

To Whom it may Concern

My name is Mark White I'm currently being housed at Macdougall C.I in Suffield and I just want to give my quick testimony regarding my stay here. I'd first like to talk about the beds & food -

The reason I chose to speak about the bed and food, is because these are the real reasons for my medical issues. Our food is poorly chosen and prepared. Our diet consist of mostly carbs and soy. We don't get fresh veggies or fruits besides old apples & bananas and the vegetables are either over cooked or powder. We're constantly being fed slop, which contains pieces of meat with mostly soy and other process foods to stretch it and make it seem like food. All this led to me taking medication for high blood pressure, pre-diabetic and high cholesterol. Which no one takes my blood or test me regularly, just refills and the same foods.

Our beds are very hard and uncomfortable which has both my shoulders and knees hurting. The doctor told me it was arthritis, gave me a shot in one shoulder which made it worst. Now I'm just living with the pain and taking medications.

Our medical department is very slow to help us and we find ourselves paying fee after

for the same issues, which is always another medication that doesn't work and who knows the effect it's having on our bodies.

Last and not least we have a lot of officers and administrators that make their own rules and decisions as to what, how or when to do whatever. I haven't been able to get a Birthday card, Christmas card, pictures and etc because Lt Parsons decided that the ink wasn't the right color, it was sprayed with perfume or whatever reason Lt Parsons decides that day and there's no appeal or anything you can do because there's a buddy system which protects its own. There's no accountability or even consistency here. The administration here does as it please and a lot of it is done out of "penological interest"... but how is a letter written in purple or sprayed with a woman's scent a penological interest? Then there's times when my mail is rejected straight to them and I get no notice. I've been here almost 4 yrs ticket free and have seen many instances of the staff doing things there way and clearly ignoring administrative directives. While they enforce all and any other rule fully. We need some one over and outside with these issues as there's already directives that are clearly being over looked.

Thank you for your time
in this
Matter

Mark