



Though with a delay, we return with the monthly news roundup of analysis on prison rebellions and imprisoned freedom fighters that is IN CONTEMPT! Once again, the US has seen unprecedented authoritarian repression confronting determined community resistance. As we enter another insurrectionary moment, we are reinvigorated by the relentless struggles of political prisoners worldwide who continue to inspire collective action through words and deeds.

Following the closing of It's Going Down, a new collective will continue publishing monthly "In Contempt" updates on this noblogs. We hope this publication helps develop networks of inside-outside solidarity – over 100 copies are mailed to people behind bars each month! Please submit any updates and calls to action to the new email [in\\_contempt](mailto:in_contempt@autistici.org) at [autistici.org](mailto:autistici.org).

<https://incontempt.noblogs.org>

with whatever weapons at hand



Vancouver Island Regional Correctional Center:

*Joining in a Coast to Coast tradition: anarchists, abolitionists, and other comrades in a merry band against prisons held a successful noise demo at the front door of the Vancouver Island Regional Correctional Centre ("Wilkinson" or "Wilkie") for prisoners inside. Police response was dodged, and hostages of the state inside were reminded that they are not forgotten.*

*Carceral institutions like prisons warehouse people, cutting them off from loved ones. Phone calls are expensive, mail is slow and subject to search, and applications to be added to someone's visitor list can be denied without clear reasons. When incarcerated people feel as though the outside world has forgotten them, this is colonialism working as intended.*

*We must let those know inside that they are not forgotten: we can share our opposition to their world, admin, guards; the misery and exploitation that necessitates them. Because no one is free until we are all free. Inside as well as out, let's revolt!*

Laval Pixon Complex, Montreal:

*On Laval's Montée Saint-François, floodlights and barbed wire mark the sprawl of a prison complex that exists to warehouse human beings. New Year's Eve 2025: hundreds filled cars and buses, then marched to renew a tradition that breaks across the shadows of their walls and the silence of isolation.*

MDC Brooklyn NY

*Annual New Year's Eve noise demo at MDC Brooklyn saw a crowd of around 100 who braved a torrential downpour to remind those locked inside that they are not alone. The crowd was aided in noise-making by the contribution of thunder from Mother Nature and radical beats from @rudemechanicalorchestra. Despite heightened visibility due to both Luigi Mangione and Sean Combs being incarcerated pretrial at MDC, NYPD presence was about the same as it was in previous years. However, MDC cops took it upon themselves, on the presence of this journalist filming the facade of the prison, to carry pepper bullet guns as an absurd show of force against a crowd of punks banging pots and pans 100 feet away. The gimmick was a ridiculous reminder of the violence the state inflicts on people locked in cages away from the public eye — such as the recent lynching by 13 C.O.s of Robert Brooks at Marcy Correctional Facility in upstate New York — and immediate validation of the rallying cries to "Free them all" and "Burn the prisons."*



## Palestine Action UK Prisoners End Hunger Strike on 73rd Day

Kamran Ahmed, Heba Muraisi and Lewie Chiaramello announce their decision to end their hunger strikes as Elbit Systems UK was denied a crucial Government contract, a key demand of the hunger strikers.

On January 14, Heba Muraisi, Kamran Ahmed, Lewie Chiaramello, Teuta Iloxha, Jon Cink, Qesser Zuhrah, and Amu Gib have now all begun re-feeding in accordance with health guidelines. It was announced today that Elbit Systems lost out on a £2 billion contract that would have seen them train 60,000 British troops each year. Since 2012, Elbit have won over 10 public contracts, marking a shift in their popularity amongst officials.

The £2 billion contract, which would have seen Elbit provide training to the British Army over ten years, was lost despite the best efforts of officials both in the Ministry of Defence and British army, who it was revealed had been colluding with both Elbit Systems UK and its parent company Elbit Systems in backroom meetings and 'tours' to the capital of Palestine, Jerusalem.

