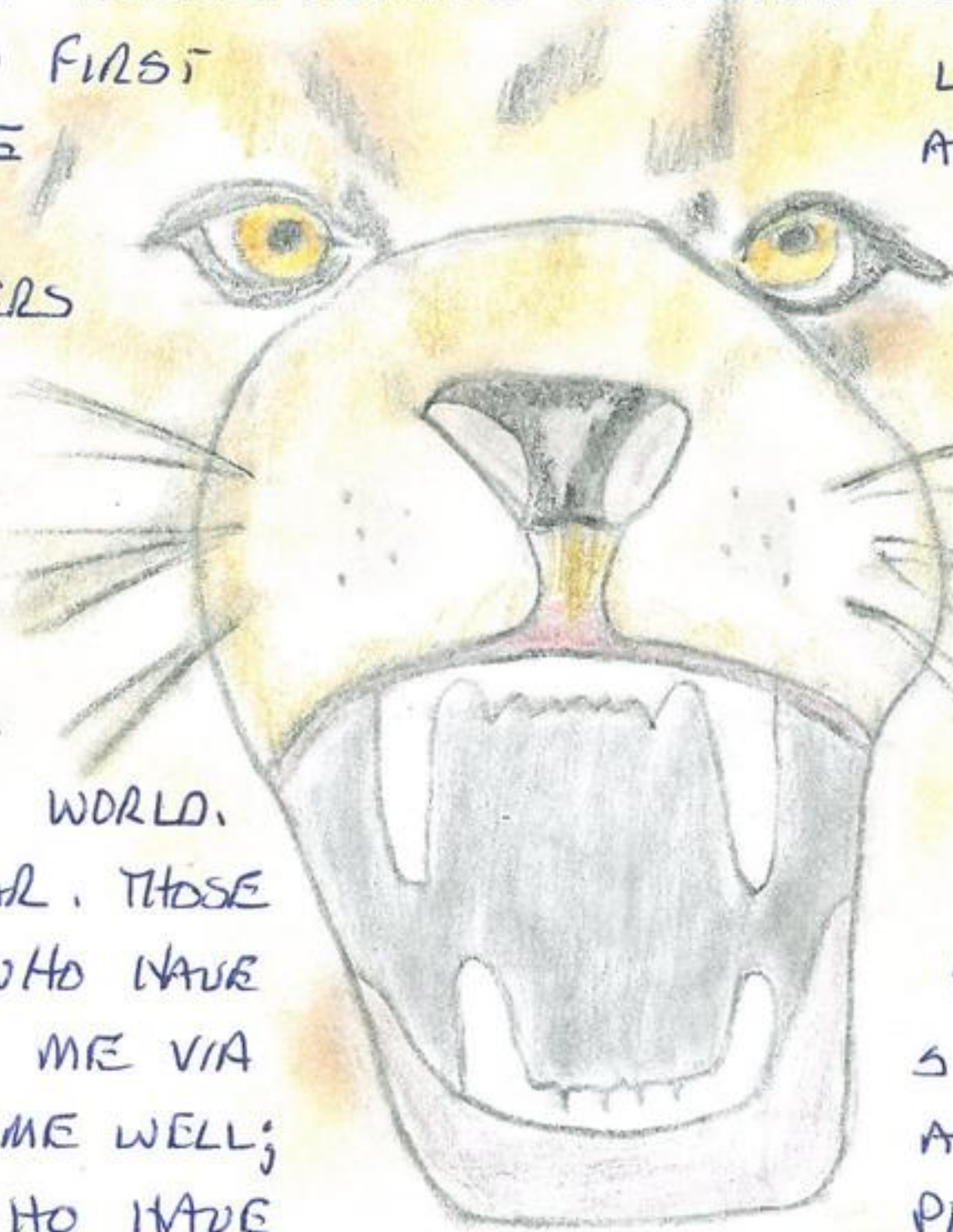


ITELLO AND NAFA ADAI MY FELLOW  
 BLOGDYNES! FROM THE TRIPLE DIGIT HEAT  
 HERE AT (UN) PLEASANT VALLEY STATE PRISON  
 SITUATED ROUNDABOUTS COALINGA, CALIFORNIA

I WOULD FIRST  
 WELCOME  
 VISITORS  
 COMMENTERS  
 HUMBLE  
 I EXTEND  
 AND  
 TO THOSE  
 FROM THE  
 DAY, THE WORLD,  
 PARTICULAR, THOSE  
 SOULS WHO HAVE  
 OUT TO ME VIA  
 WISHING ME WELL;  
 THOSE WHO HAVE



LIKE TO  
 AND THANK  
 AND  
 TO MY  
 DIALOGUE!  
 MY THANKS  
 APPRECIATION  
 OF YOU  
 AMERICAS,  
 AND IN  
 INTREPID  
 REACHED  
 SNAIL MAIL  
 AND FOR  
 PLEDGED

