

Christina Acker #327084
Bldg 8, Wing #C, Det #105
Fluvanna Correctional Center
for Women
P.O. Box 1000
Troy, Virginia 22974

CLERK'S OFFICE U.S. DIST. COURT
AT ROANOKE, VA
FILED

JAN 30 2009

JOHN F. CONCORAN, CLERK
BY: *[Signature]*
DEPUTY CLERK

United States District Court
District of Western Virginia

William C. Couch
Plaintiff

Case # 7:05-CV-00642

v.

John Jabe et al
Defendants

Notice to the court
of bad faith actions
of defendants

Comes now the below signed inmate, i.e. Christina Acker, #327084 in pro se, and hereby gives notice to the court of the "bad faith" actions of John Jabe as illustrated by the following facts which are relevant to the above mentioned case as the instant court retains open jurisdiction, and defendant John Jabe is also at issue in infra statements of facts.

#1-A, C.J. Acker #327084, am an ICE inmate from Arizona. I am being

RECEIVED

JAN 26 2009

USDC Clerk's Office

Mail Room

removed from state to state to avoid
litigation via the collision between Oregon
and the respective pending state. I have
been in 3 different prisons to date... i.e.
Log, not in.

#3- On 11/30/03 I arrived in Va... i.e.
Fell, Troy, Va from HCU in WA, at the
order of AOC in Aug. The intention to stop
a federal suit against HCU which was
pending in USDC of Maryland.

#3- At the time of the initial transfer
on 12/27/01 from NY to ME, I had several
civil cases going in NY state and federal
courts, and a petition for writ of Habeas
Corpus on a criminal appeal. All the
civil suits have abated, and the petition
for writ of Habeas Corpus has been on hold
for 7 years due to denial of that transfer
by Fell and me meaningfully aware of
the risks in the necessary state, Virginia
and Maine

Background for Text

#4- On 11/30/03 when I arrived in Va,
the DIC menu included coffee, french
toast grain cereals, milk 3 times a day
(only daily). They had just received
weekends and holiday meals to a rate
of 3 meals. The 2 breakfast
(2)

meals were heavier than the trays during the week, and the week day meals were usually adequate at that time.

#5- In mid 2004 the food served was becoming less. There was still 3 meals served daily i.e. 24oz milk daily.

#6- Starting around Sept. 2004 I started to grieve the lack of unsupplied, adequate food on the trays.

#7- From approx. Sept 2004 to approx. April 2008, I wrote 145(s) and grievances to Warden Wheeler, Rick Collins (Food mgr.) and Major Gae (up until he was arrested. I don't know the charge) and Major Frame. No one has corrected anything in over 3 years. Throughout this entire period, there was consistently 24oz. of milk daily. (8oz. each meal)

#8- During the same time period, I filed regular grievances to Level II and III, as I knew I was going to file in U.S. District Court of W. Va. on over 40 issues violating my constitutional rights, of which denial of food is just one.

#9- The only response I ever got from food mgr. Rick Collins was a typed quarterly response telling myself how wonderful it was to hear from me.

And now he takes my commentary. It
 into a meeting letter by someone who
 knew he was not going to be correct.
 Of course certain people may say to account
 right, and that's fine and that's all
 right, but the conclusion, the
 one is capable of a decision, and that is
 the position of all.
 The phrase 11/30/03 I have seen document
 any over 40 years on fundamental issues -
 thing of Constitutional rights. The only thing
 so no meaning just refers to the courts,
 no law library and no assistance from
 their friends in the law. There is no
 ally with motive. There is no due process
 in classification. I am doing almost all
 to their friends. I protection of USC - ARTI,
 § 9, cca (right of Puerto Rico) protection of
 USC - ARTI, § 9, cca (Federal copyright law) ⑦
 protection of USC, ARTI, § 9, cca (copyright
 law) and more 30 more fundamental
 rights and more.
 #11 - I have given every name through
 3 levels of the government system, not
 because of copyright (there is
 copyright here), but because the RHPA
 mandated it. All 3 levels are copy -
 furnished and the copy are copyright.

