

1

5-7-20

Re: Intermediate Care Facility or ICF

While it has been a while since I've been to what the State of California and it's employ call a Crisis Bed or parent. Not sleeping enough according to the good doctor's or the observing staff is a side Buster of a way to end up Butt Naked in a cold cell with only a moving blanket and a smok to wear for a dress as the air conditioner blows cold air through out the night as I sit and write far away from my own family that have been working playing and enjoying life on a daily basis for all these years. We I'm content, I was finally able to catch up on all that sleep the psycholigist's have been telling me I'm missing out on I don't think it's the sleep I think it's my natural disposition they got it all wrong for "the Record" By the way wonderful album by "FEAR" one of my all time favorite punk bands singer Lee Ving whom I last heard was singing some country out in Austin Texas somewhere it's like I'm getting old yet when I get to be in front of some one these days I want to have a full on conversation yet time is so valuable to those who still have that experience we as prisoners been off the clock so time is almost at a stand still. If you give up all hope. you ~~have~~ are already condemned I know my own self and I hate it when

2)

Others try to tell me how to live and what I suffer from funny it's like the Day the Captain comes to visit a Unit all the posters get told to hit the tier to let everyone know to take down there window covers or else the C/O's will hit their cells and search, fair enough little shit that's just a small example how the staff favor some, ~~over~~ ^{ALMOST} ~~most~~ Every body has a hustle so you have to fit in the scheme of things or you get my way of doing things and not in favor of the Drug Trade, yet after many many years have being clean & sober I still think I'm a addict and to be truthful coffee is my Down Fall as a old cat I can drink wadd all Day and late in to the Night then hit the sack having been Raized around Early Rizer's when I sleep I sleep when I'm awake I get up! end of story! the days of fast living many years behind me I sometimes feel like I'm in high school not in prison! that's another thing I had been working on getting out of the work assignment the concular and staff assigned me to school fucking G.E.D. program hell I graduated 36 years ago with a early exit professense exam I told the teacher and gave her all the info. to Un-assign me Bitch writes me a 115, I seen the battle line Draw so I wrote to the Education Dept in the last prison where only 36 years in the State I had to get a hold of my school and get the records for

3)

This State Agency C.O.C.R. didn't have my Diploma on file nor did it come with my file from M.C.S.P. to Donovan, Pennsylvania" is all I said this State will spend the Tax payers' Money like it's going out of style I don't have time to wipe asses around there too, nor to call a Red tape foul up like the Dept. This place and what is left of the info structure is not a simple fix but don't compound the issues with Mismanagement and lack of Accountability you see I was watching every one in court the Days of my pre trial when the Bitch got on the stand and told her ~~eyes~~ lies there were two ~~of~~ ^{THEY} had to be Family; Since I have told the attorney at the time my attorneys were Rudy Gullione's and the Public Defender Mr. Henderson laughed and said where is the case here this isn't even a case so 21 years for what ask Rudy our P.O.T.U.S. went on trail and was impeached for what? I tell you that as a piecemaker and a Man of God. It's a Delusion cast by a few in the Upper Rank's I wrote a paper on it for the court yet they wished to take the easy way and not call but one witness they, States witness list was long My civil & Constitutional Right to speak have been ripped from me I finally released some documents last month after my sitting on many years of finger pointing we see the State of corruption to which this system is in, and unless we as a community forget about our own self and become selfless, a deer that will

4)
Stand even through the worse of times and laugh
Miserly in the Face Putting aside those traits and to
let some pass healing those wounds inflicted by
the Enemies of God And our Great Nation Shit
Still Tell my Family this Country is the greatest
you Now can get a Sex change and the State will
Buy it for you I just told my Daughter in a open
letter telling her this is the only State you can
Kill your Cellie and get put on Single cell Status
I had a Nabor get Mad at me Back in February when
I had only Been here a few weeks cause my new
cellie who just came from ^{the} Hospital for suicide watch, died
after dinner and was Dead as a Door Nobe Asshole
I guess got hold of some Herion the Nabor came and
asked me about Ohui Rig? Shit I dont know Nothing
about that line of Drug Use And if you're into the
Needle it's better be a Fattoo one, that is all I will
Say about that and addiction Down close to T.S.
Shit, this move to the State Hospital was only for
my Benefit Now the psycholigist is trying to wake me
up Shit I thought they wanted me to Sleep? I wish
Some one had a Right mind I guess Sleeping 23 hours
a Day was to much for them, Safe Sleep here I know
my Cell door isn't going to just open up here and
Someone having a Bad day or Even giving a paper of
Herion to Kill me or Kick my ass is going to Run
up into my cell. when ever the Tower Co pops my Door
I'm always prepared Standing in my Door jam.

