

DEAR READER,

11-17-19

HEY! I HOPE YOU ARE DOING WELL.

TODAY I'M GOING TO SHARE WITH YOU A PRISON RECIPE. I LIKE IT A LOT. BUT I DON'T EAT IT OFTEN BECAUSE IT'S TOO EXPENSIVE FOR ME. AS A FLORIDA DEATH ROW PRISONER I AM NOT ALLOWED TO HOLD A JOB OR RUN A BUSINESS.... AND YET, WHILE THEY DON'T ALLOW ME TO EARN A LIVING, THEY STILL CHARGE US MEDICAL CO-PAYMENTS FOR SICK CALLS.... DOESN'T MAKE ANY SENSE HUH?? I GOT IN TROUBLE FOR SELLING MY ARTWORKS SEVERAL YEARS BACK & WARNED IF I DID IT AGAIN I'D BE WRITTEN UP. AS A DEATH ROW PRISONER IN FLORIDA I AM "ONLY" ALLOWED MONEY THAT IS DONATED TO ME. I BELIEVE IT'S A RULE THAT WAS IMPLEMENTED TO MAKE TIME HARDER ON US. BUT NOW, IT MIGHT BE ABLE TO BE CHANGED.... DO YOU KNOW IF IT IS THE SAME ON OTHER DEATH ROWS IN OUR COUNTRY? I WOULD LIKE TO HAVE ANY & ALL INFORMATION ON THIS SUBJECT SO I CAN STUDY IT & FILE THE NECESSARY PAPERWORKS TO TRY & CHANGE THIS RULE. I'LL APPRECIATE ANY HELP I CAN GET ON THIS SUBJECT.

IMAGINE IF WE COULD WORK...? ASIDE FROM THE FINANCIAL BENEFIT, BEING ABLE TO PURCHASE CLEAN, HEALTHY & TASTY FOOD FROM OUR COMMISSARY EVERY WEEK AND HYGIENE PRODUCTS, CLOTHES,

ARTS & CRAFTS SUPPLIES, MUSIC & MOVIES ON OUR TABLETS.... BUT THE PSYCHOLOGICAL BENEFIT OF USING OUR MINDS THROUGH MENTAL EXERCISES SUCH AS SELLING ARTWORKS, POETRY, SONGS, NOVELS & OTHER BOOKS, ARTS & CRAFTS... AND BEING DRIVEN BY THE VERY BASIC WANT, TO PROVIDE FOR MYSELF. WHEN A HOLIDAY COMES UP, BE ABLE TO BUY A GIFT FOR SOMEONE SPECIAL OR IF A FRIEND IS IN FINANCIAL STRAIGHTS, BE ABLE TO HELP "THEM" FINANCIALLY....

I HOPE WE CAN ACHIEVE THIS.

BACK TO THIS DELICIOUS PRISON RECIPE.

1 PACK RAMEN NOODLE SOUP. (CHILI)

1 CHILI W/ BEANS (BRUSHY CREEPS)

1 VELVEETA JALAPENO CHEESE SQUEEZE.

1 VELVEETA REFRIED BEANS & RICE (SPICY)

1 BAG OF CORN CHIPS.

- COOK RAMEN NOODLES FIRST. DRAIN & LET SIT WHILE YOU PREPARE THE REST. ADD SEASONING TOO.

HEAT UP BRUSHY CREEPS CHILI.

COOK REFRIED BEANS & RICE, ADD CHEESE TO THE BEANS & RICE. MIX CHILI & REFRIED BEANS & RICE TO NOODLES. SPINKLE CORN CHIPS ON TOP & ENJOY.

IF YOU DIET... SAVE THIS FOR YOUR CHEAT DAY. HIGH IN FATS, CALORIES & SODIUM. BUT TASTE SOOOO DAMN GOOD!

UNTIL NEXT TIME

YOURS TRULY

DOUG