

Free Alabama Movement BOOK
PART 1 - INTRODUCTION

FREEDOM. . . Make no mistake about it. . .

That's the business of Free Alabama Movement (FAM). At some point, we (prisoners) have got to get to the point where not only have we had enough of the inhumane and unconstitutional living conditions that we are confined in, but we also have got to get to the point where we are ready, willing, and able to do something about it. This "something" is a statewide shutdown on Free Labor in the form of a Non-Violent and Peaceful Protest for Civil and Human Rights.

Free Alabama Movement knows that non-violence is not only our best strategy, but it is our only strategy capable of producing our desired goals. Why? Because we can't expect to show that we are ready to return to society if we can't prove that we are capable of resolving our issues and conducting ourselves as men without resorting to violence.

Some of us may want to continue to employ strategies of the past that simply are outdated and, quite frankly, have never worked to free deserving prisoners and provide meaningful and long-term reform to our conditions of confinement. The fact of the matter is that we have to use the technology that is available to us, as well as adjusting our strategies to the world we live in today (2013/2014), to improve our conditions. This will include using cellphones, video cameras and the Internet to aid our Movement. This will be done by prisoners taking pictures and filming video images of the abuses and civil and human rights violations we see in prison.

This Movement isn't about getting "some outside support," or having our family "call the politicians or mayor's office," "call the news station" and on and on and on. The reason for this is simple: we can't form a Movement conditioned on "outside" people without first unifying the "inside people". Thus is so because these "outside" people already know what's going on inside of their prisons and simply don't give a f***. If you don't think they already know, then all you have to do is read the three-part series published by the *Montgomery Advertiser*, called 'Prisons in Peril,' September 8, 15, and 22 (2013) [<http://archive.montgomeryadvertiser.com/section/PRISONPERIL/Prisons-in-Peril>].

These articles show that "outside" people in all branches of Alabama's government and media already know, for example, that Alabama's prison system is designed to hold 16,000, yet they are currently holding over 32,000, which is twice its design capacity. These articles also show that these same people already know about the unhealthy and cancer causing foods that we are eating (Log onto our Website and view our video titled, Meat Patties). We cannot buy or eat any fresh fruits, no vegan or vegetarian menus, and prisoners can't even get our teeth cleaned. (As I write this book, my teeth haven't been cleaned in over 7 years, and I haven't seen any dental floss in over 9 years).

Additionally, as prisoners at West Jefferson, St. Clair, and Holman, we already know that the water supply at these Prisons is unsafe, and we know that cadets are told on their first day on the job to NEVER drink the water at these prisons. And, we prisoners and these "outside" people already know that we provide millions of dollars in FREE LABOR every year to the State, by working runner jobs, farm squads, maintenance, fixing their chairs, cars and furniture, and working industries and laundry. And yet, these outside people are doing nothing to address these problems.

But for those who still think that any one of these outside people can help us before we stand up and help ourselves, then go right ahead and call, and sit back and wait and hold your breath until you die as a free labor slave in the ADOC. Now don't get me wrong, there will come a point when we will find some outside people who are useful to our cause, but the first order of business is organizing our "inside support." And we will do that by unifying our ranks among the Vanguard (FREE ALABAMA MOVEMENT is calling for specific prisons to serve as the Vanguard and Leaders of this Movement:

Holman, Donaldson, Tutwiler, St. Clair, and Bibb Co. are the Men and Women of this struggle who we are calling on to take a Stand in solidarity of Arms and Purpose to lead FREE ALABAMA MOVEMENT, to bring about change in the Alabama Prison System), and by calling on all prisoners to use the technologies at our disposal (before its too late) to get our stories out to the people. That process begins with profiling our living conditions and continuing with our Video documentaries so that we can FINALLY tell our stories, in our own words.

For those of you who will want to contact organizations like Equal Justice Initiative, Southern Center for Human Rights (SCHR), and the Southern Poverty Law Center (SPLC), I say don't waste your time. First off, you can't count 300 people who these organizations have gotten out of prison, but even more important, you probably can't name 5 prisoners who they have ever gotten compensation for in all of the lawsuits they filed.

Before you make that call, let me explain to you how these organizations are only around to exploit us and profit off of our misery, too. Here is how their game works: First, they receive letters from prisoners who have been beaten, raped, robbed, or killed by a correctional officer, or about the inhumane conditions of prison. The first thing these organizations do is come to the prisons and talk to various prisoners, collecting information to see if they have enough prisoners to bring a class action. When they find enough prisoners, then they proceed to court. And here is where the hustle begins.

You see, these organizations are not really fighting to vindicate our rights and help us receive compensation for our injuries, pain, and suffering. When was the last time you saw any major changes to the system as a result of one of their lawsuits? No!!! Instead, these groups are focused on billing the ADOC for attorney's fees. Ask any one of them and they will tell you that they won't sue for compensatory damages -- which is when we collect.

See, civil law firm bills by the hour for their services. A civil lawyer may charge \$100.00 per hour just for interviews, and up to \$200.00 per hour for in-court appearances, for things like arguing motions and pre-trial conferences. This process may go on for several years, until the lawyers have milked all of the hours they can get out of a case.

Then, just before trial is about to begin and all of the evidence becomes public, the lawyers reach a Settlement. You just saw this with NFL in their concussion lawsuits.

Now the Settlement are always the same: Southern Center for Human Rights, SPLC, American Civil Liberties Union (ACLU) or whoever is involved will seek a few "improvements" in security, a little paint on the walls, a camera here and there, and then their attorneys fees. In the most recent cases, which involved HIV/AIDS the SPLC collected over \$1,300,000 million in attorneys' fees, yet the prisoners who claimed discrimination and who made up the cases received nothing.

Same thing with the lawsuits at West Jefferson that were filed on the danger levels at the prison and police brutality, lack of rec time and lack of activities like hobby craft/leather shops etc. The prisoners with broken bones, beaten by officers, staph infections, food poisoning, and all types of sh** received nothing, while these lawsuits were settled and the lawyers trapped just over 2 million dollars (\$2,000,000) in attorneys fees. In the class-action lawsuit that FREE ALABAMA MOVEMENT files, we want damages. We will be seeking damages on a scale as follows:

For a person who served years in overcrowded and inhumane living conditions:

- 1 - 5 years served \$ 2,000.00 for each year served
- 6 - 10 years served, \$ 3,000 for each year served
- 11-15 years served, \$ 4,000 for each year served
- 16-20 years served, \$ 5,000 for each year served
- 20 or more years served, \$ 7,500 for each year served

Sen. Can Ward, an Alabama Republican who is chairman of the Joint Legislative Prison Oversight Committee, was quoted in the *Montgomery Advertiser* on Sept 8, 2013, PRISONS IN PERIL, part 1, by Sebastian Kitchen, as saying "We are setting ourselves up for a lawsuit we cannot win."

Free Alabama Movement is exposing all forms of exploitation in this system, but this time we are seeking compensatory damages for ourselves. We don't need any of these organization who use prisoners as their "trap spot of last resort" whenever their budgets are a little low. They always come in a recession, collect their attorney's fees, and leave us with nothing.

But it's 2013, and right now all we need is Each Other and Our Family, Friends and Loved Ones. No need to continue being clients by giving all our money to lawyers, who continue to only deliver the promise and hope for freedom. FREE ALABAMA MOVEMENT ain't charging you a dime and we guarantee you that at least 15,000 are going free, because we aren't going back to work until they get the prison populations down to design capacity.

"Alabama prisons, with about 26,000 inmates, are at double capacity (Sen. Ward) said. He also pointed out that federal courts determined California prisons were unconstitutional at 160 percent of capacity."

State Sen. Arthur Orr, a Decatur Republican who is chairman of the Senate General Fund budget committee, said he is also concerned about the possibility of prisoners bringing a class-action lawsuit.

"That is one reason in the '14 budget, we began appropriating additional resources to address these concerns, and we're not done yet." Source: September 8, *Montgomery Advertiser* part 1, PRISONS IN PERIL [<http://archive.montgomeryadvertiser.com/section/PRISONPERIL/Prisons-in-Peril>].

Also, FREE ALABAMA MOVEMENT will continue to recommend that every prisoner in the State of Alabama read the book, *The New Jim Crow*, by Michelle Alexander. If you are black, brown and/or poor and want to know why you are in prison, and why neither the Courts, politicians or the media care, or if you want to understand why you were convicted with no evidence or why you can't get a Rule 32, Habeas Corpus, or parole granted, then read *The New Jim Crow*.

Or, if you want to know why over 1,000,000 black people are in prison, read *The New Jim Crow*. And, if you want to learn what it's going to take for us to overcome our situation, then please, please, please read *The New Jim Crow*.

Two things that really stood out to me and resonated with my thinking when reading this book was the following:

"A civil war had to be waged to end slavery; a mass movement was necessary to bring a formal end to Jim Crow. Those who imagine that far less is required to dismantle mass incarceration and build a new, egalitarian racial consensus reflecting compassionate rather than punitive impulses toward poor people of color fail to appreciate the distance between Martin Luther King's dream and the ongoing racial nightmare for those locked up and out of American Society."

In a nutshell, Ms. Alexander is explaining that there won't be any real changes to the system simply by calling on outside support without a mass movement. These problems are our own, and no one outside of us (FREE ALABAMA MOVEMENT) can solve them without a mass movement. And that's the bottom line!!!!

Ms. Alexander also speaks about the changing of laws . . . and how that ain't gonna happen either, because of private enterprise and how corporate America profits off of prisoners. On page 218 in her book, she quotes from a filing by an executive of the private prison conglomerate Corrections Corporation of American. Here is what the exec had to say about why they don't need any laws to change that will help release prisoners or reduce prisons populations:

"Our growth is generally dependent upon our ability to obtain new contracts to develop and manage new correctional and detention facilities. This possible growth depends on a number of factors we cannot control, including crime rates and sentencing patterns in various jurisdictions and acceptance of privatization. The demand for our facilities and services could be adversely affected by relaxation of enforcement efforts, leniency in conviction and sentencing practices or through the decriminalization of certain activities that are currently prescribed by our criminal laws. For instance, any changes with respect to drugs and controlled substances or illegal immigration could affect the number of persons arrested, convicted, and sentences, thereby potentially reducing demand for correctional facilities to house them."

