

6-1-21

To the public,

In order to understand what it is to be incarcerated one must be empathetic. The loss of freedom, confined to an 8' x 12' cell 24/7 is not life, it is extreme punishment at best. What people need to realize is that this punishment, meant for the incarcerated, is also felt by the family, friends and even communities or collateral punishment if you will. To some extent the emotions of the imprisoned are felt and shared by the above mentioned. Shame of, or humiliation of, being incarcerated is hard to deal with, period, for all. Dealing with other obvious emotions I need not mention. But I will point out some issues that makes the existence in prison unbearable. In most all cases prisoners are forced to share a small cell for 22 hours a day. Try doing that with your mate for a week!!! In prison they force you to share regardless of age, race or compatibility. Imagine being locked in with someone you detest, vola prison. Now, you are forced to sleep on a flat steel bunk with only an 5 year old (or more) worn out mat as a cushion!!! Pillow, if your lucky. In SWSP they leave the lights on 24/7 further making sleep near impossible. One can easily imagine using toilet facilities in a tiny cell would be like so I'll skip those details and move on.

As you would expect prison food is very low quality, cooked to kill bacteria. The menu, on a three week cycle, never changes. Of course the biggest issue is ones daily survival in a facility that does not care or is "Inmate Unfriendly". Little consideration is given to maintaining inmate happiness or his peace of mind. Communicating with friends + family is the "Only" thing that keeps an inmate going and here at SWSP they do not allow enough time for all inmates to use available avenues. This creates competition for such which is bad news for many, such as myself or elderly. The administration always takes our Rec/phone/kiosk/shower time away thereby complicating this problem. I am very much pro-union in the private sector but our Correction Officers here show no interest in helping inmates. (Being in prison is akin to being on a deserted Island. You can scream for help but no one is there to listen.

Truly
William Kiepe