

# NOT FIT FOR HUMAN CONSUMPTION

HOW OHIO SAVES MONEY  
BY POISONING PRISONERS

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Ohio's \$8 billion budget deficit has given the government the excuse it needs to change prisoners' diets and find cheaper substitutes for what they used to serve. But the State not only found cheaper substitutes, the State found a way to slowly kill its prisoner population—giving prisoners low doses of poison without them knowing it.

At Mansfield Correctional (MANCI), food service has removed the standard three packets of sugar that used to accompany every breakfast. Instead, they now serve a pink packet of "Sugar Substitute." The packet itself displays the stern warning that this product "should be used only by persons who must restrict their intake of ordinary sweets." As most prisoners are not diabetic, this product is being misused. But the question is, why is this warning on the product in the first place? So the manufacturer, Stickney and Poor, won't get sued when users of the product come down with cancer. Yes, cancer. The sweetener in this sugar substitute is saccharin, which numerous studies have shown causes cancer and a whole host of other serious medical problems.

To save a few pennies, MANCI is giving prisoners low doses of cancer-causing chemicals. How nice.

But that's not all. The new beverage in the chow hall contains the sweetener aspartame. Aspartame, according to the Food and Drug Administration, is linked to 96 different medical problems, including leukemia (cancer), lymphoma (cancer), and several different kinds of organ failure, and—get this—"sudden death."

Sudden death!

The lemonade in the MANCI chow hall might give you cancer or you may drink it and just fall over dead. When cult leader Jim Jones poisoned hundreds by putting deadly toxins in a batch of Kool-Aid, the world was in shock. Ohio does it every day and nobody blinks an eye.

Whatever you do, don't drink the Kool-Aid.

In addition to cancer-causing chemicals, much of the food that MANCI now receives, including the breakfast oats, comes in packaging labeled, "Not fit for human consumption." Now, given what the State does think is fit for you to eat, imagine what kind of horrors are contained in the food that the State thinks is unfit. The same people who think it's okay for your grape drink to kill you where you stand even think this stuff is way over the top.

What about the food that is fit for human consumption? What about the vegetables? Well, unless you specifically ask for them, the vegetables are left off of your tray. Yes, you have to ask for vegetables (and even when you get them, they are usually void of nutrition; broccoli, for example, is nothing more than broccoli stalks normally sold for soups).

Prisoners have made specific requests of the Ohio Department of Rehabilitation and Correction (ODRC) to know the source of their food—where the food is processed and packaged, the source from whom the ODRC purchases it. Those requests have been denied. A veil of secrecy shrouds the companies who

mix, and 3 different flavors of Kool-Aid. Then there's the icing on honey buns and on Little Debbie Fancy Cakes that can be peeled off, tossed into the microwave, and cooked back into granulated sugar again. Not to mention the filling from oatmeal cream pies and swiss rolls, which is almost pure sugar. The Tootie Fruities cereal is almost pure sugar.

And for those who are completely broke, the chow-hall hands out gallons upon gallons of fermentation material every week: Two or three times a week, the chowhall hands out two one-ounce packets of jelly (high fructose corn syrup) to every single prisoner. That's upwards of 15,000 packages of high fructose corn syrup a week handed out for free. That's the equivalent volume of 937.5 bags of sugar per week.

The warden thinks removing sugar from commissary will decrease hooch production? I want what he's drinking.

By removing sugar, he forces everyone to use the cancer-causing sugar substitute for sweetener. But keep in mind, he also removed bottles of soda because they were used as hooch containers. This policy change certainly had an impact, didn't it? Well, yes, but not the impact he probably intended.

Keep in mind that the commissary still sells bags of chips and tortillas in zip-lock bags, and plastic cups that hold the same volume as the former soda bottles, so there are plenty of hooch containers. Also keep in mind that the giant trash bags used to line the trash cans in every block are still available everywhere. They're free and they're plentiful.

So what impact did the warden have by removing soda bottles? Well, they replaced the bottles with soda in cans. Aluminum cans.

Those are the same aluminum cans that were removed from prisons about 15 years ago because it's very easy to make big, ugly, durable, sharp swords out of them. So now, with hooch production remaining right where it was, prisoners can get stumbling drunk off wine made from high-fructose corn syrup stored in plastic bags, and then hack one another to death with samurai swords fashioned out of Pepsi cans.

We should all feel a lot safer.

Perhaps with his next security-enhancing policy, the warden can compel the commissary to start selling Jack Daniels and Filipino knives. With the most recent policy change, it's impossible to know what will get you first—the cancer from the artificial sweetener, an aneurysm from the salt content in the food, or the aluminum scimitars wielded by the hordes of staggering drunks.

