

Justus Freeman

8/6/20

man down

Incarceration has become an epidemic in itself! So many men and women being sent to prison for little to no reason at all. "this is not the life we choose," this is only the life we live, based on the cycle that has yet to be broken.

I have been in state prison 17+ years of my life, Colorado Department of Corrections to be exact. In the state prisons you are treated all the way different than here where I now currently reside. FCI Yazoo City Medium Facility in Mississippi 39194. There are so many differences in Fed time <sup>(and)</sup> the state time because of the surroundings of people, "the prison politics" and the ways staff treat us inmates.

Man down depicts the hardships and reality of both settings... here in the federal system there are 6-8 televisions inside the units to choose from. While state has your own TV with remotes in your own cell. (less ~~control~~ <sup>tension</sup>) Each day is a different struggle to survive because "WE never know what's

↓

Gonna Get Fucked Up, beaten, Stabbed or Killed! "Mandown"  
 Hell, We dont Always Know Why Either. But Facts Still  
 Remain the Same... "they are Facts", Especially Coming From  
 A Man "like Myself" that has lived this life for the past-  
 23+ Years of My life. I Am 41 Years Young, A  
 brave, Intelligent, Ambitious, Smart Father of 2 beautiful  
 little girls And A 23 year old Son "Rest In peace"...  
 "Welcome to My World."

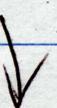
Colorado State prisons grabbed A Strong hold of Me From  
 1999 through out the millinium. I have been out 2 WICE,  
 Ever Since So If We Cant From Feb 1997 "As A Juvenile",  
 It very well Consists of 23+ Full Years of these 41 I  
 have been blessed to see. State prisons, "the respect From-  
 Staff" And Medical Care / treatment "is very different From the Fedz"  
 the State will Actually Do so Much More For you than there  
 James In the Federal bureau will. there is A different type  
 of % pay \$ System Inmates pay to be seen by Medical.  
 No Matter what your issue or problem is, "Just To be seen"

You'll pay 2\$. If you don't have the 2\$ on your books, <sup>(Account)</sup>  
 You'll go in the red! Meaning they gonna get it Someway or  
 Another. You 1.17\$ You had on Your books Now becomes  
 -.83\$ "You Are Now In the red Zone".

One thing is For Certain, You'll Be Seen, heard, talked to  
 And **TREATED** Without Further delay.

\* In the Federal System the process is Quite the Same, You  
 Sign Up For Sick Call Which Requires A 2\$ Co-pay then  
 you get on A list to see the p/A or Dr, depending on  
 "Availability". that And the Severity of Your Sick Call Request  
 For Medical Care/treatment. then You'll sit Around Waiting  
 While Your problem gets More Severe.

2\$ gets You In the Same Room With the Medical Worker  
 For the Most part. "In the Fedz" these So Called professionals  
 Will Just Read Your Sick Call Request, Fill out Your order  
 of What "this problem seems to be", Without Even Seeing You  
 And Keep You pushing On Your Way. "the lack of Actual Work"  
 that is done is Quite **Hideous!** Same goes For the Nurses



Walking Each Range "picking up the Sick Calls." They Never Announce their presence on the tier, In Fear of being bombarded With Inmate Questions, Cares of their health And Concerns.

So, these Snakes Just Slither by UN-Announced, If You have Your Slip In the door (Sick call) Cool You May get lucky...

If Not And you are sleep on In bed or In the Shower OR At ~~recreation~~ <sup>(REC)</sup>, "You Are P.O.L!"

\* Which is way Wrong & We Are being treated "less than" Animals.

Man down describes **I**<sup>st</sup> hand Experiences by my own testimony Which is detailed through these years I've been down.

"Just Recently," In 2018 I Felt NUMB And had No Use of My Right Arm - Shoulder. Around My Upper Rotator Cuff Area And tricep Area. So I go get An X-Ray And was told "Nothing Wrong" go back to your Unit. Well, something is totally WRONG Because I cannot throw the Softball 2 Ft In front of Me, When **I** Usually could throw it From the outfield TO home plate. Same With the Football... I could normally throw it

70 yards (literally), but with this injury I feel I cannot throw it past 3-5 yards! (At all - No grip)

"I'm really tripped out... hey W.T. heck ??? the rotation and Mobility I no longer have in it. the tingling, the Numbness the pulling-tearing the pain 0-10 is A(7) all day long. No push Ups No raising My Arms Above my head... Not Much I can do anymore, yet this DR. At FCI heeling is the same DR. I knew from USP Florence. Same piece of shit that gives Me problems and harasses Me about having "Non Formulary Meds". Yeah well, Yeah!! I have 4-5 herniated LUMBAR DISCS And I was Approved by the regional director to GET NON FORMULARY Gabapentin <sup>1000 MG</sup> Meds For My Nerve damage, "Spinal Stenosis" For My lower back. MAN DOWN!

