

DEAR READER,

1-20-2020

HEY. I HOPE YOUR DOING WELL.

I'M A BIT SICK BUT IT'S ON ITS WAY OUT OF MY SYSTEM. I HAD A FLU SHOT ABOUT 6-8 WEEKS AGO AND NO ONE ELSE ON MY WING HAS BEEN SICK SO WHATEVER IT IS I MUST HAVE CAUGHT IT THROUGH MY FOOD. MY SYMPTOMS ARE THE SAME AS THE FLU SO MAYBE IT'S JUST A STRAIN MY FLU SHOT DOESN'T COVER??

WELL, AN EVENT THAT'S TAKING PLACE IN MY LIFE RIGHT NOW IS AN ASSAULT GRIEVANCE I FILED. I WAS BEING ESCORTED TO MEDICAL TO BE TREATED FOR AN INJURED SHOULDER AND OFFICER COSBY (NOT HIS REAL NAME) SLAMMED/SHOVED ME INTO THE BARS ON THE STAIRS AND SPEWED A THREAT AT ME. I TRIED TO SPIN AND GET OFF THE BARS BUT HE SHOVED ME BACK AGAINST THEM AND REPEATED HIS THREAT. KEEP IN MIND THAT 1) HE HAS A HOLD/CONTROL OF MY RIGHT SHOULDER WHICH IS THE ONE THAT'S INJURED "AND" THAT I'M ON MY WAY TO SEE THE DOCTOR FOR. AND 2) I'M IN FULL-RESTRAINTS, HANDCUFFS THAT ARE HOOKED TIGHT TO MY WAIST BY A WAIST CHAIN. AND LEG SHACKLES. SO UNLESS I CAN DO SOME KIND OF KUNG-FU WITH MY HEAD... I'M COMPLETELY DEFENSELESS. AND THEY HAVE ME IN A BLINDSPOT. NO CAMERA. DEATH ROW HAS A LOT OF BLINDSPOTS. SO... HE TWEAKED MY SHOULDER A BIT MORE THAN IT

ALREADY WAS BUT NOTHING TOO SERIOUS. THE DOC PUT ME ON METHYLPREDNISOLONE TO REDUCE THE INFLAMMATION IN MY SHOULDER. BUT I HAVEN'T BEEN ABLE TO TAKE IT YET AS I STARTED GETTING SICK WHEN THE NURSE BROUGHT IT TO ME. THE PAMPHLET INSIDE WARNS OF SIMPLE ILLNESSES TURNING INTO SOMETHING WORSE AND BECOMING FATAL BECAUSE THE IMMUNE SYSTEM IS FOCUSED ON FIGHTING INFLAMMATION AND MAY NOT ATTACK THE VIRUS OR FOREIGN BACTERIA LIKE IT SHOULD. SO I'LL WAIT 'TILL I'M NOT SICK ANYMORE BEFORE I TAKE IT. — BETTER SAFE THAN SORRY —

BACK TO THE POINT. THE OTHER GUARD THAT WAS WITH COSBY WAS SGT. OLIVE. (NOT HIS REAL NAME) HE'D PREVIOUSLY THREATENED TO "BEAT MY ASS" WHILE I AM IN CHAINS. AFTER HE THREATENED ME THE FIRST TIME I TOLD HIM IF HE REALLY WANTS A PEICE OF ME TO VIVRESTRAIN ME AND LET'S GET IT IN. NO D/TR, NO GRIEVANCE, NO INCIDENT REPORT. 2 MEN SETTLING THEIR DIFFERENCES. HE DONT ACCEPT IT. JUST MADE MORE THREATS. I HADN'T HEARD ANYTHING FROM HIM SINCE THEN UNTIL THIS PARTICULAR DAY. AS OFF. COSBY AND 2 ROOKIE GUARDS WERE PUTTING THE FULL-RESTRAINTS ON ME. SGT-OLIVE LEANED IN THROUGH THE FRONT DOOR AND ASKED ME IF I WAS SURE I WANTED TO PUT ALL THE CHAINS ON WITH HIM OUT THERE. I DIDN'T REALIZE HE WAS SPEAKING TO ME AS I'D FORGOTTEN ABOUT HIS THREATS THE FIRST TIME

I'VE LEARNED TO LET WORDS TROLL OFF MY BACKS SINCE I'VE BEEN HERE. THE BEST WAY TO KEEP THEM FROM CONTROLLING ME IS TO FORGET ABOUT THEM. A FRIEND RECENTLY PUT IT BEST. "CAN YOU SEE THEIR WORDS? A WORD DOES NOT HAVE LIFE." WELL, HE REPEATED HIMSELF AND THEN CLARIFIED THAT HE WAS SPEAKING TO ME WHEN THE GUARDS BEGAN LOOKING BACKS AND FORTH AT EACH OTHER TRYING TO FIGURE OUT WHAT WAS GOING ON. SGT. OLIVE REPEATED HIMSELF A THIRD TIME I IGNORED HIM. THAT'S WHEN COSBY SAID HE'LL ESCORT ME TO MEDICAL. ON THE WAY SGT. OLIVE TAGGED ALONG AND THAT'S WHEN THE ASSAULT WENT DOWN.

I WROTE A GRIEVANCE. THE ONE I WROTE ON SGT. OLIVE WAS SENT BACK TO ME BECAUSE I USED 3 GRIEVANCE FORMS TO TELL THE WHOLE STORY. SUPPOSEDLY I'M NOT SUPPOSED TO USE ADDITIONAL GRIEVANCE FORMS AS ADDITIONAL WRITING PAPER. SO BECAUSE OF THAT IT'S WARRANTED I DON'T DESERVE PUNISHMENT... DOES THAT MAKE ANY SENSE TO YOU? ME NEITHER. BUT THE ONE ON OFF. COSBY MADE IT AND THE CAPTAIN INTERVIEWED ME ON IT AND FORWARDED IT TO THE INSPECTOR GENERAL'S OFFICE. NOW I'M WAITING TO BE INTERVIEWED BY THEM.

