INMATES IN EACH DOC PRISON CAN SUBMIT ARTICLES TO  
STATEVILLE SPEAKS

## Campaign In Support

## of C#'s



anonymous

The C# Campaign is a not-for-profit organization comprised of family members of C# prisoners, former C# prisoners, clergy and other concerned persons. The group was formed more than five years ago to focus attention on C#,s, those prisoners sentenced before 1978 under the old indeterminate sentencing law.

Since its inception, the C# Campaign has been involved with legislation, litigation and policy initiatives. We have worked with C#s and their family members in an assortment of ways, with our primary objective being to get those C#s who have rehabilitated themselves out of prison.

Much of our work is centered on the Prisoner Review Board (PRB). We monitor the PRB closely--going to hearings they conduct, monitoring their rulings and challenging their practices. We have tried to advance a number of different pieces of legislation, and currently have two active lawsuits.

In addition, we have recruited law students and lawyers to take on some of the cases. We have recruited 40 people so far, but there are still approximately 300 C#s so we need more legal

resources. We have developed a training program that is on the Internet, which includes six hours of training and three manuals totaling 100 pages. We use this training program to provide these legal representatives the knowledge they need to represent C#s skillfully.

We also assist C#s to get off parole once they are out and have clean records for three years.

Lastly, our organization is about educating people about the plight of C#s. We hold Town Hall meetings and speak at schools, churches and community meetings. We also hold a family picnic in August and a fundraiser in December. We have a website, distribute position papers and leaflets, and work with the media. Wherever possible we raise the injustices that C#s' experience and try to find solutions to the problems they face. We can be contacted at:

Campaign in support of C# Prisoners  
c/o Uptown People's Law Center  
4413 N. Sheridan Road  
Chicago, IL 60640.■

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*Life without Parole Continued...*

A free copy of the "Report of the Advisory Committee on Geriatric and

Seriously Ill Inmates," June 22, 2005, can be obtained by writing:

Joint State Government Commission  
108 Finance Building  
Commonwealth Ave & North St.  
Harrisburg, PA 17120

This report contains a great bibliography, listing articles, books, reports and websites regarding prison issues, sentencing, statistics, etc.

## SUPPORT IS GROWING

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*Grapevine*, a newsletter from the Pennsylvania Lifer Support Group reported: "When the Citizens Advisory Committee voted, the overwhelming majority (40 of the 46 members) voted to recommend parole eligibility for lifers. There is growing support for this change, including 28 of the fifty Pennsylvania Senators." *Grapevine* reported that although there was significant support for parole eligibility, there also is strong opposition, impassioned and well organized.

Another resource for obtaining information is Citizens United for Rehabilitation of Errants (CURE), which produces an excellent newsletter regarding Federal and State legislation. This newsletter also has articles about prison related reforms activities in the various states. The newsletter can be ordered by writing:

CURE  
P.O. Box 2310  
Washington DC 20013

## TOUGH ON CRIME

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In Illinois, the "tough on crime" segment is vocal and well-organized. The difference between Illinois and

Pennsylvania is that we in Illinois lack effective, organized advocates working to convince the Illinois General Assembly to establish parole eligibility for lifers. As the life and long-term (more than 40 years) populations continue to expand, the costs of incarceration will only continue to increase. This economic fact could be the incentive that motivates the legislature to take action. Money will provide the incentive for the legislature to finally seriously consider the possibility of parole for lifer and long-termers.

## EDUCATE YOURSELF

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So here is my plea to each of every reader of *Stateville Speaks*. Educate yourself about the issues concerning life and long-term sentences. Get your family and friends involved. It could mean your freedom some day!!

Publisher's note: Please see the article by Shaena Fazal, Director of the Illinois Long Term Prison Project. Contact Shaena on how to become involved with

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## LT3P

Shaena Fazal

The Long-Term Prisoner Policy Project (LT3P) would like to introduce itself to the readers of *Stateville Speaks*. Our mission is to investigate the problems faced by the growing number of prisoners serving sentences of 20 years or more in Illinois' prisons, to increase public awareness of these problems, and to change the "warehousing" of these long term prisoners. .

We are bringing our first program to Stateville designed exclusively for long-term prisoners. This program will be a book club, using the City of Chicago's "One Book, One Chicago" selection, The Oxbow Incident. We also have other programming ideas in the development stage, and hope to receive your input about what programs you would like to have at Stateville.