On Friday 9th January 2026, in a significant breakthrough, the national leaders of prison healthcare finally met with representatives of the hunger striking prisoners, at the behest of the Ministry of Justice, to discuss prison conditions and treatment recommendations. The decision comes as the

group Prisoners for Palestine declared a number of victories of the hunger strike, outlining them in a statement:

*After 73 days of hunger strike which began on Balfour day, 2nd November 2025, as some prisoners are facing imminent death, Heba Muraisi, Kamran Ahmed, and Lewie have ended their hunger strikes. The decision to end their hunger strikes came as it was revealed that Elbit Systems UK was denied a vital £2 billion army training contract with the Ministry of Defence, a key demand of the hunger strikers.*

*The contract, which would have seen Elbit Systems provide training to the British Army over ten years, was lost despite the best efforts of officials both in the Ministry of Defence and British army, who it was revealed had been colluding with both Elbit Systems UK and its parent company Elbit Systems in backroom meetings and 'tours' to the capital of Palestine, Jerusalem, in a desperate attempt to further entrench their genocidal alliance and help them win the contract.*

*The abrupt cancellation of this deal is a resounding victory for the hunger strikers, who resisted with their incarcerated bodies in order to shed light on the role of Elbit Systems, Israel's largest weapons manufacturer, in the colonisation and occupation of Palestine. Since 2012, Elbit has won 25 public contracts in the UK totalling more than £333m; the loss of this £2 billion contract marks a significant shift in this sordid "strategic alliance". With this victory it has never been clearer that Elbit's days in Britain are numbered.*

*In addition to this key demand being met, we want to take this opportunity to celebrate the various victories achieved across the duration of the hunger strike:*

- In the past few weeks alone, hundreds of people have signed up to take action against the genocidal military-industrial complex, more than the amount of people who took action with Palestine Action over its 5 year campaign. During that 5 year campaign, 4 Israeli weapons factories were shut down. Elbit Systems is living on stolen time – we will see it shut down for good, not because of the government, but because of the people.
- Heba Muraisi's transfer to HMP Bronzefield has been accepted by HMP New Hall, where she is currently held in intentional isolation from her family and friends.
- T. Hoxha has been offered a meeting with the head of JEXU (Joint Extremism Unit) at her prison, the very same organisation that orchestrates the prisoners' treatment as 'terrorists'.
- Despite the cruel and constant medical neglect of the hunger strikers; including not logging food refusal, refusal of ambulances in life threatening emergencies, and degrading treatment in hospital; the national heads of prison healthcare have met with us at the behest of the Ministry of Justice.

Wyatt Detention Center, Rhode Island:

*This past year, we have watched members of our community torn from their families and thrown into the Wyatt Detention Facility to suffer the abuse and neglect of an institution that only cares about filling beds to pay its debts to its investors. We have met parents, siblings, children, partners, and family members who have had their entire worlds upturned in a moment due to the inhumane policy of indiscriminate ICE (United States Immigrant and Customs Enforcement) detention.*

*Detention facilities like the Wyatt are designed to create the conditions of suffering that incentivize folks in detention to sign voluntary deportation agreements to end their suffering sooner. At the Wyatt they use tactics like the deprivation of medicines, limited access to clean bottled water, limited access to clean blankets and clean clothing, and limited access to sanitary conditions of living. The Wyatt uses punitive responses to self-advocacy to suppress people from accessing care, like using solitary confinement in response to complaints and transferring folks who ask for their medications before they can receive them."*

*That is why we are gathering at the Wyatt to continue to demand its closure and an end to the unrelenting expansion of immigrant detention and prison infrastructure across the United States.*

*We are mobilizing at the Wyatt Detention Center to demand an end to the ICE Contract! No more beds for ICE Detention! #FreeThemAll*

