

Some of us come to prison with great intentions of never coming back, then there are some who come back because the lesson was not learned.

Some of our stories are the same when it comes to our past, others past are beyond different. We get to prison where all the employees and officers are supposed to be care, custody and control. The prison is supposed to rehabilitate you for the free world. The whole system is a form of "re-entry".

But the problem in this prison case is, the men refer to us as bitches when they are mad. The women get jealous of inmates if they are speaking to a male staff too long. A vast amount of the female officers here are young with a teenage mind, who stir up a lot of conflict in the ~~cells~~^{rooms}. If one person does wrong the officer deems the whole population wrong as if we have any control on what the next person, "inmate" will do.

Some of us grew up in situations, where being called explicit names will send us into raptures. How are you reshaping us by name calling, mockery and jealousy? If you speak to a "up" capt or warden by writing a form of grievance, it's most likely to get denied. or you have backlash and these are the minute of the problems.

Let me express my concerns on the health hazards. I myself have "Grandmal seizures" one of my major triggers is flashing light and

high pitched or high frequency noise. I have had multiple seizures on this compound, resulting in 19 stitches in my tongue, egg in the middle of my head, knee abrasions, and temporary memory loss. These are just a few injuries I received during, all these were caused because the prison said they were no longer removing seizure patient prior to fire drills. After many grievance I wrote, I'm in blind side being told that I must include these seizures because I or anyone like me will ^{NOT} be removed. The prison is not thinking of the down side to a seizure. Just one bad one can kill you. I myself would like to return home.

All medical staff sees is the five dollar sick call. If you have not put that sick call in you are not important. Just for them to mis-diagnose you so you can come back with another sick call. I myself was sick with a stomach virus. That's what it had to be, I placed my sick call. The doctor performed one test, "she pushed on my stomach" then diagnose me with IBS "irritable-bowel syndrome" and gave me antibiotic. I grieved it and explained that was not the way to diagnose IBS. "May you please help" the reply back said I was treated correctly.

Health care here is for the dead not the living. This place sees you as a pet and a dollar bill

Hannah W