

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

NOV. 14. 2013

RE: PELICAN BAY (SHU) PHOTOGRAPH. (POST)
AND CANTEN LIST AND MENU.

THIS IS A PHOTOGRAPH OF THE OUTSIDE OF THE SHU, YOU COULD SEE THAT IT LOOKS ALOT LIKE A WAREHOUSE OR STORAGE CONTAINERS, THE WHITE THINGS ON TOP ARE THE SKY LIGHTS, I HEARD THE OTHER DAY THAT THE PRISON OFFICIALS ARE GOING TO PUT A CLEAR SKY LIGHT WINDOW ON THE CIELING, BUT WHAT GOOD WILL THAT DO, IT MAY LET IN A LITTLE LIGHT BUT WE CANT SEE NOTHING, FIRST OF ALL WHO WANTS TO STAND AND LOOK UP TO THE CIELING, AND THEN THEY DONT LET US HANG OUT ON THE TIER ANY WAY.

HERE IS A COPY OF WHAT THE SHU CANTEN LOOKS LIKE, THEY HAVE ADDED SOME ITEMS SINCE THE FIRST AND SECOND HUNGER STRIKES, SO IT WAS NOT ALWAYS LIKE THIS, IT IS A LITTLE BETTER NOW. BUT IT STILL CONSISTS OF MAINLY JUNK FOOD. BUT THEY ARE TELLING US THEY WILL BE ADDING DRINKING CUPS AND PLASTIC BOWLS SOON. I SURE HOPE SO BECAUSE IM TIRED OF DRINKING OUT OF MILK CARTONS AND EATING OUT OF MILK CARTONS.

HERE IS WHAT ONE OF OUR MENU'S LOOK LIKE FOR SHU. LOOKS KIND OF GOOD HUH? YEAH ITS MADE FOR THE PUBLIC OR INSPECTORS. WHAT IS ON THIS MENU WE ONLY GET SOME OF IT, THEY ALWAYS SUBSTITUTE THE GOOD STUFF WITH SLOP. MAN IF WE GOT WHAT THIS MENU SAYS WED BE DOING ALRIGHT. I DOUBT WED HAVE MUCH TO COMPLAIN ABOUT.

YESTERDAY THEY GAVE US SOME STUFF THAT WAS TERRIBLE, I DONT KNOW WHAT IT WAS. BUT IT LOOKED LIKE CHILI BEANS AND RICE, BUT WAS SOY MEAT AND SOME RED SAUCE THAT WAS VERY BAD. I MESSED UP PUTTING MY RICE IN IT, BECAUSE AFTER I TASTED IT, I COULDN'T EAT IT.

ANOTHER THING IS THEY ALWAYS SEEM TO RUN OUT OF FOOD AND HAVE TO GO BACK AND GET MORE TRAYS.

I LAUGH EVERYTIME I SEE A MENU, BECAUSE IT LOOKS GOOD ON PAPER, BUT I KNOW WE WONT SEE MOST OF IT. HELL THEY BEEN GIVING US CRACKERS FOR DESSERT ALMOST EVERY NIGHT. THOSE ARE LUNCH CRACKERS.

California Department of
Corrections and Rehabilitation



Pelican Bay



Pelican Bay State Prison

Located on 275 acres in the northwest corner of California, just 13 miles from the Oregon/California Border. Pelican Bay State Prison (PBSP) is designed to house the State's most serious criminal offenders in a secure, safe and disciplined institutional setting. The prison opened in December 1989 to accommodate a need for a growing population of maximum-security inmates. Pelican Bay has an approximate budget of \$180 million, more than 1,292 employees and houses approximately 3,240 inmates.



Half of the prison houses maximum-security inmates in a General Population (GP) setting. The other half houses inmates in the Security Housing Unit (SHU) designed for inmates presenting serious management concerns.

