

"STOP Resisting" Pt. 1.

Woke up the other day and pulled a batch of some of the best wine I've run across in prison.

By 6PM I had witnessed 3 COs kick the shit out of a drunk captive who had been accused of no more than making "too much noise" for the past few hours. I felt bad that it was my wine that had caused his black out, but better that he could not recall how he received the busted ribs and broken jaw.

These cells are small and cramped. And we are on 23/7 lockdown. How long do you think you would last before insanity sets in? A week? A year? My 3 years, 8 months and counting. And I think it's only due to alcohol that I've managed to thwart insanity this long. I mean everyone needs some type of escape from the grueling pressures of everyday life - Right?

I'm the "free cipher" (the world outside the prison walls), people have the opportunity to fashion whatever reality they please. Whereas in here, the form of reality has been forged through the accumulation of centuries of tried social-control measures at pacification. And although these institutions be called "Corrections and Rehabilitation," they are merely warehouses that isolate and either pacify, or drive insane large numbers of our citizens.

This form of punishment is not fit for criminals. How not? you might ask. Shouldn't rapists, robbers and murderers be locked away in order to protect the good + innocent? Yes, there needs to be a system for correction; but if rehab means to restore, and restore means to give back, or return to, then knowing many of those locked up will be returning, shouldn't we make

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Sure Corrections and Rehabilitation work hand in hand? And why not hold the public accountable to help do away with the need for corrections, and instead of re-hab, or re-instilling anything, we should focus on properly instilling morals, values and direction from the get go. Also, so-called corrections institutions should be infused with programs that are truly designed to correct. This should be the concern of all people because it ultimately affects all of us. We must take a more direct and active approach to quell crime. And ask ourselves: Why do we fail or neglect such a large portion of our society?

I'll leave you to ponder that as I try to give answers in subsequent posts.

For now, let us continue our exposure of some of the horrific sights that go on daily inside a Super-Max institution.

Lockdown 23 hours a day for 5 days a week... for the other 2 - Tuesday and Friday - there's absolutely no movement; no shower; no rec. And though something "fun" or "exciting" generally comes to mind when one thinks "recreation," in here it means being taken out of one's cell for placement in one of two "rec" cages. Both 10x10; one with a basketball and net, the other with a dip and pull up bar. Neither allows you to see the light of day. As the one for outside "rec" is surrounded by 18ft walls.

Next you are in a pod with up to 17 other captives. The doors are so solid and fit so snug in the door jam that to even speak to another you must

³ gell at the top of your lungs. Not only holding us physically captive but ~~also~~ our thoughts and words also, and ultimately our growth.

Lastly, sensory deprivation, no education opportunities, censorship of printed materials, screening of cultural-specific music, serving of small food portions, high commissary prices, high phone prices, and the enforcing of petty rules like "don't pose anything," all contribute to antagonism and insanity instead of connection or rehabilitation.

You may call us criminals and ask if it is 5-star treatment that we desire. I would have to say no! it's only a chance to grow that many of us seek and are held back from. Thus we remain angry, bitter, & suffering mental and emotional instability.

Would you rather us not continue to victimize? Reach out! And give me the opportunity to reach out to those prone to become criminals without prevention. Don't leave them isolated... Don't leave me isolated.

If you have the means ~~for~~ ideas to foster change or development... do so. Rather than continue to blindly accept that the system works... If you believe it does, google the current recidivism rate.

Thank for reading.
Thank for understanding.

* you can reach out to me either through Jpay.com
-OR-

In harmonious truth

2013 Quincy Young

Quincy Young A568671
676 Coitsville-Hulstard Rd
Youngstown, OH 44505-4699.