ON FRIDAY, COSBY TRIED TO TALK ME DOWN ON IT BUT I DON'T HAVE MANY WORDS FOR HIM. HE ACTED LIKE HE WAS ASSAULTING ME WAS

NO BIG DEAL BECAUSE I HAVE NO SERIOUS INJURIES.  
I IGNORE WORDS. I'VE BECOME FAIRLY GOOD AT  
THAT. BUT SOMEONE GETTING PHYSICAL WITH ME...  
I WOULD HAVE BEAT THE SHIT OUT OF HIS ASS IF I  
WASN'T IN FULL-RESTRAINTS AT THAT TIME. (EXCUSE MY  
LANGUAGE PLEASE. FOR ANYONE OFFENDED BY PROFANITY)

SO... THATS IN THE WORKS AND I'LL LET YOU  
KNOW WHAT COMES OF IT. I NEVER HEARD FROM  
THE I.G.'S OFFICE WHEN THEY SUPPOSEDLY INVESTIGATED  
ME BEING POISONED. IN 2015. WE'LL SEE IF I HEAR  
FROM THEM THIS TIME.

UNTIL NEXT TIME.

YOURS TRULY,

DOUG

DEAR YENZIN,

REPLY ID: 4w2e

1-19-2020

HEY! IT'S GREAT TO HEAR FROM YOU AGAIN.  
 SHAWSHANK'S REDEMPTION — GREAT MOVIE!  
 ROAST CHICKEN + VEGETABLES... I WANT SOME! 😊  
 SOUNDS GOOD. EXCEPT IT SOUNDS LIKE ALL YOU  
 DID FOR THE HOLIDAY IS COOKS...? TELL ME YOU  
 HAD SOME FUN TOO???

SO YOU LIVED A LIFE SOMETHING LIKE  
 A NOMAD? GOING WHEREVER THE WIND  
 WOULD CARRY YOU. I DREAM OF THAT. WHERE ALL  
 HAVE YOU BEEN? THE PLACES YOU NAMED THAT YOU'D  
 LIKE TO VISIT IF YOU EVER CAME TO AMERICA ARE  
 NICE. THE REDWOOD FOREST IS IN NORTHERN  
 CALIFORNIA AND IS THE LARGEST LIVING ORGANISM  
 ON EARTH. IT'S A PLACE I'D LIKE TO SEE AS WELL.

ANYTIME NFL OR NBA IS ON T.V. I'M THERE.  
 HA! HA! 🏀 WHY DON'T THEY RAISE THE GOAL? HA! HA!  
 ALL BASKETBALL PLAYERS AREN'T THAT TALL. MOST ARE  
 AROUND 6'3". A BUNCH ARE 6'7 & 6'8 AND SOME  
 ARE MUCH TALLER. IF THEY RAISE THE RIM I DON'T  
 SEE TOO MUCH OF A DIFFERENCE BEING MADE. MANY  
 PLAYERS CAN'T DUNK IT SO... IT'LL TAKE AWAY THOSE  
 CLIMACTIC MOMENTS WHEN SOMEONE DOES. THE  
 RIM IS 10'1" FROM THE GROUND. AND IN ORDER  
 TO DUNK, ONE HAS TO GET THEIR WHOLE HAND AND  
 BALL ABOVE THE RIM. SOME OF... OH, MANY OF THEM,

MAKE IT LOOKS EASY ONLY BECAUSE THEY'RE IN AMAZING ATHLETIC SHAPE.

I KNOW ALL ABOUT THE GRIFFIN BROTHERS. I LOVE THE UNITY THEY HAVE AND YEAH, SEATTLE GOT A LITTLE BIT OF LOVE FROM ME FOR THAT TOO, JUST A LITTLE THOUGH... GO STEELERS! JUST FOR THE RECORD. <sup>LOVE</sup> 😊

I DOUBT TERASHI 69 IS IN GEN. POP. MOST FAMOUS PEOPLE DON'T. BUT TO ADD HE'S A SWITCH TO HIS REPUTATION, NAH—I'M PRETTY SURE HE'S IN P/C. (PROTECTIVE CUSTODY)

THE BEST DISH HERE IS THE BOLOGNA SANDWICH. WE GET IT ONCE A WEEK. SOME SAY THE CHICKEN... BUT IT'S A LITTLE TO RAW SOMETIMES. I'LL EXPLAIN THE REST NEXT TIME.

YES. I CAN DOWNLOAD MUSIC & MOVIES ON IT. I DON'T AS I CAN'T AFFORD IT AND I HAVE THE SMALL CHEAPER TABLET. IT'S NO GOOD FOR MOVIES I DO HAVE MUSIC ON IT THOUGH. FROM A TIME I COULD AFFORD IT, GO TO J.PAY.COM AND CHECK OUT THE TABLET/ITSDOWN AREA. GET THE EMAIL APP AND "VOILA"! YOU CAN SEND ME AN EMAIL. I HOPE I GET ONE FROM YOU!

I HOPE ALL REMAINS WELK AS I HEAR FROM YOU AGAIN SOON! TAKE CARE!

YOURS TRULY

Doug

DEAR BURAKATELGAN12,      REPLY ID: iv8r

1-19-2020

THANKS YOU FOR YOUR WORDS OF SUPPORT!  
THEY ARE WELCOME AND ENCOURAGING.

YOURS TRULY,  
DOUG