But the ultimate irony is this: right in the midst of this War on Hooch, I went to chow for my afternoon meal on New Year's Eve, only to find that the orange juice I was served had fermented. It was wine.

Yes, the chowhall served me eight ounces of wine with my lunch—and it was strong enough to bring tears to my eyes. Just an observation, but removing sugar and soda bottles won't reduce the wine consumption so long as the chowhall is handing it out with our meals.

With a prison population that is predominantly African-American males highly susceptible to high blood pressure and diabetes, an honest ODRC slogan wouldn't be "Quality Corrections through Partnership," whatever that means; it would be , "Kill, Kill, Kill the Black Man," which is what the ODRC is doing.

As a case in point, I made a specific request to the chow hall under a religious accommodation as a Neolithic Indigenist. According to my religion, I must refrain from certain dietary practices so, to make things easy, I requested that the chow hall simply provide me uncooked fruits and vegetables rather than cooking food.

They said no.

They don't want to save time, money, effort, electricity, and hassle by simply handing me raw fruits and vegetables. Instead, they insist on preparing canned toxins laden in harmful chemicals with salt and additives that increase my blood pressure...and then they spend time and energy to give me a class on how to eat healthy...even though they won't let me.

One would almost think there's a deliberate and purposeful effort to diminish the health and well-being of Ohio's captives.

One would almost think.

When you then consider that the justice and corrections systems, far from being instruments for actual crime control, are really tools for social engineering, for political and demographic targeting of minority populations, this mass-poisoning and malnutrition program looks all the more sinister.

The difference between Nazi concentration camps and the Ohio Department of Retribution and Corruption? Hell if I know.

## STILL NOT FIT // A POST-SCRIPT

In December 2010, MANCI Warden Terry Tibbals declared a War on Hooch (homemade wine), removing granulated sugar from the commissary along with bottled sodas. His stated rationale for this bold move was that prisoners were brewing hooch at unprecedented levels, using the sugar from the commissary to ferment the hooch, and using the soda containers to bottle it.

Since declaring the War on Hooch, the production of homemade wine has decreased, right? Well, no.

While he removed the sugar from commissary, it is still available through food boxes ordered through AccessSecurePak; that means we can still buy sugar, but we have to wait two weeks for its delivery. And since the contents of food boxes is a policy that is set by central office, the warden has no veto authority over that.

Also, absent the sugar, there are still dozens of items that can easily be used to ferment hooch. The commissary sells peppermints, butterscotch discs, Jolly Ranchers, Skittles, and root beer barrels, all candies that can easily be melted down in the microwave and reduced to almost-pure sugar. Also, the berry sipper, iced tea

deliver prisoners' food and what they do to it.

Prisoners aware of the harmful risks of poisons like aspartame have requested that the ODRC post those health risks so that the prisoner population of over 50,000 people can make informed choices about what they eat and drink. Those requests too were denied. Ohio prisoners, 50,000 of them, are reduced to uninformed lab rats who are fed cancer-causing chemicals by the State, and they don't even know it.

It should be kept in mind that many of these people will be eating and drinking these cancer-chemical cocktails for years and years, daily consuming low doses of poison every time they sit down to eat. Think of the health costs and social costs.

Besides, isn't murder illegal? Apparently not. Apparently, when gas prices go up and the State has a multi-billion dollar hole to fill, secretly feeding cancer-causing chemicals to 50,000 unsuspecting victims somehow becomes legal and appropriate. Killing a guy in a bar fight might still get you life in prison, but committing wholesale genocide in bite-sized portions is perfectly okay.

So what can be done? First, prisoners need to know what's in their food. This requires an information and education campaign. Second, pressure must be put on the government to (1) provide full disclosure regarding its secret food contracts, (2) post all information related to health risks and (3) stop feeding its captives known cancer-causing chemicals, whatever the financial costs of non-cancerous substitutes.

Everyone has a right to know what's in their food. For all the terrible things that can be said about the Nazis, at least they were honest about their extermination camps. Ohio, in comparison, takes the cowardly way out. They hide their gas chambers in lemonade and in pretty, pink packets.

Is it really the job of the government to slowly kill off its own people through chemical experimentation?

When Ohio was first colonized, the settlers murdered hundreds of thousands of Native Americans by giving them small pox-infected blankets. It was the first instance of broad-scale biological warfare in history. It appears that Ohio's officials are still in the biological warfare business.

I know how Tecumseh felt.

## PART II // STILL NOT FIT FOR HUMAN CONSUMPTION

Since I initially wrote “Not Fit for Human Consumption,” the Ohio Department of Retribution and Corruption has made serious changes to the prisoners’ diet. By all measures, things have gotten worse.

