

7-18-12

Prison Talk

I once sent in for post a copy of our Canteen List, I Don't know weather or not it was posted being a Detailed price list, but it showed the vast amount offered for sale and the unbelievable amount charged for the necessities, and the Robbery happening on each sale of Non essential Items..

I work and have A Pay rate among the highest within this prison. I average between 70\$ and 85\$ a month for around 200^{hrs.}

Most average frome 14\$ to 25\$ a month.

out of that a medical CO-Pay is charged on every sick-call slip submitted be it only a Medical Question or worse. Underwear & Socks are ISSUED 2 pair of each every 3 to 6 months - but each inmate must turn IN 2 pair to get 2 pair. Meaning Inmates have to at some point get money sent in from friends & family or save Money from employment to purchase underwear or wear each pair for multiple days before washing them,

If the cell door lock is broken, or the key misplaced by the inmate a charge of 75\$ is put on the inmate's account as a lien until every \$ is payed.

Non-Formulary medication is payed for by the inmate.

Fortunately Psych Services are free, especially since we're driven crazy with the cost of life in here.

a man weighing 200^{lbs} eating ~~less~~ only what the prison offers will in 6 month have lost at a minimum 10 LBS. the provided food is 80% sugars & starches.

The portions are what an eleven year old child gets in school. No where enough to support an active man on the long term. the meals on a whole were compared to eating a can of AIPD dog food by state nutricianists.

actually the dog food ~~ranked~~ ranked a bit higher. Some food left overs are held for weeks to be served again.

That's from experience, Two years ago I was fired from the kitchen for conflicting with a direct order given to serve food more than

two weeks old. My Refusal to Give to another what I my Self would Not eat ended my employment there but made No Difference in the Serving Rancid Foods... There's always a "yes" man willing to Do whatever he is Told... I eat one meal a day - at work I eat lunch to support my Body while I work, after words I Try to limit my activity.

the Medical Dept. IS Shockingly careless & unsympathetic To injury here. Broken bones can go Days or sometimes weeks without X-ray or any attention. People have died just waiting to see a Doctor..

I have no Real concept of Pain, It's Relative to my Mental state at the Time, Some Men have been Layed up in a Dorm with obviously Broken arms an Such in excruciating Pain, with No Relief unless they go buy Ibuprophen from the canteen at prices nearing extortion.

my hands & arms are covered with large scars from having injured myself and simply cleaned it and either wrapped it or stitched it with needle & thread.

I try to avoid medical, if it can be avoided..

9am

7-29-12

I've Probably said this Before,
I've NEVER in my life gotten
a Second chance with anything.

over Time I Reached for Perfection from the
Start of anything, I Got Quite Angry
at the first sight of mistake or failure.

I stayed so focused on the end Result
I couldn't clearly see The Tasks leading
There. So most often I Caused my
own initial failures.. Still Second chances
Dont come. Today, That's what I look for
Rather than Perfection..

One Second Chance...