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HEART 2 HEART

With My Lil Bros

Looking back to when I was coming up, I now realize what I thought was thorough, cool, love, and loyalty was nothing more than a facade. All of that fades when your doing foot-ball numbers or life in prison. Your friends are no longer your friends, nor are some family members... only those who truly want what's best for you can and will stand the test of time; Even then some fall short, you know why? Life goes on and individually we all have to live our lives. Therefore, life gets ahead of those friends & family, over time we fade, we become a distant memory. It's easy to forget someone who is not in front of you or easy to contact. Again, that's not everybody. My point is, you, we, have to be mindful and considerate that the choices we make, are our own. We must find a better way, and these days there are many ways to "Get At The Bag" without risking life, limb, and freedom. There are easier ways without having victims. Not only do you hurt people by robbing, drugs, stealing cars, fraud, murder, or whatever it is that you may be into to break the law. Your family, your child is also suffering because of the selfish acts.

Now, don't get me wrong, it's not always our fault, right? It is for the most part. I say this for several reasons: People, Places, and things. We have to be aware of our surroundings, who we are with, what they are into. These days you cannot even just catch a ride without questioning certain

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people. If you know this person is into the streets or may be riding a little reckless, you may wanna catch Uber/Lift, Septa, or walk if you can not find anyone who will not put you in harms way. On the flip side is prison, the things you have to endure. Stand up for count, the worse food you ever ate, another man or woman telling you what to do. All the end of the day prison are big business, they capitalize off keeping us here as long as they can. I believe a little while ago it was \$28,000 a year. Probably more now. You have to live in a small confined space with a stranger (If your not Z Coded/single cell). You gotta use the bathroom with another person in the cell if you don't time your movements properly in the day time. Your celly may be lacking on his hygiene, or you may have to experience what I am currently going through. Which, I am inclined to get into this at the moment.

IN JUNE there was a staff assault. Because of this, everyone was put on lock down in the prison. The CERT team came the following day or day after. We were made to stand in our boxers, t-shirt and socks, hand cuffed after being dehumanize: stripped, show your mouth, inside your gums, lift your tongue. Underarms, fingers, between your toes, bend spread. Made to feel less than a man. To top off you had to stand on the tier, facing the walls. After my legal work, mail, and everything else inside was violated worse than me, I have to clean the hurricane up. A few days later, the tension is still high. Being as though I'm a worker, I could have worked, nope... I don't want to be in such atmosphere where I can be subject to any type of retaliation where guards want some get back. I decided not to work to stay out the way. When the food trays came, I came to my door and told one of the guards, a regular on my block I wanted to speak to him when he was done feeding. This was Father's day. In the middle of me writing this exact work. My initial intention was not to even

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take the food tray. I decided wanted the fried chicken in the pack, but not with the fried eggs and grits. I wanted something a little healthier. I knew they were having rice and mixed vegetables, so, I came to the door to get my tray. See, it's that easy, your INSTINCTS and INTUITION will not fail you. I should have listened, and went with the friend eggs and grits. After getting my tray, I went back into finish prepping my Father's Day meal. While I'm letting the chicken air cook, I got back on the typewriter, I had the slow Jams playing on the keyboard. Right after count, security is at my door... At first I'm thinking they were doing the questionnaire as a lot of prisons and jails do when there's issues of violence or a problem. I was told to come to the door, then turn around and face the inside of my cell. I complied, but when I get closer, I see Security with the LT. and camera. I asked what was going on? Nobody knew. SMH I was told I find out when I get my misconduct... I'm like for what? This is some bullshit. (I knew I had done nothing wrong.) All I could think of was when I asked the guard to come talk to me when he was done feeding.

LATER THAT NIGHT... I get the misconduct:

CLASS 1 A# 15: THREATENING AN EMPLOYEE OR THEIR FAMILY WITH BODILY HARM

I don't know if you guys were following me or not but no threat was stated when I asked a officer to come talk me when he was done. Now, I had only came out for a call earlier that morning, I made my call and went straight in. I had no interaction with no officer besides going up to my cell, and pointing up at my cell after I had asked him to hit the door. Okay, lets move this along. Before I get this MISCONDUCT, I'm wrecking my brain because I know for a fact I did nothing wrong, or said anything wrong, let alone threatening. The

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Officer's FRAUDULENT statement follows: (as it was written)

"On the above date and time a "Staff assault" was called on the radio. ~~At~~ this Berry (HR-0075) stated "Ah (Name!) (I'm leaving the officer's name out for many reasons) You see that! That what you get its another staff assault! You're next -----!" First and foremost, anyone who states anything remotely close to this is an idiot, especially in such sensitive times. And, deserve what they have coming. I'm saying this because you are going straight to RHU, you will be treated, (No Food, No Recreation, No Shower, and there's no telling what else.

