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RE: ARTICLE ON FOOD: (POST)
GUTE BALL:

I WAS READING AN ARTICLE ABOUT THE FOOD IN PRISON, AND THE USE OF IT AS A DISCIPLINARY TOOL.

IN ALL JAILS AND PRISONS THEY HAVE A DISCIPLINARY DIET, KNOWN AS "NUTRA BARS" OR GUTE BALLS AS THEY ARE CALLED IN CALIFORNIA.

THEY CONSIST OF ALL THE LEFT OVERS THAT ARE PACKED INTO BRICKS AND FED TO INMATES WHO ARE IN ISOLATION OR DISCIPLINARY CELLS.

THEY USUALLY FEED THESE TO THEM FOR SEVERAL DAYS OR WEEKS AND THEY TASTE REALLY BAD.

JUST IMAGINE EATING A BRICK OR BALL OF ALL THE WEEKS LEFT OVERS. THEY SAY ITS NUTRITIOUS AND PACKED WITH VITAMINS.

THATS EASY FOR PRISON OFFICIALS TO SAY, THEY DONT HAVE TO EAT IT. BUT ILL TELL YOU IF YOUR HUNGRY ENOUGH YOU WILL EAT IT.

IN CALIFORNIA YOU DONT HEAR ABOUT IT IN THE PRISONS TOO MUCH ANY MORE, IT'S MOSTLY USED IN COUNTY JAILS.

THE ARTICLE WAS ABOUT INMATES FILING LAWSUITS ON BEING FORCED TO EAT THAT NASTY STUFF.

I NEVER HAD TO FILE A COMPLAINT, BECAUSE I ONLY HAD TO SIT IN A JAIL ISOLATION CELL FOR A NIGHT OR TWO, AND I WOULD JUST NOT EAT IT. BUT IF I HAD TO STAY LONGER I COULD ASSURE YOU I WOULD HAVE TO STARVE, RATHER THEN EAT THAT NASTY SMELLING FOOD, THAT DOGS WOULDNT EAT.