We are particularly interested in **peer education** programs (like using inmates to teach others about legal rights or about painting) and **inmate initiatives** (like helping inmates learn how to advocate for themselves in the prison system).

LT3P works independently as well as with other groups to address the needs of long-term prisoners. We are working to change policies, such as requiring long-termers to be housed at maximum-security prisons where few, if any programs are available. We are also working to find ways to reduce the length of sentences for prisoners who have rehabilitated themselves, whether by legislation to increase good time (even for truth-in-sentencing prisoners), by reinvigorating the clemency process, or by bringing back some kind of parole process, among others. As with programs, we welcome any ideas you have to help us make these changes.

Contact, (LT3P), 300 W. Adams , Suite 617, Chicago , IL 60606. LT3P has a small staff and cannot respond to all individual mailings■

# Katrina Relief

**WARDEN'S BULLETIN #2005-89**

TO: ALL STAFF and OFFENDERS

**HURRICANE KATRINA CONTRIBUTIONS**

Any staff wishing to donate cash for the victims of the recent hurricane can contact the following:

**Marshall Hill- ext. 5507 / Denise King- ext. 5591 / Jennifer McComb- ext.55 13 / Dawn Knight- ext. 5571 / Michelle Johnson- ext. 7800 / Freida Miles- ext. 7800**

Cash donations will be accepted through **SECA** until September 16, 2005. A pledge form will be completed for income tax purposes.

Offenders can donate via a money voucher from their assigned counselor to: **The American Red Cross — Hurricane Relief Fund**. All money vouchers will be accepted until October 15, 2005. Donations of clothing and other items are not needed at this time due to space constraints. As you know the governor of Illinois has opened the doors of the former Tinley Park Mental Health facility, volunteers are needed to help sort and organize the donations already received and assist with the evacuees' needs. Any staff wishing to volunteer their time at the store named **"Together we Cope"** located at 17010 Oak Park Ave. in Tinley Park may do so by calling 708/633-5040. Thanking everyone in advance for your support!

# Essays, Letters and Insight

PROPOSALS AND PERSUASIVE EDITORIALS

## Reform & Rehabilitation

### A way to reduce Recidivism

Vincent "Leggs" Galloway

The United States imprisons more people than any other country in the world. More than two million people are in custody in the jails and prisons of America. This does not include the 100,000 minors under the age of 18, held in juvenile facilities, or the four million people on probation and the 750,000 people on parole.

The rate of incarceration in the U.S. grew almost 50% between 1991 and 2002. In the last decade, women have been the fastest growing segment of the U.S. prison population. The rate of imprisonment for women is 5.2% a year compared to 3.5% for men.

Illinois Congressman Danny K. Davis is one of only a few elected politicians from this state who has given his attention to the plight of the incarcerated. Six of Chicago's 77 communities (North Lawndale, Austin, Humboldt Park, Englewood, West Englewood & East Garfield Park) account for 34% of the prisoners returning to Chicago in 2001. All are in his seventh congressional district.

State Representative Constance "Connie" Howard is another elected politician who believes in reforming the criminal justice system. In a article in the *NDIGO* news paper (June 2005), she was quoted as saying, "We've got to figure out how to keep our community out of prison in the first place. If we don't show up at prison, then they'll be

forced to close."

We know that for this to happen the mindset in all of us must change. Education is the key, and we must educate ourselves. Many great men & women have been self educated. We all know that job training and educational programs are needed.

The Blagojevich administration is working to reduce recidivism, We can look at the program at the Sheridan Correctional Center, a drug rehab/job training center that is helping former inmates succeed. The state is putting more resources into this, and we need more education and job skills in all Illinois prisons.

The Director of the Illinois Department of Corrections, Roger E. Walker, Warden Dee Battaglia, and Warden of Programs, Jimmy Dominquez, all understand this, and I believe that the programs are on the way.

We just have to give them time and use our time in a positive way. We must read and teach self and each other. When we get out, if we can't get jobs

*Continued on page 5...*



## Foot Notes

### New Programs in Stateville

Progress is being made implementing programs in Stateville. Here is a list of programs underway since the last issue, or that will be underway shortly. We invite comments.

#### **Minimum Security Unit**

Anger Management; Independent Study; GED; Drug Education; Story Book Project (parents read books to their children). These programs provide support to men who will be returning to their communities relatively soon.

