

## Introduction

Peace and Prosperity to the reader of this Essay:

First and foremost, I believe that everybody should try to understand that your perception about jail will determine how you experience it. You have those of us that believe jail is what saved them from going to the funeral home at a young age. Then you have some people that hold on to the belief that "GOD" is punishing them for all the bad acts of crime or violence that they got away with in Society. As much as I would like to elaborate on the fact that "we are the controllers of our own circumstances, situations, and 'DESTINY'"... I WON'T! Maybe later... maybe. I used to believe that prison was "hell on Earth". Its just a unnatural environment to be in. You can't eat what you want to eat. No Women (I should of said that first). The cable is trash (No HBO, SHOWTime, STARZ, etc.). No cellphones or access to the internet (Horrrifying, right?). You can't just walk up on the Warden and say "Is it okay if I can just take a trip to the nearest McDonalds... oh... then after that I have to go meet my female friend for a few hours at the "Holiday Inn", We're just going to TALK for a little while. Oh don't worry Mr. Warden, I'll be back before count time... I PROMISE!". Once you come to the realization that certain things are

out of your control, you might begin to focus more of your attention on yourself or not. You definitely have the option of doing your time the way you want to do it. The Vocational Training Department in certain FBOP institutions allows the inmate population to take free 'Trade' classes (HVAC, Major Appliance, Electrician, etc.). Also, the Psychology and Education Departments offer classes like A.C.E, G.E.D, Mindfulness class, Turning Point, and so much more. There are basketball courts outside. A baseball field, hand ball court, soccer field, and a track for walking/running/or jogging. Oh yeah, I can't forget about the inside gym that gives you access to 3 to 4 flat screen T.V's that allow you to view sports and news all day. You got a TV Movie room/Music room/Band room/and a fitness room inside the gym as well (These rooms vary from institution to institution—meaning that every FBOP institution does not have these multi-purpose/extra-curricular activity rooms). Inside your housing unit there should be six flat screen T.V's in the Day area. There should be 4 more flat screens in all four Movie rooms or all purpose rooms (1 flat screen per room). You can order all types of books and Magazines. Jump on pen-pal websites, e-mail your friends/family/loved ones, download music onto your MP3 (This is not done on the internet and the music is not free). You can receive visits on weekends. You can make multiple 15 minute phone calls through out the day (calls are \$3.15). You also got access to a law library that helps you with studying your case (You can also order law books to keep in your

room just in case the yard goes on lock-down for a few months and you can't gain access to the computer). Now ~~with~~ with all <sup>these</sup> things I spoke on ~~why~~ why is prison the most violent (or one of the most violent) environments in "America". STAY TUNED.

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