The corruption is obvious. For ex:

a) In 2004 I wrote Mrs. Jackson at the law library for a copy of a statute i.e. USC, Art I, §10, cl 3 (federal compact statute) which is one of the base statutes in 2 federal actions pending. Mrs. Jackson wrote back that there was no such statute. I queried her ~~and~~ ^{to} Marie Jones, then grievance coordinator, and Jones backed Jackson. Jones further stated that there were only 16 amendments to the US Constitution (There are 27 amendments). I laughed when I read it, and I appealed to W. P. Rogers, central regional director writing him to also jump into the sinking boat with Warden Wheeler and Jones. He did! Rogers also claimed that there is no such statute and that there are 16 amendments to the US Constitution. I appealed to Mrs. C. Robinson at Level II, who never responded, but 3 months after the request, Marie Jones delivered the federal compact statute, USC, Art I, §10, cl 3 to my door via CO Johnson.

b) A few months later I needed the federal compact statute again, and I wrote, thinking the problem was solved. For the second time, Mrs. Jackson at law library told myself there was no such statute i.e. USC Art I, §10, cl 3. Marie

Jones and Charles Wheeler look to cover for
 Jackson. Jackson appeared to David II and
 requested another W.P. Rogers look with them.
 This time Mr. G. Robinson at Level III is
 writing further Rogers at as purpose stating
 there is no such state.
 c) On a few occasions I have quoted
 main Jones for writing nothing ticks on
 my way for taking questions on her. On one
 occasion main Jones answered on a guarantee
 on herself and she positively used the same
 envelope that I used to mail it to Wheeler.
 Jones wrote on the envelope to point it to
 Wheeler, but Mr. Smith at the mail room
 sent the Jones response back to my way
 in error. In the response main Jones wrote to
 Wheeler, copy my response in your handout
 my, as Wheeler does not know that I respond
 all on my way in a guarantee against my
 self, which is in violation of Top 866. After
 fact apparent that Charles Wheeler and
 main Jones were plotting against their own
 guarantee system.
 I have well over 100 examples of responses
 by main Jones at that indicate the
 system are corruption of the guarantee
 system at FCI.
 The following in (page 2008, I met with

that we were not getting 3 milks, 24oz daily. I started to file emergency grievances for 2 reasons. ① The only way to deal with missing food is to address the lost immediately ~~to~~ with security and/or kitchen staff, and ② At force staff to write spontaneously.

#13 - On 7/7/08 Food director, Rick Collins verified in writing 24oz. of milk daily (033554) and on 9/10/08 Mr. Hunt, his assistant verified 24oz. of milk daily. (043321) (see ex #1). The foregoing clearly is incongruent with Warden Wheeler's letter dated 12/6/08 which claims that 16oz of milk daily is correct. (see ex #7) This further conflicts with the log of milk served in actuality. ... i.e. 53 days the milk served was not 16 oz, and 64 days it was 16oz. (see ex #8)

#14 - Every time security staff puts a tray through the slot, they mark it off on a log, that the inmate ate. Although there is a menu posted on the bulletin board, security staff pay no attention to it. I started to complain to security staff that the milk was missing. The usual response from security staff is,

"That is what they don't". Security staff do not want to take the kitchen. They can't be there. Security staff is actually paying records through expense and ignorance, and they record the emergency guarantee. On the same night a 1st and a 2nd were also seen on these steps further compounding the paying. #15-ACC emergency guarantee go through a Sgt on the unit, who is supposed to funnel it to the kitchen. Next Sgts. intercept the emergency guarantee, and they don't send it to the kitchen most of the time. The local responses from emergency guarantee form security staff and a kitchen staff one; c) Write in 195 (annate letter) d) This is not an emergency. e) You can not in physical danger d) Emergency, including 61 minutes were checked with e) He better the the more to it's look at these responses and adjustments.

emergency (Victor's) an unknown event that requires prompt action to make great, repeat, remedy. Victor's responses

in lieu of the definitions.

a) By definition writing an IHS allows 10 work days (14 calendar days) for a response. Missing food and milk needs to be dealt with immediately, as once the meal is over it is impossible to make it up. (see ex #3 for an example of an IHS)

b) The lack of food even in small amounts over an extended period of time constitutes physical injury. My weight loss is irreparable harm (over 20 lbs to date). Wheeler in her letter of 2/23/08 (ex #2) states emergency grievances as they pertain to your life, health, safety are legitimate. Lack of food covers all 3 of these areas. Wheeler in her letter of 6/8/08 refers to the top of the emergency grievance form, quoting the form correctly, but obviously avoids the meaning of the words, and hopes the reader also avoids it.

