



Initiative Hoffnung fürs Leben
(Initiative Hope for Life)



Against the death penalty

Peter K.

A Normal Night

Shocking and partly very personal reports and thoughts
about the death penalty.



Caution!

**This booklet contains explosive content that some
people may find disturbing and very upsetting.**

A Normal Night

The execution of Nathaniel Woods

I have been sitting here for a few hours now. Listening to music, editing photos and constantly updating the website that informs me about the fate of an innocent man. A man who is to be executed in the US state of Alabama.



I do not know this man. Have read a lot about him. He is one of many men I have written about and hoped it helps. Earlier today, the **U.S. Supreme Court** issued a temporary stay of execution... A glimmer of hope... But just now the website says *"U.S. Supreme Court has denied Nathaniel Woods' appeals and lifted the stay, clearing the way for his execution in Alabama tonight."* The "noble" lords judges of the federal court have declared it right to execute this innocent man... I don't understand the world anymore....

Sad music on my headphones... It brings tears to my eyes... Feel the coldness that flows to me from many websites... **Websites that manage the horror and comment and describe with factual precision the killing...** This was never my way, could not be, in the face of the torture that is done to people on death row in the USA....

I think of the video where a prisoner on death row is abused just because he didn't want to go back to his cell... **Attention! - This film is difficult to endure for many and I would like to warn you explicitly if you are not emotionally stable.** If you still want to watch it, here is the website with the video:

<https://www.clintonyoungfoundation.com/use-of-force/>

And again I look at the website, hoping to read that the execution of Nathaniel has been stopped... But it doesn't say that....

What might be going on in a person like Nathaniel who is about to be murdered... Especially when he doesn't even know why the people around him are becoming his murderers... An unimaginable psychological torture this must be for this man... I can almost feel his fear all the way here....

I think of my friend and brother **Lancelot Armstrong** (www.ihfl.de)... That he has been on death row since 1991 (until 2021) and insists he is innocent... Oh man, we have written and talked on the phone so much over the past 8 years... Unbelievable what a guy he is... Loving and so full of hope.... And deep inside him so hurt, helpless and lonely... I try to be close to him, to hold his hand in his loneliness... Sometimes I seem to succeed, as I can read from his letters... But then everything goes round in circles again for him, like an animal in a cage. **An unimaginable torture, which he has had to endure for so long...** He was already tortured in Jamaica, his home country, had to endure electric shocks and much more... His escape to the USA did not bring him happiness, but there he landed relatively quickly on death row in Florida and continues to be tortured by a criminal state

and legal system, towards which I can only feel the deepest contempt... I would so much like to visit him, but the money wall, which also exists in Germany, keeps me away from him. (This on the subject "THE WALL MUST GO") - It was never gone, the money-wall separates also in our country the people and divides them into classes... So only one more attempt remains for me to be close to my Lancelot, with my words and actions...

Again I pressed F5 on the web page. Still no further info... Slowly I get into a whirlpool of emotions... What will the people feel who feel for Nathaniel the way I feel for Lancelot... How will they cope with what might be happening right now....

What kind of people are they, who let themselves be paid to inject a human being dead or to kill him in the electric chair, as they did recently... How can they kill Nathaniel today, tie him to the death cross and push the needle into his vein and... How can these gentlemen and ladies go home afterwards and maybe stroke their child's head tenderly or make love to their wife, husband or whatever - Celebrate the life they just took from another human being, **for a few dirty dollars...**

Still this message: *"Nathaniel Woods was scheduled to be executed by the state of Alabama today at 1:00 AM."* - No indication of a stay of execution....

I have no idea how to deal with it again today... The death list of those I have accompanied with my articles is getting longer and longer... Sometimes they haunt me in my dreams and always Lancelot... I think of the dream I had a few years ago... Oh man... That was so beautiful... I dreamed the following:

"My doorbell rings. I open it and Lancelot is standing in front of me. Unbelievable, but true. He got leave from death row at short notice. With him are two policemen from the USA, who are to watch out that he does not run away... We drink tea together, eat cake, joke, laugh... Tell everything possible from our life to each other... Then comes the moment, when the policemen say, now the time would be over and Lancelot must come now - again into the USA - into this criminal state, which injects humans dead and kills them on the world with drones... The visiting time would be over... Suddenly I have the saving idea! - I stand between Lancelot and these policemen who are ready to support Lancelot's murder for money and loudly I say: "Get out of my apartment! - Get out of here! - Lancelot stays here, because according to German laws no one may be extradited who is threatened with the death penalty!..." At that moment I wake up... It was just a dream... It was just a dream!!! - And I feel this incredible helplessness....

Still no news about Nathaniel... He was in the wrong place on the wrong day, some would say. He was sentenced to death for being there. On that day 3 police officers were shot. Shot by another!!! - Nathaniel didn't have a gun. Now Nathaniel is supposed to die, maybe dies at this very moment when I'm writing all this off my chest... Supposed to die because he didn't murder anyone... Stunned, I'm sitting here and I'm just sad... Sad about a world that allows this to happen. Sad about the fact that even here in Germany there are many people who call for the death penalty... As someone once wrote to me:

"In general, I don't communicate with left-wing slimy, over-candied head assholes! But on the question whether a state may that. Yes it may, in my eyes the human rights

count only for humans and not for proven murderers, that are not humans."

Okay, **death penalty is the height of aggression.** You kill a helpless person who is tied up. I am not surprised that people who advocate such a thing write in this aggressive way... What is really behind the death penalty system, they have no idea. Again and again one meets these "Maulhelden"... **And this in a Germany, which has a cruel inhuman past. A Germany that murdered Jews, disabled people, gays, Sinti and Roma, communists, socialists and many others.** This Germany-West, which was rebuilt after the war by the old Nazis. Judges who sentenced people to death in the name of their leader and people, have again spoken "justice" - this time in the FRG... I can only recommend to the people here to take a close look at what capital punishment really means. I would like to mention here now only one important point: **The death penalty gives absolute power to the system! - Because the state may decide then over life and death - and that can meet everyone!...**

4:34 o'clock - The day tries to creep slowly over Germany... I updated the page again... And there it is. There is no turning back... No hope... I feel sick... It says:

"Nathaniel Woods was executed on March 5, 2020 in Alabama." - They just murdered him....

I'm at the end... I must add another name to the death list... A few letters that were a whole universe... The life, the dreams, the love, the hopes of Nathaniel Woods were destroyed by paid killers, in the name of justice....