THEIR SUPPORT I AM TRULY IN AWE OF YOUR  
 RESPONSE, INFORMATION AND GUIDANCE! IN  
 FORMING MY STRATEGIES FOR MY INITIAL PUSH  
 FORWARD IN SEEKING TO ACHIEVE IMPROVEMENT  
 OF THE HUMAN CONDITION OF MY FELLOW  
 PRISONERS... USING POSITIVE, FORWARD-MOVING

CHANGE! I SEEK TO CHALLENGE THE OPPRESSIVE AND DEVISIVE MANEUVERINGS EMPLOYED BY THE PRISON INDUSTRIAL COMPLEX (PIC) AND ITS MINIONS, INCLUDING BUT NOT LIMITED TO THE OPPRESSORS IN BLUE (OIB'S) WHO WALK AMONGST OUR RANKS ESPYING OUR MOVEMENTS AND SKULKILY PUTTING THE PIC'S DEVISIVE EFFORTS INTO PLAY AT THE PRISONER TO PRISONER LEVEL.

AS PRISONERS, I SAY THAT WE MUST SEE AND BECOME TIRED OF WITNESSING THE CONDITIONS OF CONFINEMENT WE ARE PARTAKING IN; WE MUST NOT TURN A BLIND EYE TO THE CONDITIONS AND CIRCUMSTANCES LEADING UP TO AND INCLUDING CONFINEMENT, AS WELL AS THE FEELINGS OF HELPLESSNESS AND HOPELESSNESS SO WE CAN ACKNOWLEDGE OUR PLIGHT AND SEEK POSITIVE CHANGE. WE MUST EDUCATE OURSELVES, NOT ONLY OF THE CAMPAIGN WE CHOOSE TO ENGAGE, BUT ALSO OF THE SUCCESSES, AND MORE IMPORTANTLY, OF THE FAILURES OF CAMPAIGNS WAGED IN THE PAST OF OUR BROTHER AND SISTER PRISONERS WHO SPOKE TEARS, BLOOD AND SWEAT, AND IN SOME CASES, THEIR VERY LIFE FORCE, TO AFFORD US THE OPPORTUNITY TO STAND UP AND FIGHT ON!

SURE, SURE. THERE ARE ALREADY MANY PRISONER RIGHTS AND HUMAN RIGHTS ORGANIZATIONS, FOUNDATIONS AND GROUPS OUT THERE WHO PURPORT TO SEEK THE CHANGE AND BETTERMENT (MY WORD) OF THE HUMAN CONDITION OF PRISONERS! BUT WHERE ARE THEY? I DO NOT SEE THE EFFECTS OF THEIR CAMPAIGNS FROM MY VANTAGE POINT AS A PRISONER. HAVE I SEEN IMPROVEMENTS OVER THE PAST TWENTY-FIVE YEARS? NOT REALLY... WHEN WE SEE CHANGE IT IS USUALLY THE SAME OLD CONDITION BUT IN NEWER AND SHINIER GARB! I WILL GIVE YOU A BROAD EXAMPLE... AROUND 2007-2008, A FEDERAL RECEIVER WAS APPOINTED BY A THREE JUDGE U.S. DISTRICT PANEL TO OVERSEE THE IMPROVEMENT AND RESTRUCTURING OF THE HEALTH AND MENTAL HEALTH CARE OF PRISONERS... WELL THIS IS 2013 AND YES THINGS HAVE CHANGED... MEDICAL TECHNICIAN ASSISTANTS (MTA'S) WERE REPLACED BY REGISTERED NURSES (RN'S) WHO ARE DOING THE SAME JOB AS THE MTA'S DID BUT AT HIGHER PAY... IT USED TO TAKE FIVE TO TEN DAYS TO SEE A DOCTOR (EVEN IF "EMERGENCY" WAS CLAIMED BY THE INMATE! ONLY IF A MEDICAL STAFF DECLARED THAT AN INMATE'S SYMPTOMS RATED "EMERGENCY" TREATMENT WAS THAT INMATE "FAST-TRACKED" INTO THE TREATMENT CYCLE)... NOW YOU ARE SEEN WITHIN THREE TO FIVE DAYS BY AN R.N.

