

Parolees:

Things you should not get accustomed to doing in society

No no's:

- * Taking control over someone else's life/home (negotiate/agree/submit, why not? You have nothing as it is)
- * Making shanks/gun towers/pepper spray/hand cuffs/shackles/waist chains/riots
- * Putting on the same dirty boxers after getting out of the shower
- * Making prison meal (Trash bag spread across table, nacho spread)
- * Prison Pie (Peanut butter/syrup/graham cracker based)
- * Walk around with hands down your pants
- * Sleep with shoes on
- * Blow nose in sink/hands/shower/on shirt
- * Wash clothes in toilet/sink/shower
- * Wear flip-flops in shower
- * Cook food using a stinger
- * Put eating utensils in pocket
- * Eat every meal out of plastic bowl
- * Iron boxers/socks
- * Claim same seat/spot on floor in front of TV
- * Narrate/talk during every movie (It is annoying and will make it seem like you know everything and you will wonder why no one wants to go to or watch a movie with you ever again)
- * Urinate in the shower
- * Leave water on the bathroom floor/sink
- * Leave trash lying around
- * Tape (magazine/news paper) photos of females all over bedroom wall
- * Cover bedroom windows with toilet paper
- * Prowling around in the dark (normal people do not wake up and walk around at 3 a. m. without preparing for work or school-act normal)
- * Holding others back

- * Impulsive behavior
- * Dependent on others (You have your freedom now move on your own)
- * Leaving leftovers out on counter to be eaten the next day (Food poisoning, hello?)
- * Self-isolation/anti-social behavior (committing crimes is considered anti-social behavior and going against societies norm)
- * Storing food under bed
- * Using toilet paper as a table napkin
- * Only clean a small area of the floor on your side of the bed
- * Sneeze/cough without covering your mouth (that's nasty and unhealthy for others)
- * Talking excessively loud (especially when the person is right in front of you. No one else wants to hear your personal conversations, its annoying)
- * Sitting or pronging out (face down spread eagle, rain sleet, snow or 100 degree temps) on the ground when you hear a loud noise or the siren of an emergency vehicle
- * Making eye contact with others with an intimidating stare
- * Storing your shoes in drawers
- * Making a wick out of toilet paper and using it as an incense (they have aroma candles and everything else you need in stores to make your house smell fresh)
- * Alcohol (Making pruno)
- * Drugs
- * The hospital-like setting (where some paced back and forth over the floor like they were heavily medicated do to boredom. Imagine having so much to do that you forget how to spell the word boredom (not in the literal sense), let alone how it feels)

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Parolees:
Things in society you should get (re) accustomed to
Do's:

- * Being responsible
- * Listening
- * Admitting when you are wrong (regardless of what you learned while in prison, you do not know everything)
- * Taking your time (rushing causes stumbles)
- * Sharing/caring/giving/being vulnerable/giving in
- * Applying those tools to your life you learned to help you achieve your goals (all of the self-help groups you attended)
- * People being kind to you (without being suspicious of them)
- * Asking for help
- * Cleaning
- * Paying bills
- * Cooking/learn to use hand tools/appliances properly
- * Comfortable around others/large crowds/groups (verses self-isolation and being anti-social)
- * Working (earning more than prison wages: 0-18 cent per 6.5 hr days, minus 55% for the restitution you owe for court costs, etc.)
- * Regular/table manners
- * Being responsible (no one should have to wake you up if *you* want to eat/work)
- * Law abiding
- * Having money in your pockets
- * Using debit/credit cards/having bank account
- * Washing hands on a regular basis
- * Freedom to roam without asking for permission
- * More room (verses the 6 cubic feet you were allotted while in prison)
- * Computers/the internet
- * Intimacy

- * Seeing trees up close, animals and ponds
- * Hearing a babies cries
- * No time constraints (Daily/hourly/emergency head count; 10:00pm-10:00am quiet time)
- * Laughing/allowing yourself to enjoy things (loosen up)
- * Quiet noise (no more concert-like noise you were forced to listen to daily in close quarters)
- * Fast pace
- * Humility (You must find a way to be humble)
- * Being rejected/adversity (You must have tough skin but you must also deal with issues positively, verses negatively. You will be scrutinized because of your past)
- * Keeping up with personal hygiene (You must shower daily, not every other day. No timers or time limits on showers brush your teeth and keep the plague away)
- * Shoes (More than just the two pairs you were allowed)
- * Clothes (More than 3 shirts, pants, boxers and socks annually)
- * None see-through appliances
- * Dealing with your issues/none argumentative (do not bottle things up inside of you. You've already seen how that turned out. Talk, discuss and be willing to hammer out any issues you may have. Don't just keep them bottled up inside. You're not a genie)
- * Shopping (being able to actually see the food you purchase, verses it being shoved through a window at you)
- * filling meals (verses those meals that always left you hungering for more)
- * Fresh/seasoned food with sugar and or salt (no more outdated foods/dull tasting/under cooked/taste like the container it came in)
- * No metal bars/doors/large clinging keys
- * Supporting your spouse
- * Full length mirror (Take a look and judge your own progress)
- * Variety in life/unlimited choices (no limits on what you can do, how much you can have/purchase or where you can go. No more out of bounds areas. The sky is your limit)
- * Not hearing daily announcements over the static filled loud speaker

- * Not hearing emergency alarm and feeling threatened
- * Not hearing the crackling of a police radio in close proximity to where you sleep
- * Not hearing: all inmates get down, stop all movement!
- * Standing in long lines for something or other (patience is a virtue)
- * Being active (No more lying around, sleeping in daily, being lazy because you do not have anything to do)
- * Two-ply toilet tissue (verses the one ply that feels like rough bark you became accustomed to)
- * Privacy (Imagine, doors to the bathroom so you can sit on the toilet in private and a shower curtain so you will no longer feel vulnerable and everyone is looking at you)
- * Control over your anger (Be tolerant/accept difference/change/have patience/use good judgment and common sense. You can not afford not to)
- * Carpeting on the floor (verses all concrete-everywhere you look)
- * Photo's/different colored walls (verses a dull gray color)
- * Not only having the freedom to watching a TV larger than 7-13" but watching uninterrupted programs (no more count time interruptions in the middle of your show)
- * Being a father/son/brother/uncle/friend and more importantly...be a man. No more games of immaturity. People rarely get a second chance. Use yours wisely.

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