

My Hole Experience

I AWAKE TO THE FREEZING cold of my cell
Im In The hole, But The temperatures are low
its Breakfast Time and Theres not much to eat
on my tray some fruit a small piece of cake
Brand cake that is and some brand cereal with a
Few pieces of celery Im starved its Been About 12 hours
Since my last meal My lunch is nothing But a couple
of slices of cheese and some chips two slices of
Bread and some gram crackers I Ate everything
except the cheese Im Saving That For a Soup
Canteens coming on Thursday im looking forward to
that cause Ive Been hungry for weeks now I
dont always get to shop canteen But this month is my
Birthday Im Turning 30 years old This would be
The ~~Twelfth~~ 12th birthday i spent in the hole
Im Always in the hole Every year Since my term
Started Ive Been locked down I have a doctors
Appointment Today I have to go out in the cold air
walk all the way to the Doctors office The last time
I went to the doctors it was raining outside
I had nothing to cover my head so I Got
Soaked. Everytime it Rains the back wall to my
cell leaks water all over the floor we Think theres
mold growing on the far side wall but im not sure

I wrote a grievance already to complain about the unsancturiness of these cells I've been living in but I have not been interviewed yet. There's not heating and no air conditioner in the building so in the winter I have to wear multiple layers of clothing to stay warm in my cell and in the summer I have to walk around in my underwear to keep from overheating. I'm more worried about how they are feeding us. We rarely have much food on our trays to get full from our meals. They feed us way less than the general population; they pile the food on the tray in the cup but not in the hole. We would be lucky to get a full belly in here. I've also complained about the feeding but no word back on that yet. This would be my second time writing a 602 on the matter. The first one was denied. This time I wrote in better detail so they could get a better understanding of what I'm complaining about. Expressing my concerns has not been easy but I still do the best I can. I'm just trying to survive in prison. I want to be happy like anybody else. I believe that's my amendment rights to be happy and so that's all I wish to achieve.