

## THE NORFOLK CHRONICLES

Our Senior Captain was summonsed for what has been reported to be "drunk and disorderly" conduct as well as "shoplifting" on the Island of Martha's Vineyard while enjoying one of his seven (7) vacation weeks the taxpayers of Massachusetts graciously pay for.

This is who runs the ship here. This is who is charged with making certain folks are rehabilitated. Are you shitting me? If you saw the truth of what this guy does you would not believe it. He is the Milk Police here; literally searching for hidden MILK! Not drugs, not knives, not escape plans: MILK! I shit you not. He is also the clothesline detective. He enforces the "felony possession of drying laundry" statute at the facility. He wears many hats as he is also the "Windowsill Watchdog" making certain no one has anything balancing precariously on their window-sill. I guess when you wear all those hats you feel as if you need to head down to good ole Martha's Vineyard, drain a couple of bottles of Lynchburg Lemonade, grab a five finger discount on an Oh Henry bar, and then get written up for being three-sheets-to-the-wind in public. Corrections at it's finest!

The folks here at NorfolkWorld/WallyWorld were none too happy that I was being released to walk the quad, roam the fields, and do what I can to shake things up until I depart for good. This passive/aggressive captain tried to make enemy issues for me, to keep me off the books, but to no avail. I'm not mad, but I don't let real news escape my path.

Let's all raise our glasses and prepare to get drunk and disorderly. Have badge will travel; look out Nantucket in 2017!

## GREEN CHICKENHEAD SEEKING RETIREMENT HOME

Our food services director here at NorfolkWorld/WallyWorld, The Green Chickenhead, has submitted several resumes' to retirement communities hoping he can land a job when he retires next year. His Culinary Specialities listed on the document are as follows;

- Green Chicken ala King, with tipped over potatoes,
- Brake Pad Meatloaf with flavorless carrots,
- Soup Du jour a/k/a Everything But The Kitchen Sink broth,
- Hog Slop Sheppard's Pie with rock hard mashed spuds, and
- Rotten Bananas the long way, unchewed with a pink shirt.

The lawsuit is progressing and more legal action is being planned. I wonder if The Green Chickenhead remembers when he threatened to have a certain doctor/food services committee chairman shipped out of the camp for complaining about the gruel he serves? Free Speech Central has not forgotten!

More To Come...

## THE NORFOLK CHRONICLES

### Penny Wise - Pound Foolish ?

There was a time not too long ago, where at the Massachusetts Correctional facility at Norfolk there was a focus on educating the inmate population about the benefits of exercise, weight loss and healthy food choices. But with budget cuts and changes to the inmate diet we are sadly reminded by daily medical codes of inmate chest pains that these days may be far behind us. One could mistakenly assume that the concept of corrections in this Commonwealth would include promoting and teaching healthy food choices. Or, at the very least- that not making healthy choices could lead to heart disease, diabetes, hypertension, and other chronic ailments.

A few years ago it was commonplace to see health seminars and other such programs offered to the inmate population. The topics and programs varied ranging from dental care, eye care, joint and back pain, to heart disease, diabetes, etc. There was a large focus on diet and exercise where doctors, nurses, and dietitians spoke. We were taught about the many benefits of fiber, antioxidants, and fruits and veggies. We were also taught about the horrors of transfats, hydrogenated, and partially hydrogenated oils, and the dangers of a diet high in carbs and saturated fats. There was actually a program nick-named "fat camp" where following lectures, men were weighed and their progress tracked. Perhaps this was because someone realized that this small investment in such programs (and enforcing 100% adherence to the dietitian approved menu/diet/recipes) outweighed the long term costs and the burden placed on society by men leaving prison with such chronic ailments associated with obesity and an unhealthy diet.