Notice that the executive said "house" not rehabilitate. That also should explain why all new laws are loaded with judicial discretion, from Kirby, to juveniles under 18, habitual offenders, capital sentences, and on and on. These vampires need bodies, and they are not going to let their honey-hole go, which is the arbitrary laws that allows for them to incarcerate large numbers of prisoners at any given time.

Ms. Alexander also pointed out that very rich and powerful people like former Vice President Dick Cheney and Bob Barker (check your mattress and pillows) have large investments in private prisons. Finally, Ms. Alexander makes the point that all Alabama prisoners are all too familiar with:

"Saying mass incarceration is an abysmal failure makes sense, though, only if one assumes that the criminal justice system is designed to prevent and control crime. But if mass incarceration is understood as a system of social control -- specifically, racial control -- then the system is a fantastic success. In less than two decades, the prison population quadrupled, and large majorities of poor people of color in urban areas throughout the United States were placed under the control of the criminal justice system or saddled with criminal records for life. Almost overnight, huge segments of ghetto communities were permanently relegated to second-class status, disenfranchised, and subjected to perpetual surveillance and monitoring by law enforcement agencies."

In other words, this system of warehousing poor people is very lucrative and isn't going anywhere anytime soon. And, it will continue to exist for as long as they can exploit our families, our Free Labor, and us. Young black men will continue to be rounded up and ran through the courts; and we will continue to be sentenced to 20 split 5, life, and life without parole, and on and on. And, we will continue to see people with revoked probation and parole who are taken off of the street at all times of the day and night, falsely arrested and sent back to then serve a 20 year sentences, day for day --- even if they are ultimately found not guilty on the charge that they were returned to prison for (see our interview with Poncho), if the case is dismissed, or even if they were returned for a technical violation (see our interview with Kelly "KB" Brooks).

Probation, parole and community corrections remain the traps that allows the State and private prisons to regain control of our body and mind for any reason they see fit, and that reason is usually dollars and cents.

In the September 22 article published by the Montgomery Advertiser, it states that there are appx. 67,389 people on parole or probation in Alabama. Add 32,000 more from prison in the ADOC to that number, and you have almost 100,000 potential laborers on-deck for prison FREE LABOR. That's why laws were recently passed in Alabama to allow private companies to build factories at prisons. They have a labor pool of 100,000 that they can force to work for free at any given time.

In spite of all of this, though, we prisoners still retain the POWER to tear this playhouse down at any time. All we have to do is shut down and this cruel system of inhumanity and exploitation comes to an end. Everything about ADOC and justice in Alabama can be understood if we just educate ourselves about economics, economic systems, and the Free Labor economic system -- better known as slavery.

See, FREE LABOR allows for the master to produce large quantities of products at a cheaper price than his competitor because labor is the greatest expense to a business.

AT&T has to pay for customer service reps, computer programmers, assembly - line workers, etc. But if they moved their companies to Alabama prisons, all of those people would then work through Alabama Correction industries (ACI) for pennies. Thus, AT&T would save millions in labor costs, thereby, allowing them to sell their products for cheaper prices. Verizon and T-Mobile couldn't keep up. Same way in the street: If Nino has soldiers working for free he can lower his prices.

The ADOC, the courts, D.A.'s and private prisons all understand this. The more free or cheap labor they can get, the more money they save and can use to keep more people in prison. And as long as we are in prison, the worse our living conditions and deprivations will be.

BUT, the ADOC and their trap buddies now have a problem: FREE ALABAMA MOVEMENT. As we explain in this book, Prisoners have the ability to change this system by simply removing our free labor from the equation and shutting down. Let me give some raw numbers and an example of why we have the power to make change.

Okay, currently there are appx 32,000 prisoners in the ADOC, with about 1/3 of them working everyday for FREE. That's about 10,000 people working on farm squads, kitchens, road squads, runners, maintenance, dorm cleaners, and all of the other workers, while the ADOC is selling chemicals, bleach, meat, recycling paper and plastic, selling tags, fixing furniture and cars, getting grass cut, getting food cooked and served, dorms cleaned, libraries ran, and on and on and on . Well, let's add this up and see what we should be making at just minimum wage of \$7.50 per hour.

10,000 workers \times \$7.50 per hour, equals \$75,000 every hour that we should be getting paid. And when you multiply \$75,000 \times 8 hours of work each day, you get \$600,000 per day. Yes, that's correct. We are giving the ADOC \$600,000 worth of free labor every day, \$6 million worth of free labor every 10 days, and \$219,000,000 worth of free labor every year, but receiving nothing in return. And we are doing all of this slave labor while living in hell holes, eating garbage, being treated like less than dogs, having our families basically strip to visit us, and paying for everything from armbands to id cards to healthcare, and exploited at the store, snack line, and incentive packages. We are also serving all of our sentences, with no hope for parole.

Hell, why can't we get conjugal visits when they are keeping us for 30 years, working us for free, and taking everything we get? Conjugal visits are another issue of humanity and necessary part of rehabilitation that will be pressed by FREE ALABAMA MOVEMENT.

In all of nature, no other animal, not even zoo animals, are deprived of this natural process, except prisoners. But the explanations being offered for this denial are as outdated and antiquated as the system that supports them. In the annals of history, only the lives of slaves were controlled in such a way. As if the black family isn't already fractured enough, this arbitrary deprivation only continues the erosion of the family structure. Add to that the economic hardship of Free Labor, and the masses of poor families affected by incarceration will continue to crumble.

The economy in the black and poor communities would change overnight for the better if they paid prisoners. But they only raid our communities for free labor, and sterilize our youth with extended prison sentences.

22 February 2014

The Education, Rehabilitation and Re-Entry Preparedness Bill

To end this madness all we have to do is decide that we will no longer participate in this system of FREE LABOR and make a sacrifice for real change through Non-Violent and Peaceful Protest for Civil and Human Rights.

The three main issues of attack for FREE ALABAMA MOVEMENT are:

- 1) Inhumane living conditions and overcrowding, and a lack of real access to court to protest these conditions,
- 2) Establishing Economic Policies of Empowerment for Prisoners, including compensation for our labor, and placing ownership and control of the store, canteen and incentive packages into the hands of the Inmate Welfare Committee (we are the only customers, yet all of the profits leave the prison but should be used to support prisoner activities, family nights, religious feasts, etc); and
- 3) Sentencing and Parole Reform.

As we continue to organize and grow, we will continue to gather support for the Education, Rehabilitation and Re-entry Preparedness Bill. This Bill will be presented to the Alabama Legislature at the end of our One-Year Movement for passage. We will need to identify those Legislatures who support our Bill and give these politicians our support at the end of our Protest. At the same time, as our coalition grows, we will also identify those politicians who oppose our Bill and do everything within our power to vote them out of office. Their replacements will come from our supporters and families to ensure that our Bill gets passed.

The full outlay of this Bill will be featured in an upcoming booklet, and will outline guidelines for EVERY Alabama prisoner who wants to educate and rehabilitate him or herself so that they can one day earn their freedom. It won't matter what your sentence is, because the Bill will call for the abolishment of Life without Parole. Enrollment into programs created by Our Bill will require completion of an intensive rehabilitation curriculum that will address the crime committed the social/psychological needs of the offender, and the re-entry needs of the offender.

If an offender needs a GED, Life Skills, and a technical skill or trade, in addition to psychological Therapy, then when these needs are met, and sufficient time has been served, parole will no longer be at the Boards discretion, but a matter of Statutory Right.

This way, the offender has an incentive to correct his deficiencies, and the hopelessness and uncertainty that pervades prisons would cease.

This is a main goal of Free Alabama Movement, and all prisoners in Alabama can stand and make it known that, not only will we never go back to a Free Labor system, but also that we will never return to work until living conditions are improved and when we receive real opportunities for Education, Rehabilitation and Re-entry Preparedness.

Every person in Alabama's prison system should know that ADOC can't just up and hire 10,000 freeworld people to come into this system and do the work we do. ADOC can't even hire enough officers to staff the prisons. Therefore, if we understand that the work we do is indispensable to the system's very existence, then its time that we demand to be treated humanely and be given a chance to overcome our mistakes and earn our FREEDOM.

PART II - WHY WE ARE PROTESTING

1. To Put An End To The System Of Free Labor Within The Alabama Department Of Corrections.

Free Labor serves no purpose towards rehabilitation, and is only a slave-system disguised as retribution and punishment for crime. The State and the ADOC are profiting hundreds of millions of dollars off over the approximately 10,000 free labors who report to work each day inside of their prisons, to jobs in the kitchen, maintenance, runners, road squads, laundry, libraries and gyms, to stores and sandwich shops, yard crews, infirmaries and dorm cleaners etc. And still millions more off of the work releases and corrections industries. And, the State is collecting all of this money, in all manner of ways --from court costs, living expenses and deduction at work releases, to pennies on the dollar (from a min. of .17¢ to a Max. of .71¢) in wages at industry jobs, down to free labor in the prisons and all types of expenses from medical co-pays, to arm bands, Id cards -- with no account of where this money is going (in addition to their budget).

All of this is being done while prisoners receive virtually nothing . . . except abuse, direct orders and disciplinary: no respect, no compensation, and no opportunities for Real education, Real rehabilitation, and Real Re-entry preparedness. While living under slave-like conditions, with no recourse through the courts for redress of grievances.