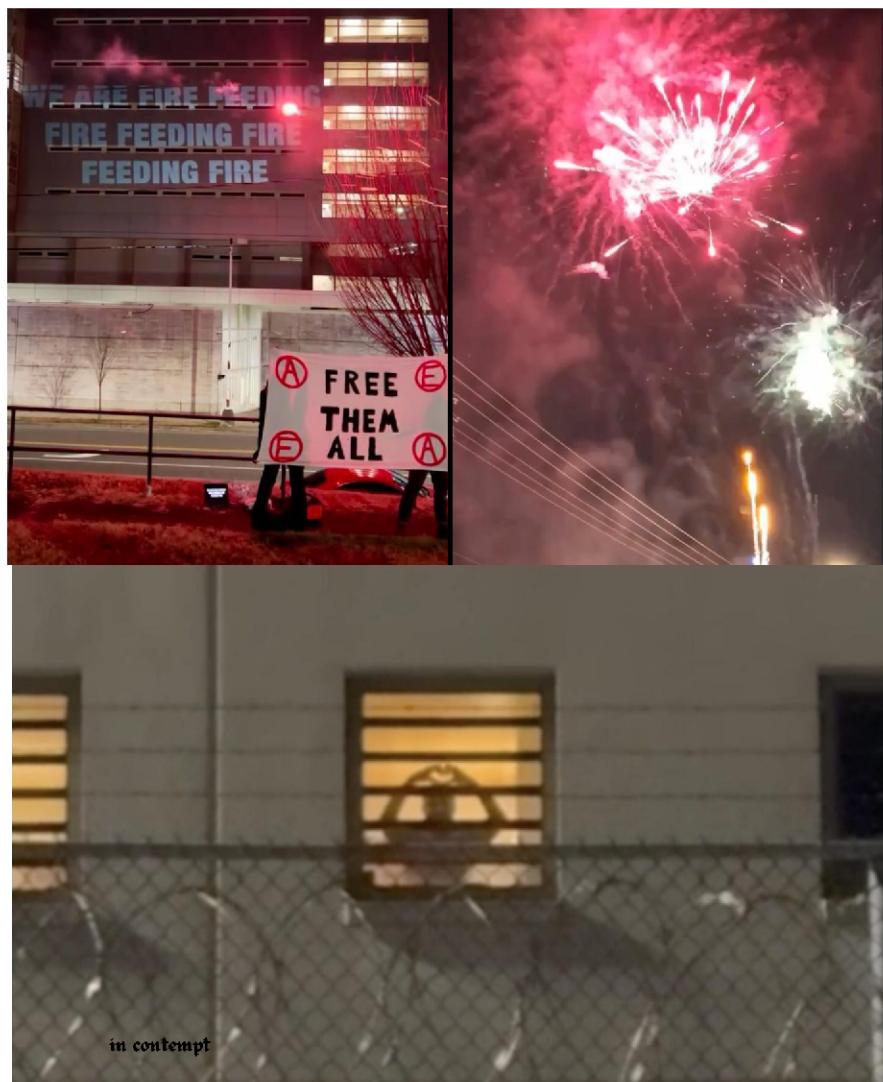
*While we gather together, we will also continue our call for an end to the Occupation of Palestine and an end to the provision of U.S. weapons and funding to a genocidal state! These issues are inextricably linked.*

Cook County Jail, Chicago:

*Dozens endured the brutal Chicago evening cold outside the even more brutal Cook County Jail for the annual New Years Noise Demo. Showing solidarity through sound, the noisemakers were solid: bucket drums, pots and pans, and mobile speakers blasted the blocks as we marched around the vast complex, dancing with the people inside vibing us from their cell windows. Several sheriff squad cars stalked us, rolling up on the sidewalk yelling at us from the warmth of their vehicles, even attempting to play some goofy song of their own at one point. After the march, many stayed until the midnight countdown with a pretty chill flag burning, hearts warmed with the flames of our disdain for the american nightmare that CCJ represents. Remember Alteriq Pleasant! Remember Cory Ulmer! Tom Dart lied, people died! Close Cook County Jail! To another year of resistance against the systems of police and prisons!*

# New Years Eve Prison Demos

Rowdy New Years Eve noise demonstrations showed solidarity with the imprisoned through lights and sound outside MDC Brooklyn (NY), Cook County Jail (Chicago IL), FDC Miami, Wyatt Detention Center (Rhode Island), Hamilton County Justice Center (Cincinnati), Durham County Jail (NC), Dekalb County Jail (Atlanta), Hammerweg Prison (Dresden), Vancouver Island Regional Correctional Center (British Columbia), Laval Prison Complex (Montreal), and Pentonville Prison (London).



