

(ncleg.gov) or by calling the building operator at 919 733 4111.



NC Citizens United for Restorative Effectiveness
P.O. Box 5013
Kinston, NC 28503
northcarolinacure@gmail.com

NC-CURE

New NC Juvenile Sentence Review Board

On April 8, 2021, Governor Cooper announced the formation of a new NC Juvenile Sentence Review Board. The four-person advisory board will review certain sentences imposed in NC on individuals who were tried and sentenced in adult criminal court for acts committed before turning 18. The Review Board will make recommendations to the Governor concerning clemency and commutation of such sentences when appropriate.

“Developments in science continue to show fundamental differences between juvenile and adult minds,” said Governor Cooper. “For those who have taken significant steps to reform and rehabilitate themselves, this process can provide a meaningful opportunity for release and a life outside of prison.”

A thorough and individualized review will be available to qualifying individuals who have served at least 20 years of their sentence, or at least 15 years in certain instances of consecutive or “stacked” sentences.

On The Wire

HB 625 and 697 Update

Two bills have been introduced in the NC House of Representatives that are aimed at reducing mass incarceration through sentence reduction and expanded parole programs. NC HB625 entitled ‘An Act to Implement Criminal Sentence Reduction Reform’ would allow individuals to apply to have their sentence reduced if they have served 5 years. NC HB697 ‘The Prison Resources Repurposing Act’ would expand a parole program to include inmates sentenced to life imprisonment without the possibility of parole. Both bills are on the 2021-22 legislative schedule, have passed the first reading in the NC house, and have been referred out to various NC house committees. It is important to emphasize that both bills are very early in the process of becoming law and that conditions of eligibility and application processes are far from being known at this time.

You can support the passage of NC HB625 and 697 by contacting via phone, email, or letter the NC House Representative for your district and urging him or her to vote in favor of these bills. You can find your representative’s name and contact information at the North Carolina General Assembly Legislative Building website

Membership 7

Special points of interest

- Poetry contribution by an inmate • How to set yourself personally free • Why follow Grievance Process
- Project Reentry Program in western North Carolina



Let us be your VOICE Write to NC-CURE at our address: P.O. Box 5013
 Kinston, NC 28503
 northcarolinacure@gmail.com

NC-CURE Executive Director’s Report

NC-CURE’s Medical Subcommittee met with Commissioner Ishee and Medical Director Dr. Campbell, and others from the Raleigh office, in August to address medical care in the prison system. We discussed many things, including the guidelines on preventive care for the prison population. We also talked about the best way for NC-CURE to interact with prison officials when you alert us to incidents where care appears to be outside accepted standards. It was a productive meeting that will help us better advocate for you. Thanks for your letters, and your patience as we advocate for change where it’s needed.

We appreciate all your letters, and try to answer as many as we can. Our volunteers work diligently to improve conditions of confinement for you, but we have some limitations. Please know that we do not have legal capabilities. When you report problems that require legal assistance or help with parole or custody classification, we are not able to provide direct services. The best we can do is to suggest resources for you or your family members to contact.

We get many requests for help with transfers. Unfortunately, we are not able to influence prison officials to move you from one facility to another in order to be closer to your family.

When we learn things from your experiences, we like to share them with others who might benefit. Here are a few: •There’s no such thing as “minor” contraband. RUN away from anything that might be considered illegal. If you receive a

From WCNC-Charlotte
 October, 2021 Volume 7, Issue 3

Inside this issue

Director’s Report 2
 In the Spotlight 2
 COVID Fact Sheet..... 3
 Board Member 4
 COVID update 5
 NCPLS speaks..... 5
 Parole in NC 6

letter or package with something that could be judged to be outside policy, don't keep it! Put it in the trash.

•When you file a grievance, keep a copy. Place the original in the locked boxes at your facilities designated for grievances. When you write us about problems with the grievance system, please give us dates and file numbers for the grievances. •If

you want to give health care providers permission to discuss your medical status with your family members and friends, you must give a valid authorization IN WRITING with your signature. It must be specific, for each person, and be filed ANNUALLY and at each facility where you are housed. See Policy #AD VI-3. *By Dr. Sandra Hardee, Executive Director*

“Embrace the opportunity to recreate yourself, and honor your growth.”