Around October - November 2018 is when I 1<sup>st</sup> Made A Complaint About My right Arm. So I tell these people "I Feel like My tendon is tore", Muscle is tore, Or My Rotator Cuff is Messed Up Or I have Several Fractures



In my Shoulder Area... "WHAT I Feel Requires An **M.R.I.**"

So on to the Next location, "After being Ignored @ herlong". I tell Liza the same, She puts Me In For An X-Ray And Nothing! DR. there Says; Nope I dont See Nothing.

So I tell him hey DOC, "with all due respect" **I** Need An **M.R.I** he says; here goes Some Carbamazepine & Ice packs See you later.

Man down! No one is listening to Me **CRY** 4 help, "Yet this Injury is only Getting Worse."

So **I** pull up here At "**THE ZOO**" In Sept 2019.

1<sup>st</sup> thing I do is Wait all Morning to fill out A 2<sup>d</sup> Sick Call From some heavy set black Woman that thinks she knows it all. Remember Sept/Oct 2019 is this time **I** tell her once again... "Man down" Something is Wrong.

"**I** Know My own body" he!!! **OWW!** Yeah Well the DR. here "At the time"; is ~~Am~~ 90 Year old diaper Wearing lady that likes to ARGUE with patients, **Not** help them! **I** Cannot win that battle, so she takes Away my "Non Formulary" Meds **I** Just got back At my last spot.

Lompoc, CA. It was once Again Approved by regional For the 2<sup>nd</sup> time Now. So this poor lil old Lady takes Away My "Much Needed Meds For My spine & back", **I** Ask her For the 5<sup>th</sup> & 6<sup>th</sup> Consecutive time "For An M.R.I On my right Arm/Shoulder". No luck. So here I am sitting in the hole, (Shy) Special housing Unit, "For Me getting beat down From A 2 on 1 Ass whoopin From these Cowards.

I got up on 12/12/19 Shrugged it off And hollared ~~Me XXXX!~~ hal hal hal hal. **I** have to get rushed to The **ER** that is Called baptist hospital here in Yazoo city, Mississippi 39199 the DR. there is DR. O' puts in 7-11 Stitches in My Upper Right lip... he then tells the 2 officers Escorting Me "these Need to Come out on the 17<sup>th</sup> of Dec". Well here it is 15<sup>th</sup>, 16<sup>th</sup>, **17<sup>th</sup>**, 19<sup>th</sup> And I tell A Nice looking Nurse lady, "hey lady these Are supposed to Come out On the 17<sup>th</sup> What the hey"?? She says, Oh OK I'll tell the DR. Well at this time the Dr. is lil old 90 year old Grandma. She has No business "behind the Wheel"

better yet telling people what is or Aint wrong with them.  
 points is... Mandown, Never got these stitches taken out  
 of My Right Upper lip From the 2 on 1 Severe Ass Whoopin  
**I TOOK.** this place is Crazy Because the 1 part of the  
 Stitch Came **OUT** And I did tell the A/W About It. I've  
 told the warden here about it too. So I'm taking like  
 2-3 Months later "From 12/13 - Feb 20<sup>th</sup>" Sometime...  
 Only After **I** bring it to these peoples Attention, **NOW**  
 they wanna Act like they wanna see Me And Attend <sup>(Feb/March 2020)</sup>  
 TO Me. **NOW**, I dont want Nothing to do with  
 them Because the damage was done, **I** Am filing A lawsuit  
 on them. "For Malpractice", deliberate Indifferences to My-  
 pains. they have totally Ignored Me And My REQUESTS  
 TO MEDICAL ATTENTION.

Mandown like I said, Mandown.

**I** have yet to put Everything together in My lawsuit, but  
 it'll get done Because I do know what I'm doing. The way  
 the Federal Corrections Runs their Medical Care treatment  
 (Corrections)

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Is 100% A Shame! Really pathetic For Real And Is  
the Cause of A lot of problems here And In Bop.

In July, 16-22<sup>nd</sup> **I** Was taken to Medical to describe  
My pains, locations In My Right Arm... then Walked over to  
the X-Ray Room Again For the 3<sup>rd</sup> - 4<sup>th</sup> time since  
2018 Injury. this lady took the right photo this  
time And "SURE ENOUGH", there **IS** something  
seriously **WRONG!**

According to the Surgeon orthopedic here @ the ZOO  
**I** have some sort of "Bone Spur" In My tricep Area.  
**I** did explain to this Fella the LACK OF Motion, range  
the pains I Feel through out the day, all day! Because  
of this Crazy looking "Injury" he says they Cant do  
Nothing About... **I** Am Now Scheduled For A Full body  
**M.R.I.** Hopefully then I'll stop saying...

**MAN DOWN - MAN-DOWN!**

Sincerely, Mr. Justus Freeman  
JF 9/6/20