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"Quarantine 2021 Buncombe Co. Jail Asheville, NC. Covid 19 Pandemic Crisis 2021"

'Fifteen Minutes'

As Inmates enter this Jail and Paperwork is in order you are then moved to a single cell. Outside your cell door you will have a sign saying Quarantine with a make shift calendar attached. Your reason for your stay is on you and the state, and doesn't matter what so ever; your crime could be as simple as un-paided Traffic Tickets or a cold Blooded Killer? ONLY Sex and age is separated, meaning all inmates will be mixed with those with Mental & Medical conditions.

Next to you may be a Rapist, murder-er, and someone with a turtle suit on, claiming to be suicidal. With all of this you have un-trained guards who are doing 12 hour shifts. Guards knowingly their breaking Numerous Laws, Rules and Ethics! How does City Officials, like City Council, Board of Commissions, City Hall allow these un-Lawful and un-Humane Policy's? And you hear absolutely NOTHING from them. DO THE JOB your Being Paid For, Protect the Public!

These Inmates get Fifteen Mins out every 72 hours. In this Time Period you have a choice of a shower, phone call to your Lawyer, Bondsman, maybe your girl-friend. Go to the Kiosk and order snacks or shampoo? You may want to walk a few laps to stretch your legs from those cramped 10x10 cells. For the few of you with books & snacks, your NOT allowed to Trade them to other Inmates. After 2 weeks you may get 15 mins a day; Free Time.

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Many Inmates die From Cancers, suicides, Heart Conditions, Because of Housing Conditions, UN-TRAINED Correctional Officers, and just NOT Being Watched or monitored correctly! Each day I watch other Inmates eating off other Inmate trays, Because of Officers Methods of Feeding their Assigned Pods and Kitchen staff since of Humore ON the SKIPPY Food amounts, ON TRAYS. REMEMBER NOW THESE INMATES are under Quarantine. Fresh off the streets and eating after one Another and mixed with other Inmates with so many different Needs. Just How do you keep the C.O.'s FROM BRING^{ING} Covid 19 INTO THIS JAIL?

If you read closely you'll see the Loop Holes in this policy acted OUT By This Circus, Run By Leaders with-out Knowledge and ability's to Command a Local CUB Scout (Group) Some Inmates may get too Live it up with these Plastic Boxes called Radios, At a gauging Price of \$30.00 Threw The Jail store (ONLY). But all Inmates will Be Fed These seventy Five Cent Food Trays, Three times a day for free. Inmates are angry, moody, Lonely, stay on edge and even some just wish they would die! Because of no free Time and Little to no Health care, Medical staff want allow even Aspirin; stating Inmates are trying to Hide their fever, Medical Help couldn't Get Much worse, But it Did. Many jails Now Have Been running ON 23 hours Lock Back for some time Now. This Quarantine From Looking AT IT From Inside These walls, can't be Medical driven, Because IF your Looking for 99% clean-air & 99% clean facility this Quarantine Policy has to be Political, Because this Nasty Jail Located in Buncombe County Asheville, N.C., Isn't a medical Policy!

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THE word Quarantine ONLY sounds good. THESE CITY OFFICIALS AND Jail STAFF MEMBERS AREN'T OVER-LOOKING THE Jail's DAILY Needs AND CHANGES THANKING THEY'VE GOTTEN THIS POLICY RIGHT THE FIRST TIME. BUT WHO CARES? THERE ONLY INMATES! THERE'S HALF A MILE OF HANDRAILING IN EACH Pod. I'VE ONLY SEEN THREE INMATES AND ONE C.O. CLEAN THEM FOR 90 MINS, TWO DIFFERENT TIMES, IN A MONTH TIME. THESE HANDRAILS ARE USED HUNDREDS OF TIMES DAILY, HALF OF THE Pods INMATES LIVE UP-STAIRS.

AT THE LEAST EACH INMATE MAKES THREE TRIPS UP & DOWN, JUST FOR MEALS ALONE. THEN YOU HAVE FREE TIME, LAWYERS, BOARDMAN, AND DOCTOR VISITS, ACCOUNT FOR MANY MORE TRIPS AND HANDLING THESE Pods WITH-OUT GLOVES, WHICH C.O.'S HAVE ON MOST OF THEIR SHIFT. AIR VENTS IN CELLS ARE LIKE 50% CLOGGED UP, IF NOT MORE? I TRIED CLEANING MY VENT OUT, WHICH CAUSED A NOSE BLEED FOR FIVE DAYS.

GETTING CLEANING SUPPLIES ARE HARDER TO GET NOW, INCLUDING BROOMS AND MOPS CAUSING ADDICTS AND LESS INMATES WILLING TO HELP CLEAN THESE LARGE EMPTY Pods. MOST Jailors ARE ONLY CONCERNED ON CLEANING PHONES AND KIOSK. WHICH IS OFTEN WATCHED BY SUPERVISORS ON CAMERAS; A VERY QUICK CHORE. WITH 98% OF Jail WINDOWS PAINTED AND NO SKY LIGHTS AT ALL, YOU DON'T GO OUTSIDE AT ALL AND NOW WITH 15 MINUTES A DAY IF YOUR LUCKY FREE TIME, THIS IS JUST ANOTHER TRICK IN THEIR BAG, FROM THESE CORRUPT CITY OFFICIALS AND SHERIFF. FORCING INMATES INTO TAKEN A PLEA!

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Inmates are Broken Down more and more each day, Losing the will to Fight for Their Freedom and giving into a Plea; They would Have Never give into, Because Inmates are Now Forced Because of mental and Physical Exhaustion. Medical Staff Supervisors Are suppose to Assure that all Inmates are to get 90 minutes a week exercise. I myself Have a Pinched Nerve in my Back and need daily exercise But aren't Allowed out of my 10x10.

Ask yourself this; Why Hasnt God Cooper NOT committed About this UN-Humane Policy? This Quarantive Has BEEN in this Jail for about one year, there's Inmates still Here Following these same rules since THEN and still in the same cell. Even after all of these Long days Have passed, and NO END in sight.

- Those who ARE STILL in Charge of this Jail Safety, For sure
- Need a judgement call! The same Large Holding Cell That's 95% of people arrested, with their street clothes ON.

This Very same cell is Rarely cleaned and is used coming and a going for hours at a time, Holding 50 or more shoulder to shoulder and many Laying in this Nasty Rooms, Floor.

- This Isn't Just a Health THREAT to OTHER Inmates, But a THREAT to the General Public For Those that have just been released from this NASTY cell in this NASTY Jail. This Policy; This Quarantive; Should be Revised By State and Federal Officials for the good and the Health of the Public IN Buncombe County, Asheville, N.C. '2021!

WRITTEN By [REDACTED] AND edited by any State Official.