c) Serious personal injury as irreparable harm need not be physical. Irreparable harm can refer to lost court dates, lost property, less food, anything that can't be replaced later.

d) Just because CP inmates are being cheated at the same time as Segregation inmates, does not condone less food.

e) We follow the DOC menu. As

per at #1, 2/7/08 (033554) and 9/10/08
(043331) both letters and that without in

writing as they are much daily. Do you

at #9 - I have 105-150 emergency quarters,

approved by staff in which not one staff

challenges the necessity of letter just as

moving. So stating that they go by the

means in a case they can't get away from

#16 - After almost 4 years of day of much

at every meal, why act as a dictator down

celling more that existing much?

The milk case juice (milk) come

in several plastic bags. There is no label

which is illegal. The milk is by the

juice is 4oz. On a label Jan. 2003 it

was then by an inmate who worked in

the kitchen that she received certain things

large amounts of just supplied out of the

kitchen suspiciously. On the cases of

The following year one (1) staff and a

male inmate confirmed the foregoing in

independence of one another. I will contact

get some looking for an investigation.

don't expect to discuss etc. This letter

that certain has also going with the

these farmer and is depriving the

inmate and the Virginia. The paper.

#19 - What does Cecilio gain by going

(10)

from 24 oz of milk daily to 16 oz of milk daily? How much could one (1) pouch of milk cost? Mex: let's say 55¢ per pouch. There are approx 1500 inmates at FLEC. Shaving one milk a day per inmate is $1500 \times 7 = 8400$ pouches @ 55¢ each = \$2,100.00 weekly. That is only for milk. Collusion between vendors over-charging for food and the DOC purchasing agent (i.e. Collins) in all prisons in the USA is epidemic. The DOC employee is the one (1) who certifies that the inventory (bill of lading) matches the invoice, which the state comptroller just pays. It is a good racket and hard to detect. Just recently I read in Oregon DOC that the food mgr, who decides which vendors get DOC business was getting millions in payoffs. This is why I focused on one (1) item i.e. milk, because it is easy to see if it is missing, and it has to be at every meal. If last year's invoices for milk are the same as this year, then there is a payoff because of their own paper (see p# 9) as the inventory and distribution of milk for this year is less.

#18 - I have lost over 20 lbs since I have been in Fed seg. (I have been in punitive

negotiation with the late H. H. H. for
 over 5 years in the early 1990s
 at all. This was in the position for
 out of the copies and the section 3/1993
 (pending). That matter was in negotiation
 for about a month, and almost all have
 about dollar amount of loss of profit. They
 don't complain because the government system
 and administration is not enough for my
 own way of seeing the just looking at the
 clear circle, not only under that amount
 my eyes that I am doing clearly and
 methodically, answer for millions and
 estimate. If in the early matter all of
 1993 after we have been lost in comm
 money, order me great losses, and they
 have even cleared common for debt.
 I can't even say informed in community,
 and I refuse to say into another person
 perpetuated by a corrupt method (not
 continue) as of the letter to London for
 (lost). There is no one except there in
 my way. By method (years)
 1993 - I do not have a sitting in the
 method in regards to the instant matter
 to the court, I am only asking the court
 to take Justice Justice. I submit this
 matter to the court in 3 reasons:

(11)

(13)

- a) I want the email to know of the "Butt
Fist" of John Gate in regard to the com-
plaint with the email's error to the gate
on 9/30/2006. The circumstances of the gate
of dispute can be almost identical to my
present situation in regard to the gate in
myself of which John Gate has been in-
formation.
- b) The facts herein presented are presently
being presented in a petition for writ of
Habeas Corpus (asking for absolute discharge)
and a pending 42 USC 5/1983. As the court
in *United States v. Rumsfeld* and *United States v. Rumsfeld*
has become a problem, as there are over
40 million in the *United States* since the 9/11/01,
many of which are the result of
order and first as mentioned herein.
- c) I have sent a copy of this "Butt
Fist" to the ^{KNOWLEDGE} *United States* mentioned herein
to establish and recognize, as I anticipate
an answer, thereby establishing that
this court on 9/30/06 established the
factoring fact in its ruling.
a) The court provide with evidence for
the court to look into.