In the Spotlight: Queen Coffee Bean

Claudia Shivers, a lifelong entrepreneur, began her first business as a child in Lexington, NC. “I was selling honeysuckles, but that venture failed before it could leave my front yard. My mother refused to buy the product I was selling. She told me that the flaw in my business was that the product I offered was so readily available and free. I always kept her words with me,” Shivers explained. She later went on to own CLS Consultations which morphed into Taxes by Claudia and Queen Coffee Bean.

“I have always been interested in freedom and there is no freedom without financial freedom, and the ultimate path to that is entrepreneurship. The Industrial Revolution created the American middle class and intangible barriers to freedom to previously enslaved people. The ultimate path to freedom is through entrepreneurship,” noted Shivers. “Ultimately entrepreneurship is a form of art and rebellion. Art brings attention to issues that affect society and entrepreneurship allows us to work as a collective to fix them. I hope that, at the end of my life, at least one person will say that I affected some sort of change through my conscious capitalism.”

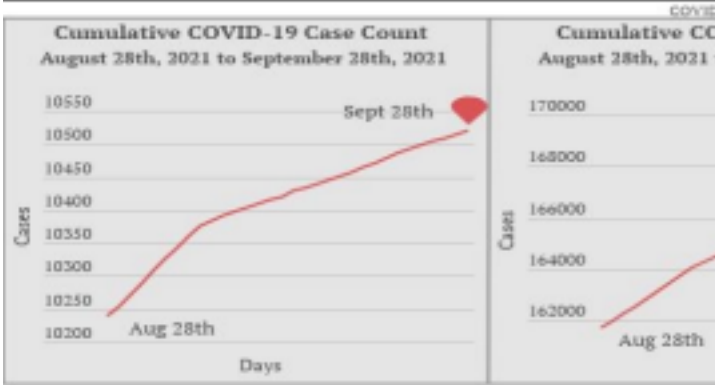
At the time Shivers was sentenced to prison in 2019, Queen Coffee Bean, her current business and passion project, was just launching online. Queen Coffee Bean roasts and sells specialty and gourmet coffees with the intention of helping the growth, development, and redevelopment of overlooked and underserved communities.

“There had to be a way we could provide a safe meeting space outside of the home, work, and school and have a positive impact on a community, so I began to research. I learned the origin of coffee, how it was used in the slave trade, and how it is used around the world today.” This sparked Shivers’ passion. Shivers graduated from Inmates to Entrepreneurs eight-week course in October 2020 and is currently in training to become a volunteer instructor with the organization.

As for her advice to returning citizens, Shivers notes the importance of growing and surrounding yourself with supportive allies, “The journey to restoration and to your ultimate greatness is at the end of all of the adversity you will encounter, but it’s all worth it. Make sure you have supportive individuals and organizations with you. Your circle of support will have to grow because you have grown. You are not the same as you were before you left. Embrace the opportunity to recreate yourself, and honor your growth. Gratitude is a necessity for your success. Use it. It is available in infinite supply.”

For more info about Inmates to Entrepreneurs: www.inmatestoentrepreneurs.org, info@inmatestoentrepreneurs.org.

COVID-19 Prison Fa North Caroli



cancer.

Love Today by Danny Stroud

Love is something that lives inside it dwells in the heart; it never dies

We all have the love; it can be chosen resist the love; then it's broken

Even in the darkness, love can shine love you can see, love's not blind

*Love may come; love may go
love is fast; love is slow*

How do COVID-19 statistics among prison residents compare to the general population?

State I

Case Rate

23r
Case ri



321.24

Prison Residents



132.58

General Population

Rates per 1,000

29t
Mortal

13t
Testing

18t
Percen popula

Love never stops; it always begins it lasts forever; it has no end

Love not hate; love is forgiving love's not dead; love is living

So love someone; who will you choose? it's not a game; how can you lose?