The SHU is a modern design for inmates who are difficult-management cases, prison gang members, and violent maximum-security inmates. PBSP operates a 392-bed, Level I Minimum Support Facility, which houses non-violent offenders outside of the secure perimeter of the main institution, and a Firehouse with 7 full-time inmate firefighters.



Secure Housing Unit (SHU)



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Facts

1. Inmate Population

Prison Total 3,234

(11 inmates in Infirmary when data was collected)

- Security Housing Unit houses 1,111 inmates.
 - Facility C houses 602 inmates.
 - Facility D houses 509 inmates.
- General Population houses 1,271 inmates.
 - Facility A houses 749 inmates.
 - Facility B houses 522 inmates.
- Administrative Segregation Unit (ASU) houses 403 inmates
- Psychiatric Services Unit (PSU): 116 inmates
- Level 1 Minimum-Support Facility and Gym houses 315 inmates until closed (Gym will close Dec 2011, AB-109)
- Firehouse houses 7 inmates

2. Annual housing costs 2010-2011.

- \$70,641 per SHU inmate
- \$58,324 per GP inmate
- \$171,857 per PSU/EOP inmate
- \$77,740 per ASU inmate
- \$43,640 per Level I inmate

3. July 2011 Hunger Strike Numbers (Pelican Bay only)

- Total number of inmate strikers: 1,035
- Total of inmates on strike at one time: 1,021
- Average weight loss of strikers: 0.42 of a pound

- Most weight lost by a single inmate: 30 pounds
- Most weight gained by a single inmate: 14 pounds
- Total number of inmates who lost weight: 113
- Total number of inmates who gained weight: 21
- Total day hunger strike lasted: 21 days

4. Staffing

- Sworn peace officers: 868
- Health care staff: 160
- Non-Custody (clerical, plant, records, etc.): 237
- Education: 14
- Management: 13

5. Programs and Self-Help Groups

- Education
 - Academic Education (ELD/GED)
 - Alternative Education Program (college, testing, distance learning)
 - Vocational Program (auto body and fender)
- Self-Help
 - AA/NA
 - ROCK (Reaching Out Convicts to Kids)
 - Choices
 - New Beginnings
 - Veterans Group