#### **Maximum Security Unit**

Night yard. 6 additional jobs

*To be implemented in the next months:* Book Club (organized by the Long Term Prison Planning Project (LT3P); Life Style Redirection; Spanish Bible class; Self- Improvement (using successful model developed by volunteer Jim Chapman from Chicago).

# Note from Publisher

Bill Ryan

## **Deadline for submissions:**

*Stateville Speaks* is scheduled to be published four times a year: September, December, March, and June. Articles should be submitted to Bill Ryan, 2237 Sunnyside, Westchester, IL 60154.

Essays, poems, letters, and program suggestions are welcome, especially writing that addresses political events related to Illinois prisons. We would like to also invite DOC employees to contribute. The purpose of *Stateville Speaks* is to provide a forum for creative expression and to promote a safe, secure prison environment for everyone.

## **Subscriptions**

*Stateville Speaks* is published at NO cost to the state of Illinois. We depend totally upon private donations. Readers are encouraged to complete the form contained in this issue. A special thanks to those of you who have already contributed or subscribed. A year subscription (4 issues) costs only \$10. Donations exceeding this amount will be gratefully accepted. Subscriptions that began with Issue 5 will expire July 2006.

We are hopeful we can continue to provide prisoners with copies of *Stateville Speaks* free of charge, but we can no longer afford to provide free copies to anyone else. This will be the last issue of *Stateville Speaks* provided free. So, please take the time to complete the subscription form and support Illinois prisoners.

## **Special Literary Issue**

Each year *Stateville Speaks* will devote its summer issue to publishing creative writing, specifically short fiction and poetry. The June 2006 will be the first issue devoted to creative writing. (Stories already submitted will be held for consideration in the next issue). Submissions for the special issue should be postmarked by May 1, 2006. Please limit submissions to 500 - 750 words. Let us hear from you!

## **Expanding coverage**

Beginning with the December issue, *Stateville Speaks* will be reporting

on issues in the upcoming political campaigns We will be attending as many events and press conferences as possible to provide as much coverage as possible.

## **Generous Donation**

A special thanks to Carla Thompson for a generous donation to *Stateville Speaks*. Carla is the sister of Myke Thompson, who once was in Stateville. Special thanks also to Richard Dyches who offered to seek foundation funding for *Stateville Speaks*. We need all the help we can get! ■

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## *Reform and rehabilitation cont...*

we must make our own jobs. If we can sell death (drugs) in the street , we can sell life.

I know that we can do anything that we put our minds to. Hard work, persistence, strong study habits, and goal setting will make a difference. When we get out, let's go to the construction sites, ask for the foreman, and tell him or her that we need a job. To show that we will work hard, if they say they don't have any openings, tell them we will work for free, because we just need the work. Show up everyday if you must and they will see that you are for real. You won't be working for free; you will be working to learn a new skill.

Reading is a way to free your dome (brain) so we will have the Windows to Freedom. Here are some books that can be of help.

*Message to the Blackman* by the Honorable Elijah Muhammad  
*From Faith to Faith* by Kenneth & Gloria Copeland  
*Loose that Man & Let Him Go* by T.D. Jakes

*Overcoming the Enemy* by T.D. Jakes  
*Matters of the Heart* by Juanita Bynum  
*On a Move: The Story of Mumia ABU-Jamal* by Terry Bisson  
*As a Man Thinketh* by James Allen ■

# Foot Notes

About fourteen men received certificates for graduating from staff relationship and drug education programs. Congratulations.

## **Tamms Prisoners Awarded Due Process Rights**

An Appellate Court has ruled that inmates transferred to Tamms must be afforded due process. The Seventh Circuit handed down its ruling in the *Westefer v. Snyder* case brought by Allan Mills, attorney for the Peoples Uptown Office on behalf of inmates in Tamms.

In *Westefer*, the Seventh Circuit reversed the trial court's decision dismissing (or granting summary judgment for the defendants) on all of the plaintiffs' claims and upheld claims that the plaintiffs were transferred without due process and that some were transferred in retaliation for filing lawsuits. In so holding, the Seventh Circuit relied on the Supreme Court's recent ruling in *Wilkinson v. Austin*, which held that inmates transferred to Ohio's supermax prison had a constitutionally protected liberty interest in avoiding transfer to the supermax which required Ohio prison officials to give the prisoner notice of the transfer, the reasons for it, and a chance to contest it.