2) In the event's ruling Plaintiff could
 lose 13 lbs. I have lost over 30 lbs. (many
 amounts have similar amounts)
 I might lose as a result of two lost
 no reproductive harm.
 I am on all-reg immune, and as the
 court no longer all-reg in the name as GP
 (except on time and place). There is certainly
 no legitimate penitential reason why I
 can't have common law, adequate loss from
 others, lost from community, and in young
 including just packages.
Lead note: The only other all-reg immune
 (death row) who could be just through comments
 all-reg types. There is nothing super
 that would disrupt the orderly operation of
 prison food services. See Turner v. Safley, 452
 US 94. The fact supra creates a typical and
 Arguably relationships demanding due process
 the Turner v. Safley, 115 S. Ct. 2993
 all-reg types. By #5 is a lost
 of 100 lost pounds. By #5 is a lost
 menu for the 1st quarter of 2008. Of the
 given to myself in early Jan. 2008 by
 Mr. Rick Collins. I immediately noticed
 that Collins had lost 2 lbs. of weight
 each week for breakfast and 3 on
 the weekend. (breakfast one meal & meals)
 (14)

The same was true of pancakes. I showed this to Capt. Jones at the time and she did nothing. After a few grievances Collins corrected the amounts of food. I also noticed the 16 oz. of milk on the menu. I paid no attention to it, as we were then getting 2 1/2 gal of milk daily for over 4 years, to my observation.

I kept close scrutiny as to what we were served, and out of the first 76 meals 74 were total substitutions. If there were two (2) vegetables listed on the menu, then Collins actually served one (1) different vegetable. In all cases, the actual food served was less than that originally listed on the menu.

When Collins had cake, cookies, brownies listed on the menu, he usually substituted distressed fruit, which was only one (1) day away from the garbage pail.

In early Nov 2008, Mr. Soukup, current grievance coordinator came and gave myself ex #6, which is the DOC menu from Oct. 2006 to March 2009. Soukup told myself that it was a new menu. It wasn't. The menu in ex #6 is 99% the same as the menu in ex #5. I don't think it would be much of a stretch to say that the menu has not changed in years.

10/26/08, Mr. Jones (048536)

I have 125-150 emergency grievances backing up every entry, and if the court wants copies, please say so, as they are presently stored outside the prison.

As of 12/15/08 I have stopped the emergency grievances, however, I am still maintaining a log of milk amounts served and the staff that serve them, to submit to the federal court on the Habeas Corpus and the petition 1983.

The summary at the front of ex #9, gives a quick index of totals of milk served. Over 40 days had 24 oz. of milk, and 64 days had 16 oz. of milk, 13 days had 8 oz or 0 oz daily milk served.

#23 - In lieu of ex #9, Wheeler's letters (ex #7) to myself, become interesting and definitive.

In the first letter dated 9/23/08 Wheeler sent a copy of this letter to all security staff. I could not understand why she did that because I have been restricted to one (1) regular and one (1) informal grievance per week for over 4 years in Wheeler's feeble attempt to stop all grievances. Wheeler was careful to note that she was not restricting emergency grievances,
(17)

that perform the life, heart and safety. The
secretary has spoken on 9/6/08 (PT-152)
telling me that element of much to me
an emergency.

Security of all immediately "confronted"

that I was to be almost all forms

entirely (see pg 44) (PT-199) On 10/10/08

Mr. Davis had to check with Sgt. Bradley

and Mr. Blank degree one level gave me a

form, and I was restricted to one form.

On 10/17/08 CO Johnson claimed he saw the

member and I was notified, which he knew

member in forms. I wrote and msg. Mr.

Mr. White, who eventually straightened it

out, and I received form again.

Mr. White's letter dated 10/8/08 which

states by stating part of the guarantee policy

is in the 86.10, with which I am very

familiar. White claims I don't know the

proper procedure for taking an emergency

guarantee. I believe that (see pg 2 - Policy

for 86.10. Then White's letter to the

emergency guarantee form (see pg 1 for example).

which gives the definition for an emergency.

