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"Three Hots and a Cot"

By Ronald W. Clark Jr.

"You've got three hots and a cot, the state provides everything you need!" I've heard people say that on TV, and I've received letter's, where people have told me that. But that's a delusional facade. Let me show you. Number one, the state of Florida doesn't provide deodorant. And that's an absolute necessity! They don't provided,shampoo' Q-tips to clean your ears, nor dental floss. I seen the dentist last week, he said "Your not getting enough fluoride, what kind of toothpaste are you using?"I said" AMERFRESH, the state toothpaste. " He said" That's garbage, you need to buy some Colgate." So if we've got a dentist telling us, that the toothpaste isn't working, then you can't argue that the state is providing us poor quality hygen items. The bar of soap that the state provides, is about one third the size of a normal bar, and this soap doesn't have a good scent. It'll work ,but its not something you would choose to use, and you only get one bar a week.

Now three hots...Well about seventy percent of the time, the foods going to arrive cold. And the majority of the time, the food is either undercooked, or overcooked. Very seldom is it prepared in the manner for which it should be. If you read the menu, You would be like Sweet! then the tray arrives and your looking at something that doesn't resemble, what you read off the menu. For instance, Fresh Fruit, you get an orange, and its nothing like a fresh orange that you would get on the street. Our orange is shrivelled up,bruised with brown spots on it.Its rare to have a nice piece of fresh fruit,that resembles the fruit you get on the street. The apples are horse apples, or cooking apples. We haven't seen a bandana in forever! That's the only fruits that we get back here. Now vegetables are all canned, and most of the time overcooked. Meats, well a chicken leg quarter is the only real meat we get. We get that once a week ,and I'm always highly disappointed when it comes back here raw. This week here ,we were fortunate, it was cooked perfect! The prior two weeks it was raw. Even raw, its better than the soy patties, which are really bland. If you closed your eyes and ate it, its got no taste. But the looks, the off gray, brownish color, is not appealing to the human eye! They've got something called "Southern BBQ", sounds good huh? Well you see it, its ground up "mystery meat", that resembles hamburger, but doesn't taste like it. And this BBQ sauce, smells rancid! If you put that in front of most animal's, they wouldn't eat it. And the sloppy Joe, is the same way. It doesn't look like something you would see in your mom's kitchen. Its an orangish color, that looks like a baby messed its diaper. These meals are not healthy at all!

To really be able to eat well,you've got to be able to supplement the meals with canteen. And the item's are expensive,and over priced. You get a \$50, \$100 bag, your standing there wondering where the money went?! We pay 65 cent for a Ramen noodle soup that cost 19 cent on the street. Oh there's some serious price gouging going on!! And if you don't have family and friends to financially support you, then you go without. There's no paying jobs for us. They ban us from selling our paintings, poetry ect ect for financial gain. So their price gouging our family and friends who help us.

Your cot... I've slept out doors on the ground, and been more comfortable. Seriously! The mattress is no more than an inch and a half thick,if that! Oh if you've got a new one, its nice for about six months. After laying on it every day, probably 20 hours a day, for 180 days, it gets flat and hard. The steel platform this thin mattress lays on, is slanted in a manner for which results in back, hip and shoulder problems.So there's nothing pleasurable about this mattress.

Yes.. three hots and a cot, your surviving. Their giving you enough to keep you alive, but that's about it.And most people will say, that's enough. Just wanted to give you a little bit of insight into our world, and the delusion that the state provides everything we need.

God bless you.

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