

Come on | When is Enough?

The prison we are staying in called Pulaski state Prison has went down over a period of years. It's not because of our upper staff. Pulaski state Prison has been going through so many transition constantly changing warden and staff, which is something wrong with that. But if another leader has to come in clean up other's mess. It could take decades to undo what someone else has done.

Our past warden didn't care how her staff talk to inmates. Now we have a new warden. The staff still have that same mindset to talking down and verbal abuse the inmates behind the new warden's back. A lot of inmates gets in trouble because the staff members start's confusion with the inmate then turn it around like it was the ~~in~~ inmate's fault.

Pulaski State inmates' are being violated in so many ways. We always being threaten for foolish reason. Such as if one inmate curse the staff out. Everybody get told I am not going to have inmates curving my staff out. 99.9% the officer curses the inmate out. Then in return the ~~in~~ inmate curse the staff back out. To me, it appears that both individuals are at fault. Because there are professional ways you can handle a situation with a inmate. By procedure / policy the inmate suppose to receive a subordinate ~~discipline~~ disciplinary report. But what happens at Pulaski state Prison. The officer gets off. The inmate gets fully punished.

Which leaves the door open for officers' continue in their unprofessional behavior. When it should have been dealt with from the beginning. Recently we had a officer to commit crimes ~~to~~ within the institution. How many times he had been reported by inmates but nobody did anything because inmates doesn't do nothing but lie. We have officers' who are too lazy even make rounds. But they are documenting it in the log book. Every 30 minutes they are making their rounds.

We just recently had a inmate moved in our dorm. She was complaining about how the officers they was getting in the dorm ~~was so lazy~~. She was living in was so lazy. to make rounds she was saying how all kinds of bad activities was going on in this dorm. Having sex in the TV rooms, booty shaking on their girlfriend in the TV room. Going in and out of each other room having sex disrespecting they bunkmates. In our SOP rule says no ~~visit~~ visit room to room.

This individual inmates said when she witness a group of people fighting in this dorm. In the officers just set in the bubble. Didn't bulge to try to come and disperse the situation. Instead they set their and watched. Nobody called a 1010 or nothing. The inmates said she knew it was time for her move out.

The truth of the matter, some inmates don't like to be in a uncontrollable environment. Where people can do what they want to. I am one of those inmates. Prison was created to reform. To improve by altercation, correction. Of error or removal of defects, put into a better form or condition. To put an end to wrong. That is not happening because some people come to prison. They meet correction officers who has the same mindset they have. That is how the contraband getting into prison or jail. The sexual contacts etc.

The respect has been left prison when the inmates don't have to say ma'am or Sir permission to speak anymore. When I came to prison in 1998. There was more respect with officers and inmates now you see officers and inmates' like they are the best of friends.

There are many other things wrong with this place. The inmates is locked down has not been getting their 1hr recreation (mandatory according to SOP). Some inmates that recently just gotten out of lock down was complaining about this.

Due to shortage of officers. Population inmates are not getting regular yard call nor pavillion. Sometimes we go days without either. This is not fair because the inmates have nothing constructive to do. By this happening, most people put their negative energy in the wrong things

like fighting, trying to commit suicide, jumping on staff or will do anything to get to lockdown. Some of the inmates like to walk or jog to reduce stress. Then you have those who like to go out on yard call to talk to their friends; for them that releases stress. At this prison, not too many long term offenders goes home too quick. Why, because many of the staff members are judgmental towards certain crimes. Some inmates who had certain charges do not have a place to go. They end up making out. When lifers comes up everyone of them is denied by the parole board. It's rarely that a lifer will make parole quickly at Pulaski State Prison. We all been in suspicion about this. The parole board sends a parole summary when a lifer comes up. Recently we had alot of lifers to come up for parole but everyone was denied and set off some more years. That lead us to believe negative things are being written in these summary reports. But at Alto State Prison (women) the lifers are making parole. They just supposedly had 10 lifers to make parole. In those individual reports it matters what your counselor says makes a difference to the parole board. The sad thing about this the inmates are not allowed to read what the counselor says about them. Then you have the inmates who is eligible to go to the transitional center but the wait is so long because it's more women in prison. Then transitional center for state inmate (female) we only have two transitional centers in Georgia. Sometime the wait for a bed space could be up to 6 months to a year. You have inmates think they have signed up with their counselor to go to the transitional center only to learn their paperwork got lost or their counselor never signed them up. These inmates have learned from their mistakes is ready to transition back into society. But it's like the staff and society is double punishing the inmates in Georgia. They want to let all the inmate who they know going to reoffend. But inmates who have done decades. Don't get that chance to quick. Myself I have done almost 18 years. I've learned my lesson. I have to be careful who I surround myself with. Personally I don't get the system in Georgia.

