

Forms of stress

This essay will cover 6 forms of stress in the Florida Prison system. (1st) The Lack of A/C (2nd) Too Noisy, (3rd) Inadequate Recreation time, (4th) Center Gate (5th) Gang Sargants (6th) Paper request forms and why I think so.

(1st) The majority of the state run prisons in Florida have no A/C where inmates live and sleep. In the hot months if an inmate finds himself in confinement, he's literally has to be in just his boxers, 'because it's hotter in there. Any more clothing than that he might catch a heat stroke.

(2nd) The fans in the units where inmates live (Common Areas) are a full bore in the hot months spring and summer and make the common areas extra Noisy, Especially, when inmates are trying to talk over the fan noise.

(3rd) We only get once a week recreation time and were ~~lucky~~ sometimes when they give us a full hour. These highly educated dumbasses that run the prison system have not figured out that this is part of the reason violence and drug use increased in the system. Inmates are not getting enough of the energy released in a positive way. Bring Painting and Drawing art class, Chorus, Band, creative writing classes, Basketball tournaments & Football tournaments.

④th In Florida's prisons there is a place outside called center gate. When we go to center gate you're expected to remove your shades and skull caps and stand there til the guard tells you to pass through. If you ever approach without removing your shades or skull cap. Consider them gone. Sometimes you're left standing there for more than an hour, with the sun burning your eyes and your head freezes in the cold months.

⑤th The Gang Sargants have too much power on compounds. I've had a run in with one that turned off my DCFF and got me fired from my library job. Just cause he could. That guy is a real piece of shit and a terror.

⑥th I thought we were in the 21st century. Why is the Florida prison system still using paper request forms? I've gotten a response for my request less than 50% of the time. "Create a digital system we have tablets"

What you've just read were forms of stress in the Florida Prison System. ④th No A/C

②nd Too Noisy ③rd inadequate recreation time

④th Center Gate ⑤th Gang Sargants

⑥th paper request forms and why I thought so.