WEEKLY MENU

PELICAN BAY STATE PRISON
1ST QUARTER WEEK 6

STATE STANDARDIZED MENU
DATE: FROM 11/4/13 Thru 11/10/13

Day	BREAKFAST	LUNCH	DINNER
11/4/13 MONDAY	CANNED FRUIT 4 OZ CRACKED WHEAT CEREAL 6 OZ PANCAKES 3 EA SYRUP PKT 1 EA PEANUT BUTTER 2 OZ MARGARINE 2 EA NONFAT MILK 8 OZ COFFEE PKT 1 EA KOSHER HOT CEREAL	PEANUT BUTTER 2 OZ JELLY PKT 1 EA WHEAT BREAD 4 PK ALMONDS 1 BG COOKIE 1 PKG FRESH FRUIT 1 EA SUGAR FREE BEVERAGE 2 PK	GREEN SALAD/SALAD DRESSING 1 SER/1EA BREADED FISH 4 OZ BAKED POTATO 1 EA BROCCOLI 4 OZ WHEAT BREAD 2 SL MARGARINE 2 EA COCKTAIL SAUCE PKT 1 EA ICED CAKE 1 PC SUGAR FREE BEVERAGE 1 PK KOSHER ENTRÉE 1 EA VEG BEANS (AE) 8 OZ
11/5/13 TUESDAY	CANNED FRUIT 1 EA OATMEAL 8 OZ SCRAMBLED EGGS 3 OZ TRI-TATERS 2 EA WHEAT BREAD 2 SL MARGARINE 2 EA NONFAT MILK 8 OZ COFFEE PKT 1 EA KOSHER HOT CEREAL	TUNA CALZONE 1 EA PB/CHESE CRACKERS 1 PKG COOKIES - PIA 1 PKG FRESH FRUIT 1 EA SUGAR FREE BEVERAGE 2 PK CHEESE SLICE 2/3 OZ (AE) 3 EA	GREEN SALAD 1 SER SALAD DRESSING PKT 1 EA TAMALE PIE 8 OZ SPANISH RICE 8 OZ GREEN BEANS 4 OZ TORTILLAS 2 EA BROWNIE, PLAIN 1 PC SUGAR FREE BEVERAGE 1 PK KOSHER ENTREE 1 EA TURKEY HOT DOG (RMA) 2 EA VEG. BEANS (AE) 8 OZ
11/6/13 WEDNESDAY	FRESH FRUIT 1 EA HOMINY GRITS 6 OZ COFFEE CAKE 1 EA BOILED EGG 2 EA WHEAT BREAD 2 SL NONFAT MILK 8 OZ COFFEE PKT 1 EA	LUNCH MEAT (T) 1 PKG WHEAT BREAD 4 PK ORIENTAL MIX 1 BG MUSTARD PKT 2 EA COOKIE 1 PKG FRESH FRUIT 1 EA SUGAR FREE BEVERAGE 2 PK PEANUT BUTTER (AE) 2 OZ JELLY PKT 1 EA	GREEN SALAD 1 SER SALAD DRESSING PKT 1 EA EGG ROLL (V) 2 EA PANCIT (V) 6 OZ STIR FRY TYPE VEGETABLE 4 OZ ICED CAKE 1 PC SUGAR FREE BEVERAGE 1 PK KOSHER ENTRÉE 1 EA
11/7/13 THURSDAY	FRESH FRUIT 1 EA COLD CEREAL 1 EA COUNTRY BREAKFAST (V) 6 OZ TRI-TATERS 2 EA BISCUIT 1 EA NONFAT MILK 8 OZ COFFEE PKT 1 EA KOSHER HOT CEREAL	LUNCH MEAT (T) 1 PKG WHEAT BREAD 4 PK MUSTARD PKT 2 EA CHEESE CRACKER 1 PKG COOKIE 1 PKG FRESH FRUIT 1 EA SUGAR FREE BEVERAGE 2 PK CHEESE SLICE 2/3 OZ (AE) 3 EA	COLESLAW 4 OZ BEEF STEW 8 OZ PINTO BEANS 6 OZ GREEN PEAS 4 OZ CORNBREAD 1 PC PUDDING 4 OZ SUGAR FREE BEVERAGE 1 PK KOSHER ENTRÉE 1 EA HAMBURGER PATTY (RMA) 1 EA PINTO BEANS (AE) 6 OZ
11/8/13 FRIDAY	FRESH FRUIT 1 EA CORNMEAL MUSH 6 OZ BEEF HASH 6 OZ BOILED EGG 1 EA WHEAT BREAD 2 SL MARGARINE 2 EA NONFAT MILK 8 OZ COFFEE PKT 1 EA BOILED EGG (AE) 1 EA CHEESE SLICE 2/3 OZ (AE) 2 EA KOSHER HOT CEREAL	BOLOGNA & CHEESE PKT (T) 1 EA WHEAT BREAD 4 PK MUSTARD PKT 2 EA MAYONNAISE PKT 1 EA COOKIE 1 PKG FRESH FRUIT 1 EA SUGAR FREE BEVERAGE 2 PK CHEESE SLICE 2/3 OZ (AE) 3 EA	GREEN SALAD 1 SER SALAD DRESSING PKT 1 EA TURKEY TETRAZZINI 8 OZ MIXED VEGETABLES 4 OZ DINNER ROLL 1 EA MARGARINE 2 EA FRUIT CRISP 4 OZ SUGAR FREE BEVERAGE 1 PK KOSHER ENTRÉE 1 EA TURKEY HOT DOG (RMA) 1 EA VEG. BEANS (AE) 8 OZ
11/9/13 SATURDAY	FRESH FRUIT 1 EA COOKED RICE CEREAL 6 OZ BEAN & CHEESE BURRITO (V) 1 EA SALSA PKT 2 EA NONFAT MILK 8 OZ COFFEE PKT 1 EA	LUNCH MEAT (T) 1 PKG WHEAT BREAD 4 PK MUSTARD PKT 2 EA BANANA CHIPS 1 BG COOKIE 1 PKG FRESH FRUIT 1 EA SUGAR FREE BEVERAGE 2 PK CHEESE SLICE 2/3 OZ (AE) 3 EA	GREEN SALAD/SALAD DRESSING 1 SER/1EA HOT DOGS / HOT DOG BUNS 2 EA RED CHILI BEANS 6 OZ MIXED VEGETABLES 4 OZ CHEESE SHRD/ONIONS 1 OZ EA KETCHUP & MUSTARD PKT 1 EA SHORTCAKE W/TOPPING 1 PC SUGAR FREE BEVERAGE 1 PK KOSHER LUNCHMEAT 4OZ BR CHICKEN PATTY (RMA) 1 EA RED CHILI BEANS (AE) 6 OZ
11/10/13 SUNDAY	FRESH FRUIT 1 EA COLD CEREAL 1 SER SCRAMBLED EGGS 3 OZ SAUSAGE LINK 1 EA TRI-TATERS 2 EA WHEAT BREAD 2 SL MARGARINE 2 EA KETCHUP PACKET 1 EA NONFAT MILK 8 OZ COFFEE PKT 1 EA KOSHER HOT CEREAL SCRAMBLED EGGS (AE) 3 OZ	LUNCH MEAT (T) 1 PKG WHEAT BREAD 4 PK MUSTARD PKT 2 EA TROPICAL MIX 1 BG COOKIE 1 PKG FRESH FRUIT 1 EA SUGAR FREE BEVERAGE 2 PK PEANUT BUTTER (AE) 2 OZ JELLY PKT 1 EA	GREEN SALAD 1 SER SALAD DRESSING PKT 1 EA CHICKEN STEW W/RICE 8 OZ WHEAT BREAD 2 SL MARGARINE 2 EA CARROTS 4 OZ COOKIE 1 EA SUGAR FREE BEVERAGE 1 PK KOSHER ENTRÉE 1 EA HAMBURGER PATTY (RMA) 1 EA CHEESE SLICE 2/3 OZ (AE) 3 EA

"THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE"

PREPARED BY: M. RYAN
SUPERVISING CORRECTIONAL COOK

REVIEWED BY _____

APPROVED BY: 4/2/13 J. J. G. ACFM
CORRECTIONAL FOOD MANAGER

(B) = BEEF (C) = CHICKEN (T) = TURKEY

ALPHA - NUMERIC CODE BOX

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DEPARTMENT OF CORRECTIONS AND REHABILITATION

PELICAN BAY STATE PRISON

SHU

NOVEMBER 2013

MARK ON THE LINE NEXT TO THE ITEM YOU WANT. ONLY MARKED ITEMS WILL BE DELIVERED. CANTEEN STAFF WILL NOT SHOP FOR YOU. THIS LIST HAS BEEN SUBMITTED FOR;

\$ _____ BY _____

X _____ INMATE SIGNATURE REQUIRED

CDCH# _____ PRINT LAST NAME ONLY _____ HOUSING UNIT _____

CUSTODY STAFF IS REQUIRED TO REMOVE CANTEEN PRODUCTS FROM THE MANUFACTURER'S PACKAGING AND PLACE IT INTO AN APPROVED CONTAINER. INMATES WILL BE CHARGED FOR THESE CONTAINERS AT THE APPROVED IWF PRICES LISTED BELOW.

NUMBER OF CUPS @ .30 ea.
NUMBER OF BAGS @ .05 ea.