In *Westefer*, IDOC argued that *Wilkinson* didn't apply because the conditions weren't as bad at Tamms as at the Ohio supermax. The appeals court didn't buy that argument; the opinion is not completely clear as to whether IDOC can take another shot at this argument when the case returns to the trial court. Most likely, IDOC will need to come up with new procedures that provide notice and an informal hearing before an inmate is transferred

## Letter to the Editor

Peace be unto you:

The Illinois Coalition against Natural-Life Sentences (ICAN) was created and founded out of the dire necessity to bring about a radical change in the natural-life sentencing laws existing in Illinois.

This law has entrapped nearly 1,500 - 2,000 offenders behind bars with an indefinite amount of time to serve without parole or release dates. These LWOP cases consist of the innocent, first-time offenders, nonviolent offenders penalized under the Habitual Criminal Act, former death-row inmates, etc.

Natural-life without parole was first signed into law by former Governor Jim Thompson (under Bill 1500), which became effective February 1978. A cleverly designed get-tough on crime bill, it promised to create new jobs in targeted rural downstate Illinois, building more and more prisons at the expense of the poor and drug-infested communities across the state.

Since the birth of Bill 1500, over 25 new prisons have been created in downstate Illinois, putting farmers and coal-miners back to work, and confining LWOP inside cages for the duration of their lives on neo-slave plantations.

Locking offenders away till death does not consider possibilities for redemption or rehabilitation or being restored to useful citizenship. The Illinois Constitution Art 1, Section 11, states, "All penalties shall be determined both according to the seriousness of the offense and with the objective of restoring the offender to useful citizenship."

We are calling on concerned tax-payers, family members, relatives, friends, lawyers, paralegals, citizens, politicians, reporters, and prison-watch groups to join our righteous struggle to correct the existing laws which keep fellow human beings behind bars for the rest of their lives.

We need everyone's help. Please join our struggle for freedom and justice.

In the Struggle,  
Bro. Jamaal Shareef  
a.k.a. Donald Nobles  
Joliet, IL. 60434■

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## A New Horizon

Richard Dyches

The United States is the most incarcerated country in the world. Of an estimated 8 million prisoners worldwide, over 2 million of them are in the U.S. About 1 in every 145 U.S. residents are in prison or jail. *Time* magazine reports that a record 630,000 prisoners will be released to "free" society this year. If these prisoners had a workable and realistic post-release plan (housing, employment and a support network to meet specific needs and counseling), they would have a much better chance of never going back. Most prison sentences are served where rehabilitative opportunities are almost nonexistent. A prisoner goes from an animalistic attitude of high security directly to the streets. Ex-prisoners now live in an unworkable system and know how difficult it is to "stay out."

Most maximum security prisons do nothing toward rehabilitation. To make the system work, we must add lower security and pre-release facilities, allowing motivated prisoners opportunities to put in place support systems and treatment BEFORE they exit prison. A system thrusting totally unprepared prisoners onto the streets can not be effective. Affording prisoners the chance to gradually progress to greater levels of responsibility and opportunity on the basis of education, motivation and adjustment is a good deal for all. The prisoner gains a more productive environment; guards deal with fewer incidences of misbehavior; and the public has prepared and motivated people released. Rehabilitation can become reality. Although we can not expect to rehabilitate every prisoner, education is obviously the most effective program to rehabilitate the majority back into our society. Several programs work but the only effective programs in preventing recidivism allow prisoners to receive a degree or some marketable vocational skill.

The prison system is a paradox. In order to sustain employment; create new jobs and facilitate a healthy cashflow within this industry, it is necessary for a relative number of criminals to exist, be captured and remain incarcerated. The real problem occurs, when the system begins to inadvertently catalyze crime in order to survive since crime is what cultivates its existence. The question then becomes... "How can we make *prevention* a more profitable industry? Only then will the long and winding road of failure that is our Corrections department's rehabilitative system be groomed to allow passage to a new horizon.■

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## Where Have all the Fathers Gone?

By Richard Dyches

Gone to prison (almost) everyone! Too many of today's prisoners are fathers who had little or no fathering, or cold, distant fathering that often was violent and abusive. For the black community, this is a far cry from the slave fathers separated from families by slave-masters, who after the Civil War clogged the South's dusty roads, searching for their children, walking, walking sometimes years—an army of fathers looking for their families. Today, however, the search is reversed as many black children yearn and look for a loving father.

