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I've received your comment and thanks for responding. It is unnatural to be in a "warfare state of mind" but for many in the world that is their daily state of mind. It's marvelous what your mind can adapt to but where does it end? And at what point does the prisoner (through physical or warfare) break down when tortured? In prison and this may seem strange to you its not other prisoners I'm most alert about. Its the people with guns and other 'weapons' that can easily or fatally harm me. I did recover from my injury, sad to say I injured myself again. On the flip side there is good benefits to always been alert. As for the institutionalized.... I'm beyond the line.

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