

IN THE LIFE OF A CONNECTICUT PRISONER Vol.2 No.5  
By Richard Stevenson

GREETINGS FREE WORLD! Well, we are still locked down twice per week (staff training) in addition to the various codes. Even though we only get 2 hours per day for recreation they somehow couldn't find the time to train 2 or 3 officers a couple of hours out of the day.

They also can't seem to find the time to give those of us in South Block-2, who slave for the state making license plates, work showers. Our day ends at about 2pm but we must wait until 8:30pm or 9:30pm to shower. This mean we only get a half an hour to try and get to a phone and call our families.

These types of issues aren't knew to us. You see, it's contract negotiation time. The more they can make us flip out the better position they are in for negotiations costing the state millions.

Let me tell you how good they have it here. Recently, we asked permission to play flag football. They wouldn't have to pay for any of the equipment. The recreation director denied us saying that the guard's union are afraid that they would have to respond to fights on the field. First, isn't that what they get paid to do? Second, in the 20 years I've played flag football at the other facilities there has never been a fight over the game or on the field.

So please, if you ever gear about anything jumping off at a Connecticut prison, DON'T BELIEVE THE HYPE! They spend a lot of energy trying to get us to act out to justify their positions and budget.

Also know this, when you hear about cuts in the D.O.C. budget, be aware that it ALWAYS hit the prisoners well before staff benefits and pay are touched. They'll cut programs, inmate pay, inmate work hours, clothing allotments (we currently only get 2 pairs of pants and shirts ea.), food, (99% of all the meat they give us has soy filler in it), et al.

No wonder the recidivism rate in this state is so high!

**#HOLD THEM ACCOUNTABLE!**

Rich.

CONTRACT NO. 11PSX00154  
EXHIBIT B, Price Schedule B-3  
MUSIC CATEGORY, APRIL 2013  
PAGE 691 OF 707

Genre	Catalog #	Artist	Album Title	Selling Price
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