I agree that the definition is on the forms

and I have pointed that out to White

many times. I have degree of times

(8)

(19)

Wheeler as typical of the untrustworthy
attorney, the administrative and security,
that is mixed up the Dec. 11th, not
on merit, but of litigation. These people
are not the the collective saying the "buddy
boy" or the "buddy" behavior in untrustworthy.

The odd part is, Wheeler as a person, even
clear this up in 5 minutes. The question is
why doesn't she?

Told Wheeler in writing to call her back
with the Virginia City general's office
for guidance, as stated previously, Wheeler
also not know what constitutes untrustworthy
behavior. I agree Wheeler to the extent
that's making in Court & State, 479 F Supp.
2d 569, which clearly requires automatic Court
of small amounts of Court to untrustworthy,
and by definition, partial or clearly on the
form, in emergency, no separate form.
late of a quarter Wheeler as intent on
addressing the 16th of much delay in a federal
attempt to even believe a lawyer that. As
evidenced by 479, Wheeler's own staff in
calling her back, 105-150 form in writing.
in emergency situation. It seems Wheeler as
only interested in enforcing 16th of much, as
the rest of the fantasy more is ignored by
Wheeler.

Trying to protect other people's as artifacts
and it is eating the Virginia by people making,
not to mention reforming the state, even
then security staff instead probably not come
as frequently (40 to 50 times per year) - since
U.S. Justice Dept. if you had qualified people
running the power, who would make more
at elections instead of cover up attempts.

Conclusion

This inmate says that he wants to
to take justice office of the "tax bill"
adviser of John Gale in regards to the
cases have been discussed. This inmate wants
me living in the month of this outmaneuver.
However, I will reference this case in my
federal case, as demonstration of the con-
fidence in regards to just at fees, which
has created a typical and significant bank-
rupt for money as per federal super.

Reported by outmaneuver,
Christina Cohen # 327074
P.O. Box 1000
Fray, Virginia 22974

Christina Cohen
Christina Cohen

Copies of the foregoing mailed to:

U.S. District Court of W. Va.

Senator Jim West

John Gabe - Deputy Director of Operations

Rick Collins - Food Director

Major Frame - Security

Mr. R. T. McQueen - Unit Mgr.

Other Interested Parties

Please note: Ex # 1-10 were sent only to the court, Senator West, and other interested parties.

Ex # 1-5, all DOC employees can get these from their own files easily, as they have copies, and each exhibit is sufficiently described in the text of this notice.

List of Exhibits

- Ex #1 - 7/7/08 - Collins - Log of milk (033554)
 9/10/08 - Hunt " " " (043321)
 9/25/08 - Jones - " " " (048507)
 (received additional log at 7^{PM})
- Ex #2 - ICF #16-1 - Must provide forms
 Emergency grievances should go to kitchen.
- Ex #3 - Typed 10/20/08 response by Collins
- Ex #4 - (PT#-1999) security clamping all forms
 M^d Shee stated not limited EE.
- Ex #5 - Memo (DCC) 1st quarter 2008
- Ex #6 - " " Oct. 2008 to March 2009
- Ex #7 - Wheeler letters
 9/23/08 - (your life, health, safety)
 12/8/08 - log - No EE on milk
- * Ex #8 - Newspaper article Couch v. Jabe
- * Ex #9 - Log of milk distribution 7/7/08 to 12/14/08
 (Staff names from 10/7/08 to 12/14/08)
- * Ex #10 - Letter to Senator Jim West.

* Sent to all parties



**VIRGINIA DEPARTMENT OF CORRECTIONS
EMERGENCY GRIEVANCE**

Log # 033554

Definition: Emergencies are defined as situations or conditions which may subject the offender to immediate risk of serious personal injury or irreparable harm.

AKER CHRISTINA 327094 FCCW F-2705
Offender Last Name First Number Facility Building-Cell/Bed

PART A - OFFENDER CLAIM

What is the emergency? ON 7/7/08 THERE WAS ONLY ONE (1) CROSSANT
THE MENU SAYS TWO (2). THERE IS SUPPOSE TO BE 16 OZS
OF MILK, THERE ONLY 8 OZS.
RECEIVED - FCCW

7/7/08 - 4:41 AM. Christina Aker 327094
Date/Time Offender Signature and Number

PART B - STAFF RESPONSE

(This part is to be completed and returned to the offender within eight (8) hours.)