Every since our original chaplain retired. We have went through different chaplains. Now we have a permanent but the Department is a mess. We have different religions here at Pulaski State Prison. I believe every one should have the right to believe what they want. Here is the problems the christians having with our church services. The other ~~religions~~ religious services are seperated. They go as a whole. It may be less inmates but I am pretty sure they have one or two inmates that is out of order. Their will always be bad apples wherever anyone go. But in our situation whatever happened to punishing the ones at fault and not innocent people who are their for the right reason. The old warden - who allowed the staff to curse out inmates. Seperated our church service to even and odds, we have been frequently asking to go to all the church services. But the innocent are still being punished for the bad apples choices. We feel like if other religion get to enjoy all their services together without any seperation. The christian should as well.

SOP pg 7 paragraph (5) Personal hygiene essential for an individuals well being. showers are available and basic necessities are furnished; therefore personal cleanliness and grooming are expected. The soundness ~~is~~ real good on paper. Women are ~~are~~ higher maintenance than men because they have menstration. The state of Georgia provides us with a blue bar of soap after two bath it's gone. We get two rolls of tissue one week. A deodorant that doesn't really hold you. Every other week we are given one roll of tissue and one little ~~roll~~ tube of tooth paste. No shampoos, condition, lotion, etc. a tooth brush every quarter. Remind you not every one goes to the store. Some people do not have family members that help. The truth be told some people whose family is deceased out. Their is ministries who donates toothpaste, toothbrush, shampoo, condition, lotion and powder to the Chaplaincy Department. Sop page 28 indigent status means the inmate must have no more than \$5.00 in her account and has not purchased any items from the store in a thirty (30)

every period. Indigent items are not provided for persons who are on store restriction. Hygiene supplies (tampons, deodorant and soap) may be requested in writing on an inmate concern form. Since these supplies are donated goods, the inventory as well as the quality, can differ from month to month. You can only request indigent supplies every 90 days. I understand anything you get in prison is a privilege. But that does not give anybody the license to say just because someone might have sent a inmate \$10.00. But the inmate got sick in had to go to medical. which cost \$5.00 for the visit and \$5.00 for each prescription filled. You don't say nobody need to budget and refused them of indigent supplies because they got \$10.00 on ~~the~~ their account but it went towards a debt. Not towards the inmate store. How can that inmate budget if they had a debt needed to be paid. I can use two bars of Ivory soap in one week. Two bars of soap is not going to last me 90 days. If people donate the personal the indigent people need. They should be able to get it every month. That's what our other chaplain does. she cared more about the needs of inmates. There shouldn't be no 90 days that is ridiculous. These are not animals their dealing with, they are human beings. also we should be allowed two rolls of tissue every week. Not every other week. also we have been having problems with getting sanitary napkins. I had a situation where there was five weeks in that month. so my period stayed on longer. They give us 30 pads for that month. By my period doing that sometimes it's heavier. so I needed more pads. so my dorm officer called the laundry officer, she says I have given inmate Johnson her pads for the month, slams the phone down in the officer face. she would not give me any more pads. ~~not~~ yes, we have pads and tampons on the store. Not everybody goes to the store of men every week. I am that inmate who don't go like that. I've had this happen to me more than once. I been told by Sgt and officers. you just gonna have to bleed on your self. But these prisons and state is