- During the hunger strike, some of the prisoners started receiving bulk packages of withheld mail, and in one case received an apology from prison staff for a letter that was delayed by 6 months. Books on topics of Gaza and feminism have also been given after months of waiting.
- In pursuit of a fair trial, the hunger strikers demanded disclosure of export licenses for the last 5 years from Elbit Systems. After repeated requests, this information was disclosed to an independent researcher by the Department of Trade during the hunger strike.

*The continued imprisonment of the hunger strikers will remain a stain on Britain's facade of being a "democratic" country, with any spine of law and order. This pathetic and cowardly British government cannot resist authoritarianism; it uses fear to deter rightful protest and dissent, echoing the use of administrative detention used against the Palestinian people.*

*The hunger strike has cemented this fact to the country, and across the world; Britain has political prisoners in service of a foreign genocidal regime. In a time of worsening political repression, and widespread propaganda about a non-existent 'ceasefire' in Gaza, the hunger strike stands as a testament of continued defiance.*

*The hunger strikers have allowed those of us who were fearful of state repression to be brave – to go out once again onto the streets and fight for justice. The government should know they cannot ban a concept. Cowardly banning one group can not stop a belief, a movement, a people. This is only the start of our collective fight to free us all and the road to freedom runs through Palestine.*

*As these victories are declared, we turn our efforts and attention to Umer Khalid, the last remaining hunger striker, who continues to use his body as a weapon against the state in pursuit of justice.*

The hunger strikers made British history, participating in the largest coordinated and longest hunger strike in Britain lasting in total 73 days, with Heba Muraisi ending at 73 days.



# RICO Charges Dismissed for All 61 Stop Cop City Defendants

Racketeering charges against 61 people indicted as co-conspirators in the Stop Cop City movement were dismissed in December 2025 marking a significant victory for those still facing prosecution in the years after the movement's peak.

According to Unicorn Riot,

*The dismissal comes after more than two years of attempted prosecution that sought to convict protesters who opposed Atlanta's sprawling police training facility, known as Cop City, as an organized criminal enterprise. In September, Fulton County Superior Court Judge Kevin Farmer said from the bench that he planned to dismiss the charges, but the decision was only made official yesterday.*

*The original indictment was brought in 2023 and targeted dozens of people that the state described a vast and coordinated criminal group that opposed not only Cop City but police and the government as a whole.*

*In the years since, activists and organizers have faced uncertainty as the state has delayed trials, changed prosecution tactics and made procedural missteps. But Tuesday's news came as a breath of fresh air for those facing charges.*

*"When we got the oral decision in September we celebrated, we were so relieved and so happy," Xavier de Janon, a lawyer representing former RICO defendant Jamie Marsicano and member of the People's Law Collective, told Unicorn Riot. "When we got the written order yesterday it was like reliving those moments."*

*Though this is a significant legal victory against the ongoing intensification of state repression against revolutionary autonomous movements, the ruling doesn't address related arson and domestic terrorism charges that some are facing.*

*The state knows these charges are bogus, and we will keep fighting until we are all free. Their attempts to overcharge people, especially with little or no evidence, will not win.*

## José Felan

George Floyd Uprising prisoner José Felan who released to a halfway house in December 2025 shared an update from freedom!

*Hello everyone!*

*These last few days have been the most exciting days I've had in a very long time. The halfway house has been very bad. The food is way better than where I was, that's for sure. Tonight, we had tostadas! It's been years since I last had them. Right now I am in the starting phase where I have to get my state ID, a bank account, a car, an apartment, and a job.*

*They won't let me leave this place until I have obtained these things! I still haven't found a job yet, but I am looking hard. One of the rules of the house is that you have to get a job. It's a small town, so there are not many jobs, but they are there. As for an apartment, I'm going to be patient because not all places are felon friendly.*

*My aspirations have not changed though. Once I have adjusted, then I plan to expose my story. From my side, not the media's. The George Floyd days re-routed my entire life 100%. And boy do I have a story to tell! I went from living in Minnesota, married and with everything I wanted, to now living in Texas, single, and with nothing. That day changed everything about me. I still have nightmares about it. Just last night I woke up in cold sweats.*

