

MILK DOES BODY GOOD? NOT IN PA STATE PRISONS

2/4/2014: 9:30am: WATCHING: "THE DOCTORS TV SHOW"

WELL TODAY I LEARNED THAT THE PA STATE PRISONS ARE GETTING READY TO ELIMINATE MILK FROM THE MENU. I PERSONALLY LOVE MILK. I GET UP EVERY MORNING TO GO TO BREAKFAST JUST FOR THE MILK. THE ONLY TIME WE CAN GET A COLD 8oz CUP OF MILK AND NOW THE SECRETARY OF CORRECTIONS, JOHN WETZEL, IS GETTING READY TO SIGN OFF ON A NEW MONEY SAVING POLICY, GETTING RID OF MILK FROM THE MENU, EXCEPT FOR THE DAYS THAT THEY SERVE COLD CEREAL WHICH IS GOING TO BE TWICE PER WEEK. BUT YOU KNOW WHO THEY WONT TAKE THE MILK FROM? THE STAFF. STAFF GETS ALL THEY CAN EAT OF THE BEST QUALITY FOODS IN HERE. THEY GET ALL THE REAL ANGUS BURGERS THEY CAN EAT WHEN WE GET THESE DISGUSTING LITTLE FROZEN IMITATION BEEF PATTIES. IT SAYS ON THE BOX, 45% BEEF LIKE PRODUCT, 15% BEEF FLAVORED FAT. WHAT IS BEEF LIKE PRODUCT? I HAVE NO CLUE. HEALTH CARE IS NON-EXISTENT IN PRISON. THEY DON'T CARE ABOUT WHAT YOU EAT OR WHAT THE QUALITY OF THE FOOD IS. THE STAFF HAVE A BIG SALAD BAR THAT IS MADE FRESH EACH DAY BY INMATES. OUR SALAD, IF WE GET ANY, IS LETTUCE, ONION, RADISHES, CABBAGE, AND IF YOU'RE LUCKY YOU GET A SLIVER OF A TOMATO. AND IT IS ALWAYS DRENCHED IN A HOME MADE DRESSING. ANYWAY, I JUST THOUGHT THIS WAS REALLY DISTURBING. PRISON MEDICAL COSTS ARE GETTING HIGHER BUT THEY DO NO PREVENTATIVE HEALTH CARE IN HERE. NOT FOR YOUR HEALTH OR FOR YOUR TEETH. AND ALL THEY CONTINUE TO TALK ABOUT IS MORE CUT BACKS. THE PRICES AT THE COMMISSARY CONTINUE TO RISE BUT WE CONTINUE TO GET PAID 19¢ PER HOUR. WHEN WILL WE EVER STAND UP AND SAY ENOUGH IS ENOUGH. NO ONE CAN SURVIVE OFF OF 19¢ PER HOUR. EVERY DAY I SEE GUYS BRINGING AS MUCH BREAD BACK FROM THE KITCHEN AS THEY CAN GET. THEY'RE HUNGRY. WE ARE NOT FED HEALTHY OR NUTRITIOUS FOODS AND THE OBESITY RATE IN PRISON IS ASTOUNDING. EVERY MEAL IS LOADED WITH BREAD, POTATOES, PASTA AND WHITE RICE. YOU GET REAL CHICKEN ONCE A MONTH AND A SMALL SLICE OF REAL ROAST BEEF ONCE EVERY 2 MONTHS. THATS IT. THATS THE ONLY REAL MEAT YOU GET. I EAT SO MANY VEGETABLE AND BEANS I FEEL LIKE A VEGETARIAN. SOMETHING IS WRONG WITH THE WORLD WHEN THE HEALTHY FOODS ARE SO COSTLY AND THE GARBAGE JUNK FOODS ARE SO CHEAP. FOOD STAMPS ARE GETTING READY TO GET CUT ONCE AGAIN BY OUR FABULOUS GOVERNMENT AND NO ONE SEEMS TO CARE THAT THE POOR ARE GOING TO GO HUNGRY. IN ORDER TO STRETCH THE SMALL CHECK THEY GET FOR FOOD, THEY WILL BUY NOTHING BUT JUNK FOODS FOR THEIR FAMILIES. FOOD BANKS CANNOT KEEP UP WITH THE DEMAND AND EVERYONE ENDS UP WITH BAD EATING HABITS. WHEN WILL OUR OVERPAID ELECTED POLITICIANS TAKE A PAY CUT? THE MAJORITY ARE PAID IN THE 6 FIGURES, THEY GET THEIR STIPENDS, THEIR PERKS, THEIR MONTHLY TRAVEL ALLOWANCE, WHAT MORE DO THEY WANT? WHY ON EARTH DID PRESIDENT OBAMA SIGN OFF ON A BAIL OUT FOR THE BARBER SHOP IN THE CAPITOL BUILDING IN WASHINGTON? WHY ON EARTH WOULD A BARBER SHOP NEED A BAIL OUT? NOW MAYBE \$1.2 MILLION BUCKS IS CHUMP CHANGE WHEN YOU TALK ABOUT BAIL OUT NEEDS BUT WHAT WOULD A BARBER SHOP NEED WITH A BAIL OUT IN THAT AMOUNT? THIS WAS A FEW YEARS AGO BUT STILL, WHEN WILL OUR GOVERNMENT START THINKING ABOUT THE LITTLE PEOPLE? I UNDERSTAND NOT EVERYONE HAS THE TIME, OR ACCESS BUT IF YOU ARE OVER 18, NOT SICK AND CAN GET THERE, AMERICA NEEDS TO STAND UP AND DEMAND CHANGE. THIS COUNTRY HAS ABOUT 400 MILLION OR SO PEOPLE IN IT. HOW MANY PEOPLE VOTE? LETS BE REAL PEOPLE, THE PRESIDENT IS A PAWN, A PUPPET, A FIGUREHEAD. HE IS NOT THE LEADER OF THIS COUNTRY. WILL