deceiving the people in society as if they are providing everything we need. That's a lie. The stuff they do is not right. Our inmate store is so high and costly. The inmates have been requesting with every warden can we spend a little more because of the prices and the past our spending limit has been taken up. That's what the inmates asked in the dorm meeting. Our weekly balance is \$60.00. The inmates would like to know if we could separate food items from personal items from our \$60.00. Upper staff says you will have to learn how to budget. SOP pg 13 says items purchased in the inmate store with an accumulated value of no more than \$70.00 of consumable goods may be kept in ~~your~~ your lockers. Why can't we spend \$70.00 (See attached store sheet) Our medical is awful. Instead of the Director of medical solving the issue within medical. She is always throwing on the inmates. Every dorm meeting, this example of her statement this past month. Please don't have your family to call me about your health when you have not even put in a sick call for the problem. Which is a lie from the pits of hell. I remember when I was having chest pain. The officer followed her procedure SOP - emergency services will be provided on an as needed basis 24 hours day. If you should become sick or injured notify your supervisor immediately. He or she will contact the medical staff. At this time, the medical staff member ~~will~~ then instruct the ~~correctional officer~~ may request to speak with you on the telephone to better address your medical concern. The medical staff member will then instruct the correctional officer as to the course of action to be followed. I was told by the nurse on call to take turns and put in a sick call. My chest continues to hurt. I couldn't sleep at night I went to the Deputy Warden she told me I thought I was having a heart attack only to get to the hospital they said I had gas. Personally that didn't need to hear that. I need medical attention to find out what was wrong with me. I immediately get my family to call DOC medical Director. I was in medical that Friday they finally took care of me. But it shouldn't take all that to get help. Suppose I had a heart attack and died. It has happen to inmates at the prison just ~~last~~ last year. The inhuman treatment has to stop. SOP page 9 is a lie, they throw away a lot of food at the end of the day.

They are not feeding us healthy. This is what it says -
Every effort is made to provide a variety of good whole-
some food in the prison kitchen. Food is served proportionately
do not waste food. It simply makes it difficult to provide
you with the kind of diet you should have. On my last let's
talk about the ware-houses is always out of things we need.
Whether it's tee-shirts, boots, bras, pants or uniform etc.
It doesn't make sense. When the state suppose to provide
what we need. (Necessities). Some people can't get
packaged in money so they have to totally depend on the state.
Let only do we get treated in human but they want to block
who take care of us. 5011 Bay - 01 of funds may necessary funds
only from those individuals on their approved visitations.
Just a from verified by the 12 people only. This point of the
narrow it down to five. This is not right. Help them. It's wrong
can send you don't have help them. Some of us don't have family
Some people don't fight to get these unnecessary society and
to say a stranger can't fight to get these unnecessary society and
members who can fight. I am hoping and go on behind the walls of
procedures call on our behalf and go on behind the walls of
make phone call to all the families of correction. This not because
complete prison and depart threat that people have been put in place by
us can. Some of these things when the inmates' knows they are prison
to be corrected from freedom. They bad behavior. The judge has punished
Do by taking our freedom. Why does we have to go through
double punishment than the state inmates. I grant you the federal inmates
get better than the same process. Why is it we can't have phone cards
but have in every length. Why is it that we can't get paid like
other state prison. It's the little simple things like that.
The state of Georgia can't say to keep us out of prison.

Written by
Jennifer Johnson

I see inmates coming in and out like nature does all the time. People get to want to change. Some of the things taken from inmates don't make sense. On the other hand I agree with some things that have been taken from inmates. But some things are political of the state of Georgia. This I can't understand why can't inmates have video games and TV in our room. New Jersey state prison that will never get out. Some people who is in prison that will never get out. ~~your~~ your going to keep on punish them over and over. you got there ~~later~~ later? Questions in your hands state of Georgia what more do you want? Dept of policy and procedure. Only the people in Georgia can help us with these changes. Would it be you?

Sample Copy of our Store Sheet
Pulaski State Prison Inmate Store Sheet

Grand Total MUST Be Included!