The reality is that Free Labor in Alabama's prison system is a continuation of the centuries-long enslavement of Black, Brown and Poor White people for the sole and exclusive benefit of the powerful and rich (and mostly White men) controllers of our government and politicians.

All of this is being done to an exploited group of people who suffer from high rates of illiteracy, mental health issues, and come from the poorest people in the State.

Indeed, a group so malleable that they would work for free, even with nothing and no hope of ever being free again is in obvious need of help.

Free Labor is an evil that must give way to higher ideals and virtues of civilized men, not the dastardly longing of a bloody thirsty, low-life evil group of people who seek to oppress and work one to death.... Without compensation.

PART II - WHY WE ARE PROTESTING. 2. To End Inhuman Conditions pt 2 of 4

2. To put an end to the inhumane living conditions under which Alabama prisoners suffer, including overcrowding and the warehousing of large amounts of people for no purpose.

"Alabama prisons not only were more overcrowded than any other Southern state, they also were more than twice as crowded as prisons in 11 Southern states, according to a Southern Legislative Conference 2012 report. The closest states to Alabama's 199 percent occupancy were Kentucky at 105 percent and Arkansas at 104 percent... Florida prisons are at 89 percent capacity."

Source: *Montgomery Advertiser*, September 8, 2013, by Sebastian Kitchen.

The *Montgomery Advertiser* published a 3 part article about the unfit, unhealthy and unsafe conditions that Inmates are forced to live in.

Part 1, "Prisons in Peril (Part 1 of 3): Hard time -- Alabama prisons at risk for federal takeover", was published September 8, 2013.

Part 2, "Prisons in Peril (Part 2 of 3): Fear behind bars", was published Sep. 15, 2013.

Part 3, Prisons in Peril: No quick fixes for Alabama, was published September 22, 2013.

Extreme overcrowding at the levels seen only in Alabama, where the prison system is currently operating at 200% of maximum capacity, produces the types of living conditions that only make incarceration more dangerous, contributes to violence, spreading of diseases, and overall unhealthy living environment. Resources are scarcer, and prisoners are forced to eat the worst of foods and drink, bathe and wash clothes from a contaminated water supply and showers filled with holes, mold and mildew; receive sub standard health and dental care, and live in filthy dormitories and rodent infected living areas.

In the September 8, 2013, *Perils in Prisons* article produced by the *Montgomery Advertiser* in their 3-part investigative series, it was reported that:

Alabama prisons not only were more overcrowded than any other Southern state, according to a Southern Legislative Conference 2012 report. The closest states to Alabama's 199 percent occupancy were Kentucky at 105 and Arkansas at 104.

There is no logical explanation for such disparities except for the exploitation of free labor. Even Florida, a state with over 25 million people, operates their prisons at 89%.

These State prisons operate at lower rates, and therefore, have the resources to pay their prisoners for their labor. Alabama, on the other hand, as published in the *Montgomery Advertiser*, puts 1,400 in Staton Correctional Facility, which is designed to hold 508; "Kilby Correctional Facility in Montgomery, which had a 326 percent occupancy rate", Decatur Work Release Center, "designed for 37 inmates, but is housing 362 -- a 978 occupancy rate"; and "Elba Work Release Center is at 552 percent capacity." while paying their prisoners nothing, and forcing prison to live under inhumane conditions.

NOTHING LESS than reduction of the prison population down to its design capacity of approximately 16,000 will do. We will not stop our Non-Violent and Peaceful Protest until 16,000 are released.

These types of living conditions, which includes two-man cells the size of a mop closet, only makes incarceration more dangerous, contributes to violence, spreading of diseases, and overall unhealthy living environment. Resources are scarcer, and prisoners are forced to eat the worst of foods and drink from a contaminated water supply, receive sub standard health care, and live in filthy dormitories and rodent infected living areas, where spider webs are full of dead insects and bugs.

Prisoners are also forced to sleep on Steel bed frames in general population, and large concrete slabs in segregation without even a pillow.. These beds causes tissue and muscle atrophy, as well as damage to organs and arteries when slept on over extended periods of time. Neck, shoulder, and back pain are considered normal.

Nevertheless, because these conditions are reserved for prisoners, and because prisons are overpopulated by blacks, red, brown and poor whites, the courts don't consider sleeping on these surfaces a violation of any law. Yet, a concrete slab is what you must have in order to run a pig farm.

The "science" that supported these type of beds and living conditions are outdated and we now know that these conditions don't serve any purpose towards education or rehabilitation.

FAM BOOK: PART II - WHY WE ARE PROTESTING.

Pt 3. Abolish LWOP and Overhaul Parole System

3. To abolish life without parole sentences and to overhaul Alabama's current parole system to provide more deserving people with an opportunity to earn their release from prison.

In the new book, *TOO CRUEL, NOT UNUSUAL ENOUGH*, published by The Other Death Penalty Protect, Life Without Parole (LWOP) prisoners places the sentence of life without parole into its proper perspective as a less scrutinized Death Sentence. For, in all aspects and function, it operates exactly as the Death Penalty. Both people are sentenced to die in prison.

In the September 22, 2013 article published by the *Montgomery Advertiser*, it was reported that there are currently 1,499 prisoners serving a sentence of life without parole. Some, like 79 year old Mr. Bonnine Johnson, who has served over 30 years, have never killed anyone; others, like Dennis Sheffield, were 17 when the crime was committed that resulted in his LWOP sentence; and others, like 19 year Kendrick Hamilton and Rondonaldrick Fariior are first time offenders who will never be evaluated again to determine if they can overcome the mistakes they made as children.

Others are drug offenders, like Derek Ervin and Juan Rios, who have LWOP as first-time offenders, while others, like Archie Earl Hamlett received LWOP for 14 pounds of marijuana over 17 years ago. Mr. Hamlet received LWOP under the habitual offender law because when he was 17 he was certified to adult court and convicted for two counts of burglary and two counts of theft. These 4 prior convictions were then used to enhance the weed charge on 14 lbs to LWOP.

Hamlet is now self-educated, a GED tutor, and positive role model, but all is for naught because of his sentence of LWOP. He can help with the education and rehabilitation of others, yet the State considers him incapable of being rehabilitated and unworthy of state-funded education. And, yes, he can still work for free.

A person with LWOP, no matter how illiterate, can never go to school solely because of his sentence. This person will never see a classification official to evaluate their progress, growth and maturity, because with a sentence of LWOP these services are no longer available inside Alabama's Department of Corrections.

The throwaway process begins at the sentence and concludes with death. There is no attempt at education or rehabilitation of the offender, no matter the age, no matter how much time is served; no matter even they are a first offender. The sentence is a death sentence because there won't be any opportunities for education or rehabilitation - - because nothing is offered, regardless of the redeemable quality of the individual.

And not so coincidentally, the State maintains approximately 1,500 people with this sentence -- just enough to keep 3 men maximum security prisons full at all times, just in case the State is ever ordered to reduce its prison population down to design capacity.

No sentence should ever be imposed that permits the State to deny all avenues of rehabilitation based solely on the sentence alone, with no consideration to the individual's ability to overcome the circumstances that led them to prison. It's 2013, and Science and technology have improved, so there is better understanding of crime and addiction and, therefore, better corrective processes available. Therefore, when we aren't pretending that the system is about anything other than free labor, we also have to make sure that Alabama realizes that it time to evolve in its thinking about LWOP as well.

FAM BOOK: PART II - WHY WE ARE PROTESTING. To End Arbitrary Sentencing Practices

Pt 4. To put an end to arbitrary sentencing practices that has resulted in the targeting of specific race groups.

Laws that disproportionately affect black youth, like the drive-by shooting statute -- which makes its a capital offense punishable by death when a black youth shoots a gun from a vehicle and kills someone, but road rage when a white person fires a gun from a car and kills someone - - need to be overhauled.

This so-called "drive-by" law was designed to address gang-related shooting, yet many black men are charged under this capital murder statute and faced with death penalty, even when the crime was not related to any gang-related activity. For example, Oeatha Archie.

Also, Alabama's habitual offender law is applied arbitrarily and disproportionately to affect black people, just like the federal crack laws. These laws need immediate reform, as Non-Violent offenses (like theft, forging checks, burglary, and credit -card frauds, just to name a few) are regularly used to enhance people's sentences to life and life without parole, and even used as sentencing factors to impose death sentences.

The use of these minor, prior convictions to enhance a new sentence, no matter how long ago the prior was committed, keep a person in a perpetual debt to society. Also, the State targets black youth for petty drug crimes by setting up sting operations where they conduct multiple "controlled drug buys" from the same individual, then hauls the offender off to court to answer to multiple "sales" cases. If this person pleads to three drug sales (all for a 20 rock of crack), then the next time he catches any type of felony he could face life or LWOP as a habitual offender.

This person would be labeled a habitual offender, yet the drug agents didn't arrest him after the first sales case. Instead, they will wait to make two more "controlled buys", so that they can get three convictions, then sends this person into a dysfunctional prison system where he has no chance for rehabilitation, only to be released with a \$10.00 check.

These types of laws and discriminatory practices must be changed.

FAM BOOK: PART III - WHAT WE WANT – pt 1. We want an end to the system of free labor within the Alabama Department of Corrections

PART III - WHAT WE WANT

1. We want an end to the system of free labor within the Alabama Department of Corrections.

Free Alabama Movement uses the term Free Labor because, while we prisoners can't deny the fact that we provide Free Labor, most of us don't want to accept the fact that free labor is the backbone of Slavery. So, you know what that would make us, right? Slaves! All you have to do is read the 13th Amendment to the United States Constitution.

"Neither slavery nor involuntary servitude, except as punishment for crime whereof the party shall have been duly convicted, shall exist in the United States, nor any place subject to its jurisdiction."

