

Date: 23 Nov 25

Subject: (Beginning of: " Who To Give The Finger ...

(Beginning of: " Who To Give The Finger To In The Prison System " Nov. 24th, 2025)

I'm sure you would agree that a significant amount of time that people spend communicating with one another is for the purpose of complaining. And that's in reference to the FREE world. So one could only imagine the amount of complaining that must go on in a place like prison. Naturally, there are the typical complaints of not having the freedom to be with one's family, not being able to freely move about, having to abide by a schedule, not having the choice of what to eat, and numerous other things that we as prisoners have lost due to our address -- which we obtained due to our actions when we WERE given a choice.

However, the action of complaining here in prison goes far beyond the subjects of typical reasoning, and will many times reach a point of illogicality -- a much higher level than I ever expected from grown men. I use the term "Grown Men" in an uninhibited fashion, because not only do the guys sound like a bunch of kids when they're doing their complaining, they are also too immature to realize they are mislabeling the source of the problems they're complaining about. Hence, pointing their "Finger Of Blame" in the wrong direction. Certainly you didn't misinterpret the title of this chapter, and assume I was referring to the very well known expression of flipping somebody off? (Flipping somebody off: The act of raising one's fist to about shoulder level, and then extending the middle finger to an upright position for the purpose of silently displaying the message: "Fuck you!") Although I will admit, there are plenty of individuals in prison who deserve to have that message handed over to them on a daily basis. So I can see the cause for your misunderstanding. However, the message I'm referring to is conveyed with the INDEX finger, and if pointed in the proper direction would indicate the correct answer to the question as to who is the cause of the vast majority of what prisoners are always complaining about.

You: So which way is the correct direction?

Me: I'm glad you asked.

First of all, I'm sure you can tell by the tone of my voice. . . (just go with me on this) that I'm probably not in agreement with my fellow prisoners regarding this subject. However, please don't misinterpret my intentions regarding the information I'm about to share with you. I mean, it's not like just the other day the warden discovered that I was writing a book, and threatened to put me in confinement if I didn't say something good about the place. I'm just wanting to open your eyes to certain issues that I seriously doubt a typical prisoner would let you in on -- probably because he's too blind to see it himself.

So let's start with one of the most well known subjects to complain about here in prison -- the food. Now please understand, in the past 20 years I've spent time at 10 different locations. So I think it's safe to say I have a little bit of experience in the difference of prison food quality.

Another factor that seems wise to take into consideration is the fact that since I've been in prison my weight has fluctuated between 130 lbs. and 165 lbs. -- depending upon which camp I was at.

So why the change? I mean, the places basically have the same menu they go by, and the food suppliers are all basically the same type of companies who are all trying to supply the prisons with what they need at the cheapest prices possible. So what makes the difference as to how much of that food a prisoner is willing to eat off that tray -- if any? It's what his fellow prisoners who work in the kitchen department do with the food that makes the difference. You see, DOC's intention for the meals that are prepared in prison is for ALL the ingredients to be used for ALL the food with which they were supplied, and for them to be served to ALL of the prisoners in a substantially equal fashion. Believe me when I say that is NOT what is taking place in here.

Once again, I do not wish to appear to be some naive individual just blabbing off my opinion. Hence, I'm going to have a talk with a guy I know who works in the kitchen and see if I can get some actual facts, and perhaps even a few numbers from him.

(ONE HOUR LATER)

Okay, I hit the jackpot. After assuring him this book wasn't going to be completed for at least another year, he agreed to open up -- mainly because he gets released in about two months. Not only does my informant work for the kitchen at my present location, he has ALSO worked for the "food service department" at nine other locations, both state and federal, for the past fourteen years. (Food Service Department? I guess it's just his fancy title for kitchen. I'm willing to call it whatever he wants for all the information he just gave me.)

From what he says, the #1 hustle in the prison system is via the kitchen. One way is by stealing and then selling the flavorful ingredients. A few good examples are: sugar, salt, vanilla, butter, garlic, tomato paste, onions, green peppers, cereal, and rice.

Another way is to prepare the food first, and then sell it back at the dorm. A few good examples are: egg sandwiches, turkey sandwiches, pieces of fried chicken, chicken fajites, granola bars, and cookies.

Informant: You know how the cookies at this camp taste so blah?

Me: Yeah. It's like they have absolutely no flavor to them.

Informant: Well, I'm the one who makes them. What I do is I use all the sugar and TASTY ingredients in the first 300 cookies. While all the rest of them only contain what is necessary to make them LOOK like a cookie. Then, I sell the first 300 cookies throughout the camp for .50¢ a piece.

(Come back next week to read another section of this extremely long chapter.)