Nathaniel did not speak any last words.

What remains is only pain...

Nathaniel Woods was executed on March 6, 2020 (CET) executed by the U.S. state of Alabama.

Sources:

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<https://www.thestar.com/news/world/us/2020/03/05/alabama-inmate-set-to-die-for-slayings-of-3-police-officers.html>

<https://lancelotarmstrong.wordpress.com/2020/02/22/hinrichtung-eines-unschuldigen-2/>

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No right to a painless execution!

The state of Missouri executed Russell Bucklew by lethal injection on Oct. 01, 2019. Bucklew had two execution dates in the past, but they were stopped.

Russell Bucklew was sentenced to death for murdering a man in 1996. It was probably a relationship crime, because he killed the new partner of his former girlfriend. Afterward, he allegedly raped his girlfriend... Bucklew says he regrets his actions.

Bucklew previously had execution dates in May 2014 and March 2018, but they were stopped short of being carried out. Even then, his illness played a role because the U.S. Constitution actually prohibits cruel punishment. The prisoner suffers from cavernous hemangioma - a condition that leads to weakened and malformed blood vessels and causes tumors in his throat and nose. His defense attorney says the execution method used in Missouri means he will face cruel and unusual punishment. He says there is a risk that he will be forced to suffocate in agony during the execution.



In desperation, Bucklew attempted to have an execution in the gas chamber, hoping this would be less painful. This was refused.

Bucklew also tried in the past to have his execution videotape so that the cruelty of the execution would become clear and the painfulness of this procedure could be proven. However, this was refused. **Apparently, his killers fear such evidence.**

Narrow decision for torture death!

In April 2019, the **U.S. Supreme Court** ruled that Bucklew was not entitled to a painless execution! - This decision was very narrowly decided by five votes to four. The reasoning stated that the Constitution does not guarantee a painless death to a condemned man. In doing so, Judge Neil M. Gorsuch made the following comments: ***A painless death would be "a luxury that could not be guaranteed to everyone..." - A legal problem would only arise if greater pain were inflicted than "necessary to carry out a death sentence."***

The question arises **WHAT** please is "necessary pain" and **WHAT** means "unnecessary pain" - And above all **WHO** can and will decide this and above all **WHEN**....

Stunned we stand in front of this inhuman decision, in which it is tried to construct a thin line between torture and apparent normality...

But - and we should not forget this - the life on death row and the waiting for execution, often for decades, is pure torture.

Those who question this are on the side of those for whom these atrocities apparently represent normality.

Sources:

<https://www.spiegel.de/panorama/justiz/usa-todesstrafe-missouri-richtet-verurteilten-moerder-hin-a-1289632.html>

<https://theappeal.org/missouri-is-set-to-execute-russell-bucklew-but-his-lawyers-say-his-case-was-mishandled/>

<https://www.mopo.de/news/panorama/er-will-in-gaskammer-us-gericht-moerder-hat-kein-recht-auf-schmerzfrie-hinrichtung-32352520>

The Lancelot Armstrong Art Book

Experience paintings that you would never have expected from a death row.

Look deep into the soul of this man who is so full of love and hope, despite everything that has been done to him until today.

Let yourself be touched - by his dreams from death row.

The book is available in German and English in bookstores.

It was produced at cost price and we do not make any profit with it!

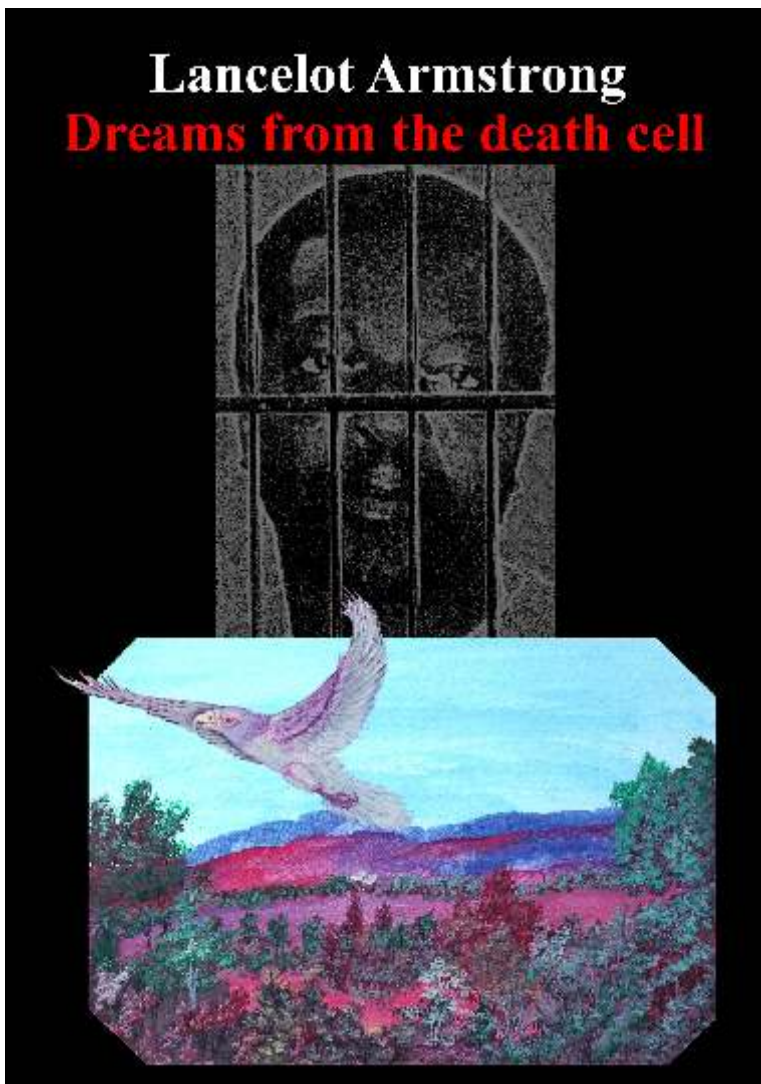
Träume aus der Todeszelle:

DIN A5 – ISBN: 978-3-754165-11-9

DIN A4 – ISBN: 978-3-748550-65-5

Dreams from the death cell:

DIN A5 - ISBN: 978-3-750284-39-5



Clayton Lockett

The terrifying record of his execution

The truth about the death penalty in the USA

Clayton Lockett went through hell during his execution on April 29, 2014. This case of torture-murder was reported worldwide when the events at his execution became known.

Theatlantic.com/magazine reported the horrific details.

