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RE: FLU SHOTS: (POST).

THIS MORNING THEY LOCKED DOWN THE PROGRAM, SO THAT THE MEDICAL STAFF CAN COME AROUND AND ASK IF WE WANT THE YEARLY FLU SHOTS.

THEN AFTER SIGNING SOME WAIVERS THEY GIVE US A SHOT, IT'S REALLY STRANGE BECAUSE A LOT OF US GET SICK AFTER WE'RE GIVEN THE FLU SHOTS. IT USUALLY DON'T DO NOTHING TO ME BUT SOME OF THESE GUYS AROUND ME GET IT BAD.

SO IT MAKES ME WONDER IF THEY ARE GIVING US THE REAL DEAL, OR ARE WE JUST GETTING SHOTS OF DILUTED MEDICINE, OR EVEN PAIN WATER, WE WOULD NEVER KNOW.

AND IT'S ALSO NOT HARD TO BE SUSPICIOUS OF THE PRISON'S MEDICAL STAFF BECAUSE THEY ARE WELL KNOWN FOR CUTTING CORNERS AND GIVING A DEBATABLE DIAGNOSIS.

SURE I TOOK THE FLU SHOT, HOPING IT'S WORTH TAKING, BUT COME WINTER MOSTLY EVERYONE WILL END UP WITH THE FLU ANYWAYS.

THE ONLY REAL GOOD THING IS SEEING THE NURSES, I SAW ONE THAT I HAVEN'T SEEN IN QUITE A WHILE, AND FOR SOME ONE OF THE BEST LOOKING ONES.

WHILE I'M ON MEDICAL, I SAW ON THE NEWS THE OTHER DAY THEY WERE SAYING PRISON OFFICIALS WERE PEPPER SPRAYING MENTALLY ILL PRISONERS IN A CALIFORNIA PRISON,

BUT THEY DIDN'T SAY WHICH PRISON, I THINK SINCE THEY JUST OPENED THAT NEW HOSPITAL IN STOCKTON, CALIFORNIA WHERE THEY ARE MOVING ALL MENTALLY ILL PRISONERS, THEY ARE PROBABLY HAVING A HARD TIME GETTING A LOT OF THEM TO MOVE, SO THEY HAVE TO SPRAY THEM TO FORCE THEM OUT OF THEIR CELLS, AND NEVER THOUGHT IT WOULD END UP ON THE NEWS.