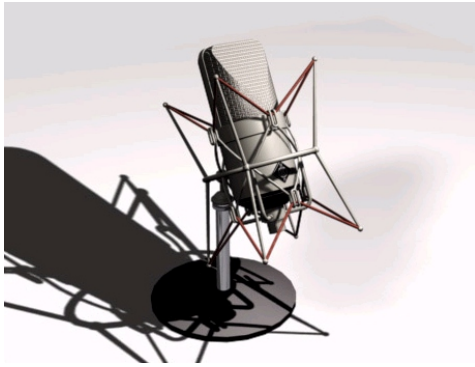
A 1998 University of Pennsylvania and Princeton University study says young men raised without fathers are twice as likely to be jailed. And the problem is more acute in the black community. Stepfathers surprisingly often make things worse, since boys whose mothers remarried were three times more likely to be incarcerated.

In *Black Men Emerging: Facing the Past and Seizing the Future*, psychologist James H. Cones, 3rd, writes: "Black men in America have difficulty forming a fully-rounded image of black manhood. So, they have to go on what is basically a stereotype of what they read and see."

*Continued on page 7...*

# Interviews

COMMENTARY AND FEEDBACK



## Interview: Demond “Dollar” Weston

Vincent "Leggs" Galloway

Q: How long have you been locked-up?

A: 15 years.

Q: How long have you been at Stateville?

A: I've been here since January of 1996, a little over 9 years.

Q: How long have you known Warden Dee Battaglia?

A: I first met Ms. Dee when I was working in the employee's dining room. I wasn't sure who she was or what she did at the time. She would always greet me with a smile and a hello whenever she came in for lunch. One day she asked me my name and now when I see her anywhere in the institution she still takes the time to say hello

Q: Is she a fair person?

A: I believe that she is a very fair person, especially considering those who preceded her. I don't know her particular job duties or description as a case worker supervisor, but when she was assigned to G-dorm, on any given day, if it was nice outside, you could find her sitting out on the steps to the yard talking with several inmates. I personally know from just being able to see her daily, her speech and demeanor have always been encouraging not only to me, but many others as well. She is a good listener, which helps her to be a better communicator. She's more open to ideas

and suggestions, and if given the same opportunity as her predecessors she can and hopefully will accomplish something where they didn't.

Q: What programs would you like to see at Stateville?

A: As far as programs, night school would be good, especially for those few who have jobs, and it will help compensate for the overwhelming number of people who need to be in school. I personally believe a G.E.D. should not only be a requirement, but a goal for everyone incarcerated who does not already have one or a high school diploma. For those like myself who already have a G.E.D., it should be some college classes or some type of workshop that teaches something more than how to sweep and mop floors.

*Continued on page 8...*

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*Where Have all the Fathers Gone? Cont...*

In many cases, this is the cool pose and swagger, the air of unflappability, the way of seeming always in control—all trying to exert dignity and worth in a world that denies them these things.

Bell Hooks, in *Salvation: Black People and Love*, sees "a reluctance in our culture to talk about fatherlove. If fathers were taught love instead of power, there'd be no absent fathers. Loving fathers do not abandon their families." Without loving fathers, gangs with distorted views of masculinity become the missing father, creating a desperate fatalism, a place of despair where young blacks commit suicide by degrees.

Frank Pittman, author of *Man Enough* agrees. "The great passion in a man's life may not be for women or men or wealth or toys or fame or even his children, but for his masculinity, and at any point in his life he may be tempted to throw over things for which he regularly lays down his life, for the sake of that masculinity." The pseudo-militaristic and macho posturing of prison life epitomizes this outlook.

So, imprisoned men must ask if they are just a squirt of sperm in their children's life, or if they can father responsibly from behind bars despite a lack of fathering in their childhood.

A fellow inmate of mine, Ajatnu-Osagboro, is one example that fathering well from prison is possible. At age 17, he had an infant son when he arrived at prison more than 20 years ago to serve a life sentence. Determined to be the father his wasn't, he learned his son's friends' names and contacted his teachers. "They all knew who I was and never questioned my concern for my son," he said. "One teacher told me of all his students, I was the only male parent he'd met." From a meager prison salary, Ajamu-Osagboro gave his son school supplies, toys, and a library of Afrikan culture, heritage and history.