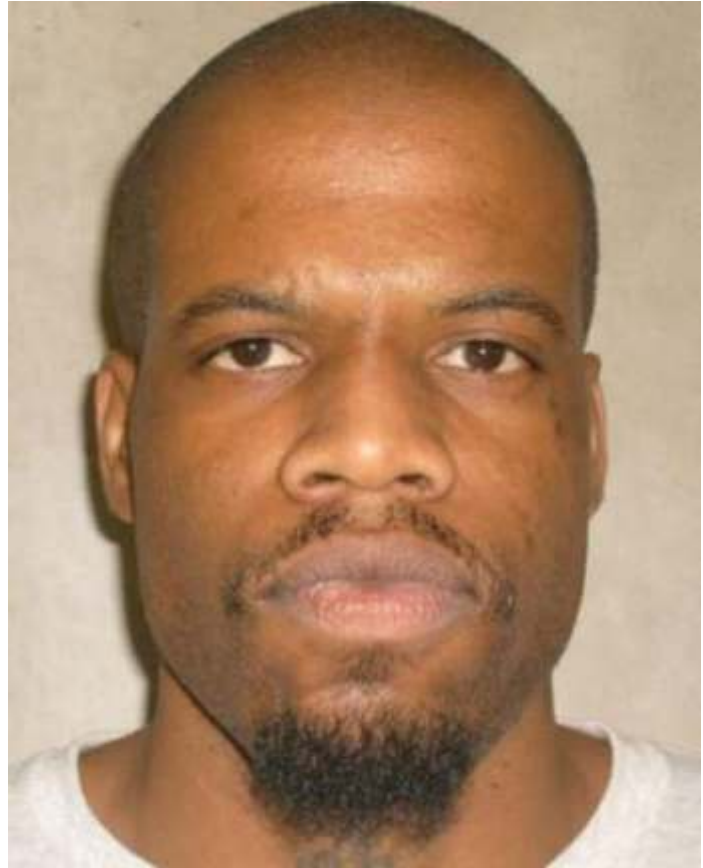
When the guards came to get him, at 5:06 in the morning, he hid under his blanket. Earlier, he had inflicted half-inch-long injuries on his arms with a knife, from a razor. He had also hoarded a handful of drugs and swallowed them. The crew knocked on his door and Clayton Lockett refused to get up, pulling the blanket over his head.

The crew left again to seek permission to tase him. Clayton Lockett tried to bar the door, however they came back, broke down the door and shocked him with the taser, then dragged him out of the cell.

Now he spent 8 hours in a holding cell and was medically examined, x-rayed and had to take a shower. The whole procedure lasted until 5:20 pm. Then they came and dragged him to the death chamber. A white room with a stretcher in the middle - above it a microphone for Clayton Lockett's last words. Through two holes in the wall would come the IVs his executioners controlled.

His killers now strapped him tightly to the stretcher. To his left, still hidden by blinds, were windows through which witnesses would later look. A clock on the wall showed 5:26. 6 o'clock they will start the execution. Clayton Lockett had about 45 minutes to live, according to the plan of his executioners.

Clayton Lockett's execution was to use midazolam. A drug that is actually only given to relax patients before surgery, combined with a painkiller. Using midazolam in executions is tantamount to human experimentation. Midazolam is known to be unsafe and the victim may remain conscious. In addition, midazolam has no analgesic effect. The second injection then consists of, for example, vecuronium bromide, a drug that paralyzes the muscles, making it impossible to be noticed in any way. Finally, potassium



chloride is injected, which causes terrible pain, one has the feeling of burning internally. Potassium chloride is supposed to stop the heart, causing death.

5:27 a.m., a female paramedic approached the bier, just like the three executioners, she is supposed to remain anonymous and leave the execution room before the privacy screen of the witness windows is opened. She later said she had never been to an execution with midazolam.

Everything seemed wrong with the equipment. The saline was in bags, instead of syringes. The drugs in syringes that were too small, and the tubing for the IV of a different variety than needed. But the paramedic was trying to do her "job" for which she was to receive \$600. She would be attending a second execution that day.

Now the paramedic placed the IV in Clayton Lockett's left arm. A few drops of blood came back. This showed that she had hit the vein. However, she had forgotten to have tape with her and asked someone else to hand her the tape so the IV needle could be fixed. But the needle slipped out and Clayton Lockett began bleeding from his arm. She tried again on a vein near Clayton Lockett's bicep. But it didn't work. Even on a third try, she failed to hit a vein, so she asked the doctor present for help.

The doctor was **Johnny Zellmer**. His name was revealed in a lawsuit after the execution. He did not respond to requests for comment. He himself did not expect to have to "lend a hand" at the execution. After looking at Clayton Lockett's body, he said he didn't think he had good veins. Clayton Lockett turned his head and the paramedic discovered a vein on his neck. It is important to know that infusions in the neck area (nape of the neck) are very painful and can only be placed with difficulty.

Zellmer nevertheless attempted to place the IV needle in Clayton Lockett's jugular vein. Meanwhile, the paramedic made 3 retries on Clayton Lockett's right arm, but missed the vein each time.

Zellmer managed to insert the needle into the jugular vein and also got blood return, however, he then saw blood seeping into the surrounding tissue and he thought the needle had punctured the vein. The doctor decided to try another vein, this time in Clayton Lockett's collarbone area. After the paramedic brought him a central line kit, he numbed Clayton Lockett's chest with lidocaine.

Meanwhile, the paramedic tried to place the needles in two different veins on Clayton Lockett's right foot, but she missed the veins there as well.

Zellmer, meanwhile, had tried again and again to get the needle into the vein near the collarbone (subclavian). But he did not succeed. So he decided to put the infusion into the femoral vein in Clayton Lockett's groin. The paramedic went to get a longer needle.

The supervisor, Anita Trammel, watched the paramedic and the doctor do their thing. She realized that Clayton Lockett must be in pain because he had been stuck several dozen times now. She felt Clayton Lockett "took it like a man." Trammel tried to calm Clayton Lockett down a bit by starting a conversation with him. She asked him what drug used to be his drug of choice. "Ice," he said, and she replied that she had always thought this was the white man's drug. He laughed...

When the paramedic returned, she informed him that she did not have any needles longer than 1 1/4 inches. This was a problem, of course, since the femoral vein is much deeper in the body than other veins. After some back and forth, he told the paramedic that they would just have to try the short needle.