OBAMA EVER PERSONALLY HELP THE LITTLE MAN OUT? UNLIKELY, UNLESS HE NEEDS PUBLICITY. BUT AFTER YOU HAVE HELD THE HIGHEST OFFICE IN THE NATION, WHY WOULD YOU NEED PUBLICITY. THIS IS HIS TIME TO CEMENT HIS LEGACY. ALOT OF PEOPLE HATE HIM AND I PERSONALLY THINK HE IS A BAD PRESIDENT. AMERICA WANTED CHANGE SO BADLY THEY GAVE A MAN WITH HARDLY ANY EXPERIENCE A CHANCE AT RUNNING THIS NATION AND HE FAILED. HOW MANY SCHOOLS CHANGED THEIR NAMES TO BARRACK OBAMA ELEMENTARY SCHOOL, I REMEMBER A FEW. OBAMA WAS DIFFERENT, A BI-RACIAL MAN WITH A MULTI-CULTURAL BLOODLINE. AMERICA GAVE HIM A CHANCE BECAUSE WE WERE TIRED OF THE SAME, THE NORM. BUT HE FAILED. LETS US TRY A WOMAN NOW. WHY NOT, THEY'RE JUST AS GOOD AS MEN. WE'RE NO BETTER BECAUSE WE'RE MEN. EVERY ELECTION IS IMPORTANT. FROM YOUR LOCAL NEIGHBORHOOD POLITICIANS TO YOUR HIGHEST OFFICE. BUT WHEN YOU VOTE FOR WASHINGTON POLITICIANS, YOU ARE ALSO VOTING FOR WHATEVER BIG BUSINESS THEY ARE IN CAHOOTS WITH. MY BROTHER RECENTLY INFORMED ME THAT THE FEDERAL POVERTY LIMIT IS \$19,500.00 OR LESS. WHO MAKES THAT MUCH? I DON'T KNOW MANY PEOPLE BUT I COME FROM A POOR FAMILY. MY BROTHER IS FORCED TO DROP HIS HEALTH CARE AT WORK BECAUSE HE NEEDS THAT EXTRA \$50 A WEEK THAT HE PAYS FOR HEALTH INSURANCE. BUT BECAUSE HE MAKES \$20,000 PER YEAR, HE HAS HIGHER HEALTH INSURANCE AND IS HAVING TROUBLE FINDING ONE HE CAN AFFORD. HE SUPPORTS HIS FAMILY ON HIS SMALL SALARY, AND CONTINUES TO PAY HIS BILLS, COURT COSTS, RESTITUTION AND NOW HID FOOD STAMPS ARE BEING COMPLETELY CUT OFF. BUT WHAT ABOUT OUR POLITICIANS? WHO PAYS FOR THEIR FOOD? THEY DON'T. YOU DO. THE TAXPAYERS. WHO PAYS FOR THESE ELABORATE PARTIES IN THE WHITE HOUSE? YOU DO. THE TAXPAYERS. IF OBAMA WANTS TO THROW A PARTY FOR MUSICIANS, RAPPERS & MOVIE STARS, WHY CAN'T HE PAY FOR IT? HE'S A MULTI-MILLIONAIRE. THIS IS NOT JUST THE PRESIDENT. AMERICA GAVE OBAMA A CHANCE AND IT WAS A BAD DECISION. NOW IT'S TIME TO START LOOKING AT OTHER OPTIONS. THERE'S MORE THAN 1 BASKET TO CHOOSE FROM. LETS START VOTING FOR PEOPLE FROM OUR OWN BASKETS. CHOOSE SOMEONE TO VOTE FOR WHO UNDERSTANDS, WHO SUPPORTS THE PEOPLE, WHO CARES ABOUT THE POOR. OBAMA ONLY EVER SAID HE CARED ABOUT THE MIDDLE CLASS. HE NEVER SPEAKS OF THE POOR. VERY FEW POLITICIANS TALK ABOUT THE POOR. WAKE UP AMERICA. I MIGHT BE IN PRISON FOR LIFE BUT I STILL CARE ABOUT WHAT HAPPENS IN THE WORLD. IT AFFECTS MY FAMILY, FRIENDS, THE PEOPLE I CARE FOR. I'M DONE RAMBLING. IN PRISON WE LOST OUR VOICE. NO ONE SPEAKS UP ANYMORE FOR FEAR OF RETALIATION OR BECAUSE THEY ARE SO INSTITUTIONALIZED THAT THEY JUST DON'T CARE ANYMORE. THEY'VE GIVEN UP ON LIFE. DON'T LOSE YOUR VOICE AMERICA. I HAVE A VOICE AND I WILL CONTINUE TO USE IT AND FIGHT FOR WHATS RIGHT AS LONG AS GOD PUTS AIR IN MY LUNGS. AND THIS BLOG IS A VOICE FOR ME. I WILL NEVER STOP SPEAKING OF THE INJUSTICES IN PRISON OR IN THE WORLD AND WE AS A NATION NEED TO START CARING AGAIN. WILL THEY TAKE MILK AWAY FROM OBAMA? HIS KIDS? CONGRESS? EVEN ANIMALS GET MILK. BUT IN PA STATE PRISONS, IT WILL BE A THING OF THE PAST. TAKE CARE, GOD BLESS AND DON'T LOSE YOUR VOICE AMERICA. CIAO.