☒ Your grievance does not meet the definition for an emergency. Reason/s:
MILK IS PROVIDING 3 TIMES DAILY VICO WHAT IS ON MENU. FLOC
NOTE ON MENU MILK IS ONLY PROVIDE ONCE DAILY AT BREAKFAST.
THE ONE (1) CROSSANT IS EQUAL TO THE SERVING OF (2) TWO ARTIS

☐ Your grievance has been determined to be an emergency and the following action has been taken:

RECEIVED

SEP 09 2008

Ombudsman Services Unit

REGIONAL OMBUDSMAN DETAIL

893
894
1585
896
7/7/08 5:57 AM
Date/Time

Respondent Signature

Rob Collins, FCCW OPI PRISON
Name/Title Printed

Distribution: Original Grievance returned to Offender
Copy forwarded to Institutional Ombudsman/Grievance Coordinator



**VIRGINIA DEPARTMENT OF CORRECTIONS
EMERGENCY GRIEVANCE**

Log # **043321**

Definition: Emergencies are defined as situations or conditions which may subject the offender to immediate risk of serious personal injury or irreparable harm.

Then
Offender Last Name **ACKER, CHRISTINA** First **327094** Number **FCCW** Facility **P-C-105** Building-Cell/Bed

PART A- OFFENDER CLAIM

What is the emergency? **THERE WAS NO DESSERT WHICH IS ON THE MENU THE PORK PATTI WAS QUANT. THERE WAS NO MILK, BUT THEY DID SUBSTITUTE JUICE. THIS IS IRREPARABLE HARM. THE JUICE CAN'T BE USED TO SUBSTITUTE FOR 2 DIFFERENT THINGS. EITHER THE JUICE IS A SUBSTITUTE FOR THE MISSING MILK OR THE MISSING DESSERT. WHICH IS IT?**

9/10/08 12:20 PM
Date/Time

Christina Acker # 327094
Offender Signature and Number

PART B- STAFF RESPONSE

(This part is to be completed and returned to the offender within eight (8) hours.)

☒ Your grievance does not meet the definition for an emergency. Reason/s:

MILK - 16oz BREAKFAST / 8oz DINNER - TOTAL 24oz.

FRUIT JUICE (4oz) SERVED IN PLACE OF FRUIT / DESSERT.

Do Not use this form in the future for General Communication with staff. Use Regular Grievance Procedure

☐ Your grievance has been determined to be an emergency and the following action has been taken:

9-10-8 / 13:50
Date/Time

[Signature]
Respondent Signature

L. HUNT, AFSD
Name/Title Printed

Distribution: Original Grievance returned to Offender
Copy forwarded to Institutional Ombudsman/Grievance Coordinator



**VIRGINIA DEPARTMENT OF CORRECTIONS
EMERGENCY GRIEVANCE**

Log # 048507

Definition: Emergencies are defined as situations or conditions which may subject the offender to immediate risk of serious personal injury or irreparable harm.

ACKER, CHRISTINA 327094 FCCW 8-C-105
Offender Last Name First Number Facility Building-Cell/Bed

PART A- OFFENDER CLAIM

What is the emergency? ON 9/23/08 AT DINNER THERE WAS \$12 OF MILK BREAKFAST HAD \$12 LUNCH NO MILK - TOTAL FOR THE DAY IS 1612 DOC MENU SAYS 2402 OF MILK DAILY. THIS IS IRREPARABLE HARM. THIS IS CORRECT USE OF THE FORM. PURSUANT TO FOP 866.1 (P.10)

9/23/08 - 5:45 PM Christina Acker #327094
Date/Time Offender Signature and Number

PART B- STAFF RESPONSE

(This part is to be completed and returned to the offender within eight (8) hours.)

