

"Crashy people puke. Ladies are unwell."  
- James S. A. Corey, 'Abaddon's Gate'

Dear Readers,

Fri. 01/14/22

4:28p

Howdy y'all! I'm currently sitting in cell 87 of D-South - the quarantine unit - as "Interstate Love Song" by Stone Temple Pilots plays on C3PO. A lot has happened in the past couple weeks and I feel the need - and have the time - to get it down.

This has not been a good start for the new year. On Wed. the 5<sup>th</sup>, D-South was locked down 'cause someone tested positive for COVID. If you recall, this is one of the "workers' units" where PRT Food Service, Facility workers, etc., are housed. When I went to the evening meal I was told that I - along with all other PRT Food Service workers - would have to come in at 4:30 AM and work both shifts, ending usually between 6:30-7:30 pm. WTF??

Oh my God, it was awful. They'd get us up between 4-4:15 AM and we'd put in 15 hours or so at the kitchen without leaving, then we'd come back to the unit and have only 1 1/2 - 2 1/2 hours of free time to shower, call people or email + that's it before we



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got locked down again. I was MISERABLE. And the official word was that we'd have to do that for 14 days while D-North was on quarantine with no breaks.

I was seriously beginning to wonder if staying in (-North with my cute cellie was worth all that.

Oh! I almost forgot: we were also told that if we quit we would be sent to the Hole, and that they would "try" to pay us something extra for all the extra work, but there was no guarantee that would happen (we only get a few cents for each hour of work).

PAUSE: Did you know that slavery + indentured servitude, which was abolished by the 13<sup>th</sup> Amendment to the U.S. Constitution, does NOT apply to criminals? (The abolishment, that is). I read that some legislators were trying to change this Amendment so that prisoners have rights too, but nothing's changed so far. Please look into this and contact your Congressmembers about this!

RESTART: I only lasted three days at this schedule, and then Sunday morning, shortly after they woke us up, I was "unwell." (OK... I puked.) My cellie, Devin, felt sick also (he ended up vomiting later that day). We were required to go to work 'cause we were on the 5s "out count" (there's a



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5 AM "count" and we were on a list of Kitchen workers who were supposed to be in the Kitchen at that count). We told staff that we were sick & were allowed to go back to the unit after the count cleared at 6 AM. I went to bed and slept till 3 PM.

I don't know if we both had a stomach bug or if it was the nasty-ass tuna fish we had on Sat. night for dinner. One of my cellies here in F-N said that his cellie puked on Monday morning.

On Monday morning we both heard them unlocking the doors of the Kitchen workers around 4 AM, and both of us were silently praying that they'd leave us alone for another day - which they did - and we went back to sleep.

Apparently, a few other Kitchen workers were sick that morning & came back from work. Then, a few hours after that they announced a "total recall" except for Unicorn (slave industry) and locked us all in our cells.

Not a good sign.

Sat. 01/15/22 5:23 PM

Currently jammin' to "Burnin' Up" by Cessie Q feat. 2 Chainz - at least till 3:00 dies 'cause we



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aren't allowed to recharge or revalidate our MP3s in the quarantine unit. That's fair, right?

Carrying on... on Mon. morning shortly after the recall, medical staff came around and starting testing people for COVID. Ours was the second cell they went to. I asked the female nurse who swabbed me why they picked us, and she said it was a "random" choice. However, that bitchy faggot male nurse was there whom I've previously mentioned & he blurted out, "OK Gones, why don't you tell us what's really going on?"

"What are you talking about?"

"We were told that you were sick."

I explained that both of us had been sick to our stomachs, but that as far as I knew that wasn't a symptom of COVID.

"Well, we received a report that you and your cellie were sick and couldn't taste or smell."

"Well you heard wrong."

Apparently some rat asshole, for some unfathomable reason, wanted to get the unit locked down and must have sent an email to staff & threw Devin and me into it. He acted like he didn't believe us - as all staff do - and they went on. They continued testing a very few guys, including the unit orderlies.



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Later that afternoon, the CO came to our door and told Devin to pack his stuff 'cause he was going to the quarantine unit.

Aw, shit.

Sun. 01/16/22 5:58p

To continue with this saga, they didn't take Devin until later that evening. They only tested a few cells and they ended up taking seven guys to quarantine, from the cells they tested.

For the record, they never told Devin that he tested positive - even though it was obvious - and they haven't done anything but take his temperature (and the rest of us) on a daily basis - although no one's done it today for some reason. Devin doesn't have any symptoms, but even if he did they wouldn't give him anything.