So the doctor tried to put the needle that was too short into Clayton Lockett's femoral vein and some blood came back on the first try. Now, **after about an hour of poking around in their victim**, they had placed the IV needle.

This time the paramedic noticed a problem. The saline was supposed to be flowing now, but it only flowed when she lifted the infusion tube. Instead of starting the procedure from the beginning, she now placed the tube elevated. Normally, the drugs are administered over two infusions, but the doctor and paramedic decided against it because otherwise they would run out of time....

Jailer Trammel asked Clayton Lockett if he needed anything and he asked her to wipe his mouth, which she did with a Kleenex. Then they put a sheet over him up to his chest. The execution could now be carried out.

Clayton Lockett was aware that **Michael Lee Wilson** had said "my whole body is on fire" during his execution... Clayton Lockett was scared.

At 5:30 a.m., the witnesses arrived at the execution site. They heard a low rumble - it was the prison inmates banging on their cell doors for Clayton Lockett... It was just before 6 o'clock when the witnesses were admitted. They could not yet see what was going on in the death chamber.

Now the blinds of the death chamber opened. Trammel asked Clayton Lockett for his last words. Clayton Lockett said, "**No - start the execution.**"

One of the executioners started the **midazolamine** injection. The drug traveled through the infusion tube and directly into Clayton Lockett's groin area. However, only some of the midazolam entered his vein; some of it spilled into the surrounding tissue. The midazolam would have much less effect...

After many minutes, Clayton Lockett was still awake. He blinked and licked his lips... He turned his head to the witnesses and looked at them, then looked back up and finally closed his eyes.

After five minutes, Zellmer looked to see if Clayton Lockett was unconscious. He was still conscious.

Two minutes later, the doctor looked again. He blew into his eyes and rubbed his sternum, then pinched him and now decided that Clayton Lockett was unconscious.

Now the executioner injected **vecuronium bromide**. A paralytic. Under the Animal Welfare Act, the use of vecuronium bromide is prohibited in the euthanasia of animals without anesthesia. Then the executioner administered **potassium chloride**....

The guard Trammel suddenly noticed that Clayton Lockett was trying to communicate. Besides the fact that he was breathing harder and harder, he kicked out with his right leg

and clenched his teeth. After rolling his head, he actually tried to speak!

Clayton Lockett struggled against the restraints and the witnesses saw him squirming around as if trying to break free. He tried to turn his whole body and struggled violently.

An attorney for Clayton Lockett began to cry as Clayton Lockett bent his head extremely far forward, as far as the restraints would allow. He tried to say something, but it was not possible for him to form the words and he rolled his head back and forth....

Zellmer looked at the monitor and noticed that Clayton Lockett's heart had slowed down but was still beating. Although the potassium chloride should have stopped his heart... Clayton Lockett's heart rate was now at 20 beats per minute. But the doctor did not intervene....

Then Clayton Lockett actually managed to speak, „*Man.*”

Now Zellmer went to the stretcher and lifted the sheet. He saw a swelling, the size of a tennis ball, in Clayton Lockett's groin!

A witness saw Clayton Lockett open his eyes and look to the doctor, as if in a scene from a horror movie....

The supervisor looked under the sheet and noticed what looked like blood and a clear fluid in Clayton Lockett's groin area. She then looked to the witnesses and advised that the blinds would now have to be temporarily lowered.

The doctor now decided to take another vein in Clayton Lockett's groin, and the paramedic then cleaned Clayton Lockett's groin area with a sterile swab. Then she told Clayton Lockett, "*Take a deep breath,*" while Zellmer pushed the too-short needle into his groin... Blood splattered all over Zellmer, it was so much blood that the doctor's jacket was completely soaked with it.

"*You hit the artery,*" the paramedic says But Zellmer told her that everything would be all right. He was going to continue and she should get the drugs... Did he really intend to inject the death drugs into an artery? Then she said, "*we have to get a vein.*" Then the doctor pulled out the hypodermic needle....

Clayton Lockett was still trying to speak, mumbling completely incoherently while his heart was now only doing 10 beats a minute.

The supervisor asked if Clayton Lockett could be revived. Zellmer said he would then have to be taken to an emergency room. **The paramedic was confused because she thought he was dying and that was actually why they were all there...**

Warden Trammell was called out of the death chamber. By telephone, **Robert Patton**, the director of the **Oklahoma Department of Corrections**, asked if Clayton Lockett had been given enough drugs to kill him. Trammell repeated the question and the doctor replied, „*No.*”

When Patton asked if another vein was available and if there were enough chemicals, Zellmer again replied, „*No.*”

Patton said he wanted to be sure and asked if enough drugs had been put into Clayton Lockett's system to kill him - and again the doctor replied, "**No.**"

At 6:56 a.m., Patton called again and ordered the execution stopped.

However, Clayton Lockett died about 10 minutes later and was pronounced dead. After a horrible hell ride caused by "honorable" people in an "honorable" U.S. state. In the name of law and justice. As a citizen of a country that supposedly stands up for freedom and human rights worldwide...

Why does the German government do so little against these crimes of the USA. In fact, Germany keeps friendly ties with this **system of inhumanity and torture**. The USA murder world-wide after their discretion, with drones and other means they kill masses of humans, also civilian population! - And even parts of their own population are tortured to death with lethal injection or the electric chair.

It is time to stand up against it!

Order the solidarity music CD

Peter K.

Musik gegen die Todesstrafe

(The lyrics are in German language)

The net proceeds will be used as a donation for the inmates served by IHfL.

www.ihfl.de/cd.htm



Details from death row

Contempt for human beings, abuse, violence....

IHfL has been leaked information about conditions on Florida's death row, which we publish here in German:

Problems in prison:

FOOD: The food in this prison is getting worse and worse! The portions are getting smaller and smaller. As for the quality; the food is often old and spoiled. The meat is



often undercooked or raw. This increases the risk of food poisoning, salmonella, etc. I myself have stopped eating meat so I don't get sick. Also, when the trays come to our wing, they are tangled up in each other and soiled with food that has flown around mixed up. But the lying officials say there is no substitute for it. Sometimes the floors are wet and the bread, as well as other food, is contaminated. No doubt, the food has always been bad, but now the situation has become worse because of privatization. The new cuts regarding food are becoming more and more of a problem. The food cost per prisoner has been cut down from US\$3.07 to US\$2.36.