☒ Your grievance does not meet the definition for an emergency. Reason/s:

Your grievance does not meet the definition for an emergency. Due to the fact, that 1612 of milk was sent to you for dinner

☐ Your grievance has been determined to be an emergency and the following action has been taken:

Received 8/27/08
@ 6:45 PM
@ CC
Tucker

9/22/08 1:00 PM FSS. Mr. Teal's
Date/Time Respondent Signature Name/Title Printed

Distribution: Original Grievance returned to Offender
Copy forwarded to Institutional Ombudsman/Grievance Coordinator

4. Staff response to an inmate's informal complaint shall be ten (10) working days but no longer than 15 calendar days.

(D) ~~E~~ **Initiation of Regular Grievance Procedure.**

1. Grievance forms are available in each housing unit and are available at all times upon request. Inmates may seek the assistance of their assigned counselor, staff assigned to their housing unit or from the Institution Ombudsman.
2. Grievances are official documents; therefore, FCCW requires all grievances to be written in blue, black or blue-black ink. Grievances submitted in pencil or any other colored ink shall be returned to the inmate for resubmission.
3. Inmates must attach their informal process (IMS) to the grievance form to indicate that they have attempted to informally resolve their issue. Verbal informal responses and emergency grievance forms shall not be considered as an informal process. Grievances submitted without the informal IMS attached shall be returned to the inmate.
4. Only one issue per grievance form will be addressed. The inmate is to write the issue in the space provided on the grievance form. If additional space is needed then the inmate may attach one additional sheet of paper. Grievances submitted with more than one issue or more than one sheet of paper attached may be returned for resubmission.

(E) ~~E~~ **Emergency Grievances.**

1. Emergency grievance forms are available in the housing units at all times upon request.
2. Once completed, the inmate is to turn the grievance form in to any staff person. The staff person receiving the grievance form shall annotate the date and time received on the bottom of the form and give the inmate a copy. The original grievance form shall then be taken to the Building Supervisor who will determine what action is to be taken.
3. Emergency grievances shall be responded to by:
 - a. Grievances addressing medical/mental health or dental issues shall be handcarried to the medical department for a response by medical/mental health or dental staff.
 - b. Grievances addressing housing unit issues shall be responded to by the Supervisor of the respective housing unit.



VIRGINIA DEPARTMENT OF CORRECTIONS
FLUVANNA CORRECTIONAL CENTER FOR WOMEN
(Inmate Request Form)

Date: November 1, 2
IM to DOC OP 803.1 (Attachment:)

See the reverse side for proper routing of this form.

Inmate Name: <u>Christina Acker</u>	Number: <u>327084</u>	Building/Wing/Cell: <u>8-C-105</u>
TO: <u>Major Frame (Security)</u>		Counselor: <u>Mr. Kronberg</u>
Details of Request: <u>The following is a summary of the delivery of milk from 9/28/08 to 10/2/08.</u>		
<u>9/28 - 5oz total milk for day</u>		
<u>9/29 - 0oz " " " "</u>		
<u>9/30 - 0oz " " " "</u>		
<u>10/1 - 24oz " " " "</u>		
<u>10/2 - 16oz " " " "</u>		
<u>#</u>		
<u>1 day out of 5 was correct. The other 4 days were lacking. This is a security issue.</u>		
<u>I am asking for correction. This is unacceptable harm and affects an atypical pattern which has gone</u>		
Inmate Signature: <u>Christina Acker</u>	Date: <u>10/15/08</u>	<u>or per month</u>
Address only one issue. Do not write in the space provided for response. Use only one additional sheet if necessary.		
DO NOT USE THIS FORM TO FILE AN INFORMAL COMPLAINT (See Attachment #9 of DOC OP 861.1)		

RESPONSE (10 Workdays to respond)

<u>Monday, October 20, 2008</u> <u>Ref: Your letter concerning challenges that you are having with your milk. Ms Acker, your statements are incorrect and you will be held accountable for making "False Accusations". The Food Service staff & I have tried to work with you on any valid issues and will continue to do so, however I ask that you refrain from making false statements. If you have a problem, you have been instructed to bring it to the attention of the wing officer, who will contact Food Service if corrective action is needed. You have also been instructed to write to me with your challenges. The Food Service department strives to provide the best possible meals that we can in accordance with all policies and procedures. We can only maintain that focus by hearing from the population on topics that need to be addressed. Please keep me advised of any future challenges or suggestions. Again thanks for your letter and I hope my response answers your concerns in this matter.</u> RESPECTFULLY, <u>Rick Collins</u> RICK COLLINS, CDM, CPP FOOD OPERATIONS DIRECTOR FCCW		Date Stamp FCCW - RECEIVED OCT 17 2008 MAJOR, CHIEF OF SECURITY
Signature of Responding Staff Member: <u>4991 (10/23/2008)</u>	Date of Response: <u>10/23/2008</u>	