That Simple Not a tough guy just Conscious Self preservation is key to the triad of life or trinity, $1 \times 1 \times 1 = 1$ Not 3. If you are Not Religious then more like a trinity of Life like time, space & matter, they also End with the Same Result you can take up Space in this world and it won't matter to anyone what you do cause in time only one thing remains time and no one knows when our time here on earth will End so you better make it matter as much as you can. If Dickens me to see how this State spends millions No Billions to Save people who don't even want to be here. All the millions of ignorant people who don't want to be here should just go I love my life, If I see just one man leave here and never come back then I've done my job! you know the End result is my pat on my own back cause I had a hand in that release just talking about one man; Jesus the story never gets old you know why cause until you live in the spirit of the Almighty and Faith is your tool along with prayer knowing matthew 21:22 the out come all this so called Be good Society shit goes out the window I see more walking dead daily everywhere I go it's funny to me sorry you gotta laugh like a Bad Jesse Ventura movie where he puts on the sun-glasses and sees all the evil aliens that are living among him right? then years later he's writing conspirating books on our government well it don't take a threat of a nuke to discipline a Rouge Nation

6) just a few brave dedicated men when awake, can cause a very severe disruption in the way things are like I perceive a tech just lost my place in this writing cause the good doctor lady just interrupted my letter writing with here comes the twenty questions. like I told her nothing's changed same old me. pills, no music, no pussy, just me and my study and no one to talk to just when I get around to warming up away from the written word she has to go, you know they don't have time in the day to see everyone in crisis I believe like the C/O in Lancaster once put it you be the inmate I'll be the prison guard so if your gonna call me a inmate and a O.G. then I'm gonna act as nice as you keep me and as mean as you make me, every one has a joke these days that's not funny you can't even say Jew, kike, nigger, spade, Spic white boy, cracker just to say a few with out feelings attached to them and being called a name in return W.T.F.? If I keep my mouth shut the wave of hate washes over me and time moves along if I keep up all the points of fact I sound like them. a Broken Buddha was famous for saying "more than a thousand words wasted that one word that brings peace. yet, the Bible in Ecclesiastes says there is a time for war and a time for peace you will note: in the 8 verses in chapter 3 all the good at any time comes first yet verse 8 states war

Must come before peace The great General Patton once
 said "Educated Bullets" out way Un tudored courage
 everytime So as to say I Desourn Intelligence and
 health a Sound mind as well as psysical strenght
 are key to yet another trinity Psysical, mental,
 spirital with out these 3 in Ballance you will
 Be Consitured crazy, insane, mentally ill, sick to which
 there is No Known cure theirs No Crazy pill just like
 there is No Happy one. The end Result is Alcaemy
 Big Pharma Turning Billions from People with symptoms
 of Madness into gold chemicals for cash the Black
 Market feeds Billions Daily and just as I have
 written in length about how the Sciences of turning
 chemicals into ~~presure~~^{pure} Metals works like gold and
 Silver It is this simple a good chemist can take some
 chemicals mixed sold by way of Big Pharma stock in
 company sold equals money, money used to Mint gold and
 other pure metals, equals the great wizard's of our time
 to make Alcaemy work It's just a composition, you
 cant just make something some one else invented right?
 So if your playing God, he will give you enough Rope
 just enough to hang your self for a little while
 That is why I dont carry guns or knife any more
 I am to quick to use them like the Supreme Court
 said a few years ago to the police shot first
 people still dont Under stand as I write almost
 out of paper and my pen filler out of ink I have
 come to the point in life that integrity is more
 important then respect from anyone cause the

8)
good Book Says in Acts Chapter 10 literally God
Dont have Respect for you or me, our lives are ours
we need to do what his plan was for us to have
Respect and worship him, I know I'm not gonna
white wash any thing it's fucking tough to behave
in a world gone mad just yesterday I recieved a
package from family In The Same Respect I watched
a young man Arguing with a Nurse over Shoelaces
in his tennis shoes and Make a Arguement over
a Set Rule and pratice I'm happy just to have got
a New pair of skaters Tennis shoes after almost 5
years the last package, That's why I feel like
a High school kid around here as I was coming
from Mule Creek to prison in Donavan in R & R on
My lay over I was put in a Cage Next to a white
kid who, what, whered me when I Stopped him in his
tracks and told him Im a fucking combat Marine
I showed him My Tattoo of adoph Hitler and Said
you got one of these with all your main line
who's, who Bullshit, he Says well we have rules
yea I know Right, That's why your in a Cage and
Im in a Cage Cause of Rules. Wheres My 10% I
get no help from My so called own people and
the shot callers Cant keep there own Men in a line
Cause there all on the Needle I dont Fuck you all
up Cause you all came here to Be B m o c's Big men
on Campus shut My mother Dont tell me how to live Some
White Boy and his Dope friend Buddy and their prison Rules
I Doubt will get me to comply ~~fighter~~, Since they dont Need me
for there prison gang they go Back to talking about Drugs