I hope that that's plain enough for you, and that it explains why we see mass incarceration of the same people who were slaves in another time: Blacks, mostly poor whites, and Mexicans. Then, JUST LIKE IN SLAVERY, we have the Free Labor, filthy living quarters with people packed beyond capacity, no rights, eating worse than slop, and being told when to eat, sleep, shit, bathe, cut your hair, sit, stand, and "bend over and spread your ass cheeks so I can look up in you to see if you have contraband".

That is the system we live in and we know what comes with it. Free Labor is depriving us, our families and our communities of valuable resources that should be provided to us for our labor. And, we are providing this free labor, while being charged for every service that we receive, from medical to dental, to access to court, to urine tests, arm bands, I.D. cards, and even for getting caught with a cell phone. That sounds like a put down, not rehabilitation.

One of the attributes of Real rehabilitation is to teach a man to work or own a business so that he can take care of his needs and his family with what he earns for his labor. In prison, JUST LIKE IN SLAVERY, men and women live under the worst conditions imaginable, eat the worst food imaginable, and have no rights and are treated worse than a dog. When a system of free labor like ours exists, only the ones who are providing the free labor can bring about an end to the system . . . by simply removing our Free Labor from the system. We want an end to Free Labor and all that comes with it. We've already lived this once, and once again, the system profits off of our labor, while we live in Hell on Earth...

Free Labor serves no purpose towards rehabilitation, and is only a slave-system disguised as retribution and punishment for crime. The State and the ADOC are profiting hundreds of millions of dollars off over the approximately 10,000 free laborers who report to work each day inside of their prisons, to jobs in the kitchen, maintenance, runners, road squads, laundry, libraries and gyms, to stores and sandwich shops, yard crews, infirmaries and dorm cleaners etc. And still millions more off of the work releases and corrections industries. And, the State is collecting all of this money, in all manner of ways --from court costs, living expenses and deduction at work-releases, to pennies on the dollar (from a min. of .17¢ to a Max. of .71¢) in wages at industry jobs, down to free labor in the prisons and all types of expenses from medical co-pays, to arm bands, Id cards -- with no account of where this money is going (in addition to their budget). All of this is being done while prisoners receive virtually nothing . . . except abuse, direct orders and disciplinaries; no respect, no compensation, and no opportunities for Real education, Real rehabilitation, and Real Re-entry preparedness. While living under slave-like conditions, with no recourse through the courts for redress of grievances.

The reality is that Free Labor in Alabama's prison system is a continuation of the centuries-long enslavement of Black, Brown and Poor White people for the sole and exclusive benefit of the powerful and rich (and mostly White men) controllers of our government and politicians.

All of this is being done to an exploited group of people who suffer from high rates of illiteracy, mental health issues, and poorest people in the State. Indeed, a group so malleable that they would work for free, even with nothing and no hope of ever being free again.

Free Labor is an evil that must give way to higher ideals and virtues of civilized men, not the dastardly longing of a bloody thirsty, low-life evil that seeks to oppress and work one to death; without compensation.

FAM BOOK: PART III - WHAT WE WANT. 2. To end Inhumane Living Conditions and Free Labor

Pt 2. We want to end to the inhumane living conditions under which Alabama prisoners suffer, including overcrowding and the warehousing of large amounts of people for no purpose other than to extract free labor.

Extreme overcrowding at the levels seen only in Alabama, where the prison system is currently operating at 200% capacity, produces the types of living conditions that only make incarceration more dangerous, contributes to violence, spreading of diseases, and overall unhealthy living environment. The truest sign of the devaluation of prisoners' lives is in the water supply. The ADOC forces us to drink, bathe and wash clothes from a water supply that stinks, tastes bad, and leaves us itching and sometimes scratching after a shower. Raw sewage flowing through old pipelines almost forced Holman's closure. But the rust, mold and fungus, and standing water found inside the pipe tunnels at St. Clair (and the fire hazard from the exposed wire) gives you an idea of what's flowing inside of the pipes from the water treatment center right outside the prison, and an idea of what the health inspectors are really doing at the prisons.

In the September 8, 2013, Perils in Prisons article produced by the *Montgomery Advertiser* in their 3-part investigative series, it was reported that:

Alabama prisons not only were more overcrowded than any other Southern state, they also were more than twice as crowded as prisons in 11 Southern states, according to a *Southern Legislative Conference* 2012 report. The closest states to Alabama's 199 percent occupancy were Kentucky at 105 and Arkansas at 104.

There is no logical explanation for such disparities except for the exploitation of free labor. Even Florida, a state with over 25 million people, operates their prisons at 89%.

These State prisons operate at lower rates, and therefore, have the resources to pay their prisoners for their labor. Alabama, on the other hand, as published in the *Montgomery Advertiser*, puts 1,400 in Staton Correctional Facility (CF), which is designed to hold 508; "Kilby Correctional Facility in Montgomery, which had a 326 percent occupancy rate", Decatur Work Release Center, "designed for 37 inmates, but is housing 362 -- a 978 occupancy rate"; and "Elba Work Release Center is at 552 percent capacity." , while paying their prisoners nothing, and forcing prison to live under inhumane conditions.

NOTHING LESS than a reduction of the prison population down to its design capacity of approximately 16,000 will do. We will not stop our Non-Violent and Peaceful Protest until 16,000 are released.

We want an end to overcrowding and two-man cells, and a moratorium on building new prisons. Also, we want a reduction in the prison population down from its current level of 32,000 to the design capacity of Department of Correction's infrastructure of around 16,000. At the current rate of spending approximately \$43.00 per day, which, amounts to \$15,695 per year, per prisoner, relieving overcrowding would free almost 16,000 prisoners, with a net savings of \$251,000,000 million dollars. This money saved could then be used to provide wages to prisoners for our labor, improve inhumane living conditions, including clean drinking water, safer and more nutritious food, and meaningful rehabilitation programs, among other issues. Overcrowding leads to heavy usage of natural resources, and leads to the spread of diseases, germs, etc. Staph infections, rashes and all types of diseases exist within this system. We can no longer accept slave conditions as the norm.

FAM BOOK: PART III - WHAT WE WANT. 3. control of our resources and the money our families send to us

Pt 3. We want control of our resources and the money our families send to us.

If our families only knew that the State was charging them the costs of being locked up as if they were prisoners too . . . When our families send us money, the courts snatch their cut out off the rip, anywhere from 20% in federal court, up to 50 % in the Southern-style courtrooms in Alabama. Then, healthcare takes \$4.00 for each on site visit. Plus, \$4.00 is charged for each box of aspirin, or whatever pill they give. And that's \$4.00 for each box. Also, under the new revised healthcare rules, prisoners now must pay if we refuse a treatment option that we disagree with.

And don't forget that we work for free, so they know that there is no way a prisoner can pay any of this money, so they just tax our families without them ever even knowing it. After all of these deductions are made, prisoners get what's left of what our familiar sent.

Then, they charge us inflated prices for the store goods, snack lines, packages and shoes. Excessive phone rates, High prices on the vending machines during visits. And not one penny of these profits goes back to the prisoners. We want to revive the Prisoners Welfare Committee, and take ownership of the store, canteen and package items. With these proceeds, prisoners can then get back to sponsoring educational/rehabilitation programs; religious feasts; family nights; cleaning supplies for each prisoner, etc. After all, this is OUR money, so we want more usage out of the profits. We should control these venues, because we are the only customers.

FAM BOOK: PART III - WHAT WE WANT. 4. Reform in youthful offender law

Pt 4. Reform in youthful offender law.

Capital punishment and new science makes it paramount that Youthful Offender laws be modified. Any child under 22 who commits a crime must automatically be prosecuted as a Youthful Offender, and should never be subject to a sentence of LWOP. 22 is the age when a child who entered college at 18 would be looking to graduate with a Bachelor's Degree. At this point, the first real stage of development and entry into the real world should be beginning. So why should a child who makes a mistake at 14 (Evans Miller), 15 (Kelly Brooks), or 16 be held accountable for that mistake for the rest of their life. How can life end for a mistake made by a child before it ever begins, with no opportunity or hope for rehabilitation?

FAM BOOK: PART III - WHAT WE WANT. Repeal of the Habitual Offender Act and Other Laws

Pt 5. Repeal of the Habitual Offender Act and other laws.

Repeal of the Habitual Felony Offender Act, TRUTH IN SENTENCING and elimination of the sentence of Life Without Parole. If Alabama is serious about rehabilitation, then only those who show themselves to be incorrigible and incapable of rehabilitation SHOULD BE LEFT BEHIND IN PRISON. But right now, that's not the case.

As it stands right now, anyone, whether rehabilitated or not, can find themselves stuck in prison waiting only for death to arrive in, 20, 30, 40 or more years. With no right to education, and no hope for release, and treatment incompatible with human decency, it's no wonder prisons breed crime, hopelessness, and despair. Fundamental change must take place if we are to rebuild instead of destroy the lives over 32,000 men and women, and our children and families.

Relief under Kirby and for youth who committed serious crimes before 18 (22 is more realistic) must be mandatory, not discretionary. Laws must be in place for first-time offenders also. And, the Alabama Parole System has to change to remove the discretion from the board, and placing the onus on each prisoner (whether he has LWOP or 10 years) to take advantage of new model for rehabilitation that will allow us to serve sufficient time for a crime, receive the therapies and treatments we need, and upon completion of this curriculum, parole is automatically granted.

No more doing 20 on 20 just when you are back on a tech violation or because you have 4 disciplinaries.

FAM BOOK: PART IV - FREE ALABAMA MOVEMENT'S. . . FAMILY, FRIENDS, AND LOVED ONES. . . CANDLELIGHT VIGIL OF LOVE, PRAYER, AND SUPPORT

The most important and vital part of the FREE ALABAMA MOVEMENT is the people who have supported us with unconditional love, support and prayer throughout our incarceration: Our family, friends, and loved ones. You are the ones who bring the children for visits; accept the collect phones calls; send us money for store, packages, and shoes, etc, and write the letter and send the pictures that soothe our hearts and remind us of where we came from. In a word, you all are the People that keep us ALIVE and who inspire us to continue on and struggle.