MISCELLANEOUS ITEMS	
ZIP LOCK BAGS 6x8 Pkg of 10 Limit 1	0.50
SHOWER SHOES XL Limit 1	1.00
DICTIONARY Limit 1	3.85
PHOTO DUCAT Limit 1	2.00
SOAP DISH Limit 1 \$	0.60

ELECTRONICS
Purchase at Your Own Risk
NO WARRANTY

STEREO EARBUDS ◊ W/18' Cord Limit 1	3.00
TV CABLE 6 Ft. Limit 1	2.95

GREETING CARDS
Limit 5 TOTAL

THINKING OF YOU	0.85
MISSING YOU	0.85
BIRTHDAY - ADULT / FEMALE	0.85
BIRTHDAY - ADULT / MALE	0.85
BIRTHDAY - CHILD / GIRL	0.85
BIRTHDAY - CHILD / BOY	0.85
BLANK CARD	0.85
CHRISTMAS CARD	0.85

POSTAGE/ENVELOPES
Δ Limit of 40 TOTAL

PRE- STAMPED POSTCARD Δ	0.37
FOREVER STAMP (Book/20) Limit 2	9.20
#10 WHITE ENVELOPE Limit 40	0.04
Δ Manila Envelopes Limit 10 TOTAL	
6 x 9 MANILA ENVELOPE Δ	0.15
10 x 13 MANILA ENVELOPE Δ	0.25
TABLET 8 1/2 x 11	1.20
LEGAL TABLET, Yellow 8 1/2 x 14	1.55
LIMIT 3 TABLETS TOTAL	

ART SUPPLIES

BALL POINT PEN REFILL* 2Pk Limit 7	2.60
BLACK BLUE Lt. BLUE RED	
PINK VIOLET GREEN	
PASTELS* 12 Color Pack Limit 1	13.35
DRAWING PAPER* 30 Sheets Limit 1	5.25

HEALTH CARE

IBUPROFEN Limit 1	1.60
HALLS S.F. Cough Drops Limit 1	2.80
ANTI FUNGAL CREAM Limit 1	1.60
TUMS ANTI-ACID Limit 1	0.90
MULTI-VITAMINS Limit 1	2.30
VITAMIN 'E' Limit 1	3.10
VITAMIN 'C' Limit 1	2.30

\$ NEW ITEM
+/- PRICE INCREASE / DECREASE
X DELETION WHILE SUPPLIES LAST
Δ QUANTITY LIMITS APPLY
◊ PROP 65 WARNING
* UPON CLASSIFICATION APPROVAL

HAIR CARE

Limit 1	
WATERFALL MIST SHAMPOO	2.00
CLARIFYING SHAMPOO	2.00
DANDRUFF SHAMPOO	1.75
PALM BRUSH Limit 1	0.35

SOAP

Limit 6 TOTAL	
DIAL GOLD 3.5oz	0.85
JERGENS 4.5oz	0.75

DEODORANT

Limit 2 TOTAL	
ACTIVE FRESH DEODORANT 3oz	3.10
OCEAN SURF DEODORANT 3oz	3.10
UNSCENTED ANTI-PERSPIRANT 3oz	3.10

DENTAL

TOOTHPASTE Limit 2 TOTAL	
AQUAFRESH Limit 1	
AQUAFRESH SENSITIVE 5.6oz	4.00
COLGATE TOOTHPASTE 4.2oz	2.65
STAYDENT ADHESIVE Limit 1	3.25
FLOSS LOOPS 30Pkg Limit 1	2.25
DENTURE CLEANER Limit 1	2.00

COFFEE/ BEVERAGES

FOLGERS 8oz	8.25
HOMETOWN INSTANT COFFEE 4oz	1.75
FOLGERS DECAF 8oz	8.75
HOT COCOA Sugar Free 1Lb. Bag	4.45
TEA BAGS 100/BX	1.70
Wyler's S.F. Raspberry Drink 14 Ct -	2.30

PACKAGED FOODS

REFRIED BEANS SPICY 8 oz.	1.10
FLOUR TORTILLAS 10 per pkg.	1.50
INSTANT RICE 8oz	0.80
NACHO CHEESE SAUCE POWDER	1.15
PICKLE HOT	0.85
SPICY SUMMER SAUSAGE	2.05
TERIYAKI STICK	1.25