Leisure and recreation: If we can go to the courtyard and have a court matter in the writing room on the same day, then we must choose either the courtyard or the writing room. This is wrong because we are entitled to both. We should not have to choose. Also, the court is in such bad condition that it floods terribly when it rains. These floods are then at least three to five inches (7.62 to 12.7 cm) high and make any activity in the yard impossible. A simple drainage system would solve this problem. Officials do have runners (prison workers) sweep the water, but since it is one big puddle, the water just runs back to where it was before. The balls and other athletic things provided for the yard are worn out and rarely replaced. And when the balls are new, the officials don't give them to us without giving us a reason. The new things are ordered and financed by the prisoners themselves through the canteen, but we rarely get to see them. The phrase we often hear from the court guard officers is, "*This is the last ball, you won't get any more.*" Or for the worn out balls they declare, "*These are all the balls we have.*" Strange, they can build colored shade walls for the officers, but they can't even provide us with balls, etc.

Clothing: A few months ago everything here was shaken up and they took all our t-shirts and underwear. Then we found out that the prison will no longer provide us with T-shirts and underwear, as well as socks. In the recent past, the prison had provided us with these clothes twice a year. For the first half of the year (January) and the second half of the year (July) we received nothing. When we give away laundry (note: probably for washing) it

is not returned. This happens due to the fact that it is stolen and the prison says it is not responsible for the stolen laundry. That's why some of us prisoners don't use the laundry service, they prefer to wash their clothes themselves. But this is difficult because the prison has stopped selling washing powder. So they wash the clothes with normal soap. Now the prison only gives out two bars of soap every two weeks, if at all, because often no soap can be found at all.

Cleaning supplies: The cleaning supplies were given out once a week in the past, but we are lucky if we get them at all. The disinfectant is diluted, so much so that it doesn't do its job at all. As mentioned before, we only get soap every two weeks, which is impossible because we need it for washing clothes as well as in the bathroom. And sometimes we don't get the soap every two weeks, which makes it hard to maintain a reasonable level of hygiene. Actually, we are supposed to get a toothbrush every month. However, in the last 90 days, we have not had a toothbrush replaced.

Complaints: The complaint procedure is so confused that it is easy for staff to claim no complaint was ever received. Or when they receive our request/complaint, they send it back in that they backdate it. So that means if we sent a complaint on 2/1, the attendant just leaves it. Then later they refuse to process it further and prevent appropriate appeals. By re-dating from 2/1 to 2/21, it then officially looks like the staff only took 6 days, when in reality it was 20 days. Now staff has eliminated logging our formal complaints. This gives them the opportunity to not respond to our complaints at all.

TV - Radio: Originally we were allowed to have batteries for radios. Then the prison took away our radios and we had to buy Walkman radios that use batteries. As a result, we are now forced to constantly buy new batteries. Also, the reception of these radios is not good, due to the concrete and steel in the prison. When the TV breaks, we have to order a new one through the prison cafeteria. But most of us can't afford it, they just don't have the money for it, because such a black and white 12 inch set currently costs \$60 plus tax through the canteen. Then you usually have the problem that this device does not work properly, so the picture is not displayed, etc. The prisoner must then have this device repaired at his own expense. This repair can cost up to 15 dollars. However, just the estimate plus shipping costs around \$20, but without repair and the problem still exists. So it costs the prisoner the same again to have the problem fixed. Of course, it costs the same money if the defect is beyond repair. We here also had a problem with the antenna system in the prison, with TV and radio reception being disrupted for at least 9 months.

Co-payment for medicine: The medical situation here is terrible. The staff here is more concerned about the financial situation than the health of the prisoners. This is clearly evident when you look at the procedures here. When a sick person asks for medical care, it sometimes takes 2 or even several days for something to happen. The mere request costs the prisoner \$4 and most of the time he does not receive a cure after all. The staff seems to care more about getting those 4 dollars than about us. Many times we are then charged twice and sometimes this is obviously done on purpose. When we try to correct this calculation error, the prison is not very enthusiastic about returning the money, taking their time to fix the problem. Lately, the medical situation here has been getting worse. For example, if you break a bone, it can take anywhere from 3 to 5 days for them to examine it. That's because they removed the X-ray machine from the institution. There

are just too many medical mishaps here. Believe me, there are a lot of them.

Legal Affairs Writing Room: We do not have the freedom to go to the law library when we currently need it. The jail makes little progress in helping us with our legal situation. It is like we trying to pull their teeth to get attention for our legal matters. If we have yard work or a medical issue on the same day, they make us choose between the two. Because of our conviction, our right to legal books and other legal matters should be crucial to the legal principles here. Also, the law library does not fit our situation; it is not equipped with the things that law libraries usually have. Many books have been removed. For texts there is a typewriter etc. and for copies they often charge double and we are forced to fight to get them to fix the problem. The time frame we have for our criminal case, not to mention the fact that we may also have to settle civil matters in the same time, is just one hour a week. That is not enough time. The officers who work in the writing room are in conflict with most of the prisoners and such an officer, however, gets hold of sensitive complaints. He might just destroy them or just sit the complaint out until the grievance procedure is no longer possible. The prison has taken away our regular pens and replaced them with security pens. It is almost impossible to write normally with these pens. They are made of rubber and become more and more pliable with long-term use, making it increasingly painful for the hands to write with them. This prison is just unbelievable, it even charges us for these safety pens through the cafeteria at 74 cents each.

Phone calls: We are not allowed to make phone calls unless it is a legally necessary call. And even for that, we have to go to great lengths to get permission to do so. Personal phone calls are completely forbidden to us. The only exception is if someone in our family is very sick or if there is a death in our family. (Note: Since 2017, they are allowed to make phone calls once a month for 15 minutes, but at an extremely high cost).

Abuse: the abuse in this prison is real. However, in fact, most of the abuses are not even reported. Many guards threaten us on a daily basis and then can escalate this into a physical conflict. There are cases where the officer says something to the prisoner and when the prisoner says something back, the officers respond with physical violence. Most of the time the prisoners have no chance to defend themselves. Sometimes it gets out of control and the prisoner is either badly beaten or even beaten to death, being beaten several times. Such physical altercations are often triggered merely because the prisoner, exercising his rights, has simply complained about something. When a prisoner complains about prison staff, he is hardly treated properly. Or it is hardly accepted by the staff or people outside the prison. It then often looks like the prisoner is to blame for the beating. To prove this abuse to the people on the street is often difficult or the people on the street then simply do not follow the further development in the case in question. This is a very serious problem. You must know, a prisoner who writes many complaints is considered a troublemaker here. They will make his life here hell. The prison itself will wipe away most of the abuse cases because it is so well covered by its staff. You can basically forget about proving abuse based on records. You won't get treatment and there will be no record of the incident.