And for the sacrifices we can not thank you enough. We thank you all, and we Love you all. Along this journey y'all have already been there every step of the way, and as always, we can't take this final step and be successful without y'all. Unlike in the past where we didn't make y'all a part of our struggle for freedom, this time we want y'all right here with us every step of the way. The Candlelight Vigils will be held right outside the prison grounds, and that is where we NEED y'all to be. We want the ADOC to know that we are not slaves, we are not alone, and there is an army of peaceful and loving people in society who are willing to make this one-year sacrifice with us.

The coordinators over each prison, working in conjunction with the Executive Director of Operations, will be outlining a schedule that will organize rallies on 12 weekends, spreaded out over one year . . . please see the example of the schedule.

May God bless us all, and may the candles illuminate the prisons as the Stars above illuminate the sky!!!! FREE ALABAMA, FREE ALABAMA, FREE ALABAMA!!! To volunteer, learn more, sign-up for participation, or to donate or buy t-shirts or book copies, please send your emails to freealabamamovement@gmail.com or visit our website at FREEALABAMAMOVEMENT.com, or call the contact persons listed in the back of this book.

Schedule

Start date	Time	2:00-5:00p.m.	
Donaldson CF	1/4-5/14	1/11-12/14	1/18-19/14
Tutwiler Prison	1/4-5/14	1/11-12/14	1/18-19/14
St. Clair Prison	1/4-5/14	1/11-12/14	1/18-19/14
Holman CF	1/4-5/14	1/11-12/14	1/18-19/14
Bibb CF	Bibb only	(1/11-12/14	1/18-19/14)
60 day reunion			
Donaldson CF	3/1-2/14	3/8-9/14	
Tutwiler Prison	3/1-2/14	3/8-9/14	
St. Clair Prison	3/1-2/14	3/8-9/14	
Holman CF	3/1-2/14	3/8-9/14	
Bibb CF			

120-day reunion

Donaldson CF	5/3-4/14	5/10-11/14
Tutwiler Prison	5/3-4/14	5/10-11/14
St. Clair Prison	5/3-4/14	5/10-11/14
Holman CF	5/3-4/14	5/10-11/14
Bibb CF	5/3-4/14	5/10-11/14

6-month anniversary

Donaldson CF	7/5-6/14	7/9-10/14
Tutwiler Prison	7/5-6/14	7/9-10/14
St. Clair Prison	7/5-6/14	7/9-10/14
Holman CF	7/5-6/14	7/9-10/14
Bibb CF	7/5-6/14	7/9-10/14

9-month reunion

Donaldson CF	10/4-5/14	10/11-12/14
Tutwiler Prison	10/4-5/14	10/11-12/14
St. Clair Prison	10/4-5/14	10/11-12/14
Holman CF	10/4-5/14	10/11-12/14
Bibb CF	10/4-5/14	10/11-12/14

One-year anniversary celebration

March to the Alabama Capitol in Montgomery and presentation of the Education, Rehabilitation, and Re-entry Preparedness Bill.

March route 1/5 Monday 1/3-4-15

FAM BOOK: Part V - FREE ALABAMA MOVEMENT

Free Alabama Movement is founded ~~in~~ and dedicated to supporting Alabama Prisoners' Non-Violent and Peaceful Protest for Civil and Human Rights (NVPPC & HR).

As men and women in Alabama's Department of Corrections, it is time for us to recognize and admit to the fact that this system of dysfunction, incompetence, irrelevance, and inhumanity, cannot and does not serve any purpose towards our rehabilitation and preparing us to make a successful transition and re-entry back into society. The current ADOC system, steeped in "tough on crime" policies of the 1980's, currently houses close to 32,000 people in an infrastructure that is designed to house only 16,000. Of this 32,000, 80% will enter and leave prison classified as functionally illiterate, accompanied by an 80% recidivist rate for those who don't overcome illiteracy.

Some are first-time offenders; some were as young as 14, 15 or 16 when their crimes were committed, and others, who, while guilty of a serious offense, are clearly self-rehabilitated and deserving of another opportunity at life. Yet, because of an outdated prison model, an equally dysfunctional sentencing and parole system, or because of misapplied sentences of Life or Life Without Parole, many undeserving people are languishing in prison waiting on death or the next rumor of "the law is about to change".

The end result is a prison-slave operation that is the most overcrowded in the United States at 200% capacity; is under-staffed and over-populated by men and women who have served extended periods of incarceration (some as much as 20, 25, 30 or 40-plus years), with no hope of ever returning back to society and their families! Or, for those who do hope to one-day return home, for the most part they will be totally unprepared to make a successful re-entry - as evidenced by the 80% recidivism rate.

The law will allow for legal discrimination against them in housing, business, education and social benefits. The ADOC, focused solely on security and Free Labor, with only the pretense of being about rehabilitation, continues to hold prisoners for 20-plus years, but without the ability to rehabilitate [80% illiteracy, 80% recidivism], and is in no way a Department of Corrections, but instead, a Department that Needs Correcting!!! No other corporation - not even Fannie Mae and Fannie Mac - could continue to exist without a major overhaul if it were funded with billions in taxpayer dollars, with an 80% failure/ recidivist rate.

Just being realistic, by now it should be quite obvious to anyone doing time in the ADOC that, if you are poor (black, brown, white or any other color), and can't afford to buy justice or pay for a high-powered attorney, then your innocence or the wrongfulness of your conviction (no matter how egregious), is irrelevant to the courts, and your chances of obtaining justice on a Rule 32 or Federal 2254 habeas corpus petition are slim to another 20 years in prison. It matters not that you have evidence of prosecutor misconduct, a Brady or Batson violation, or proof of perjured testimony.

The simple fact remains that your chances for success are almost null. And, No! The laws are not about to change. This fallacy of hope, offered every few years by some Alabama Legislature who has duped one of our family members out of a few thousand dollars to draft some bill that the politician knows has no chance of passing, has not borne fruit in the last 50 years. The Alabama Legislature NEVER has and NEVER will pass any law that will call for reforms to their slave system that would result in any type of mass-parole or mass-release of Alabama prisoners. The amendment to 13A-5-9 and the Habitual Felony Offenders Act (aka Kirby motions) didn't do it; the new law on juveniles who committed their crimes before their 18th birthday stands no chance of effectively dealing with those children in Alabama; and the parole board sure as hell ain't about to do it. You can still have a 5, 8, 10, or 12 year "clear record", all of the certificates and programs in the world (NA, AA, SAP, T.C., Anger Management, FBHD) -- just whatever, you name it - - your G.E.D. and a Trade, but you are still more likely to be set off 4 or 5 more years on a 20 or 30 or Life sentence, even though you have already done 10, 12, 18 or 22 years or more, than you are likely to get parole granted. With the passage of the new Alabama Prisoners Litigation Reform Act already being put into effect, the

chances of returning home to our families, or being able to vindicate our rights in courts through Civil actions has gotten more difficult and onerous.

The ONLY way that we are going to see any real and effective change in the inhumanity and indignity in which we are forced to suffer, eat and live, the only way that we are going to receive real opportunities for education and rehabilitation so that we can return back to our families before we do another 20 on 20, or 25, 30 or 40 or more years in prison, is we Stand Up and realize that WE ARE THE ONES WHO ARE ALLOWING THIS SYSTEM TO WORK!! ! We cook all of the food for FREE; We do all of the cleaning for FREE; We cut every blade of grass for FREE; We work their farms and road squads for FREE; We clean the kitchen and dish room for FREE; We do the canning and recycling for FREE; We work the gyms, run the libraries and do the runner jobs for FREE; and We clean the cells that have urine and feces in them for FREE. We do all of this work for free (isn't this the definition of slavery??), and we do it while being double celled, packed on top of, and right beside each other, in filthy living conditions, while sharing space that is designed for 16,000, but is currently housing 32, 000.

And, we do all of this while under constant threats of sexual, verbal or physical harassment and assault, demeaning and degrading treatment, and with no recourse to the courts to address these wrongs. The courts, DA's, police, Parole Board, Rule 32 and Habeas courts, are all on the same page in keeping us in prison. (Please read the book, *The New Jim Crow*, by Michelle Alexander). So, it is only fair, equitable and just that we all come together and demand, through Non-Violent and Peaceful Protests that, if we must be imprisoned, then we have the Right to live under humane conditions and receive civil treatments, therapies and educational/spiritual opportunities that will help prepare us for real rehabilitation and a real chance for successful re - entry back into society and our communities.

FAM BOOK: PART VI - ECONOMIC POLICIES OF EMPOWERMENT FOR ALABAMA'S PRISONERS

I know that this term may sound strange or foreign to some, but the truth of the matter is that it is time for prisoners to become more familiar with this phrase, so that we can begin the process of raising our awareness of and establishing our own economic policies to deal with this system of Free Labor and warehousing of human beings that's disguised as the Alabama Department of Corrections. Why do we need economic policies? What type of economic policies do we need? How will that help us deal with our incarceration? And, how do we mobilize ourselves and our families to take advantage of them to help improve our living conditions, our treatment, and our prospects for release from prison?

Before we begin to put those questions into perspective, first you must understand that prisoners are the poorest group of people per capita in Alabama.

