

PABLO PIÑA D-28079  
P.O. BOX 7500 D-2 122 SHU.  
CRESCENTCITY, CALIF 95531

SEPT. 11, 2013

ON SEPTEMBER 4TH 2013 THE PELICAN BAY SHU HUNGER STRIKE WAS OFFICIALLY ENDED.

THIS IS THE THIRD HUNGER STRIKE WE'VE HAD HERE AT PELICAN BAY SHU.

THE THING IS, THAT EACH TIME PRISON OFFICIALS SAY THEY'RE GOING TO MAKE CHANGES, AND EACH TIME THEY DO NOTHING OR VERY LITTLE IS CHANGED, AND WE'RE RIGHT BACK WHERE WE STARTED.

THEY PROMISED US PULL UP BARS FOR THE YARD BUT IT TOOK ABOUT TWO YEARS TO FINALLY GET THEM UP.

I'VE BEEN IN THE (SHU) SECURITY HOUSING ALMOST THIRTY YEARS. AND HERE GOING ON 24 YEARS. THE PULL UP BARS ARE TOO LITTLE TOO LATE, I'D OF LIKED IT 15 YEARS AGO. YEAH IT TOOK HUNGER STRIKES TO GET SOME SORRY ASSED PULL UP BARS. BUT IS THAT REALLY A CHANGE. I DON'T THINK SO.

WHAT WE REALLY NEED IS TO BE ALLOWED A PHONE CALL ONCE IN AWHILE SO WE COULD CALL HOME.

SURE THEY MADE A FEW CHANGES BUT THEY ARE SO MINOR THAT IT DON'T MAKE ANY DIFFERENCE. THEY'VE TAKEN MORE FROM US THEN THEY GIVE. I CAN'T REMEMBER HOW LONG ITS BEEN SINCE I ATE AN ORANGE, GRAPE-FRUIT, PEACH, AND MUCH MORE. NOR CAN I REMEMBER HOW MUCH OF A DIFFERENCE FOOD TASTES WITH SALT & PEPPER. THE FOOD IS GARBAGE BUT ITS EVEN WORSE WITHOUT SALT, PEPPER OR SUGAR.

PRISON OFFICIALS SAID THEY WILL LISTEN TO PRISONER COMPLAINTS NEXT MONTH, I GUESS IT DON'T MATTER IF THEY LET ANOTHER MONTH GO BY, IT AIN'T THEM THAT HAS TO LIVE IN HERE.

WE ARE KEPT IN OUR CELLS FOUR DAYS OUT OF THE WEEK, NO YARD, NO SHOWERS, NO NOTHING . . . .