The good news is, we’re probably getting poisoned less. The bad news is, it’s only because our food portions are a fraction of what they used to be.

I’ve noticed over the last 20 years of unlawful confinement that prisoners’ dietary needs correlate to the fatness of the State’s pockets. During the Clinton boom years, prisoners served themselves on the chow-line, heaping piles of food on our own trays. When the bubble burst and the State’s pockets were no longer so fat, the gravy train ended. At MANCI for example, the State put up ten-foot fiberglass partitions to separate the prisoners from the food, and then welded steel mesh to it. Now we get our food through a small window that is more secure than the teller windows at most banks.

It might even be bullet-proof.

Imagine all the potatoes you could buy for the cost of that fiberglass and steel mesh and the union-scale wages to throw it all together.

When some hungry prisoners who couldn’t maintain on such small portions made it a habit to eat twice so they could get enough food, the State didn’t increase the portions to a reasonable, adult size. Instead, they installed cattle-bars and a statewide computer scanner system, forcing prisoners to scan our identification around the cattle-bars, preventing hungry people from getting more food.

The State would rather spend millions of dollars to prevent prisoners from getting less than two dollars in additional food. Again, imagine the potatoes you could have bought for the cost of steel cattle-bars, integrated computer systems, the time it took for experts to integrate those computers, and the union-scale wages for the guards who line up on the cattle-bars to prevent anyone from jumping back in line.

Each time the State’s pockets get slimmer, our dietary requirements get cut in half. Prisoners now suffer from vitamin deficiencies and malnutrition.

A prisoner in Toledo suffered from a vitamin C deficiency, also known as scurvy. And just to give you some context, fifteenth-century pirates cured scurvy by eating limes aboard ship. The Ohio Department of Retribution and Corruption’s dietary program has resurrected a disease that pirates cured six hundred years ago.

If only ODRC administrators were as humane as Blackbeard.

The Toledo doctor intimated that the prisoner was not alone, that scurvy was epidemic, but that the doctor was not permitted by the ODRC to prescribe vitamin C.

They just don’t have the money for that.

Other prisoners suffer from a vitamin D deficiency, making them prone to depression, bone deterioration, and even cancer. Unfortunately, the ODRC cannot afford to treat that either.

If only Blackbeard were in charge...

Still other prisoners have received medical treatment for documented malnutrition. It used to be that diabetics would receive a diet bag at dinner, containing a peanut butter sandwich and an apple. Now, malnourished prisoners are medically-ordered the same diet bags. Yes, the Ohio Department of Retribution and Corruption’s dietary program requires medical intervention to prevent some prisoners from starving to death.

The difference between Adolf Hitler’s concentration camps and John Kasich’s prisons? Just one more bad dip in the economy, that’s all.

Given our Bataan Death March Diet, prisoners are forced to supplement our own diet through food purchases at the commissary, but for prisoners with no outside support, this is impossible. At MANCI, prisoners make \$17 per month for support, medical co-pay, and electricity. In addition, we must purchase all of our own hygiene materials from that \$17, to include soap and toothpaste and deodorant; we have to buy legal copies and postage, as well as writing materials to maintain contact with family and friends. With such limited resources, prisoners must sometimes choose between being able to shower or being able to fight for their freedom in the courts. Recently at MANCI, a policy change made prisoners responsible for buying our own laundry detergent from the commissary (fortunately, though, the warden found \$6,000 to fund a lavish holiday party for the prison staff).

Imagine how many potatoes you could buy for \$6,000—possibly enough that malnourished prisoners could kick their diet bags. I can’t even imagine Blackbeard throwing a holiday shin-dig while people under his mismanagement were starving to death...

At any rate, poor prisoners are precluded from subsidizing their diets through the commissary, given that state pay is only \$17. If state pay had been raised along with the cost of living, prisoners today would receive \$286 per month in state pay in order to have the same spending power that state pay provided in 1980.

For prisoners with outside support, we can supplement our diet, but a casual glance at the commissary’s fare shows that this isn’t easy either. While the commissary offers some limited healthy choices, they are generally out of the price range of almost all prisoners. Nearly everything that prisoners can afford contains MSG, aspartame, large amounts of high fructose corn syrup, and salt. Because I have high blood pressure, I was called over to a class on nutrition sponsored by the medical clinic; they gave us good advice, telling us to purchase rice instead of Raman noodles, for instance, and to eat more fresh fruits and vegetables.

In a perfect world, we could do this. But as things are, rice by volume is three times as expensive as Raman noodles. As things are, the commissary sells no fresh fruit or vegetables. So, as a consequence of the circumstances created by the prison system, we are left to select processed, packaged foods that kill us in installments.