Which means that, if you were to total up all of our "money on the books", all of our zoom zooms and wham whams, and tops and coffees, etc. the net worth of all of those assets would make us, as a group of 32,000, the poorest "group" of people in the State. The reason for our poverty is, unlike welders, or lawyers, or construction workers, or teachers, or restaurant workers, we receive \$0.00 in compensation for our labor. So, our poverty is not linked to the fact that we don't work or because we lack skills, instead, it's simply because we don't receive compensation for our labor. We will use the kitchen here at St. Clair prison as an example to show you how we need Economic Policies and why we should use Non-Violent and Peaceful Protest to strengthen out Economics to effect change:

On average here at St. Clair there are approximately 60 prisoner workers assigned to the kitchen. All of whom work for free. We work the same hours or more as industry workers, yet receive no compensation. We are doing this Free Labor while running the equivalent of 4 to 5 Red Lobster Restaurants, as this kitchen is responsible for 1400 prisoners per day, three times per day. But, instead of getting paid like employees at Red Lobster, we have to steal sandwiches and chicken quarters just to have money to purchase a shot of coffee, a cigarette to smoke, or to be able to purchase a bar of soap and other hygiene items.

And, we must do this with some (not all) of the Correction Officers standing over us, making us work, and threatening to put us in lock-up if they find so much as one (1) sandwich on us. This officer knows that this man or woman has probably been working in a hot, wet, and funky dish room for 4 to 5 hours for FREE, but because of the rules, we can't receive ANYTHING for our labor, and the officer himself could get written up if another supervisor stops the prisoner and finds food on him...exactly how does FREE LABOR help to rehabilitate someone and prepare them for a return to society dead broke is anyone's guess.

Seems to me, if you paid the person for their labor, they wouldn't be tempted to steal for their basic survival, which would discourage criminal behavior and allow them to support themselves and allow them to send something home to their families-especially their children.

A paying job, with a little money to survive on would seem more like rehabilitation, as it builds a positive attitude towards work and it helps to build a healthy work ethic, which most employers look for in society. Breaking these numbers down even further, of the 60 kitchen workers, about 15 of them are line servers, who work around 4 hours per day over the course of 3 meals. If these 15 line servers were paid the minimum wage of 7.50 per hour, then each line server would receive \$30.00 per day. Thirty- (\$30.00) dollars per day, times 15 workers, would be \$450.00 per day that that prisoner would have on their accounts to spend. In a full year, each line server would earn \$10,950 each, with total earnings of \$164,000 for all 15 workers per year. That's how much money we are leaving on the table in FREE LABOR. And, keep in mind, that \$164,000 is just for line-servers. We still haven't paid the cooks, the dish room workers, the clean up and maintenance crews, the floor and garbage crews, etc.

All total, we are talking somewhere in the range of \$1,000,000 each year in pay that should be going into our pockets, but instead, is labor that the ADOC is now receiving for FREE! FREE ALABAMA MOVEMENT is dedicated to helping prisoners break these chains of bondage that exploit our incarceration through FREE LABOR by developing Economic Policies that will allow us fair compensation and provide us with a more productive and healthy approach to life, while also allowing us to contribute resources back to our families during our incarceration.

Now that we have put real money on the table as far as what we should be earning from just working in the kitchen, we need to put a plan in place to get compensated for our labor. Do you think the ADOC can afford to pay that money to us right now? I don't think so; the recession is real for them too. Hell, they haven't paid their officers a raise in over 6 years, so I'm sure that even the officers would like to see about 10 prisoners released so that they can get a raise. (10 prisoners x \$15,000 dollars to house each, equals \$150,000 dollars. I think that amount would pay quite a few raises).

And just think, that's \$1,000,000 million just for the kitchen. We still haven't cut a blade of grass (\$7.50), cleaned any dorms (\$7.50), or cleaned any feces or urine out of a cell (got to get a little more for that boss). This is just an example of why we need to begin to have these conversations about Economic Policies and understand how we can use them to bring about change in the system. When we remove our Free Labor from the process, then we can begin to make our demands known. I mean, if all 60-kitchen workers walked off the job, where do you think the DOC would get 60 more workers who will come in off the streets and do those jobs for Free? Even other prisoners couldn't do it.

It can't be the industry workers, because they already work 8 hours a day for .15¢ per day. Do you think that they would want to work an additional 4 to 5 hours per day in the kitchen for Free? I DON'T THINK SO! And don't forget, a lot of them are riding with us too. The solution is simple: When we begin our Non Violent and Peaceful Protest for Civil and Human Rights, the system has to make some choices about what the future of corrections will look like in Alabama.

The Prison System has 16,000 people over capacity that we want released from this overcrowded Hell, and we are not going back to Free Labor, period. They are spending \$43.00 per day on each prisoner. $\$43.00 \text{ per day} \times 365 \text{ days} = \$15,695 \text{ per year}$ on each prisoner. The Department of Corrections can save \$251,120,000 million by reducing its prison population down to its design capacity of around 16,000. The money they save can then be used to pay salaries and provide the types of therapy, rehabilitation and healing that we need in order to be qualified to return back home.

Nothing less will suffice. We want Humane and Civilized treatment

Well, to the general premise that we need to shut down Free Labor to demand more sensible treatment and real opportunities for rehabilitation, so that we may return home, I know that there will be some naysayers and critics who think that we can't make the ADOC pay us for our labor and improve prison conditions. To those people I will simply say that when we do shut down, the ADOC is still required by law to provide us with meals! They still have to clean the prisons or risk lawsuits. All the work still has to be done. That's why during the shutdown at Holman, you saw wardens, classification and officers cooking and serving meals. So, whomever they bring in to do these jobs, provide these meals, etc., these people will make least minimum wage. So if we go back to these jobs, why can't we make at least minimum wage also? It's not like the ADOC can just up and hire 60 people off the street to work in the kitchen. Then 5 more free world people to cut grass, then 10 more to do maintenance, and on, and on, and on . . . They don't have the money for that, and the only way they can get any money is to let some of the overcrowded go.

FAM Book: PART VI - ECONOMIC POLICIES OF EMPOWERMENT FOR ALABAMA'S PRISONERS: The industry workers are gonna ride too

The industry workers are gonna ride too

Some prisoners think that we need the industry workers and we can do it. Well, first off, we don't need anyone who wants to continue working for Free for crumbs off the table, or doesn't want to get out of prison. Second, we have talked to many guys who work in industry at St. Clair and Holman CF, and none of them are satisfied with either their treatment or their pay. The men at St. Clair told me that not only do they want better pay, but they also want their freedom even more. (See our interview titled Huff, Bo Diddly, and Lamp I and II). These men explained to me that the only reason they work these jobs is because they don't have anyone or anything else, and without those pennies they couldn't survive. And more important, when I explained Free Alabama Movement to them, and how we would use the economics of a shutdown to improve their pay, living conditions, and opportunity for Freedom, to a man they said f*** them jobs.

Opportunities for freedom change the game, and that's what's up with FREE ALABAMA MOVEMENT. Once educated, these guys now understand their overall value to the system, and how they can join forces with all free labor prisoners and use that coalition of power to gain their freedom. In the past, the only offer on the table to these men was .21¢, but now that the incentives have changed to now include freedom, so have the hearts and minds of the people.

As we have already said, part of our overall platform is not only to bring pressure for change in FREE LABOR, but we also plan to pressure the Alabama Legislature and the Parole Board to make fundamental changes as well. Life and Life without Possibility of Parole for some of the crimes that we are in prison for can no longer be accepted. Too much discretion in the hands of judges and the Parole Board has wreaked havoc on us, our families, and the communities from which we came. And, the arbitrary nature of parole review is ineffective, inefficient and incapable of providing meaningful review.

Thus, we want a parole system structured around a DOC that provides guidelines and goals that each prisoner must complete in relation to the crime committed, and then, when these programs are complete and sufficient time has been served in retribution for the crime, then parole should be automatically granted- not denied because he got a disciplinary three years ago or any of the other nonsense they come with.

The problems that we are facing are real, yet the solutions to these problems lie within our capacity to solve. We can't deny that we are living in cells the size of a mop-closet at our homes, because the video and pictures speak for themselves. Each cell is measured at 10 ft, 1 inch, by 7ft. 3 1/2 inch. Minus bed-space, and you have two men sharing less than 50 ft of usable space, along with a toilet, shoes, dirty clothes, and rats and roaches. A recipe for disaster.

Nor can we ignore the fact that no one really seems to have a problem with this living arrangement. Just think how is it that when we go out to our favorite clubs or lounge, our favorite restaurant, football or basketball venue, or to a school gym, we always see a sign that says, Maximum Capacity. And, we all know that if we go over that capacity, the Fire Marshall will come in and shut the place down. Yet, here we are in a prison system designed to hold 16,000, but with a current total of 32,000, and the Fire Marshall is nowhere to be found.

FAM Book PART VI - ECONOMIC POLICIES OF EMPOWERMENT FOR ALABAMA'S PRISONERS: Slavery dies hard in the south.

Slavery dies hard in the south.

To my knowledge, the only other institution that the law has allowed for so many human beings to be packed into such limited amounts of living space, were on slave ships that Africans were packed into. And, the only other instance where thousands of people were forced to engage in free labor was when the slaves were unpacked from those ships. And, here we are in 2013, in Alabama's prison system, with these same processes of over crowdedness and Free Labor still occurring. The same solutions still work for these same conditions: The people forced into this bondage have to Stand Up and Demand humane treatment. Wherever you find a system of domination through free labor, the only solution to overcome it is by the laborers deciding to stop working for free. Our chosen method is through Non-Violent and Peaceful Protests.

FAM BOOK - PART VII - Sentencing and Parole Reform: pt 1
Sentencing and Parole Reform

FREE ALABAMA MOVEMENT is not just about confronting Free Labor, although Free Labor has got to be put at the forefront of our movement because it is one of the main reasons for mass incarceration. Nevertheless, the main issue confronting incarcerated individuals is our desire to return home to our families, love ones, and friends, etc. But, under the current model of the criminal justice system in Alabama, no one outside of the few prisoners who have sentences that they will one day EOS can say definitively when that "return home" will be. The Alabama Parole Board continues to be arbitrary, inefficient, and ineffective. Some who are deserving of parole are denied, while others who are less prepared for parole have it granted—only to return back to prison. We can't fully blame those who return, however, because they were not afforded any real opportunities for reform, rehabilitation, education, and job-preparedness while they were incarcerated.