*That's why I will never let it go. It's a scar that still lives with me every day. Some days I feel a little alone because I lost everything and I feel like I will never be able to have a life again. But I know that can't be true.*

*Today, I rode a bike for the first time in years! I felt like I was flying! It felt so god to do that. I am staying strong and positive. I still have many of the letters you guys used to send to me. I will never forget what you did for me. Even though it's challenging to start over, I can't help but think of how it will all be worth it. As of now, I have three things in mind: friends, family, and MY RESTAURANT!*

*I love you guys! Don't ever forget the days of George Floyd! Those days are still real to people like me who gave everything for a common cause! It was a price that I am still paying for right now.*

*Love and struggle,*

*José Felan*

*Eastern Oregon Correctional Institute has a newspaper that I just submitted the story for. We have to stand in solidarity with our siblings everywhere. Do not be fooled: that isn't happening there – oppression is here. Clear and present. Make no mistake about it. The student protestors in Hong Kong once held a sign that read: "Hear us now, or be us later." Right now, Pal Action is screaming for us to hear them.*

*If they can be held without bail under repression and state-sanctioned violence due to trumped-up terrorism charges now, that could be and will be here later. The day isn't far off when anyone organizing against Trump, or for Palestine, Sudan, or showing solidarity with prisoners are carted off and held without bail under torture and trumped-up terrorism charges under the label of "Antifa." IF YOU DON'T ACT NOW, YOU'LL BE US LATER.*

*I'm out of the hole, but none of us are out of the woods. No one is free until we all are free. From the river to the sea, Palestine WILL be free, Inshallah, sea to shining sea. One day, we all will be.*

*Love, rage, and solidarity,*

*Sibling Malik*



## New Arrest in the Prairieland Case

On January 5, 2026, yet another person was arrested in connection to the Prairieland Case, political repression stemming from a protest in solidarity with ICE Detainees that occurred on July 4th at the Prairieland Detention Center in Alvarado, Texas, south of Fort Worth.

The DFW Support Committee announced that Lucy Fowlkes was arrested and charged with hindering prosecution of terrorism in what supporters say is an effort to pressure her to cooperate with the state.

*Agents from the Federal Bureau of Investigation accompanied local police during the arrest on Monday evening, though [Lucy] was charged under state, not federal law. Johnson County prosecutors have charged Fowlkes with Hindering the Prosecution of Terrorism and have set bond at \$5 million. Similar to Daniel Sanchez Estrada, Janette Goering, and Dario Sanchez, Fowlkes is not known to have participated in the July 4, 2025 protest at the Prairieland ICE Detention Center.*

*Supporters of Ms. Fowlkes say in the weeks prior to her arrest she had been approached by law enforcement encouraging her to engage in an interview regarding the July 4th protest. "The extension of this charge, 'hindering the prosecution of terrorism', to more and more defendants is increasingly absurd. I can only assume that this is some sort of wildly unacceptable intimidation tactic," said Lydia Koza, friend of the defendant.*

*The sprawling Prairieland case is significant in a nationwide landscape of increased protest activity against ICE and its immigration raids. Experts believe the outcome of this case should be concerning to those exercising their rights. "Millions of people across the country are joining protests against injustices happening around us," said Xavier T. de Janon, Director of Mass Defense at the National Lawyers Guild. "If the federal government can snatch protesters for months, with no quick recourse, then we are all in danger." The Prairieland cases, involving both state and federal charges, stem from a noise demonstration in solidarity with detainees at the Prairieland ICE Detention Center in Alvarado, Texas, on July 4, 2025. The Trump administration has publicly claimed that the Prairieland case is the first legal case against "Antifa," widely considered to be an informal set of anti-authoritarian beliefs, but recently designated as a domestic terrorist organization. On September 25, the White House released the National Security Presidential Memorandum-7 (NSPM-7), which ordered all federal law enforcement agencies to prioritize combating Antifa as a domestic terrorism threat.*

# 11 Charges Against the Northumberland 2 Dropped

In December 2025, Philly ABC announced that the judge overseeing the case against the Northumberland 2—Cara and Celeste, accused of freeing hundreds of minks from a fur farm in PA—dismissed ELEVEN charges total between defendants Cara and Celeste—including one count of ecoterrorism and several misdemeanors.

