

Look around me every morning I hear screams
I stand my right arm my left arm touch both
North and south wall one step the bars one
step back the toilet the sink 24.7. 365 days
a year you complain the guards don't care
you need medical help the guards don't care.

You need Medical help the guards don't care.
until Rank officer passes by and sees the
officer not doing there duty and calls Medical-
followed by now because officer now got in trouble

The officer shakes your cell down and takes your property. If for any little reason at all the officer don't like ya... I'm not joking I seen this with

My own eyes. They run at you with a team gas pepper spray
You then beat you to death and get away with it

another time they made it look like a suicide, this is not a joke! this is not FICTION! THIS IS REAL AS IT GETS!!
In 8 years this is what I have seen

many days I have not eaten becus guards dont want to deal with the fact im allergic to a variety of things documented by medical staff and becus my god ses not to eat dirty things. Officers will make false Cases on you also to keep you from leaving G 5

Even tho you did nothing wrong. please forgive my handwriting im old my hand hurts this is the only way my hands dont hurt so bad to write they also use us for drug testing as well