AND IF THE RN DEEMED IT NECESSARY HE/SHE WOULD FORWARD IT TO A "DOCTOR"... I PUT "DOCTOR" IN QUOTATIONS BECAUSE THERE ARE SO FEW REAL MEDICAL DOCTORS WILLING TO WORK IN THE CALIFORNIA DEPARTMENT OF CORRECTIONS AND REHABILITATION (CDCR) BECAUSE MD'S WILL NOW BE ACCOUNTABLE FOR THEIR DIAGNOSIS AND TREATMENT (SUPPOSED SUB-SYNDROME CASE IS NOT ALLOWED TO REAR ITS UGLY HEAD IN PRISON)! THAT BEING SAID IT TAKES ANOTHER FIVE TO TEN DAYS - MONDAYS THROUGH FRIDAYS THAT IS - TO SEE A DOCTOR (OR A RN MASQUERADING AS A DOCTOR) SO YEAH CHANGE HAPPENS... THE SAME OLD DOG IN NEW CLOTHES!!!

SO TO THE LEGAL SYSTEM WE MUST GO! AFTER COMPLETING THE ADMINISTRATIVE REMEDY (CDCR-602) PROCESS, THE STATE LEGAL SYSTEM MUST BE ENGAGED... RELIEF IS SELDOM WON IN STATE COURTS, SO INTO THE FEDERAL LEVEL WE MUST GO TO SEEK POSITIVE CHANGE.

THIS TAKES ORGANIZATION, EDUCATION AND LOGISTICAL (INCLUDING FINANCIAL) SUPPORT. WE NEED RESEARCH DONE (INTERNET AND PHYSICAL ARCHIVAL RESEARCH); DOWNLOADING AND COPYING; TYPING (SINCE THEY TOOK MY TYPEWRITER AT CORCORAN PRISON FOR BEING CONTRABAND - IT WAS GRAY IN COLOR RATHER THAN CLEAR SEE THROUGH PLASTIC-

AS WELL AS COORDINATION OF INVOLVED AND ENGAGED PARTIES. TAKING ON THE PIC IS A VERY DAUNTING TASK INDEED... THIS TAKES DEDICATION, PERSISTENCE AND ACCOUNTABILITY... SO VERY EASY TO SAY YOU WILL AND PARADOXICALLY HARD TO ACTUALLY WORK AT IT!

I DO NOT ADVOCATE VIOLENT OR AGGRESSIVE APPROACHES TO CHANGE. I AM REASONABLE AND I REALIZE THAT IN ORDER TO ACHIEVE REAL CHANGE IT MUST BE WON IN THE COURTS! IT IS A SLOW, ARDUOUS TASK... BUT THE ALTERNATIVE APATHY AND DEHUMANIZATION... A POOR CHOICE INDEED!

SO, I ENTREAT ALL YOU MEN AND WOMEN OF LETTERS; ALL OF YOU LEGAL SCHOLARS; ALL OF YOU SOCIAL SAVANTS... TO LEND ME YOUR EARS AND EXTEND TO US THE BENEFIT OF YOUR INDIVIDUAL AND COLLECTIVE WISDOM, GUIDANCE AND STRATAGEM! I SAY THAT AN AN EDUCATED PERSON CAN OUTDUCEL THE MACINATIONS OF A WICKED GOLIATH!

THE ASSEMBLAGE OF ALL THE INTERIOR AND EXTERIOR OF THIS FLEDGLING MOVEMENT IS UNDERWAY... BUT SORT OF SOLIDIFICATION. REACH DOWN AND EXAMINE YOUR CONSCIENCE... IF YOU OR YOUR LOVED ON WERE FACED

THE CONDITIONS; THE HELPLESSNESS AND HOPELESSNESS FORCED UPON PRISONERS BY THE PIC; THE DEGRADED INDIFFERENCE OF OUR PIC CAPTORS. WOULDN'T YOU SEEK TO GAIN THE BASIC HUMANITY YOU DESERVE? DON'T ALL HUMAN BEINGS DESERVE BASIC HUMAN DIGNITY? DON'T YOU DESERVE IT? IF YOU FEEL YOU DESERVE TO BE TREATED AND VIEWED HUMANELY, THEN WHY CAN'T WE AS PRISONERS SEEK THE SAME BASIC RIGHTS?

WELL I HAVE TO CLOSE THIS WEEK'S OFFERING! I MUST LEAVE ENVELOPE SPACE FOR MY FELLOW PRISONERS TO AIR THEIR THOUGHTS! SHOULD YOU WANT TO COMMENT PLEASE DO SO... FOR THOSE OF YOU IN THE WORLDWIDE INTERNET COMMUNITY WHO WOULD LIKE TO CONTINUE THIS WEEK'S DISCUSSION IN MORE DETAIL, OR TO STATE YOUR OWN POSITION, OR OFFER LOGISTICAL SUPPORT (OR EVEN TO F@#!! OFF!) PLEASE FEEL FREE TO CONTACT ME VIA THE SNAIL MAIL ADDRESS PROVIDED ON MY PROFILE PAGE. THANKS FOR STOPPING BY... HAFIA ADOI ATUNBO'... HASTA ITULO'