Even outside attorneys refuse to take on these problems!

One of these prisoners on Florida's death row until 2021 was **Lancelot Armstrong**, who is being cared for by IHfL. He also reports about the daily terror they are exposed to. He usually works on his paintings at night because he can hardly sleep due to the noise the guards make with the doors and the rattling of the bars. He reports that many become ill through this terror alone....

Lancelot Armstrong describes this situation as follows in September 2012:

"Despite lack of medical treatment, mainly because of the cost cuts, I am now a little better (Lancelot was very sick due to the circumstances) than I was two weeks ago.

These officials have made a lot of new changes to block health care for everyone. Perhaps most of the health problems here come from the toxic water and colored juice we are exposed to here. The bad food is making many of us sick.

That is why I cannot accept the contrary practices and complacency of the conditions here and elsewhere. Considering the high price we have already paid, we must not waver in going against it.

Unfortunately, there is a daily struggle here.

Because of what I said before and what I am experiencing now, I am trying to develop a good lifestyle for myself and do meaningful things.

For this reason, I am focused on what is happening. Most nights I stay awake to work on my paintings and sometimes write legal pleadings.

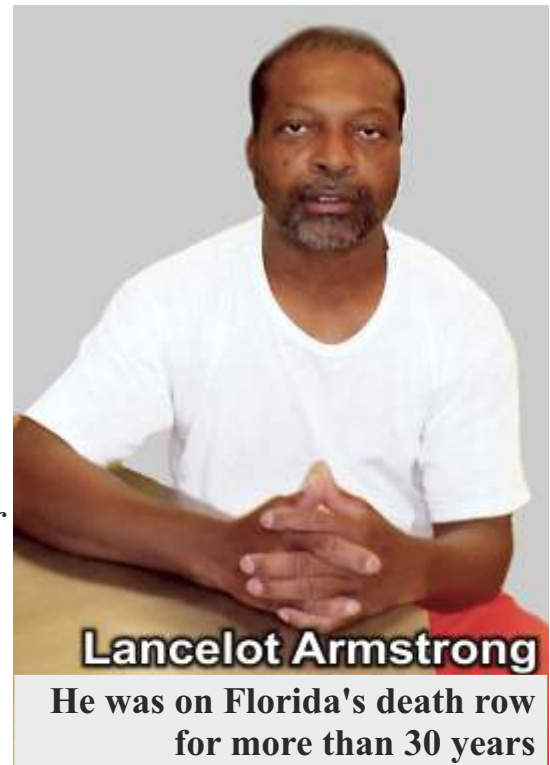
Mainly because the officers come to the hallway at night, every ½ hour, or hour, as they want and they have no respect for us because they make a lot of loud noise with the doors, always waking us up, both during the day and at night.

Due to the lack of sleep, some prisoners give up their rights. Some become so ill that they take their own lives. Many complaints only lead to continuous retaliation through poor treatment.

Specifically in our hallway, we had no hot water in the shower for over 3 weeks. Sometimes I had to wait up to 5 days to get toilet paper.

To save costs, we only get 1 roll of toilet paper from the officials every 10 days and if it runs out sooner, they only give us a little paper. What makes things worse, we can't get it when we need it right now. Their retaliatory actions force us to buy toilet paper through the canteen (he can order some there).

Oh, I'll attach the meal plan, that will save me from having to write it all down too



(laugh). (The plan follows on page 18)

I can't get a kosher diet here, so I can only eat the Alternative Diet. On the plan I have marked these "alternatives" in color. What makes the whole thing worse, these people refuse to give us real chicken, beef or fish and most of what we get is really unpleasant to eat, forcing me to order food from the canteen weekly to get healthy food as much as possible.

Whether through ignorance or retaliation, the price goes up for the very things we order the most and they tell me if I don't like the high cost, then I shouldn't order anything from the cafeteria.

Because of their prejudice, the officials refuse to let us fix the problems.

The daily diet plan is from 06/09/2012, Thursday, first week, to 2, 3, and 4th week and then it always starts again with the first week ! - I wrote the date on the nutrition plan list. That gives you an idea of what they serve us. Although most of the time they make mistakes (Laugh). I know some of it sounds pretty good (on the list) but believe me there is a big difference between what they do and what they write on the documents.

These hypocrites serve us poisonous (harmful) meals and water, we don't get real milk or fruit juice and we are deprived of the basic fruits to be able to maintain a healthy diet.

Especially the tea and other drinks we get are mostly just colored water."

Lancelot Armstrong writes on 06/22/2016:

"...some people are getting sick because the systematic changes by officials, which we have also complained about before, have caused some of us here to have heat strokes.

Meanwhile, my immediate neighbor has had several heat strokes and had to be taken outside, for medical treatment. After a few days, he came back. He can't really talk now like he could before and walking is giving him trouble now too." (Note: The heat there is unbearable, yet prisoners are forced to wear clothing that is simply too warm at certain times and circumstances. Complaining, however, only leads to more trouble).

"What is happening here in terms of medical care is worse than before, because the nurse promises to bring medicine, but she doesn't! And yesterday, 06/21/2016, my immediate neighbor called for the nurse as she was walking down the hallway and reminded her to bring the medications and provide further treatment. A few hours later, "security" came and threw my neighbor to the ground, so he now needs a wheelchair..." (Note: Exactly how this led to the prisoner now needing a wheelchair as well, Lancelot can't spell out for us, he keeps emphasizing that he has to be careful there).

In the descriptions, there is always talk of costs that have to be paid by the prisoners. And this, although all prisoners on death row in Florida are forbidden to work, so they can't earn any money to pay for possible costs. Those who do not receive donations from outside or have relatives who can support them are in an absolutely hopeless situation!

What kind of system is this, which pretends to act in the name of the right and accepts every imaginable injustice against people? - It is good that Europe has decided against the death penalty and it is to be wished that the contradiction becomes louder straight from Europe against this martial punishment and the torture of humans connected with it. This is especially true in the direction of the United States, where Europe has a special obligation, because this partner often tortures its death candidates for decades on death row.

Meal Plan from 2012 - Florida - Death Row

Lancelot Armstrong got only the RED marked food!

So the food in front of which the word "ALT:" is written.

