

IN THE LIFE OF A CONNECTICUT PRISONER Vol.2 No.6

By Richard Stevenson

GREETING FREE WORLD! It's great to get back at you all. I haven't been as well as I should be due to the negative effects of being locked up in the cell so much. Though I'm a general population prisoner we only get to go outside for exercise about 2½ hours per week. Other than that we are walking on concrete. I went to do some jogging and the arch in my right foot fell... YOUCH! It's been over 2 months and I still haven't been called to see the podiatrist. I work inspecting license plates 6 hours per day and I'm on my feet most of that time. After an hour or so I'm limping. The result of this negligence is that the pain has spread from my arches to my heels, instep, achilles tendons and ankle. I had already been having problems with my feet and this injury made it worse.

We must pay anywhere from \$28 to \$72 for sneakers (no shoes available) and none of them have arch support. The only time when our feet aren't touching concrete is when we are laying on our bunks or outside in the yard. I know of no prisoner locked up more than 5 years who doesn't have at least some pain in his back sometime throughout the week. I've been taking medication for my back at least 4 years - to no avail. I can't lay on my back more than a few minutes unless at least one of my legs is bent upwards. I can't sleep on my stomach at all.

I won't take any meds that will make me sleepy. I can't afford to be groggy in a prison environment. I find that I get instant relief from the constant pain in my back if I just hang from the pull-up bar. However, the reprieve from the pain is short-lived.

Any suggestions from the pain I must endure would be greatly appreciated.

As you can see, being snatched away from our families isn't the only thing we suffer from.

Rich.

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EXHIBIT B, Price Schedule B-3
MUSIC CATEGORY, APRIL 2013
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Genre	Catalog #	Artist	Album Title	Selling Price
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Soundtrack	MTN709202	FAST & THE FURIOUS TOKYO DRIFT	SOUNDTRACK	\$15.75
Soundtrack	ABK188392	FAST FIVE	SOUNDTRACK	\$15.75
Soundtrack	MBWY749920	FIDDLER ON THE ROOF	ORIGINAL 1964 BROADWAY CAST RECORDING	\$11.96
Soundtrack	SNYC89546	FIDDLER ON THE ROOF	ORIGINAL LONDON CAST	\$11.96
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Soundtrack	SNYL85151	FUNNY GIRL	SOUNDTRACK	\$9.96
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