Inmate Name: _____ Detail: _____ Inmate GDC#: _____

Writing Materials

Quantity	Code	Item	Price
	046	Stamps: .49¢ Limit 20 Combined	.49
	020	.21¢ Limit 20 Combined	.21
	021	Pencil	.10
	022	Large Pink Eraser	.35
	023	Pen Black Ink	.17
	024	Basic Colored Pencils	2.00
	025	Drawing Pad 50 sheet pk	1.10
	026	Legal Pad 50 sheets	1.07
	027	Carbon Paper 10 sheet pk.	1.32
	028	Business Envelope Limited 25	.03
	029	Manila Envelope 9.5x12.5 Limit 3 Combined	.20
	030	10x13 Limit 3 Combined	.20
	031	Cards Birthday - Female	.78
	037	Birthday - Male	.78
	038	Birthday - Kid	.78
	032	Thinking of You	.78
	033	Friendship	.78
	034	I Love You	.78
	035	Thank you	.78

Drinks & Mixes

Limit 7 Combined Sodas

Quantity	Code	Item	Price
	230	Dr. Pepper 20oz	1.28
	206	Coke 20 oz.	1.28
	207	Diet Coke 20 oz.	1.28
	232	Sprite 20 oz.	1.28
	233	Crystalline Grape 20 oz.	.92
	210	Crystalline Cola 20 oz.	.92
	211	Maxwell House 4 oz.	5.17
	212	Folgers Coffee 8 oz.	9.10
	213	Sanka Decaf Coffee 15/packets/plastic bag	2.36
	214	Coffee Creamer 11 oz.	2.38
	215	Apple Juice 5.5 oz. (Limit 7)	.51
	216	Tomato Juice 5.5 oz. (Limit 7)	.51
	217	Grapefruit Juice 5.5 oz. (Limit 7)	.51
	218	Power Aide Sports Drink 20 oz.	1.23
	219	Fruit Punch Drink Mix 18 oz.	2.89
	235	Orange Drink Mix 18 oz.	2.89
	223	Crystal Light Lemonade sugar free 10/box	3.98
	224	Crystal Light Iced Tea sugar free 10/box	3.98
	225	Tea Bags Individual size 48 count (Limit 5)	1.61
	226	Sugar Individual - 50 count (Limit 1)	1.84
	227	Hot Chocolate Individual	.28
	228	Sugar Twins (Individuals - 50 count)	1.84
	229	Salt Substitute (Individuals - 50 count)	2.06

Soaps
 Bar Soap - Limit 2 Bars

Quantity	Code	Item	Price
	100	Safeguard Body Soap 4 oz.	1.01
	103	Ivory Body Soap 3.1 oz.	.60
	104	Irish Spring Body Soap 4 oz.	1.01
	105	Dial Body Soap 4 oz.	1.00
	106	Ambi Complexion 3.5 oz.	2.38
	108	Soap Dish	.46
	109	Tide Laundry Detergent 6 oz.	2.42

Hygiene

Quantity	Code	Item	Price
	110	Secret Deodorant 2.7oz.	3.93
	111	Sure Deodorant 1.75 oz.	2.32
	112	Panty Liner 22 ct.	1.45
	113	Super Tampons 20 ct.	3.58
	114	Sanitary Napkins 18 ct.	3.07
	115	Magic Shave Shoftsheen 6oz	5.09

Oral Hygiene

Quantity	Code	Item	Price
	116	Colgate Toothpaste 4.6 oz.	2.52
	117	Close-Up Toothpaste 4 oz.	1.76
	118	Sensodyn Toothpaste	5.04
	119	Dawn Mist Mouthwash 4 oz.	.70
	120	Dental Floss Loops 30ct.	2.02
	121	Toothbrush	.61
	122	Dawn Mist Denture Tablet (box of 40)	2.77
	123	Fixodent 1.4 oz.	4.48
	125	Toothbrush Holder	.30

Ice Cream

Limit 2

Quantity	Code	Item	Price
	101	Chocolate	2.69
	201	Strawberry	2.69
	1011	Vanilla	2.69
	203	Ice Cream Cone 4 oz.	.83
	1019	Pecan Praline	2.69
	1022	Moo Crunch	2.69