Moving ahead to July 2015 such health programs/seminars simply no longer exist and cheap "alternatives" have been incorporated into the inmate diet three to four times a week. These alternatives include ice cream, potato chips, [fat laden] mac & cheese, [preservative spiked] imitation seafood salad . . . First, it should be pointed out that the diet for the general population has been deemed a "heart healthy" diet by a department dietitian and it is supposed to satisfy the needs of the general population including prediabetics, those with border-line hypertension, etc. Those with diabetes, which there are too many, are offered a therapeutic diet which is prescribed by the medical department. About 3% of the DOC budget is allotted for inmate food. A man can be fed for under \$2.00 a day when the approved menu and recipes are followed. The menu which is listed on the DOC's web site is the same used in each facility. There are corresponding data work sheets which break down and calculate the calorie and nutritional daily requirements of each meal. The recipes can not be any more specific as they are described down to the brand, quality and amount of ingredients to be used. The Food Services Policy, 103 DOC 760., clearly details the obligations of the Commissioner, Superintendents, State Food Services Director, dietitians, and finally the facility Food Services Director ("FSD") with respect to providing nutritionally adequate meals. So one has to ask: how such unhealthy foods are being served to a population living an overly sedentary life style?

First, there is no oversight, or enforcement after the department dietitian approves the menu for the year. This enables the FSD to replace approved foods with sub-par products, i.e., processed turkey and meatballs instead of what a dietitian factored into a man's nutritional needs. Secondly, there are no clear substitutional guidelines per policy. But, according to answers given in inmate grievances, these changes are not substitutions- but alternatives- and a man has the right to request that the kitchen send the healthy menu item, which is almost never available. Furthermore, responses explain that these alternatives are agreed upon by the FSD and a small number of inmates. If I didn't know better I would opt for soda, cake and ice cream for every meal. Unfortunately, it appears a large majority of men do not know better.

Well, apparently the alternative to following policy and menu recipes, designed to be nutritionally adequate, is to keep everyone fat and happy while they are here. Then, release everyone with a Mass Health Card and let society continue to foot the bill for the costs of diabetes, heart disease, etc... Save pennies, add pounds and waste dollars!

## .66¢ Lunch Special

Where, outside of a third world country, is it possible to get a meal for about sixty-six cents? Well it is supposed to happen at the Massachusetts Correctional Facility at Norfolk when dietitian approved menus and recipes are followed. If followed and adhered to, a man can be fed for about \$2.00 a day and surprisingly the food is not too bad. 3% of the DOC's budget is allotted to feed the Massachusetts inmate population. The problem is that menus, and more specifically recipes are not being followed.

Each Institution's Food Services Director(FSD) is obligated to adhere to the dietitian approved menus and recipes. The DOC Food Services Policy(103 DOC 760), at 760.04(2) in part states that, "Each Institutional Food Services Director['s] ...duties SHALL include:"

Providing nutritionally adequate meals, properly prepared and attractively served in accordance with departmental cycle menus and corresponding recipes.

The recipes can not be any more specific as they are described down to the brand, quality and amount of ingredients to be used.

How is it possible that, what a registered dietitian approves is not being served? For example, the recipes call for non-processed real turkey, and yet a processed turkey-loaf high in sodium is served. Meatballs, made from scratch using 80% beef and 20% fat, are what the recipe calls for, but an overly processed faux meatball is served. Often, a breakfast cake, which satisfies daily fiber and grain requirements is called for. However, instead a cheap premade cake mix containing hydrogenated oils, bleached flour, and other preservatives is being served. What the dietitian does take into account, and the FSD neglects to, is that the body requires grains, fibers, and fats; good fats like the 80/20% beef and hamburger which is supposed to be served. Common sense would dictate that if the proper ingredients were used and where required the food is made from scratch, you would not only be saving money, but making and serving a healthier food. The examples continue on: incorrect bread which contains high-fructose corn syrup, breakfast juice which should be unsweetened, but is a vitamin spiked punch. Oatmeal that is supposed to contain raisins, etc.