*We all need to love; it's where we belong
it's never too late; until God calls you home*

Prepared by the COVID Prison Project
<https://covidprisonproject.com>

@covidprison



Kudos to Prison Staff

Pender staff members were recognized by an anonymous writer: Newly appointed Warden Timothy Jones, for making himself available to the general population. Also Nurse Garrett, Dr. Charles Lewis, and Dr. Gaither, and his assistants Jennifer and Amber, for the delivery of excellent health care and patience. Shout-out to the staff of the Substance Abuse Treatment crew, Ms. Chevelle Hytower and Dr. McGhee.

Another writer asked to recognize the medical providers at Maury CI: NP Raven Barns, NP Smriti Shahi, and Clarence Faulcon, MD for their exceptional service in these trou bling times.

Thanks were offered to Sgt Carrel and Ms. Taylor at Central Prison, Unit 1 Lock-up for their caring and support of inmates needing help.

A member wrote us recognizing Sgt. Graham, a good man and a good sergeant at Tabor CI, who passed away from his battle with

Just for Laughs.....

A visitor to the Cumberland Caverns Park asked the tour guide if the caverns were covered by any kind of insurance. The tour guide chuckled and replied, "If this cave collapses, you are fully covered."

NC TREATMENT PROGRAMS



NC Drug and Alcohol Council Hotline 1-800-688-4232

Information and referral services matched to your needs

Addiction Recovery Care Association Winston Salem, NC

1-877-615-2722

Payment assistance available for 36 counties

PJ Blackery Alcohol Treatment Center Butner, NC

919-575-7928

UNC Wakebrook

Raleigh, NC

984-974-4850

Free for Wake County residents

Recovery Innovations

Durham, NC

919-560-7305

Durham County residents only

Set yourself personally free

Every person on the planet has done things they regret. We cringe inside or even cry when we think of the things we cannot change. We can feel burdened with private sadness. We don't really need to, but sometimes we carry these regrets for a long time and they capture us inwardly because we never manage to say the words, "I'm sorry".

Do you remember a time when you did something you wanted to

Freedom House

Chapel Hill, NC

919-967-8844

Healing Transitions

Raleigh, NC

919-838-9800

Wake County residents or veterans

DISCLAIMER

NC-CURE (Citizens United for Restorative Effectiveness) does not endorse or promote any third party information via internet sites or publications. We assume no responsibility for the reader's interpretation, its intent or application of any information originating from such content provided in this publication. The information we provide for the reader is intended to be informative and/or educational.

undo and make right again? You wanted to ask for forgiveness but you couldn't find the words to say. Maybe the first couple words of "I'm sorry" got caught in your throat. You feared the anger and revenge that might flash back at you. But it was so important that the only way to try to fix things was to mumble the words, "I'm sorry". Then, once those two words spilled out, more poured out faster, like water rushing over river rocks. "I'm sorry. I was wrong. I goofed up." Then your heart poured out with true repentance. The words started racing out of your mouth, like a river crashing over boulders. "I was very wrong and I'm very sorry!" It won't happen again. Please forgive me!"

Once said, you were surprised, maybe even shocked, when the other person eventually mumbled, "It's OK. It's water under the bridge." What did it feel like afterward? Did it lighten your load? Did you feel relieved? Did it calm your anxious nerves? Did it bring you peace?

The person you repented to can choose to accept or reject your apology. But guess what? It really doesn't matter because you have done your part. You've opened the door and paved the way to a smoother future. You've set yourself free internally.

Ironically, the reverse has possibly also happened. When someone has wronged or hurt you and later wants to own up to their sin, large or small, but can't find the words. You can see their humiliation and desperation and even feel their shame. Now it is your turn. You have the opportunity to set yourself free (and the other person also)...more water under the bridge. We experience a kind of internal freedom in both directions: freedom to forgive and freedom to repent. *By Karen Gronli, NC-CURE Advocate*

Why NC-CURE?

were separated by thick glass that encased metal wire. We spoke through a speaker. When our time was about over we put our hands on the glass and prayed. I looked up. The light had gone out on his side of

the glass. I could see my reflection in his prison garb.

It hit me like a ton of bricks "But for the grace of God, there go I".