Nuts/Snacks

Quantity	Code	Item	Price
	300	Peanut Butter 18 oz.	4.55
	301	Panola Jalapeno Peppers 12 oz Limit 2	2.75
	304	Strawberry Pop Tarts 3.67 oz.	.95
	321	Kane's Peanuts 1.75 oz. Limit 5	.51
	322	Trail Mix - Nut n'Yogurt 2.0 oz. Limit 5	.84

Crackers

Quantity	Code	Item	Price
	305	Saltines 16 oz.	1.94
	306	Snack Crackers 12 oz.	2.09
	323	Grilled Cheese Crackers 1.38 oz.	.47
	308	Lance Nip Cheese Crackers 1.38 oz.	.47

Sweet Snacks

Limit 2 on all sweet snacks

Quantity	Code	Item	Price
	310	Mrs. Freshly Honey Bun 10.5 oz.	1.43
	311	Oatmeal Pies Box of 12	1.85
	312	Star Crunch 13 oz.	1.85
	325	Cosmic Brownies 13.1 oz.	1.85
	326	Zebra Cakes 13.1 oz.	1.85
	327	Donut Sticks 13.1 oz.	1.85
	328	Strawberry Cookies 13 oz.	1.64
	329	Assorted Cookies 13 oz.	1.64

Grand Total:

Prices are subject to change without notice!
 Revised 06/11/2014 Approved by Diane Tate

Instant Meals

Quantity	Code	Limit 12 Combined (Soups) Item	Price
	400	Hot & Spicy Chicken Cup Soup	.66
	401	Cheddar Cheese Cup Soup	.66
	402	Beef Cup Soup 3 oz.	.66
	403	Chili Bag Soup 3 oz.	.39
	404	Beef Bag Soup 3 oz.	.39
	422	Chicken Bag Soup 3 oz.	.39
	406	Spanish Rice 2.2 oz.	.95
	407	Oriental Rice 2 oz.	.95
	408	Refried Beans 8 oz.	2.09
	409	Jalapeno Squeeze Cheese 14 oz.	4.20
	425	Summer Sausage.	1.84
	413	Pickle	.91
	423	Flour Tortillas 8.5 oz. (Limit 3)	1.04
	415	Bumble Bee Tuna 5 oz. (Limit 5)	2.23
	426	Ham 7oz.	3.80
	427	Beef & Cheese Sticks. 1.25 oz.	.61
	428	Chicken Breast 3.0 oz. (Limit 5)	2.54
	418	Strum's Grits Butter flavor 12 pk/box (Limit 5)	3.02
	419	Strum's Oatmeal 10 packets	2.75
	420	Frosted Flakes 1.25 oz. cup	1.31
	421	Honey Nut Cheerios 1.8 oz. cup	1.31

Chips

Limit 3 on all chips

	500	Tops Cheese Puffs 10 oz	2.29
	507	Hot Potato Chips 5.5 oz.	1.69
	508	Baby Back Ribs Chips 1.38 oz.	.62
	509	Doritos Nacho Chips 2.125 oz.	1.21
	510	Sour Cream & Onion Chips 5.5oz	1.69
	506	Turkey Creek BBQ Pork Skins 4 oz.	1.47

Condiments

	600	Hot Sauce 6 oz.	.91
	601	Salsa HOT 15.5 oz.	2.08
	602	Grape Jelly 20 oz.	2.53
	603	Strawberry 20 oz.	3.01
	604	Mayonnaise 12 oz.	2.31
	605	Dip Ranch 2 oz. Limit 3	.55
	606	Salt - 50 ct. Limit 1	.80
	607	Pepper - 50 ct.	.50

Candy

	700	Sugar Free Candy 2 oz.	.74
	713	Butterfinger 2.1 oz.	.88
	704	Jolly Ranchers 5 oz.	.99
	705	Rainbow Stick 7 oz. Limit 20	.23
	707	Peppermint Stick 7oz. Limit 20	.23
	709	Maxima Butterscotch Buttons	.74
	715	Hershey Bar 1.5 oz.	.88

