

2-23-2021 I have had enough

This Medical lock down is finally starting to get to me. We were locked down for over 8 weeks straight with only 45 minutes out of our cell every 48-72 hours. Now its been 3 weeks with 1-2 hours out each day, But humans arent built to be locked up like this.

I cope with the Anxiety with prayer, Meditation, Sleep, and any distraction I can get my hands on. To make matters worse, our unit is an incentive living Unit but they moved a bunch of non vetted in-mates in, so they get away with extortion and doing what ever they want because we try to protect our way of life and turn a blind eye to their actions.

I have seen the same person pretend to be a porter and "clean" the pod for the last week. Only once has a Control officer bothered to check and make him lock down. So he is out on the phone for hours at a time, showering and watching T.V whenever he wants while the rest of us have to tell the C.O. to let us out for our assigned time out.

Its Frustrating. It sounds so trivial on paper but when you live in a glorified toilet 23 hours straight, seeing some other asshole benefit by blatantly breaking the rules it causes a bit of strife.

I have been fighting with the Laundry Department for almost a year to get the State issued T-shirt and boxers



That they lost replaced, Even going through the proper channels they literally just pretend they never recieved the written request.

Medical is no better. I have Damage to my Foot because I was forced to work 10 hour shifts in boots that had zero padding for 9 months, I have seen a foot specialist who says its a medical need for me to have medical shoes now. That request went in 9 months ago and still they pretend to have no idea.

I have filed Grievances and recieved no response, but there is no way to document these incidents for myself, I have to rely on others in a position of power to do what they say they will do, if they dont there is literally nothing I can do about it.

There is truly no way for an outsider to truly understand, We are treated as less than human, lied to, betrayed, forgotten and Worse than all that, is that it is on purpose. We have no advocates speaking up for us individually and there is no oversight, all I can do is submit grievances but if they never respond I cant go to the next step. Its a loop hole they use more often than not.

We are not supposed to be locked down for more than 14 days at a time, but due to a loophole regarding Medical Quarantine, we are now on day 20 this round. If they had not moved people in who had been exposed to covid within the last 5 days (they were aware) then we would not have been exposed and had over 80 people test positive in one day.



I Caught Covid-19 because this facility chose to expose us, If I had access to the Housing rosters and corresponding positive test dates to cross reference against Moves made within the week I could prove it.

Good luck with that though, positive test results are protected by HIPPA and the B.C.C.F. Facility can refuse Housing roster request on Grounds of Safety and Security. In other words I would take a legal injunction to be able to prove what I am accusing them of.

Everything regarding inmates is like this, there is no outside party with the inmates best interest in mind out there with over-sight.

I notified Medical that the Medical Device I have to have to not die in my sleep (due to central sleep Apnea) was needing to be replaced 3 months ago. Now its Broken, I was told to send in another like.

So now I have to do another Grievance knowing that even if its looked at if they resolve the issue of the Broken equipment before the Grievance is reviewed it is considered a moot point and dismissed as resolved. instead of fixing the root issue that caused the problem in the first place.

I have had enough.