The State's interest in mass incarceration was never about rehabilitation and correcting criminal thinking and behavior, but solely about mass incarceration of specific racial minorities and exploitation of those targeted groups for Free Labor and funding of the Prison Industrialized Complex. Indeed, while in an Alabama prison, it still is not mandatory that you attend school and get a GED and Skill/Trade, even if you are illiterate and have no real-world skills. Basic life-skills are neither mandatory and, in some prisons, not even offered. Yet, under threats of physical violence and pain of disciplinary action and placement into a single cell segregated area, it is mandatory for us to report to our institutional job assignments is the Kitchen, Laundry, Road Squads or other institutional jobs where we must work for free.

Well, one of the main goals of Free Alabama Movement is to make sure the incarceration becomes more relevant to, and compatible with the crime committed and the needs of the person who committed it. For example, let's say you have a 19-year-old first-time offender who receives a 20-year sentence for a robbery where no one was injured and no gun was fired.

And let's say that this individual dropped out of school in the 8th grade and had been "running the streets" since dropping out of school. Under the current system in Alabama, this person would receive an 8 to 10 year parole set-up. However, there are no clear guidelines by which this person would know if his parole would be granted. With no motivation or incentive from the ADOC to release him before he serves his entire 20-year sentence, this 19 year old will enter prison without any guidance or direction on how to receive the help he needs to become successfully rehabilitated and prepared to return to his family and community.

Yet, rehabilitation of this young child is not complex and rehabilitation is what his family and community needs so that he can return home. From a mere cursory reading of this example, it is obvious that this individual needs a GED or High School Diploma and a certification in a Skill or Trade, to include basic computer skills, with an opportunity to pursue a college degree, if desired. This individual probably also needs courses of Life-skills, in the area such as how to budget a checkbook and bank account; how to grocery shop, purchase insurance and licenses in their chosen profession (e.g., an electrician needs to know how to receive a license in the county where he will practice his trade); and how to enter into contracts or leases with realtors and landlords, the light and gas company, and car dealership, etc.

And, this young adult will also need therapy, counseling, and treatment in Criminal Thinking and Anger Management as well as Leadership and Mentoring. It is highly unlikely that a 19 year old who has been out of school since 8th grade would know how to do most of these things, yet these are all necessary skills and knowledge that they would need in order to rehabilitate themselves in order to make a successful re-entry back into society.

Yet, none of these things are required by the Alabama Parole Board in consideration of Parole, and, for the few individual who were self-motivated to complete all of the above; they may still be denied parole.

In fact, under the current statutory laws of this State, the parole board doesn't care if this individual improves his attitude, work ethic and social skills or not:

Section 15-22-26. Grounds for release.

No person shall be released on parole merely as a reward for good conduct or efficient performance of duties assigned in prison, but only if the Board of Pardons and Paroles is of the opinion that there is reasonable probability that, if such prisoners is released, he will live and remain at liberty without violating the law and that his release is not incompatible with the welfare of society. If the board shall so determine, such prisoner shall be allowed to go upon parole outside of prison walls and enclosure upon such terms and conditions as the board shall prescribe, but to remain while thus on parole in the legal custody of the warden of the prison from which he is paroled until the expiration of the maximum terms specified in his sentence or until he is fully pardoned.

Why can't the parole board send a specific set of goals and guidelines for every parole-eligible prisoner to complete in order to make parole? Wouldn't it be easier for a person with a "to-do" lists to better gauge his conduct and set out a "personal development plan" if he/she knew what they had to do in order to make parole? And, their family and children can better participate in the rehabilitation process and encourage their family member to make parole if everyone knew what it was going to take to make parole and when these goals would be achieved? Or, is parole just a joke?

I mean, given that the parole board has access to a person's Pre-sentence report and the social - psychological evaluation from Kilby for 5, 10, and 20-plus years before a person ever comes up for parole, can't the board, in that time, set guidelines for parole? Or, is parole just a game?

When this information is first compiled it is passed on to the judge, who takes this information into consideration before pronouncing sentence. This information shows the needs of each prisoner, and provides a clear path to rehabilitation. Then, this same information is passed on to the Department of Correction at Kilby. Thus, under ideal and more effective circumstances, when this 19 year old has progressed through the system and completed a full regiment of rehabilitation, parole should no longer be left to the whims of a disinterested, unconnected Parole Board, but instead laws and processes should be in place to ensure that parole is automatically granted.

Parole hearings would then only be needed for repeat violent offenders and "special circumstances" cases. But hearings will actually be hearing, not the current sham we have today, where board members and "activist" like Sheham are just collecting checks, and granting parole on whims, feelings, and cold records of crimes that happened decades hence.

FAM BOOK - PART VII - Sentencing and Parole Reform (pt 2): Proof of an Outdated Model

Pt 2 Proof of an outdated model

In 2013 where you can now go to court on closed-circuit TV; where you can do real-time face-to-face chats on Skype, Tango, and all the other services, a person up for parole consideration in Alabama still can't attend the hearing, and still can't be present by audio/video means or in any other kind of way. Alabama's Parole Board is still stuck in the 1940's mode of receiving a prison file that was prepared exclusively by prison officials, which prisoners have no access to and no way to refute or even know if any inaccurate or false information is contained in their file. And, all of this is done without anyone ever hearing from the individual up for parole. Even if the Parole Board had a question for a parolee, there is no way for them to ask their question because the individual has no voice or presence at the hearing, while the people who protest parolees (even so-called crime-victim advocates like Shenan who has no stake in the matter) are afforded a seat front and center at parole hearings, and can prevent a person from making parole.

Some parolees have been locked up for so long that their family members have simply died off or they have no contact with anyone who can attend the hearing, so they have no way to counteract these paid protesters. To compound this entire issue, the Parole Board is still shielded by law from even having to issue a statement or explain why parole was denied, and they rarely ever state what a person should accomplish to ensure that they will be granted parole in the future. I think (with a fair degree of certainty) that the families who are attending these hearings have had enough of this b.s. and realize that it is time for us to change this parole system in Alabama.

Reforming the current parole process would also make the job of classification more efficient as they can fulfill the role of transitioning the person to a prison that offers the specific skill or need of the individual, and then updating the potential parolee's file as they graduate or complete their parole curriculum.

These are simple, forward thinking solutions, but not only are many of these criteria not required, many of the rehabilitation tools are not even offered or available from the ADOC. In fact, most prisons don't even offer computer skills course (or even typewriters), even in a world where computer skills are required to work at McDonald's, being a waiter, and even on some construction jobs. But, under ADOC's logic, working in the kitchen, on a farm squad, or being a prison runner doesn't require computer skills, so prisoners can just work that job for 20 years then be released from prison.

As stated earlier, Alabama is still denying prisoners even basic computer skills access, which shows that they can't be serious about rehabilitation and preparing people for a return back into a computerized world. At most prisons, rehabilitation consists of a T.V., a microwave, a coffee pot, and an ice cooler. At St Clair, opportunities in blocks that house majority Black inmates. (L-M, P/Q, and N/O don't have book shelves, dictionaries, newspapers, magazines, or anything to foster education and rehab. Yet, in the honor dorm, which is majority White, you have an environment that promotes education with DVD PLAYERS, columns of Encyclopedias, Dictionaries, magazines like Entrepreneur, Time, National Geographic, and all types of newspapers and Classes. They sit on relatively comfortable plastic chairs with transistors on every T.V., while black inmates sit on hard wood benches, metal tables, and broken steel.

When J-K residents return from school, they return to an environment that supports education, but when the residents of the blocks that house majority blacks return to their blocks, all they have are T.V.'s (one for sports, one for movies), a microwave, coffee pot, and ice Colleen. So, as we asked in our documentary series, are the T.V.'s enough to educate, rehabilitate and prepare someone to re-enter society after decades of incarceration? See the T.V.'s enough? Because that's all we have. . .

And, they are restricting more and more "free world" sponsors from entering into prisons, as well as making plans to reduce visitation state-wide to one visit per week. Already, nieces, nephews, aunts

and uncles are not considered immediate family, so every day the ADOC continues to drive a wedge between us and our families. Before long, we won't be having any contact with the outside World. And we all know what they are going to do with us then: Ramp up their system of abuse and control.

Groups and people like Chaplain Browder, Bro. James Muhammad, Kairos, and business/community leaders are virtually barred from entering Alabama's prisons.

These are people who are willing and able to provide material, Spiritual and emotional support to prisoners not only while in prison, but also when we return back to society—with only a \$10.00 check provided by the ADOC.

These sponsors are people of impeccable character and purity of Spirit and intent, who have NEVER caused a problem, and who bring messages of Faith and Hope to otherwise faithless and hopeless prisoners. Why would these people, who provide jobs, housing assistance and all other types of rehabilitation and re-entry assistance, be excluded from entering prisons??? Well, I'll tell you why: it's because the ADOC (and especially under the current Commission), is a clandestine prison/slave system, only concerned with Free Labor from the masses of underserved, uneducated groups of people who find themselves as part of a targeted group in society.

Make no mistake about it, the call for a Non-Violent and Peaceful Protest for Civil and Human Rights is coming to a head. The disrespect to our families and children when they come to visit; the inhumane treatment we must endure while incarcerated, including double-cells, packed dormitories, eating food that is marked "not fit for human consumption" when it arrives, and sharing a tray with rats and roaches must come to an end.

PART VIII - THE VANGUARDS, pt 1 of 2

FREE ALABAMA MOVEMENT is calling for specific prisons to serve as the Vanguards and Leaders of this Movement: Holman, Donaldson, Tutwiler, St. Clair, and Bibb Co. are the Men and Women of this struggle who we are calling on to take a Stand in solidarity of Arms and Purpose to bring about change in the Alabama Prison System.