Skin Care

	818	Personal Care Aloe Lotion 18 oz.	1.98
	819	Suave Therapy Lotion 10oz.	2.77
	820	Chapstick .15 oz.	1.40
	821	Cocoa Butter Stick 1 oz.	1.73
	822	Petroleum Jelly 8 oz.	1.40
	823	Bath Talc 4 oz.	.65
	824	Sunblock SPF 30 4 oz.	2.84
	825	Atra Skin Cream 2 oz.	5.64
	826	Noxema Skin Cream 2.5 oz.	2.03

Hair Care

	800	Royale Hot Six Oil 8 oz.	6.40
	801	Suave Shampoo and Conditioner 14.59	3.07
	802	Suave Refreshing Waterfall Mist Shampoo 12 oz.	1.81
	803	Suave Refreshing Waterfall Mist Conditioner 12 oz.	1.81
	804	Dark&Lovely Healthy Gloss Shampoo	6.05
	805	Dark&Lovely Healthy Gloss Conditioner	6.05

Quantity Code Item Price

	806	Paul Mitchell Generic Conditioner 16 oz.	8.92
	807	Luster's Pink Oil Moisturizer 8 oz.	5.18
	808	Queen Helene Styling Gel 16 oz.	3.58
	809	Ion Hair Spray 8 oz.	8.15
	810	Blue Magic 4 oz.	2.11
	811	Dr. Miracle's 2 in 1 Tingling Shampoo/Cond 6 oz.	10.93
	812	TCB Naturals Hair & Scalp Cond. 10 oz.	6.75
	813	Queen Helene Cholesterol Creme 15 oz.	4.56
	814	Dr. Miracle's Anti Breakage Strengthening Creme	12.14
	815	Ampro Protein Style Gel 6 oz.	1.51
	816	Proclaim Foaming Wrap Solution 8.5 oz.	6.60
	817	Dandruff Shampoo 13.05 oz	1.51

Beauty Supplies

	828	Mirror	1.81
	829	Emery Boards	.25
	831	Brush With Handle	.60
	832	Comb	.10
	833	Hair Pick	.25
	834	Rollers: Medium 12 count	1.41
	835	Rollers: Large 10 count	1.41
	836	Shower Cap Individual	.25
	837	Q-Tips 30 count	1.77
	838	Pony Tail Band 5 pack	1.20

**Medication
Limit 1 Per Item**

	900	Acetaminophen 325mg. Tab 20 ct.	1.51
	901	Ibuprofen Tab 24 ct.	1.82
	902	Allergy Tab 24 ct.	1.31
	903	Halls Cough Drops 9ct.	1.05
	904	Milk of Magnesia 12 oz.	2.17
	905	Good Sense Eye Drops .5 oz.	1.66
	906	Hydrocortisone Anti-Itch Cream 28.4 g	2.02
	907	Antifungal Cream 14.2 g.	1.87
	908	Clear Zit Acne Cream 1 oz.	1.87
	909	Dove Body Soap 3.15 oz.	1.85
	910	Dove Sensitive	2.43
	911	Tums 12 Count	1.33

Miscellaneous

	912	Batteries: AA 4 pack	3.81
	913	AAA 2 pack	2.09
	914	Calculator	5.85
	915	Bowl	1.10
	916	Spoon Plastic	.04
	917	Mug 22 oz.	2.15
	918	Playing Cards	1.75
	919	Earplugs	.30
	920	Gym Shorts Small	8.58
	921	Gym Shorts M	9.68
	938	Gym Shorts L	9.68
	939	Gym Shorts XL	9.68
	922	Gym Shorts 2X	10.82
	923	Gym Shorts 3X	12.01
	932	Gym Shorts 4X	12.01
	933	Gym Shorts 5X	12.01
	924	Gym Shorts 6XL	13.13
	925	Charmin Tissue (4 rolls)	2.48
	934	Reading Glasses Strength-1.5	4.64
	935	Reading Glasses Strength-2.0	4.64
	936	Reading Glasses Strength-2.5	4.64
	937	Reading Glasses Strength-3.0	4.64
	927	Quart Bags - Limit 3	.06
	928	Shower Shoes M	1.34
	930	Shower Shoes L	1.34
	931	Shower Shoes XL	1.34
	929	Corn Cushions 9 count	1.20

CHECK ALL ITEMS & RECEIPT BEFORE YOU LEAVE THE WINDOW!