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To whom it may concern,

I would like to first say that I am grateful for the opportunity to be heard.

Food

I would like to first suggest that our food menu be changed. We are currently on a high carb and high sugar diet. Carbs turn to glucose and glucose turns to sugar in our bodies spiking our insulin levels. There are many diabetics and people with all kinds of health issues because of this poor diet. Also we are served "slop" which in my opinion is not even fit for animals. Most people throw it away and don't even eat it so it's another waste of money to even give it to us. Someone should come in here and actually see what we're served. I'm not talking about whatever is shown in the kitchen, come and look at our trays in the units for one whole week breakfast, lunch, and dinner. We need better quality and healthier food and beverages.

Medical

We also need more accountability when it comes to medical personnel. There are some who treat us like we're not even human, they have attitudes, and there are nurses who are actively diagnosing people. They take so long to see you and it seems like their solution to everything is to give you more

meds as opposed to properly checking you and doing the proper tests in order to properly diagnose you. They call you down for sick call and then it's months before you see your Doctor or as they call it in prison your "Provider".

Visits

It takes two to three months for them to process a visiting application that would enable someone to be on your visiting list. It's ridiculous and they need to assign more people to that post to lighten the load. There is always difficulty with regards to video-visits because of either technological deficiencies or lack of training on how to get us set up from staff members. Our video-visits are cancelled quite often. With regards to contact visits, there are many times that visitors come an hour early (my mother/family/friends included) but yet we're not allowed to see them for our full hour because the visiting room seems to always be full so we end up with a 20 minute contact visit. Some people are hours away and drive all the way over here and still can't even get a full hour. I would like to suggest that video-visits be run through Securus on our tablets like in other states. With regards to contact visits, there needs to be a change in this current system. It's not functioning correctly.

Channels/Movies

We need better channels to watch like ESPN, National Geographic, History channel, FSI, TNT, etc. Basically all the regular channels. I would like to suggest a streaming service like Netflix that we pay for once a month. In the price we pay will include the cost of Netflix itself plus the fee for D.O.C. processing it for us. On our tablets we are paying for edited movies and we can't even rent good rated R movies but for some reason there's always some Disney movie or cartoon movie which in my opinion seems to be appealing to the pedophiles. Children's movies should not be in an "Adult Male Facility". That's just plain weird. We're grown so what's the problem with us watching rated R movies. It's done in other states so why not here? If we had better shows and movies to watch there would be less violence/codes because people would be more worried about watching a good movie or show as opposed to a "beef" they may have with someone. It would help your officers because their lives would be easier too because they would have less interactions with us and we would be even more compliant. I think this is something that should seriously be considered.

Thank you for your time and consideration.

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