These maximum security Facilities are holding more and more prisoners for longer and longer periods of time, and under the worst conditions imaginable for human beings.

Simply stated, we want these maximum facilities because they don't want to ever let us go, and because they don't have anywhere else to put us. We all have Life, LWOP, or some variation where we know that they are not planning to release us any time soon...

EOS or End of Life, whichever comes first. It is perhaps most important, indeed, imperative, that our Women at Tutweiler join us. Why? Because the record is clear, and the law books show it, our women are currently the most organized and active faction amongst all prison groups. And more important, this is not a Movement about gender, this is a movement about Human Rights, and unlike past Movements, We are not relegating competent, intelligent, loving and loyal members of our group to secretary duties and cooking just because they are Women. Women have earned their right to sit at the table, as they are enduring the same suffering that Men are, so there is no reason to deny them of their seat at the table. With that being said, we are all in this together:

Women/Men, straight, gay or otherwise; all races or Nationalities, Creeds and Street Organizations (Blood, Crips, Disciples, Vice Lords, Mexican Orgs, etc; Jew, Christian, Muslim, Rastafarian, Five Percenters NOI, Sunni, Odonist, Jehovah's Witness, Creek, Cherokee, Sequoia, Seminole, Apache, you name it... It is time to Free Alabama, and we intend to do so through Non-Violent and Peaceful Protests.

PART VIII - THE VANGUARDS, pt 2 of 2

This is not a call for riots or riotous antics

Please know that this is not a call for riots or anything of that nature. That would be foolish and nothing more than an invitation for Commissioner Thomas and his Riot Team to assault even more innocent people who only want an opportunity for rehabilitation and an opportunity to return home to our families and be able to make a positive contribution to our children and our community. I once overheard an officer in conversation with another prisoner talking about how the ADOC never worries about a riot because they always know how a riot will end. First, the officer said that prisoners start out rioting against the police until the Riot Team is called in and the prison is locked down. Then, the officer said, after the lockdown, some elements of the rioters try to take a part of the prison or a hostage.

After a while, the prisoners will then turn on each other, and that is when the Riot Team are called back in to bust up the fray, use indiscriminate force against the “rioters” to restore order and then make a few transfers. The officer said, after the prisoners see their heads busted and a few of their leaders, transferred, then everything returns to normal. Of course, normal being back to Free Labor, back to eating old, stale food, back to being subjected to verbal and physical abuse by officers, and back to doing 20, 30, and 40 years in prison.

It’s sad to say, but after doing over 20 years of incarceration, this is true. Riots don’t last long because riots only give the ADOC an excuse and opportunity to use violence against us to reinforce their psychological control over us. Not only do we not have the “guns” so to speak to fight that fight, but also we don’t need them. All we need is Faith in our Movement; Trust in each other and our leaders of the Movement, and the ability for everyone to play their proper roles and position.

Yes, it is true, the Supreme Court and the various law books are not on our side when it comes to prisoners organizing to protest inhumane treatment. But, nowhere in those decisions or in those laws does it say that when we choose to follow our conscience and God-given rights to demand human treatment, through non-violent and peaceful means, that the ADOC can come in and use billy clubs, water hoses, attack dogs, or send the Klu Klux Klan in to lynch and kill like they did to the Civil Rights Movement protesters. Besides, even if they did, what’s the difference? How long do you think you are going to live anyway eating that garbage they feed, sleeping on that thin mattress, on a metal and iron bed frame, and walking on the concrete every day? Our organs, muscles and tissues are wearing down sleeping under such barbaric conditions. I simply don’t see how non-violent actions, such as telling a prison guard that “I no longer want to work a job where I am not getting paid for my labor” or “I don’t want to continue to eat food that has unidentified particles in it or is marked ‘unfit for human consumption’” would authorize someone to beat, maim or kill another human being.

What Free Alabama Movement is planning to do is similar to what the Civil Rights Movement did with Rosa Parks and the Montgomery Bus Boycott.

The Montgomery Bus Boycotts were organized because Black people, who were paying customers of the bus system, were being discriminated against by the bus system, even though they were paying equal fair as the white people who also paid to ride buses. For example, if a Black person sat in an empty seat at the front of the bus, then when a white person got on the same bus, if the white person desired the front seat then the Black person had to get up and go to the back of the bus. Also, Black customers could be made to get off of the bus if there weren’t enough seats to accommodate whites, even if the Black person had already paid to ride the bus.

During this era more Black people relied on the transit system because they couldn't afford cars due to discrimination in jobs and wages. Therefore, Black people realized that since they were the main customers of the bus system and, therefore, a critical component of the economics of the bus-system, and because they realized that the bus-system couldn't continue to exist without their money, they

decide to wage a one-year peaceful protest by boycotting the buses and either walking to work or carpooling.

When the White bus owners realized that they couldn't afford to continue to run their buses without their best customers (Black people), they had to stop discrimination or lose their business.

Needless to say, these money-hungry White businessmen elected to stop discriminating, and Black people successfully stopped the discrimination.

Free Alabama Movement has realized the same thing as it relates to Free Labor in ADOC- the system can't continue to exist without our labor. The young men at Grambling State University just did the same thing to protest the conditions that they were playing football under worn out equipment, staph and other infections; unclean clothes and poor traveling arrangements. No one can say that these young men were wrong for protesting by shutting down, which costs the schools money, and no one can say that we are wrong for protesting our living conditions by shutting down and costing the State money, to get their attention so that they can hear out complaints.

We are identifying the stated wrongs (inhumane and uncivilized treatment), and imposing our right to protest through non-violent and peaceful means, to exact economic sanctions of the guilty party—which is the Alabama Department of Corrections. We are going to protest, non-violently and peacefully, and put pressure on the finances of the Alabama Department of Corrections through a work stoppage for one (1) full year, or until our demands for more civilized and humane treatment are reached. This is our Aim, This is our Goal, and this is our Objective.

Melvin-Ray-Founder and Official Spokesperson for Free Alabama Movement

[illustrated by photos taken inside of the brokenness of walls, dirt, showers, rattraps, etc.]

PART IX - FREE ALABAMA MOVEMENT'S PLEDGE

I,

_____, pledge my allegiance and support to FREE ALABAMA MOVEMENT, and I commit and dedicate myself in Mind, Body, Soul and Spirit to the One-Year Non-Violent and Peaceful Protest for Civil and Human Rights.

As a Person incarcerated in ADOC, I know and understand that by Me taking a Stand against this unjust system of Free Labor disguised as Corrections, and by refusing to provide any more FREE LABOR to the ADOC WITHOUT JUST COMPENSATION OF AT LEAST minimum wage, that I am subjecting myself to potential retaliation from ADOC which may include:

- (1) verbal and physical harrassment and threats;
- (2) Verbal abuse;
- (3) bogus disciplinaries and false Incident Reports;
- (4) C-51 transfer;
- (5) seg time; and
- (6) loss of store, incentive packages, and visits, just to name a few.

Yet, one thing remains certain: If WE don't Stand Up for our Rights and Pledge Ourselves ALL-IN !!, then we'll continue doing life and LWOP sentences, as well as 20 on 20, the new 80% law, and multiple set-offs by the Parole Board for another 5 years, and business as usual, with more Free Labor!!!

Nevertheless, I Pledge that I am prepared to make the necessary sacrifices and endure the necessary hardships to bring about needed changes in the ADOC system.

I realize that ADOC is a System that exploits Free Labor at the expense of rehabilitation; that the ADOC would rather pay \$15,695 to house another prisoner, which results in overcrowding and double-celling, than to release prisoners and use the \$15,695 saved per prisoner on rehabilitation and education of prisoners.

I further Pledge my support for FREE ALABAMA MOVEMENT because I know that I should not be eating the food that I am eating, which sometimes comes in boxes marked, "Not fit for Human consumption"; and because I know that They are harassed and disrespected when they called up to the prison asking about our transfers, why we were placed in lock and deprived of privileges, why we were beaten by officers but charged with assault, and when they call to check on our health and safety; and especially when they make home and job plans for us, and build support groups for us when we make parole, only to be told that parole has been denied and that we were set off 5 more years.

I further pledge my support for FREE ALABAMA MOVEMENT because I know that Our Families, Friends, and Loved Ones are being exploited for their hard earned money that they send to us as gifts, because before we ever receive a penny of our gift the ADOC deducts 50% for any court costs; \$3.00 for ID and arm bands; \$4.00 for medical co pays, plus \$4.00 more for each med; jacked up prices for phone calls, incentive packages and store items; plus \$31.50 for urine tests, \$25.00 for a phone; and high prices for vending items during visits. A very elaborate scheme that we are being taxed for, but the whole while they are working us for FREE!!! I PLEDGE my support for FREE ALABAMA MOVEMENT because I know that I AM SOMEBODY, and that my name is not Inmate.

I PLEDGE my support to FREE ALABAMA MOVEMENT Because I know and accept the fact that, while I have made some mistakes in my life, I should not have to live under inhumane and uncivilized conditions, while being deprived of any Civil Rights protection from the Courts. I know that I am capable. Of being rehabilitated, educated and prepared for re-entry back into society and, once

returned, I am capable of making a positive contribution to my Family And my Community.
Especially if afforded an opportunity in a system that puts Rehabilitation over FREE LABOR!!!

I PLEDGE my support to FREE ALABAMA MOVEMENT BECAUSE I know that if I do, I will receive the Rehabilitation I need, as well as a certain chance to return home no matter my current sentence, and I know that if I don't support this Movement, me and my family will continue to suffer, be exploited, lied to and pimped by ADOC.

FREE ALABAMA! FREE ALABAMA!! FREE ALABAMA!!!

Website: [www. Freealabamamovement.com](http://www.Freealabamamovement.com)