The next step is a pretrial conference in February. After that will come trial. While this is big and exciting news, the case isn't over yet. Cara and Celeste still have many charges to fight. Trial will come with extra costs on top of the other legal fees.

*Thank you for all your support!*

## Repression against Indonesian Anarchists

In the wake of the 2025 uprising in Indonesia, state repression of anarchists continues to mount. Dark Nights has consistently been publishing updates from Palang Hitam/Anarchist Black Cross.

An urgent update regarding the deteriorating health of imprisoned Indonesian anarchists:

*We received the information that imprisoned anarchist comrades Eat (Reyhard Rumbayan) and Dena (Maditya Dena), are still held in the West Java paramilitary police compound in the fabricated 'Chaos Star case', and that they have badly declined in health. In the case of Eat, severely. Both comrades have HIV+ diagnosis and are struggling to receive adequate healthcare, food and nutrition for their serious condition. Eat is suffering constant extreme pain from atrophy in his arm which is paralyzed.*

*Eat's condition is in an advanced stage and we call for increased attention and pressure on his case. We remind that Eat is long-known anarchist who was imprisoned and took responsibility for the incendiary attack against a bank as part*

## Malik Muhammad

George Floyd Uprising prisoner Malik Muhammad recently shared words from his new location in support of the UK Hunger Strikers and reflections on inside-outside organizing:

*To everyone who took the time to call and demand my release from the hole these past two years, thank you. I want you to know that it worked. I know that it can be daunting, we can feel so powerless in the face of this repressive beast that is the state – but it's only an illusion. What they want you to think. I'm out now and transferred and received mail, and that's all thanks to you.*

*AND, at this time our siblings in the UK need that same energy times ten. Pal Action protesters have been held without bail, as you know, and are facing intense repression under bogus terrorism charges. They need you all to put in the same energy calling and demanding for the release of their mail. The opposition hopes to keep our movements separate and fractured when nothing could be further from the truth.*

*The struggle is the same. Interconnected and woven together. No ocean undoes that. Don't let the fascist state think just because there's an ocean between us that they'll be forgotten. The struggle against the fascist state isn't just red white and blue but falls under other stars too. The so-called Israeli OF and the UK fly stars of "freedom" while committing genocide and state-sanctioned violence.*

*The struggle for freedom for Palestine, for prisoners, for Blacks, for the world, is one and the same, no matter the police state. Our Pal Action siblings need you now. They are on Day 40 of their strike, bail denied, and they're prepared to go the way of our IRA siblings before. Let's not let that happen or have them force fed. Keep the pressure and keep calling for them. And know it makes a difference. Their tactic is to wait us out, but our memory must be longer than the state's.*

*Forgetting is usually a pastime activity for Amerikans, but not us. Don't let them be forgotten. The fascist state media won't cover them here, like they won't cover the Gaza genocide. They'll have us believe it's a "ceasefire" when hundreds have been killed still because they're quote unquote "unpeople" like us. But there are siblings that need you to apply pressure, and call, and write them, and more.*

*Reach out to the political prisoners you know here, state-side, create networks, and let them know what's going on, and help to build a solidarity strike. WE CAN ONLY COORDINATE ACROSS PRISONS WITH YOUR HELP. Contact any media you know about it, have political prisoners promote it in their prison newsletters, like the San Quentin newsletter.*

# Jessica Reznicek

Recently released Jessica Reznicek has published a December message from the federal halfway house in Des Moines:

*I am surprised to say that I now reside in transitional housing. I left Waseca Federal Correctional Institution on October 1st, thanking God to have seen the beautiful face of my dear friend Julie Brown in the prison parking lot there to pick me up and transport me to my new home, a halfway house. It had been over 5 years since she and I said our goodbyes on the Des Moines Catholic Worker front porch, both shedding a few tears at the time, me a nervous wreck preparing for the greatest unknown I'd yet experienced. Needless to say, it was a heartfelt reunion.*