So what are we to do with the grace God has extended to us?

NC-CURE has become a practical way for me to live out the Gospel. I can go where Jesus would go, help those He would help, and defend the rights of the poorest and most needy.

Proverbs 31:9b Defend the rights of the poor and needy

It was going to be a hard meeting. Going to see someone at Central Prison who is facing a very lengthy sentence is always hard. I had known the young man I was seeing on this occasion for years, literally since he was in elementary school. I had seen him struggle with reading. But there had always been a sense of hope for the future. I had little to offer him legally but I could at least tell him I cared about him.

After going through many metal doors I made my way into the visiting area. We

Join our growing numbers and walk

By Jimbo Perry, JD

CDC updates on COVID-19

The Center for Disease Control (CDC) updated its recommendations for incarcerated people on June 9, 2021. 1) Incarcerated persons who are fully vaccinated and do not have symptoms of COVID-19 do not need to quarantine at intake, after a transfer, or following exposure to suspected or confirmed COVID-19

2) Incarcerated persons who are fully vaccinated should continue to be tested for COVID following exposure to suspected or confirmed COVID-19 or if they develop any symptoms of COVID-19

3) Incarcerated persons with symptoms of COVID-19, regardless of vaccination status, should be given a mask (if not already wearing one and if it can be worn safely), immediately placed under medical isolation in a separate environment from other individuals, tested for COVID-19, and medically evaluated.

Other selected recommendations by CDC for the incarcerated population:

1) Ensure that medical isolation for COVID-19 is distinct from punitive solitary confinement of incarcerated/detained individuals, both in name and in practice. *For example:*

*Ensure that individuals under medical isolation receive regular visits from medical staff and have access to mental health services.

*Make efforts to provide similar access to radio, TV, reading materials, personal property, and commissary as would be available in individuals' regular housing units.

*Consider allowing increased telephone privileges without a cost barrier to maintain mental health and connection with others while isolated.

*Communicate regularly with isolated individuals about the duration and purpose of their medical isolation period. 2) Ensure that the individual is wearing a mask if they must leave the medical isolation space for any reason, and whenever another individual enters. Provide clean masks as needed. Masks should be washed routinely and changed when visibly soiled or wet. 3) Only individuals with laboratory-confirmed COVID-19 should be placed under medical isolation as a cohort. Do not cohort those with confirmed COVID-19 with those with suspected COVID-19, with close contacts of individuals with confirmed or suspected COVID-19, or with those with undiagnosed respiratory infection who do not meet the criteria for suspected COVID-19.

Remember, every day may not be good, but there's something good in every day.

The Grievance Process and Why We Must Do It

Our team at NC Prisoner Legal Services hear many times that following through with the grievance process often does not resolve the problem. It can be extremely frustrating when we continue to tell you to keep going with the grievance process to the end when you feel like you will not get results. But there is a really good reason why we must advise you to do this: by law, you must follow each step of the grievance process before you can file a claim about the issue you are facing. The courts call this "exhausting the grievance process". If you do not exhaust the grievance process, then your case can get dismissed, even if you have a strong claim.

To submit a grievance, you must request a Form DC-410 from a staff member. A grievance must be submitted within **90 days** of the condition or incident you are reporting (this requirement does not apply to sexual abuse or sexual harassment grievances). You will be notified within **3 days** that your grievance has been received and evaluated to determine if it follows NCDPS grievance policy. If your grievance is accepted, you should receive a written response within **15 days** of acceptance. If your grievance is not accepted, you will be notified in writing of this decision and given an opportunity to amend your grievance. If you are unhappy with

the response to your grievance, you can appeal the response but you must do so within **24 hours** after receiving the written notice. At this step, a final decision will be made and you should be informed of this decision within **50 days** of the acceptance of your grievance.

You must appeal your grievance all the way to this final step if you intend to file a lawsuit. Once you have received your final grievance response to your appeal, you have now exhausted the grievance process. It is often the case that your issue will not be fully resolved by following the entire grievance process. If this is your case, you can then file a legal claim if you so choose.