	WEEK ONE (1)			WEEK TWO (2)			WEEK THREE (3)			WEEK FOUR (4)		
	BREAKFAST	LUNCH	SUPPER	BREAKFAST	LUNCH	SUPPER	BREAKFAST	LUNCH	SUPPER	BREAKFAST	LUNCH	SUPPER
07/01/12	ALT: DRIED BEANS (No Cheese) SCRAMBLED EGGS & GRITS POTATOES BISCUITS W/JELLY	ALT: DRIED BEANS (No Cheese) SHRED. CHEESE SALAD RICE, BEANS, BREAD	ALT: DRIED BEANS (No Cheese) TURKEY HAM CHEESY GRITS, SALAD SNAP PEA BLEND, CORNBREAD	ALT: DRIED BEANS (No Cheese) SCRAMBLED EGGS & GRITS POTATOES BISCUITS W/JELLY	ALT: DRIED BEANS (No Cheese) SOUTHERN BBQ W/BREAD POTATOES, COLESLAW SQUASH W/ONIONS COOKE	ALT: DRIED BEANS (No Cheese) BAKED CHICKEN LEG QTR. RICE, STEWED TOMATOES CORNBREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) SCRAMBLED EGGS & GRITS POTATOES BISCUITS W/JELLY	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE SALAD RICE, BEANS, BREAD	ALT: DRIED BEANS (No Cheese) POULTRY HOT DOGS W/BREAD CHEESY ROTINI PASTA BAKED BEANS / SALAD	ALT: DRIED BEANS (No Cheese) SCRAMBLED EGGS & GRITS POTATOES BISCUITS W/JELLY	ALT: DRIED BEANS (No Cheese) PANCAKES OATMEAL SYRUP	ALT: DRIED BEANS (No Cheese) MEAT NOODLE STROG. MASH POTATOES & GRAVY COLESLAW, SNAP PEA BLEND
07/02/12	ALT: DRIED BEANS (No Cheese) SPANISH RICE W/MEAT GREEN BEANS SALAD / BREAD COOKE	ALT: DRIED BEANS (No Cheese) POLIUTRY HOT DOGS POTATOES / BAKED BEANS COLESLAW / BREAD BROWNE	ALT: DRIED BEANS (No Cheese) BAKED CHICKEN LEG QTR. RICE, STEWED TOMATOES CORNBREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) WESTERN CHILI W/BEANS RICE, CORNBREAD SQUASH W/ONIONS, SALAD	ALT: DRIED BEANS (No Cheese) SCRAMBLED EGGS & GRITS POTATOES BISCUITS W/JELLY	ALT: DRIED BEANS (No Cheese) SOUTHWESTERN PATTY BREAD, POTATO SALAD COLESLAW CANNED FRUIT	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE, SALAD RICE, BEANS, BREAD BROWNE	ALT: DRIED BEANS (No Cheese) SLOPPY JOE W/BREAD OVEN POTATOES BEANS & SQUASH COOKE	ALT: DRIED BEANS (No Cheese) POLIUTRY HOT DOGS POTATOES / BAKED BEANS COLESLAW / BREAD BROWNE	ALT: DRIED BEANS (No Cheese) PANCAKES OATMEAL SYRUP	ALT: DRIED BEANS (No Cheese) MEAT NOODLE STROG. GREENS, SQUASH W/ONIONS CORNBREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) YAKISOBA W/PASTA SNAP PEAS BLEND COLESLAW, CORNBREAD COOKE
07/03/12	ALT: DRIED BEANS (No Cheese) COFFEE CAKE OATMEAL	ALT: DRIED BEANS (No Cheese) SLOPPY JOE W/BREAD OVEN POTATOES BEANS & SQUASH COOKE	ALT: DRIED BEANS (No Cheese) COUNTRY PATTY W/BREAD RICE & GRAVY/CARROT COINS SNAP PEA BLEND CAKE	ALT: DRIED BEANS (No Cheese) COFFEE CAKE OATMEAL	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE, SALAD RICE, BEANS, BREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) SOUTHWESTERN PATTY BREAD & GRAVY RICE & GRAY BREAD / GREENS / SALAD CAKE	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE, SALAD RICE, BEANS, BREAD BROWNE	ALT: DRIED BEANS (No Cheese) COUNTRY PATTY W/BREAD OVEN POTATOES CARROT SLAW COOKE	ALT: DRIED BEANS (No Cheese) WESTERN CHILI W/BEANS RICE, CORNBREAD SQUASH W/ONIONS, SALAD	ALT: DRIED BEANS (No Cheese) PANCAKES OATMEAL SYRUP	ALT: DRIED BEANS (No Cheese) MEAT NOODLE STROG. GREENS, SQUASH W/ONIONS CORNBREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) YAKISOBA W/PASTA SNAP PEAS BLEND COLESLAW, CORNBREAD COOKE
07/04/12	ALT: DRIED BEANS (No Cheese) BREAKFAST SAUSAGE PATTY GRITS HASH BROWN POTATOES TOAST W/JELLY	ALT: DRIED BEANS (No Cheese) YAKISOBA W/PASTA SNAP PEAS BLEND COLESLAW, CORNBREAD COOKE	ALT: DRIED BEANS (No Cheese) COUNTRY PATTY W/BREAD OVEN POTATOES, BEANS CUCUMBER-ONION SALAD CAKE	ALT: DRIED BEANS (No Cheese) COFFEE CAKE OATMEAL	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE, SALAD RICE, BEANS, BREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) SOUTHWESTERN PATTY BREAD & GRAVY RICE & GRAY BREAD / GREENS / SALAD CAKE	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE, SALAD RICE, BEANS, BREAD BROWNE	ALT: DRIED BEANS (No Cheese) COUNTRY PATTY W/BREAD OVEN POTATOES CARROT SLAW COOKE	ALT: DRIED BEANS (No Cheese) WESTERN CHILI W/BEANS RICE, CORNBREAD SQUASH W/ONIONS, SALAD	ALT: DRIED BEANS (No Cheese) PANCAKES OATMEAL SYRUP	ALT: DRIED BEANS (No Cheese) MEAT NOODLE STROG. GREENS, SQUASH W/ONIONS CORNBREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) YAKISOBA W/PASTA SNAP PEAS BLEND COLESLAW, CORNBREAD COOKE
07/05/12	ALT: DRIED BEANS (No Cheese) BREAKFAST SAUSAGE PATTY GRITS HASH BROWN POTATOES TOAST W/JELLY	ALT: DRIED BEANS (No Cheese) MEAT MACARONI CASSEROLE GREENS / SALAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) MEAT LOAF W/BREAD MASH POTATOES & GRAVY CORN & CABBAGE CANNED FRUIT	ALT: DRIED BEANS (No Cheese) COFFEE CAKE OATMEAL	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE, SALAD RICE, BEANS, BREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) SOUTHWESTERN PATTY BREAD & GRAVY RICE & GRAY BREAD / GREENS / SALAD CAKE	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE, SALAD RICE, BEANS, BREAD BROWNE	ALT: DRIED BEANS (No Cheese) COUNTRY PATTY W/BREAD OVEN POTATOES CARROT COINS PUDDING	ALT: DRIED BEANS (No Cheese) WESTERN CHILI W/BEANS RICE, CORNBREAD SQUASH W/ONIONS, SALAD	ALT: DRIED BEANS (No Cheese) PANCAKES OATMEAL SYRUP	ALT: DRIED BEANS (No Cheese) MEAT NOODLE STROG. GREENS, SQUASH W/ONIONS CORNBREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) YAKISOBA W/PASTA SNAP PEAS BLEND COLESLAW, CORNBREAD COOKE
07/06/12	ALT: DRIED BEANS (No Cheese) COFFEE CAKE OATMEAL	ALT: DRIED BEANS (No Cheese) SOUTHERN BBQ / BREAD PASTA SALAD, CARROTS CUCUMBER-ONION SALAD	ALT: DRIED BEANS (No Cheese) SMOKED TURKEY SAUSAGE OVEN POTATOES, BREAD MIXED VEGGIES / COLESLAW COOKE	ALT: DRIED BEANS (No Cheese) COFFEE CAKE OATMEAL	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE, SALAD RICE, BEANS, BREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) SOUTHWESTERN PATTY BREAD & GRAVY RICE & GRAY BREAD / GREENS / SALAD CAKE	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE, SALAD RICE, BEANS, BREAD BROWNE	ALT: DRIED BEANS (No Cheese) COUNTRY PATTY W/BREAD OVEN POTATOES CARROT COINS PUDDING	ALT: DRIED BEANS (No Cheese) WESTERN CHILI W/BEANS RICE, CORNBREAD SQUASH W/ONIONS, SALAD	ALT: DRIED BEANS (No Cheese) PANCAKES OATMEAL SYRUP	ALT: DRIED BEANS (No Cheese) MEAT NOODLE STROG. GREENS, SQUASH W/ONIONS CORNBREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) YAKISOBA W/PASTA SNAP PEAS BLEND COLESLAW, CORNBREAD COOKE
07/07/12	ALT: DRIED BEANS (No Cheese) COFFEE CAKE OATMEAL	ALT: DRIED BEANS (No Cheese) SOUTHERN BBQ / BREAD PASTA SALAD, CARROTS CUCUMBER-ONION SALAD	ALT: DRIED BEANS (No Cheese) SMOKED TURKEY SAUSAGE OVEN POTATOES, BREAD MIXED VEGGIES / COLESLAW COOKE	ALT: DRIED BEANS (No Cheese) COFFEE CAKE OATMEAL	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE, SALAD RICE, BEANS, BREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) SOUTHWESTERN PATTY BREAD & GRAVY RICE & GRAY BREAD / GREENS / SALAD CAKE	ALT: DRIED BEANS (No Cheese) TORTA MEAT SHRED. CHEESE, SALAD RICE, BEANS, BREAD BROWNE	ALT: DRIED BEANS (No Cheese) COUNTRY PATTY W/BREAD OVEN POTATOES CARROT COINS PUDDING	ALT: DRIED BEANS (No Cheese) WESTERN CHILI W/BEANS RICE, CORNBREAD SQUASH W/ONIONS, SALAD	ALT: DRIED BEANS (No Cheese) PANCAKES OATMEAL SYRUP	ALT: DRIED BEANS (No Cheese) MEAT NOODLE STROG. GREENS, SQUASH W/ONIONS CORNBREAD BREAD PUDDING	ALT: DRIED BEANS (No Cheese) YAKISOBA W/PASTA SNAP PEAS BLEND COLESLAW, CORNBREAD COOKE