*So I've been in the halfway house scene for a few weeks now, settling in as well as possible, I suppose. Although I am no longer in prison, I am still Bureau of Prison property. Let me expand on that a bit further. If I had any doubt about what it means to be BOP property, it was cleared up when one time, a few years back, a group of us were playing a prison yard softball game. It was early in the year, and so we were all pretty stir crazy after a long winter indoors and eager to get out of our housing units and to get a little sunshine and fresh air.*

*Well, a few of the women got a little too much sun and by the following morning were pretty red-faced, and then one of the women was called to her counselor's office to receive a disciplinary write up for her sunburn: "destruction of government property". Wow! It kind of hit me in a different way at that moment. So, although there is no longer a fence surrounding me, until 10/01/2027, every move I make is monitored. Any and all doctor's appointments, mental health therapy sessions, all communication on my phone and email, any employment endeavors, all overseen by BOP.*

*Taking it all in, where I've been, where I am now, and heading toward home confinement, am I doing alright? In a real way, no probably not. I am sad all the time. It is hard to be hopeful about too many good days ahead any time soon. Did prison do that to me? Can I blame the BOP? Is it because I still can't garden or hike or swim? Or maybe I could blame the fact the world, at a glance, seems as bad as it ever was? All I know is that for a while now the laughter has left me.*

*I thank everyone for their prayers, thoughts, letters, and contributions along the way. Without you I don't know where I'd be during these dark times. Thank you so very much.*

*Jessica Reznicek*

*of revolutionary solidarity to Luciano Tortuga's situation, after the latter was injured in an attempted bombing in Chile, 2011. We will never leave our comrades alone inside the prison and we will seek our vengeance.*

*We hold the Indonesian regime responsible for the abuse, the torture, the lives of our comrades.*

*After the uprising in August 2025, the anarchist movement is being blamed for causing the unrest, but this conceals the fact that the mass popular insurrection did not belong to the anarchists, it belonged to everyone. From Iran, to Indonesia, to the USA, we will fight back!*

*For international revolutionary solidarity! Free the prisoners!*

*Palang Hitam/Anarchist Black Cross*

A few excerpts from letters from imprisoned Indonesian anarchists:

*To those of you outside, trust in the fire burning in your chest—it won't easily fade if you believe in it. This struggle is fated for anyone who stands by it. We didn't start this war; we're simply fighting back! We resist the tyranny of the powerful, the violence of the authorities, the massive land evictions, the monopoly on natural resources, the criminalization of those who speak out, those who defend their rights, indigenous communities, and our fellow comrades. We're only fighting back against all of that!*

*Comrades, the actions you take—whether through resistance or defiance—are nothing compared to the injustice they have inflicted upon us. Stay strong and unshaken! Fighting back is the truest form of love.*

— Dena, also known by his stage names Apip and Scoobydoomz, is a radical rapper who performs in urban ruins, conflict zones, and similar spaces. He was imprisoned for his role in the destruction of buildings during the protests against the military bill, particularly the burning of Hana Bank in Bandung on March 21, 2025. He is currently grouped under the "chaos star" case, classified as a nihilist/egoist/insurrectionist anarchist by the police.

**FULL OF LOVE AND PASSION, OUR SOLIDARITY WITH ALL ANARCHIST PRISONERS ACROSS THE NATION. WE WILL NEVER ABANDON YOU.**

# Casey Goonan

Casey recently shared reflections of their and other prisoners' daily lives at the Mendota transfer facility, where they're imprisoned still awaiting a security classification and transfer, as a continuation of their prior small zine.

