

## Two Letters...

by: Lancelot Armstrong, Florida

Dear Peter,

Thank you very much for your letter of August 24, 2012, most of all, I am glad that you have received my letters. Thanks again for your genuine love and supportive hands and heart as always. I send my heartfelt love to you all in Germany as well. I am feeling a little better than a few weeks ago, even though lack of medical treatment, mostly because of cost cutting, these officials made a lot of new changes to block meaningful care for all.

Perhaps, most of the health problems here [are] happening through toxic water, and colored juice what we are subjected to, bad food made a lot of us sick. This [is the] reason why I cannot [be] acceptive to contrary policies, or become complacency to circumstances here, and elsewhere, we cannot waver knowing the high price that we had paid already, on still strive toward. Unfortunately, there is a daily battle around here, causation of what I had stated before, and what I am experiencing now. I always proceed on the right perspective to a successful life style while developing things for meaningful growth.

This [is the] reason why I focus on what's happening, mostly I stay up throughout the nights doing art-work, and legal reading at times. Mostly because officials come through on the floor every 1/2 hour and on the hour as well, they have no respect for us, resulted they make a lot of loud noises with the doors that waking us up daily and at nights. The lack of sleep made some people waive their legal rights, some with illness taken their own life, many complaints, resulted continuous retaliation treatment.

Especially on our floor, over 3 weeks without hot water inside the shower, sometimes I have to wait over 5 days for toilet paper, to cut costs these prison officials stated every 10 days 1 toilet paper and when we run out before, we will get some paper. What made matters worse, we cannot even get it when we should at times. Even thought of retaliation with some of their action, forced us to buying toilet paper from the canteen.

Oh! Let me enclose the food service list, that saves me from doing all that writing (smile), I cannot get the „Kosher diet“ here, so I go on the „alternate diet“, what I happen to highlight. What made matters worse, these people refuse to give us real chicken, and beef, and fish, and most of the food [is] unpleasant to eat, that causes me buying extra canteen food on a weekly basics to properly balance my diet for health reason as well.

Wether through ignorance, or retaliative schemes to raise the price on what we mostly buy a lot of, on my grievance they told me, if I don't like the continuous high cost, I do not have to order anything from the canteen. Further bias causation of officials' refusal to correct basic issues.

Well – down, my friend, because you are on the right track concerning our continuous campaign from the grass-roots up, and from the top down at the same time. Yes! I believe you had so good seeds for us to reap good fruits. I will follow up on this letter over the weekend. Take care, my friend, stay strong!

Sincerely,  
Lancelot Armstrong

Greetings Peter,

This is a following-up letter from where I left off from the one dated 9/6/12, I was busy trying to complete [a] few issues of concerns. The daily diet as from 9/6/12, Thursday, first week, through 2,3, and 4 and then it starts all over again from week 1, I put the date on the diet list. This will give you a guide on what they should serve. Even though most [of the] time they make errors (smile), I know some things sound real good, trust me, there is a different reality from what they said, and what they [are] putting on documentation. These hypocrites [are] even serving us toxic meal and water, we do not get real milk, fruit juice, and we are deprived of basic fruits to help balance a healthy diet.

Especially the tea, and other beverages been served, is mostly colored water. This is more reason why I tried to obtain some money in order to order healthy items from their canteen, and buying art material. So I can focus on important issues what is not being handled properly. These people schemely messed up their security count, resulted in re-count that lack down basic service, and movement. What made matters worse, many of us had deadline issues, yet! Their actions block access to law library at times. They even reduced how much people can get law library access a week, causation of hypocrisy newly policy.

What is contrary to their constitution laws, many good issues that we fight for throughout the years, newly officials taken over this institution on returning back to these negative good old status-quo. Resulted, it interfered with our legal rights to exhausting the grievance process, before we can take some of those bad actors to courts. Retaliative scheme here is real, and causes us to suffering at all levels, especially medical, and otherwise, when we complained and used evidences to support what we stated. First thing most of them say we are lying, as if the material evidence is not real. Perhaps you saw some of them misleading societies within the corruption media at times. One thing with the truth, it stays the same. It is very hard to hide the fact, they can ignore the evidences for whatever reason. But it is our duty to fight for meaningful justice for all humanity.

I hope that you may understand why I do not like to downplay the issues, and what's happening here. Especially when there is cost and effect. Oh! Can you please contact the U.S. Postal Service and have them mail "6 custom forms", so I can mail off this package to you. Thanks again, my dear friend, and brother in spirit. Take care until next time. Stay strong, and greetings to everyone!

Sincerely,  
Lancelot Armstrong