

Hello!

From

Matthew Jankowicz

31 JAN. 12

I have a few things i'll like to talk about today. First I want to talk about my lower back pain & left knee pain. Then I want to tell you about California's prison overcrowding problems.

I hurt my back on the 14th of Jan, & it made my left knee hurt even more. My back hurts in the same area, L3-L4 vertebrae, where I ruptured a disc over 7 years ago & had back surgery - back then my left knee hurt a lot too, because the ruptured disc was pressing on my synatic nerves to my left leg. So I think I have the same problem. I saw the Doctor on the 25th & he said there was nothing wrong with me. So right now I'm just suffering in a lot of pain. Also I have fallen a few times to the ground, because my left leg will just give out whenever it wants too. Pray for me that I get some help some day. Also my left leg is shrinking - its about $\frac{1}{2}$ the size of my right leg. I think it may be due to nerve damage or Polio. The medical care is very bad here.

My celle is leaving to another prison because of the prison overcrowding problem. There getting rid of hundreds of inmates on my yard. So I will probably get a new celle soon.



(2)

31 JAN. 12

Hopefully he's okay, wish me luck. According to CDC (California Department of Corrections) as of the 28th of FEB, 2012, they are fining around 550 CDC employees, including 140 C.O.'s (correction officers). They said they have already sent 14,000 inmates from California state prisons to the county jails. Most of the inmates at my prison though, all just went to other prisons, CDC there will be more reductions of CDC employees & inmates this Fall. IT should make life a little better at prison, I just hope the medical care improves, wish us luck.

Well thats all for now, Take care & my prayers are with you all, GOD BLESS YOU & please feel free to respond to my Blog page OR/2 write me a letter. THANK YOU. ☺