SEASONING/ SWEETNER

SALT SUBSTITUTE Mrs. Dash 2.5oz	3.00
SUGAR SUBSTITUTE (Aspartame)	1.35

CEREAL

QUICK OATS 18oz	2.00
BERRY COLOSSAL CRUNCH 12.5oz	3.25

CRACKERS

SALTINE 16oz	2.15
CHEESE 9oz	2.25
WHEAT 10 oz	2.50

SOUPS

TOP RAMEN BEEF	0.25
TOP RAMEN CHILI	0.25
TOP RAMEN SPICY VEGETABLE	0.25

NUTS & SNACKS

CORN NUTS BBQ 1.4oz	0.65
SWEET & SPICY MIX 1.75oz	0.65
PEANUTS, SALTED 3.5oz	1.00
NUGGETS, JALAPENO 1.65oz \$	0.60

COOKIES/ PASTRIES

OATMEAL 10oz	1.50
CHOCOLATE CHIP 10oz	1.50
DUPLEX 16oz	1.70
PEANUT BUTTER CRÈME 5oz	0.70
RASPBERRY SHORTBREAD 8oz	1.45
PEANUT BUTTER WAFER BARS	1.95
BLUEBERRY CHEESE DANISH 4oz	0.80
STRAWBERRY CHEESE DANISH 4oz	0.80
ICED HONEY BUN 6oz	1.05
BEAR CLAW 5oz	1.00

CHIPS

CHILI CHEESE CORN CHIP 12oz	1.85
PORK RINDS HOT 5oz	1.95
SPICY CHEESE CRUNCHIES 8oz	1.85
POTATO CHIP, BBQ 6oz	1.60
SOUR CREAM & ONION CHIP 6oz	1.60
NACHO TORTILLA CHIPS 16oz	2.50
POPCORN CARAMEL 3.53oz	0.75

CANDY

SNICKERS	0.95
MILKY WAY	0.95
M & M's PLAIN	0.95
M & M's PEANUT	0.95
LARGE HERSHEY'S W / ALMONDS	1.75
SUGAR FREE CANDY BAG	
STARLIGHT MINT	1.85
BUTTERSCOTCH	1.85
TROPICAL FRUIT	1.85
CINNAMON	1.85
LEMON	1.85

ALPHA - NUMERIC CODE BOX

LEAVE THIS SPACE BLANK FOR INSTITUTIONAL USE ONLY

SUBSTITUTE LIKE ITEM(S) ?
YES NO

Dawn Reyes
DAWN REYES
PRISON CANTEEN MANAGER II

R. KUBELL
R. KUBELL
CORRECTIONAL ADMINISTRATOR (A)
BUSINESS SERVICES

YOU ARE LIMITED TO \$55.00

YOU MUST FILL OUT YOUR CANTEEN LIST WITH YOUR NAME AND CDC#. YOU MUST USE A CURRENT CANTEEN LIST FOR THE MONTH YOU ARE SHOPPING.
◊ WARNING: This Product May Contain Lead, A Chemical Known To The State Of California To Cause Cancer, Birth Defects Or Other Reproductive Harm.

ALL SALES ARE FINAL. NO WARRANTIES. NO REFUNDS. NO EXCHANGES.

YOU MUST CHECK YOUR ORDER AS IT IS BEING ISSUED BY CUSTODY. PRICES, SIZES AND BRANDS ARE SUBJECT TO CHANGE WITHOUT NOTICE.
CANTEEN CANNOT GUARANTEE YOU WILL RECEIVE SPECIFIC FLAVORS, LIKE ITEMS WILL BE SUBSTITUTED.

* INMATES WISHING TO PURCHASE STARRED ITEMS MUST BE APPROVED BY CLASSIFICATION COMMITTEE.