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problem. This stuff is usually a power issue, with someone who has some inner cowardice and wants to punk out someone to look/feel harder.

If you are stepped to sexually, or you feel like you run the risk of death, than do whatever you can to protect yourself. The other option, is to become chattel. Someone's slave, who they can pimp out for money, drugs, commissary items, etc, and this is more often than not the case. If you are ever raped, there is a certain way this horrible situation must be handled. People who have never been to prison think it can never happen to them. Don't ever think that. You have to have it firmly set in your mind, and make sure others know that you realize you are not superman, and that it could happen, but it will never happen twice. Often, if you show a willingness to fight, other inmates will help you out.

Some people are of the notion that it is better to accept rape, or giving up your food, or any other type of submissive position, especially if you are a short timer and will be getting out soon. This is absolutely **WRONG**. First, you have a right to live as dignified a life as possible. Secondly, if you are **EVER** sent back up, or catch more time while you're inside, or are transferred to another joint, your rep will follow you, and you will be destined for a life of a lot more of the same. This type of situation also almost **ALWAYS** has a snowballing effect. It never stops at something simple. Make one concession and you'll be making them for the rest of your life (however long or short that may end up being!)

Rules in prison are formulated to either antagonize or placate prisoners, but their main purpose is to control. The guards are the people who enforce the rules. They act as middle-men between administrators and prisoners. As prisons and people in them differ, so do guards. Some are real professionals. They respect other human beings. They spend eight hours at their jobs and go home. Others are the worst types of people. Dirt poor and barely literate, they exist in a no-man's land between welfare or prison for themselves. They deal in contraband and are capable of brutal acts (including murder) against prisoners. Most are former military people, ex-cops, or people who couldn't qualify for police departments. They thrive on having authority. Some hold memberships in racist organizations and Masonic orders. Suffering psychological problems, their worldview is negative, and that is how they generally view

most prisoners.

The most difficult part about having contact with prison administrators and guards is that they usually operate from a set of preconceived notions about all prisoners. For them a textbook example of a prisoner is dumb, petty, passively or aggressively homosexual, scheming, and manipulative. Their manuals generally describe all prisoners this way. They tend to lump all prisoners into these categories. Accordingly, it would be safe to lump them all into one category as well. Expect them to be indifferent, authoritative, and brutal to you. When you encounter an administrator or guard who is different, consider it a rarity.

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ESCAPING RECIDIVISM by Kevin Hewitt
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Prior to coming to prison I was a gun toting gang banging, drug dealer that committed assaults, strong-arm robberies, and car thefts, all before my eighteenth birthday. Once I turned eighteen I was convicted of second-degree murder and I was given a sentence of 14 to 20 years. Once I entered prison I held on to much of my destructive ways. It was until my third or fourth time in segregation, all within my first three years of being in prison, that I had succumb to the reality of where I was at and why I was here.

During that time I realized that I missed and wasted some many opportunities as a result of my self-destructive behavior. Through this introspection I have been able to set and obtain many short-term and life changing goals for myself but, the one that will prove to be the most essential has been the most elusive of all my goals, a college degree.

At some point in every convict's incarceration, s/he contemplates an escape from his/her confinement. But, I give more thought to not coming back to prison. Recidivism is a possibility that plagues every ex-con throughout the country. With very little or no means of rehabilitation while in prison, Ex-cons are being released unprepared to find and sustain adequate jobs. They are reduced to reverting to their criminal tendencies to survive. This is why, by way of my prison job, I have been trying to accumulate enough funds to participate in a college correspondence course. I believe that a college education will be a vital instrument in my escape from the clutches of recidivism.