THIS IS AN ABBREVIATED MENU. DRINKS, JUICES, KETCHUP, MUSTARD AND BUTTER ARE NOT LISTED BECAUSE THERE IS NOT ENOUGH ROOM. (SUBJECT TO CHANGE.)

9/6/12

Update on Lancelot Armstrong's situation:

The death sentence against Lancelot Armstrong, for the murder of a police officer in 1990, was declared invalid in January 2017 because it was handed down under unconstitutional circumstances. Nevertheless, Lancelot had to remain on death row until the summer of 2021. Only then did he receive a new sentence: life in prison. He is now to remain in prison until the end of his life, with no chance of ever being released, for a crime he did not commit, as he always insists...

**Order art from Lancelot Armstrong
You determine the amount of your donation by yourself!**

armstrongkunst.wordpress.com





Our initiative was founded in May 2012. Until August 2018, it was called the 'Initiative Help for Lancelot'. Lancelot Armstrong was on Florida's death row for over 30 years and maintained his innocence from the beginning. Since our scope of work has since expanded greatly, we changed our name to the Initiative Hope for Life in September 2018 and now serve several prisoners.

We collect donations for prisoners and signatures and are extensively active on the internet to draw attention to the terrible situation of death row inmates.

Webside : ihfl.de
News-Blog: lancelotarmstrong.wordpress.com
Art Gallery: armstrongkunst.wordpress.com

Nobody has deserved the death, in case of need there would be normal prison sentences and many death candidates of the USA would be, even if they are guilty, in Germany already long ago free again!

We place ourselves on the side of all to the death sentenced, as far as it is possible for us, all the same whether guilty or not, because they are human beings.

When it comes to the death penalty, we will always

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We would be pleased if you would support the prisoners we care for and our work with a donation.

For this purpose we have set up a donation account (see below) and also a possibility to donate via PayPal. The PayPal account is linked directly to our donation account.

Thank you very much!

**From now on donations with
PayPal possible**



Please visit the following website:
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Kontakt:

Initiative Hoffnung fürs Leben - c/o Peter Koch - Naumburger Str. 23A - 34127 Kassel - Germany

E-Mail: info@ihfl.de

Web: ihfl.de / Blog: lancelotarmstrong.wordpress.com

Art Gallery: armstrongkunst.wordpress.com / Twitter: twitter.com/IHfLpeter

Donations for Inmates and our fight against the death penalty are requested to our donation account:

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