There are multiple ways to file a claim after the grievance process is exhausted. Negligence claims can be filed in the Industrial Commission. Civil Rights claims can be filed in the federal courts. Other tort claims can be filed in state courts. The next newsletter will further explain the process of filing in the Industrial Commission.

If you have problems with getting your grievance filed, or completing the process, please write to us immediately so

that we can help at NCPLS, PO Box 27611, Raleigh, NC 27611. We are privileged to serve you and we thank you for the opportunity to continue to do so.

By Beth Thomas, Executive Director of NCPLS

Project Reentry Resources

"Project Re-entry's mission is to improve the reintegration of justice involved individuals, reduce criminal justice cost, and increase public safety through the establishment of a pre to post release transitional planning system."

General Inquiries:

Piedmont Triad Regional Council 2701 University Parkway
Winston-Salem, NC 27115
Phone: 336-748-4666

Forsyth and Stokes Counties

2701 University Parkway
Winston-Salem, NC 27105
Phone: 336-724-3621 ext. 11331

Buncombe and McDowell Counties

1616 Patton Ave.
Asheville, NC 28806
Phone: 828-298-9023 ext. 11107

Caswell and Rockingham Counties

8340 NC Highway NC 87
Reidsville, NC 27320
Phone: 336-634-5600 Ext. 212

Catawba County

837 Conover Blvd W
Conover, NC 28613
Phone: 828-466-2346

Davidson County

719 West Center Street
Lexington, NC 27292
Phone: 336-236-8021 ext. 35008

Henderson County

155 Four Season Mall
Hendersonville, NC 28792
Phone: 828-637-1337

Iredell and Alexander County

124 4th Crescent Place
Statesville, NC 28625
Phone: 704-873-5005, ext. 11409

Rowan County

1923 S. Main Street
Salisbury, NC 28144
Phone: 704-638-6433

Wilkes County

1821 US Hwy 421
Wilkesboro, NC 28697
Phone: 336-844-2285

Parole in North Carolina

What Is Parole? Parole is early conditional release from prison after serving part of your sentence. Parole is only available once a certain portion of the sentence term has been completed. Good time may be credited towards this portion, depending on the offense.

"Good time" is credit awarded towards a sentence for demonstrating good behavior and avoiding serious misconduct. Good time may be forfeited due to misconduct. "Gain time" is credit awarded for participating in work assignments, prison programs, study-release programs, and for especially good behavior. Gain time cannot be forfeited once gained. People convicted of Class A and/or Class B felonies are ineligible for good time and gain time. The application of good time and gain time is completely at the discretion of the NCDPS, and parole is not guaranteed to anyone.

Are You Eligible for Parole? Currently, in NC, parole is ONLY available for crimes committed before Oct 1, 1994, with one major exception: first-degree murder convictions may have parole eligibility when the offense was committed by a juvenile. Most offenses committed and sentenced prior to Oct 1, 1994 are eligible for parole with some restrictions.

After Oct 1, 1994, the Structured Sentencing Act (SSA) eliminated parole and replaced it with a system of mandatory minimum terms, good time, and gain time. Under the SSA, offenses have a mandatory minimum that must be served, and a maximum period that can be served. People serving SSA sentences can use good and gain time to work down from their sentence to the mandatory minimum but can not reduce their time beyond that. Under SSA, there are two sentence options for

first-degree murder convictions for juvenile offenders: life without parole and life with parole eligibility after 25 years.

How Do I Get Parole If I Am Eligible?

When you reach your minimum term, the Parole Commission will assign your case to a parole analyst. The case analyst reviews psychological evaluations, custody level history, visitation history, gang membership (current or previous), home plan, infrac-

tions, the brutality of the crime, if you have been convicted of a sex offense, and any attempts at escape. Based on these factors, the analyst makes a written recommendation for or against parole for the Parole Commission to consider privately.

NC does not hold parole hearings. Family members, friends, or advocates may request a 30-minute meeting with a Parole Commissioner. This meeting is requested by calling the Commission a few months in advance of the parole review date, and timeslots are available on a first-come, first-served basis. Written materials may also be submitted to the Commission through the parole analyst. The person seeking parole does not have an opportunity to meet with or speak to the Parole Commission except for juvenile offenders who are entitled to a 30-minute video conference.

