

May 9, 2015 (SAT.)

RAMAN NOODLE

Had a quick dinner - some garlic flakes on a Ramen Noodle with an 7 oz. packet of Mackerel thrown on top. I'd been saving the fish pack for an emergency meal, but decided not to miss a funny scene from the movie "Date Night" just to go to the chow hall. It's raining, the 40-minute loss would ruin the movie and the fish on noodle was by far the better meal.

At 32-grams of protein it's much healthier too. I had to cringe when I read the pack was soaked in 100% Soy oil. We're overwhelmed with Soy as it is. Lots of health issues... some guys have failing Thyroid glands... one day they'll make it right and who cares how many "inmates" suffer irreversible health problems.

O' RAMAN NOODLE,
O' HOW DIVINE,
TONS OF SALT,
BUT YOU TASTE SO FINE.

IF I ONLY KNEW,
HOW MUCH WE'D NEED YOU,
I WOULD HAVE BOUGHT STOCK,
TO CUSHION THIS RIDE.

March 10, 2015

PTS GROUP

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Hello world,

This is my 5th letter to BTB since November. It will give me new hope on how our mail is handled if this one gets posted.

We've had our 6th PTS veterans meeting which is proving to be very valuable. Three of us are Iraq-OIF vets, Two are Vietnam vets, One is a Korea war vet and the remaining 7 or 8 men - I'm not sure where they served. The two staff Counselors running the group are doing a great job in helping guys open-up about the various struggles we have with PTS. It's also been very helpful hearing the accomplishments from the Korea and Nam vets.

We have over 20 other vets still on the waiting list for the next class.

My hope is we can keep this momentum going. GrahamVets is an actual "Chartered" group in Illinois. The only non-profit veterans group supporting Illinois prisons. A few other prisons have meetings for veterans, but none so formal, professional or as large. Recently I learned other prisons can start a group justice "system". Who permitted it? Wanted it this way?...

YESTERDAY

TODAY

"WHAT'S YOUR NAME - BOY!!!"

"WHAT'S YOUR NAME - INMATE!!!"



"KUNTA..."

"No !!!"

"Swcwack!!!"

"AAH! ... Okay... It's Toby..."

"That's right ..."

"LEARN YOUR PLACE!"

"THINGS WILL GO EASIER FOR YOU..."

"David ... An American Citizen..."

"Wrong ..."

- Fire him!
- Ticket him!
- Harrass him!
- Throw him in a hole (seg)!
- sleep deprivation...
- Feed him garbage...
- Ice cold showers...
- Add more years...
- Throw out his mail...

"okay! It's 2-12345..."

"That's better - INMATE!!!"

"LEARN YOUR PLACE!"

If the position of the thumbs seems odd, this is the normal method to shackle a person's hands behind their back. It is uncomfortable and provides for an easy, quick and painful take down if needed. Your head is always forced to remain in a downward position. All designed for the greatest amount of humiliation and pain. To create fear and intimidation.

This is the same method we use to control prisoners of war upon capture.

I first learned of this in my studies of how the Japanese (WWII) and North Vietnamese tortured U.S. prisoners (P.O.W.'s). The hands, wrists, would be shackled in similar fashion. Sometimes at the elbows also. Finally, hoisting up the body from the wrists leaving the prisoner in extreme agony. Eventually dislocating the shoulders...

Isn't it ironic that Americans have now adopted this same method on fellow Americans, not from necessity of immediate threat, or even proven dangers, but merely as the general practice? To what end? For whose pleasure?

Wm. J. C. C. C.