

Blog Post /1385/ Quinones, Michael

1-3-14

Greetings! And Thanks to all who take the time to read and comment on my blog posts.

There are a wide variety of Challenges / struggles Facing prisoners today. Besides my current incarceration (For Murder) here in Washington, I have spent several Months (For burglary) in the North Carolina Dept. of. Corr.

Besides the induction of mainstream media / technology, which has enabled us to obtain digital cable T.V., email, and MP4 players (Thru JPay.com) None of which is Financially supported by WA DOC, The remaining living conditions do not seem to be improving.

For instance: Food portions continue to decline in quantity and quality. Budgetary cutbacks have grossly effected the following areas: Postage and handling For U.S. Postal mail.

As of 12-1-13, the WA DOC no longer pays For indigent postage For religious (Chapel) cards. Mailing expenses will no longer exceed \$10 per Month For indigent offenders (unless offender needs to meet a verifiable court deadline).

Only 2 hot meals are served each day. Calories do not exceed 2100 per day. Protein and Carbohydrates are nutritionally insufficient.

There are not enough jobs available For half the Prison Population. Waiting times vary From 2-6

Months. Court-Ordered Legal Financial Obligations are imposed during our incarceration. Restitution is expected to be paid by an inmate who only has the ability to earn \$55 per month on average. My interest on just my restitution is over \$100 per month. The amount I owe has only steadily increased since my arrival.

But Legislation recently approved Funding to build a brand NEW Medium-Security Facility, here in Walla Walla, at WSP!! Tens of millions of dollars went into that project! And Correctional Officers are paid twice the WA min. wage!

While we inmates all share the same underwear and sleep on a 2" thick Foam Mattress on top of concrete, steel, the government is spending untold millions in WA state alone on expanding the "accommodations" for criminals.

Without due process standards akin to a Free world tribunal, us inmates/offenders are being placed in long-term segregation indefinitely! 6, 9, 12, 18, 24 months at-a-time. All the while the Administration is reducing, preventing, Free and low cost Bible Study Correspondence Courses, Educational programming, and Self-Help Classes from taking place inside these Intensive Management Units - where people need the most help!

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Out of pure vindictiveness, contempt, and scorn do the staff who are in charge seek to prevent the social, emotional, and spiritual growth of its charges. We are unjustly denied the necessary faculties; tools needed to precipitate change and self-betterment.

None of these practices of worship, meditation, and learning, interrupt / interfere with the safe and orderly operation of the prison(s).

There No Human Contact in these IMU's.

5 hours per week out-of-cell time.

And only a Bible, two novels, and a pen and paper to pass the time. After long-term assignment radios / T.V.'s may be earned.

IF you have any questions / comments please don't hesitate to reply to any / all of these posts. It may take a few weeks to respond to you because BTB has to notify me via snail mail, but I will get back to you as soon as I can. Upon my release from IMU I will be able to receive E-mail at www.Jpay

I Look Forward to hearing from you!

IF you would like to see more of any particular item of interest, please let me know



Take Care - Peace

Michael