After reviewing the recommendation, the Parole Commission votes on whether to allow parole review to proceed. If the Commission votes yes, an investigation begins. During this investigation, the analyst will try to determine your level of remorse, rehabilitation, adjustment, goals, and support outside of prison. If the analyst determines that you are a promising candidate for parole, the Commission may approve you for the Mutual Agreement Parole Program (MAPP). The MAPP contract allows opportunities for work release participation, educational and vocational training programs outside of prison, and other programs intended to prepare you for re-entry. MAPP can last between one and five years.

The Commission also alerts the following

people: the DA where you were convicted, the head of the law enforcement agency that arrested you, any victims or immediate family members of victims who have requested to be notified, and any media outlets where you were charged and sentenced. Any of these people, as well as politicians, may seek to prevent your parole. Because parole is not guaranteed, there is no appeal process if you are denied parole.

If you have questions about parole eligibility, you should contact your case manager or the Parole Commission for specific details about your situation.

From UNC School of Law



Your letters are important to us!

Please let us know about the problems you're facing and what resources you need. Although we can't respond to each one, we read EVERY letter. We do not have legal or medical expertise, but we will recommend resources, and intervene when we can.

- *Try to be concise, limiting your letters to 2 pages.
- *Don't send documents that you need to be returned, please.
- *Feel free to connect your friends and loved ones with us by sharing our email address, northcarolinacure@gmail.com

Join today and let NC-CURE be your VOICE for CHANGE

NC-CURE is membership-driven and operated by volunteer staff. Annual membership dues help to offset the high cost of printing and postage for our publication *On The Wire* (OTW). The newsletter provides news and resources members need to better understand the criminal justice system. If you would like to receive OTW by mail or email, please tear off and complete the form below, and mail it to **NC-CURE, P.O. Box 5013, Kinston, NC 28503**. Make checks or money orders payable to NC-CURE.

2021 Membership Application

Name (Inmate and OPUS #/Family Member/Supporter/Organization)		Date
Mailing Address		
City	State Zip	Telephone
Family Member relationship to Inmate/OPUS #	Email Address	

<input type="checkbox"/> Inmate (\$3.00) Indigent inmates may send stamps for membership providing they are not violating prison policy. Otherwise membership dues are waived.	<input type="checkbox"/> Individual (\$25.00) <input type="checkbox"/> Family & Inmate (\$30.00) <input type="checkbox"/> Individual Supporter (\$50.00) <input type="checkbox"/> Organization (\$100.00)	PLEASE CHECK ONE: I prefer receiving OTW by <input type="checkbox"/> Direct Mail <input type="checkbox"/> Email
<input type="checkbox"/> I would like to serve as a volunteer for NC-CURE in the capacity of:		Contact NC-CURE at northcaroli nacure@gmail.com



**Citizens United
 for Restorative Effectiveness
 NC-CURE
 P.O. Box 5013
 Kinston, NC 28503**

Email: northcarolinacure@gmail.com

www.nccure.org

Visit us on Facebook!

www.facebook.com/northcarolinacure

"The degree of civilization in a society can be judged by entering its prisons." Fyodor Dostoyevsky

WHO WE ARE WHAT WE DO

NC-CURE (Citizens United for Restorative Effectiveness) is a non-profit 501(c)(3) grassroots prisoner advocacy organization established in 2007 and staffed by volunteers. Its mission is to

advocate for the humane treatment of people in North Carolina prisons. Its vision is that North Carolina prisons will restore, rebuild and resource incarcerated individuals so they are prepared for successful community reentry.

SUPPORT: Encourage and provide hope to people in prison and their loved ones

CALL ATTENTION: Intervene when prison practices deny people in prison dignity and respect as human beings, adequate medical care and nutrition

ADVOCATE: Proactively advocate for change in NC prison practices to protect the human rights of prisoners

EDUCATE: Provide resources that members and the general public need to understand the prison system

COLLABORATE: Team up with criminal justice reform agencies to promote fair treatment of people incarcerated in NC prisons