His leaving left me really stressed out. They have some new policy where they won't [the nurse just now came by & took our temps, FYI] leave anyone in a cell by themselves - probably due to the rash of suicides. One guy whose cellie went home the week before was promptly moved out of his cell and into a 4-man cell a day or two later. Talk about



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getting screwed! So, I was worried about the same thing happening to me or having some asshole moved in with me. Ugh. I went to bed early that night anticipating a long, awful day on Tuesday.

Sure enough, the Counselor came by the next morning + told me to pack enough for a "few days" 'cause I was being moved to the quarantine unit due to being exposed to COVID by my cellie.

Fucking great.

I was moved with two black guys - one of whom is in a wheelchair + has a lot of health problems - and we were all put in a 4-man cell together.

Now, is there anyone out there in the medical profession reading this? Does it make any sense to take three guys from three separate cells who were exposed to COVID by three different guys (and who each have their own different health issues), and then put them in a cell together??

It seems logical to me that if one of us managed to catch COVID from one of our cellies he would then be exposing the other two yet again. Weren't we better off being left alone in our cells where we were?

So... the three of us are put in a cell that leaks under the toilet so we need blankets to sop up the



water. We were locked down on Mon., so the last shower I took was on Sun. I believe it is BOP policy that they are required to let us shower three times per week, but we didn't get a shower until Friday. We got three hot meals on Tues., but on Wed. they started giving us a hot lunch (or cooked - our lunch didn't show up till 1:45p + the burger had congealed (?) grease on it 'cause it was cold) and box meals for breakfast + dinner. Yesterday they stopped the cooked lunch + we got box meals for all three meals the past two days.

They were passing the phone around the bottom tier on Tues. (we're on the top tier), but they took out the phone after that so no one can notify their family or friends what is going on.

What else? You may remember that I previously mentioned (I think) that quarantine units can only spend \$25 at Commissary. Well, they recently added the restriction that you can't buy any food items in here - only hygiene.

They keep adding more + more punishments for guys who become sick - or who are just exposed to COVID but don't get sick - when it's the staff who are bringing COVID into the prison, not inmates.

Does any of this sound right to anyone??



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Wed. 01/19/22 10:42A

I had to take a break from reading - thank God I brought a few books with me 'cause they also won't allow us to go to the bookcart to get any, and (380) is gonna die in 3 days 'cause we can't use the computer to revalidate or email. Extra punishment 'cause someone got sick!

To catch up on the news... on the Tues. we were brought here, some units were still open. They feed those units separately according to tier (as in the past), and they just picked up trays at Chow and brought them back to their units.

We had only box meals on Sat., Sun + Mon., but had a cooked lunch (only) on Tues., and today they brought us a cooked tray for breakfast, so far.

On Wed., a week ago, the whole compound was locked down - except possibly for Union which I heard was still running until yesterday, when guys there tested positive also.

Last week they brought more guys here to the quarantine units from different units as they tested positive, including two more guys from our unit, C/S, but not their cellies, who got to stay in their cells with all their property.

Only we three and maybe three guys from other units were brought here who didn't test positive + all the rest were able to stay where they were. We got SCREWED!



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As I wrote, D/N was the first unit to get locked down back on Jan. 5<sup>th</sup>. However, no one was brought from D/N to the quarantine unit until Fri., the 14<sup>th</sup>. WTF??

We also couldn't get any information on how long we'd be stuck here. We've heard that guidelines say five days, but some people would tell us ten days and some would say 14. They finally put a sign on our door that said we were under quarantine from the 10<sup>th</sup> (the day we were tested) until the 20<sup>th</sup> (tomorrow). However... we've also heard that as long as the compound is locked down, we won't be released. So we could be stuck here ~~indefinitely~~ indefinitely.

The three of us were tested on the 10<sup>th</sup> and brought over here 'cause we were exposed to COVID. But, we haven't been tested again since. So how do they know if we contracted it or not? I'm pretty sure that they'll test us before they let us out of here, but it doesn't make sense to me that they haven't bothered to check the three of us.

I mentioned that last week we only got to shower once, on Friday. We weren't able to shower again until yesterday since Monday was a holiday and they don't do anything on weekends or holidays. Someone asked the CO if we would be able to shower



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today & he said "no" and that we wouldn't be able to shower again till Friday. So, instead of three showers per week, we are only going to be allowed three showers in two weeks.

I also want to point out their stupidity in putting all workers in one unit. I'll use my unit as an example. In C/S there are all the P/H Kitchen workers, all Laundry and all Commissary. So when C/S was locked down, that shut down Laundry and Commissary and P/H Kitchen completely. Dood idea, huh? I had heard that they tried that before and it didn't work, but here they are doing it again. Stupid.

If you think the way they're treating us is wrong, then please consider this a "CALL TO ACTION." Let someone know. Your voice will make a difference. But please do not mention my blog as I will be retaliated against.

Until next time, I wish you...

Love & Blessings,



#GONE LONG ENOUGH