It seems that at every corner nickles are being squeezed by the FSD to save or produce pennies; at the expense of men's long term health(97% of whom will be released). An excellent illustration of the lengths the FSD will go to is the chicken stew meal served a number of times per month. The recipe is based on 100 servings, and on any given day 1,600 servings are prepared at MCI-Norfolk. Chicken stew calls for 4 ounces of chicken(per man) to be used; so  $1,600 \times 0.4 = 400$  lbs of chicken. What the FSD brings out of the freezer is 350 lbs of chicken, or so, the missing 50+ lbs is made up with potato the recipe already calls for. The recipe also calls for 4 ounces of vegetable to be served on the side. Instead the FSD mixes 300 lbs of vegetable into the stew. When a man receives the stew there is no vegetable on the side, instead he receives 6 ounces of the mixture served over rice- instead of what a registered dietitian has approved and factored into a man's diet and needs. This can be confirmed by a review of the records of daily servings which are supposed to be kept in accordance with 103 DOC 760.

So what happens to all this extra money? Is it being funneled into a slush fund to cure diabetes and hypertension? Or perhaps to repair roads and bridges across the Commonwealth? Well, an audit of the invoices paid to U.S. Foods(from MCI-Norfolk) might be telling. Some time ago, a deliveryman commented that we(inmates) appear to be eating better than him and his family. This was while boxes of frozen pizza, egg-rolls, chicken wings, 80/20% hamburger, etc. was being unloaded. The response to his comment was that the inmate population does not see any of these food items and this was his tax dollars at work. This is a sad fact that can easily be confirmed. These

gourmet foods are not finding their way to the Culinary Arts Program which is supposed to have its own budget. So who eats these foods?

Here is a not so original solution which would save \$80,000 a year without jeopardizing the long term health of men who are, and could continue to be a burden on society when they contract chronic ailments associated with obesity because of a poor diet and bad nutrition- remove the [MCI-Norfolk] FSD from the equation. The menu cycle is a 3-week cycle which changes twice a year. Any high school student with a knowledge of algebra and computers could write a fool proof program to place weekly orders, especially given that the dietitian identifies the ingredients and the brands of foods. Security staff, already assigned, would maintain enforcement and adherence to the dietitian approved menus and recipes. The removal of the FSD from MCI-Norfolk would also eliminate the discord and disharmony he creates. In his quick wit and retort his responses to complaints include responses like: "If you do not like the food- do not eat it." Also, "I am untouchable- they can't fire me." And, "I do not care what you do- go tell the Governor."

Well how about it Mr. Governor, save \$80,000 per year at Norfolk alone, and relieve society of the burden of caring for obese men leaving prison with progressed heart conditions, diabetes, hypertension, and other chronic ailments associated with a poor diet and lack of proper nutrition and processed foods?

The Norfolk Chronicles cannot wait until the Green Chickenhead retires.

THE NORFOLK CHRONICLES

See No Evil, Speak No Evil, Hear No Evil . . .

The Massachusetts Department of Correction's "Food Services Policy, 103 DOC 760", with its mandatory language clearly dictates specific responsibilities, obligations, and duties, from the Commissioner down to the Institutional Food Services Director pertaining to foods, menus, and recipes within correctional facilities. But with the typical bureaucratic monkey business, this policy is arbitrarily followed or enforced, jeopardizing the long term health of the inmate population.

The inmate diet has been deemed "Heart Healthy" because it is low in carbohydrates, sodium, and fat- that is when recipes and menus are followed. Creating such a diet must have been a task given that only 3% of the DOC budget is allotted to Food. That is roughly \$2.00 per day to feed an inmate. Nonetheless, this heart healthy diet is supposed to satisfy the nutritional needs of pre-diabetics, those with hypertension, as well as the general population. Those inmates with type I and II diabetes are offered a therapeutic diet through medical, which is a whole different subject. Surprisingly, when the menus and recipes are adhered to the food is not bad. Sadly though few men have experienced the diet as the dietitian designed it. This would include chicken pieces without the gristle, veins of fat and cartilage. Meatballs made from scratch using 80% beef and 20% fat hamburger, which is also called for in sauces and hamburger patties. The correct portion and grade of fish. The list of deviations is long.

The menu/recipes were developed by a registered dietitian and consists of a 3-week cycle, which changes twice a year, Summer and Winter. Pursuant to 103 DOC 760.05(1), these menus/recipes are:

...reviewed by a registered dietitian on at least a bi-annual basis to ensure that food allowances required for basic nutrition are met, as defined by the Nationally Recommended Dietary Allowance, the Food and Nutrition Board, the National Academy of Sciences, the National Research Council, and the **American Correctional Association**.