Ajamu-Osagboro exemplifies fatherhood rooted in love rather than violence and materialism. Like him, others must be more than cool "dudes" who eventually leave behind bitter, weeping worn filling prison visiting rooms.

If our species is to survive, men must take responsibility for their sperm and learn the art of loving fathering. To be better fathers behind bars, men must move beyond denial of their own father-loss, and begin to heal by talking with each other about father-pain. They must release the repressed tears that hardened over time behind macho masks. They must reach out with love to their offspring, over and over, even if they don't respond. It is time for fathers to be fathers, no matter where they are. It's time for men to put down their guns and pick up their babies.

It is time for the fathers to go home to their sons and daughters. ■

# Creative Corner

WHEN INSPIRATION HITS... POEMS, WRITINGS, CONNOTATIONS...

## “Forces of Nature”

--Anonymous, 5/24/04

There are many forces of nature in this world  
That bring people together  
No one understands them  
At least I certainly don't  
But through the sands of time  
I will find my way  
I will learn to Love  
And I will learn to pray  
I will learn to honor  
And I will learn to cherish  
For if I do not  
my heart  
Surely will perish  
There is a girl  
that my heart aches for  
There is a girl  
that my heart breaks for  
A burden of Love  
I cannot bear  
A burden of Love  
I cannot share  
I long to tell her  
how I feel  
I long to show her  
My Love  
Is Real!

## “Love Unforgotten”

--anonymous, 7/11/04

Just this morning  
I woke with a grin  
I had a dream  
that you were in  
We strolled along  
remembering the past  
You were in my arms  
again at last  
We danced on the beach  
Beneath the moon light  
As we held  
each other tight  
We watched the rays  
as they danced on the waves

Sitting in silence  
Remembering the days  
We gazed at the sun  
As it rose with grace  
I can't wait to sleep tonight where again  
I can see  
Your Beautiful face.

## “A Prison of My Mind”

--anonymous

Sleep is my perpetual damnation  
of my Heaven and of my Hell  
I leave the despair of my present  
Only to visit the demons of my past  
When will this paradox ever end  
Haunting me  
Controlling me in a parallel of illusions  
I cry out in fear  
No one ever hears me  
No one ever cares  
But still I am trapped  
in a prison  
A prison  
of my own mind

## “Untitled”

--Lloyd Saterfield,

‘05

As I see myself  
I don't really see myself  
As you see me, as myself  
I need help to see myself  
As you see me, as myself  
But if I look at myself  
Would I see myself  
So now that I look on myself  
To see if I see myself  
I still don't see myself  
But if you see me, as myself  
Would you help me out with myself  
Would you tell me about myself  
So I could help myself

*Interview with Demand, cont...*

Q: How can Stateville become better?

A: For Stateville to become better it must first commit itself to its name. Either this is a Correctional Center as the name suggests, or it's a lock-em-up-throw-away-the-key type of prison. A Correctional Center provides programs, activities, and jobs along with job training as alternatives to achieve its ultimate goal of some form of rehabilitation to individuals. There has to be an alternative to waking up, going to chow, and returning to your cell and going back to repeat the same process again in a few hours. It's pretty bad when going to chow is the highlight of the day. Besides, we spend more time lined up on the walk waiting to go to chow than the actual time we get to eat it.

Q: What can be done?

A: More jobs and programs mean more opportunity for individuals to become active and productive. Right now Stateville's system consists of a person being confined in his cell for well over 23 hours a day. The two times you are out of your cell on most days are only to go to lunch and dinner. Both trips combined may be thirty to forty-five minutes at best, then back to the cell. Also I believe there needs to be an end to the three strikes rule. One, if you go to seg (the hole) you automatically lose your job. Two, you not only get seg time, but C-grade, commissary denial, or some kind of restriction. Three, you have to wait between two and five years before you become eligible for a job, let alone get one.

It's an unfair system and serves no purpose but to have more people doing nothing, confined to their cells. Conditions now are almost identical to seg, only we don't wear the handcuffs or restraints.

Stateville itself needs to commit itself to something. Miss Dee is only one person who may and should have a positive effect. Anything is possible and change is good. Stateville was in need of a makeover and hopefully she'll be able to do what no one cared enough to do. ■