I finally read this right up, I'm baffled, I never spoke to this officer, and I went right in because I could feel the tension in the air. He and I never had any problem, no verbal dispute, no type of interaction on this day. I didn't even know his name. My next stop is writing my version & getting my witness list together, which, I put in the following night to make sure it gets to the hearing examiner on time, so that they are able to get all parties. Well, as they would have it, my inmate version, my witness list never makes it until after the hearing... it was in the trash pile for some odd reason. I only recovered the witness list, not the inmate version. I was found guilty for threatening the officer, given 90 days in the RHU. The hearing examiner would not listen to reason, he asked me, why would "My" officer lie, I believe my officer. When he asked me did I have anything else to say, after I explained my case, I told him NO, this is ridiculous. First-of-all, I have to much to lose: To threaten anybody, I'm in the middle of an appeal, I'm in the middle of this Essay, I'm in the middle of prepping the final stages of my youth & family book, and two urban novels. That's why I wouldn't, plus I'm too smart to utter something that idiotic.

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After the debacle of these false accusations, no shower until 9th day of inhumane treatment, no recreation until my ninth day, that's 192 hours of being stuck in the cell with no outside air. It's bad enough you can't call your loved ones, now you have the guard's coworkers retaliating, telling you you're on restriction. Not because of the false threat, that would be retaliation, no they say you had a clothes line up, you weren't at the door etc. In the wake of this, my property was vandalized by the guard's security team, they took phonebooks, sneakers, clothes, mixed every letter, every piece of mail and legal mail, pictures balled up stepped on, all of my legal work mixed up, non-profit organizational mail. There were and are other things missing, from my understanding one of these guys, had my kufi (muslim cap) on the floor, stepping on it. When they told him about it, he replied, he shouldn't have done what he done. All of this was because they will believe their people before they believe you unless you make them see the truth by overwhelming evidence and video. (This should have been the case from the start) It was in their face, no one listened. For 23 days I had to be in solitary confinement, until The Superintendent stepped in because no one else listened, no one checked the full footage, the hear examiner changed the time and states "he was looking up at your cell before then. What does say, for some reason we will never know, he was already plotting. This hearing examiner was impartial. The prison review committee only wanted to cut time. I told them I don't care about a time cut. Then they came around for the appeal, I asked did they "Review" the evidence, footage and time, cross-reference the time the guard says this happen, (assault over the radio) to the time he says I "threatened" him, in comparison to me and my cell. Review committee stated oh, we don't look at the footage, the hearing examine did. What kind of review committee is that?????

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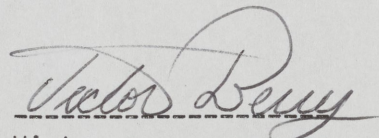
Finally, the Super looked into it because I had to treat it like a criminal case: 1, (a) (b) (c), 2 (a) (b) (c), etc. break down point for point, why I wouldn't do such a thing, what I stand to lose. I am grateful it was finally taken care of, had I not fought or broke it down, this would have been on my record and I'd have gotten a time cut. The guards would have continued oppressing me, retaliating. Thank God they got it right, but in return what do I get for this man lying? What happens with him? Actually, That doesn't matter, he has to deal with a higher authority and his boss, I want peace, to fight for my freedom.

These are the things you have to go through when you come into these prisons and jails. Live your life right, don't subject your family and loved ones, not even yourself to such treatment. Oh, this doesn't just happen in prisons, police forces, schools, and work places. First know your rights, don't be naive, dumb, nor blind. Life is TOO short, TOO precious to be spending anytime away from your life and family. You would think somebody would have came and apologized about their workers false report, lies, and oppression. Nope, none of that. I could go on all day about his ethics. But, this is our tax payers citizens money working to CORRECT those who have committed a crime and is trying to change their lives, trying to do the right thing. Lets say I didn't know how to speak or write about the many violations this officer done, or tell them to cross-reference the time and video. I would lost my parole, the guards would have continued to show who they really are. I never want anyone to go through this. If i had known what the flips side of the game was... I'd have steered clear from such a life. Hence, I will never subject myself or family through such worries and hardships ever again.

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While I endure my current circumstances, my faith, God, my beliefs have kept my hope alive. Want more for yourself. And, know that whatever you are going through, as long as you believe and work toward making it better, it will. Don't be dismayed, don't let your faith waiver, nothing worth obtaining is going to be easy if you do it the right way, when you do you will feel so much better.

I will continue to write what's on my heart and my thoughts. I hope someone can get something from this. Thank you for taking the time to read. Have blessed day.



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