The dietitian then attests to the adequacy of the diet through his/her "Letter of Nutritional Adequacy", which along with a copy of each menu is placed into the Institution's "**American Correctional Association**", (ACA), "Accreditation File."

Common sense would dictate that there would be a mechanism in place to enforce that what the dietitian approves is served. Actually there are two individuals who are supposed to enforce this policy which includes adherence to recipes and menus: The State Food Services Director(SFSD), Mr. Christopher Gendreau; and, the Institutional Food Services Director(FSD), who at MCI-Norfolk is a Mr. William Bates. Pursuant to 103 DOC 760.04:

Each Institutional Food Services Director **SHALL** oversee the daily preparations and delivery of all meals. His/Her duties **SHALL** include, but not be limited to:

1. Assure compliance with all Departmental policies/procedures and all **ACA** standards regarding food services;
2. Providing nutritionally adequate meals, properly prepared and attractively served in accordance with the departmental cycle and corresponding recipes.

The mandatory language, or wording used in this policy, specifically the word "**SHALL**" is designed to prevent an FSD from substituting fruit with outdated freezer burned ice cream; or a potato with a .5 ounce bag of potato chips; or veggies and a potato with lejune lettuce. However, the FSD has found a way to circumvent the constraints of this policy- he simply claims that he is not substituting foods- he is offering an alternative. The FSD will send cheap unhealthy foods to a housing unit, and his answer to complaints or grievances, is that if a man wants the healthy menu item he can always request that the housing officer call the kitchen to request it. These healthy items are rarely ever available. Lets face it, men in prison are not known for making the best choices, least of whom are diabetics, prediabetics, and those with hypertension who love potato chips, ice cream, and mac and cheese dripping

with cheap unhealthy fatty cheese. 103 DOC 760.05(MENU REQUIREMENTS) states:

Each Institution **SHALL** ensure that inmates are provided nutritionally adequate meals by:

2. Recording any substitution(s) or addition(s) in food actually served, ensuring that the substitution is in accordance with the approved Departmental Substitutional Guidelines.

Apparently, by referring to the substitutions as an alternative there is not the need to record the substitutions as such. As far as "Substitutional Guidelines" are concerned, the only such "approved" guidelines refer to therapeutic meals; a copy of which is in the Institution's ACA file. These guidelines state that if a meal is substituted, then the entire day **MUST** be substituted. These guidelines are intended for occasions when a food product is out of stock, or if the ovens are broken, etc, not to save money by serving ice cream instead of fruit.

There is a second person obligated to oversee and enforce this policy, the SFSD. 103 DOC 760.03(RESPONSIBILITIES; CENTRAL OFFICE OF THE DEPARTMENT OF CORRECTION), states:

The Commissioner, through the Deputy Commissioner of Administration Services Division and the Departmental Director of Food Services, is responsible for the delivery of food services as specified in this policy.

The Department Director of Food Services **SHALL** monitor the Food Service Administrator at the Departmental and Institutional levels. His/Her duties **SHALL** include but not be limited to:

1. Monitoring Institutional Food Services Policies and Procedures for compliance with 103 DOC 760.00, including periodic on site reviews of all Department facilities

Through many complaints and letters to the SFSD, he is well aware of the actions and or inactions of the FSD at MCI-Norfolk. Though he does do periodic on site reviews, he presents a veneer of correcting a situation, while doing nothing that lasts.

This non-compliance of established and promulgated policy is not an instance of inmates seeking something to complain about for the lack of nothing better to do. This is not inmates trying to get extra. This is an instance where men's long term health is at risk because an FSD and SFSD have found a way to implement cheap substitutions into the inmate diet in the interest of saving or diverting money. But sadly, trying to get these individuals to do their job and adhere to menus and recipes, by following policy, is like dealing with the deaf and the dumb being led by the blind.

Please show the Green Chickenhead The Door!

THE NORFOLK CHRONICLES