*The following ideas and opinions reflect the general consensus of the majority prisoners held in the FCI Mendota B2 Building. This is a continuation of my small zine, titled "Holdover Life at Mendota." Life in the FCI Mendota "holdover unit" is difficult and often challenging. Even though we are only allowed out of our cell 5 1/2 hours per week — no more than one hour on weekends, no more than 15 minutes (for a phone call) on weekend days — every day brings a new obstacle, a new drama, a new and supremely unnecessary interaction with a petty correctional officer. I honestly can complain for days on end. There are very few items to choose from on the commissary, with a \$50 spending limit. We only order commissary once every two weeks. We run out of food items before the second week most of the time. Although the kitchen serves us three meals a day and many days do a great job providing quality food, the portions are small and the trays almost always arrive cold. The last part is always due to the CO's not passing out the food in a timely manner. We barely have any items or options available to program with and keep busy. I average reading ten hours a day — terrible selection of books. I feel brain rot. It's difficult to workout in the small cells, and our so-called "recreation time" is usually 6am or 7am. so, if you decide to workout any time later, you will not be able to shower until the next day. Oh I should probably mention that you only have that single hour in the morning to shower between Mondays and Fridays; we are not permitted shower on the weekends. Meanwhile, most of the C.O.'s sit around in their office half of the day and barely have to do anything. This is a convenient (although I imagine boring) unit for them to work. Most of them hate it here, and many times daily they project that disdain onto us inmates. My least favorite aspect of this experience is how we do not get \*any\* outdoor time. None. Zilch. Did I mention we receive terrible medical care and treatment for inmates with chronic or emergent health needs? With one phone call a day we are deeply isolated from the outside world. To add to the stressors, the mailroom absolutely sucks! In the b2 Unit we are essentially treated as if we are in the SHU ("solitary confinement," aka "the hole" or more properly the "security housing unit"). Yet none of us are facing disciplinary infractions; many of us haven't even been designated. Some of us have been stuck here for over three months! Here at FCI Mendota, the administration are \*de facto\**

*punishing us inmates in the holdover unit. The policies and living conditions are cruel and unusual. It's freezing cold. We suffer extremely unnecessary immobilization and deprivation of bodily autonomy. As a result, we also suffer long periods of time where we're held incommunicado from our loved ones on the outside. Shit, I've heard the SHU inmates have certain perks that we are withheld in the holdover unit. For example, the SHU inmates may not be given television nor a phone call home. However they do get a daily hour of \*outdoor\* time. We in the holdover unit only leave our cells for an hour each weekday morning, with \*zero\* outdoor time. Those days, our alleged "rec time" only allows for one 15 minutes phone call, because the phone system blocks you from making a follow-up call for a half hour duration. The remainder of the time we use to shower and gather ourselves for the next 23 hours of captivity. When in cell, most of us have inadequate views of the television, and even when your cell has a better TV shot, we are not provided headphones nor allowed to purchase radios to hear what's on the silent, muted televisions. Instead, we struggle to read tiny subtitles that move so quick it's comical. From the cell I'm currently held in, my cellmate and I do not have a view of a TV at all. In some ways we have it worse than SHU inmates, who at least breathe fresh air daily and have showers \*inside\* of the \*cells.\* Some even say they have a better commissary list in the SHU, although I can't vouch 100% for that claim. To be a "holdover" inmate, means you are in the process of becoming designated (or in fact are already designated) by the BOP to be sent to a different, more long-term facility. Most of us, if not all at some point or another, were either just sentenced or brought here on a violation and awaiting release or transfer. Some inmates in this unit are "pretrial" and those inmates receive two hours of "rec time" every day. Even on weekends. I'm not exactly sure why we do not receive the same treatment as the "pretrial" inmates of the unit. When you arrive as a new holdover inmate, the first thing the compound officers tell us is how we should expect 2 hours of recreation time outside of our cells. Federal law (look it up, I'm not lying) also mandates that inmates without any disciplinary infractions or write-ups must be given \*at least\* ten hours out of their cells a week. The reality is we spend 163 hours a week locked in cells. The excuse we are most often told, upon filing informal requests and grieving to staff is: "most of you will only be here for two to three weeks, then on a bus... you just gotta deal with it." I've been told that same response from C.O.'s from councilors, and even from certain medical staff. The crude fact is that some of us have been here for three months! I am included in that category of "long-term holdover." We are being punished simply because we exist as "undesignated" or newly designated BOP inmates. No other reason. At the current moment, there is no convincing reason why we are held in cells this long, besides the fact that it is easier this way for the staff. During the time of this writing, there are only 14 inmates in this entire 64 cell building. None of this has to be this way. It's absurd.*