RESPONDER	
	Counselor
	Treatment Program Supervisor
	Commissary Manager
	Counselor
	Cosmetology Instructor
	Director of Nursing
	Operations Officer
	Food Service Director
	Treatment Program Supervisor
	Counselor
	Assistant Warden
	Records Manager
	Building 4 OSA
	Accountant
	Building 4 OSA
	Operations Officer
	B & G Superintendent
	Counselor
	Medical Director
	Mental Health Director
	Operations - OSS
	Treatment Program Supervisor
	Recreation Supervisor
	Chaplain
	Safety Officer
	DCE Principal
	Major
	Unit Manager
	Treatment Program Supervisor
	Unit Manager
	Building 4 OSA
	Executive Secretary
	Work Supervisor
	Inmate's Assigned Counselor

Page 1 of 2

Number: 27094

Building/Wing/Cell:

Counselor: Mr. Kuntz

Inmate #

WFO
FLUORAMINE
Inmate Reg

cher
M. E. Cher (limit mg)

for two weeks. Wheeler sent a copy
of quarterly limiting order to myself, which
I have getting paid close to 5 years now.
Recently Wheeler sent this to security staff also.
do security now is ~~not~~ telling myself that I
am limited to 1 emergency guarantee per week as
per Wheeler. Also I am restricted according to
security staff to one form per week for regular
guarantees and informal guarantee. Some even tried
to limit myself to one IMS a week. In the last
4 years I have filed 1 regular guarantee and one
informal per week. Sometimes they are multiple pages.
There is no limit on emergency guarantee. I will

Inmate Signature: _____ Date: 11/12/10

Inmate Signature:

Date:

Address only one issue. Do not write in the space provided for response. Use only one additional sheet if necessary.
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I will correct this with staff you are not limit to emergency grievances

FCCW - RECEIVED

OCT 16 2006

BUILDING 8

Date Stamp _____

6000

BUILDING 8

Signature of Responding Staff Member:

Date of Response:

TOPIC	RESPONDER
Annual Reviews	Counselor
Classification/Reclassification	Treatment Program Supervisor
Commissary	Commissary Manager
Correspondence with other Inmates	Counselor
Cosmetology	Cosmetology Instructor
Dental	Director of Nursing
Disciplinary Issues	Operations Officer
Food Service	Food Service Director
Free Letters	Treatment Program Supervisor
Indigent Care Packages	Counselor
Industry	Assistant Warden
Inmate Records	Records Manager
Inmate Telephone	Building 4 OSA
Inmate Trust	Accountant
Law Library	Building 4 OSA
Mailroom	Operations Officer
Maintenance	B & G Superintendent
Marriages	Counselor
Medical	Medical Director
Mental Health	Mental Health Director
Personal Property	Operations - OSS
Programs/Treatment	Treatment Program Supervisor
Recreation	Recreation Supervisor
Religious Programming	Chaplain
Safety	Safety Officer
School	DCE Principal
Security - Operations	Major
Security (in Unit)	Unit Manager
Special/Extended Visits	Treatment Program Supervisor
ite Issue Clothing Requests	Unit Manager
Visiting Lists	Building 4 OSA
Warden's Call	Executive Secretary
Work Issues	Work Supervisor
Work Requests	Inmate's Assigned Counselor
Other:	

See the reverse side for proper routing of this form.

Page 2 of 2

Inmate Name: <i>Christina Coker</i>	Number: <i>327094</i>	Building/Wing/Cell: <i>8-C-105</i>
TO: <i>Mr. R. J. McElhee (cont. msg.)</i>		Counselor: <i>Mr. Keonley</i>
Details of Request: <i>Continue to file one regular and one informal weekly. If they are multiple pages, and I am separated from the form I will just use paper and note the CO who denied myself the form and give them. You can't deny forms. As far as food is concerned, if it is deficient I will bring it to the attention of the CO, what was missing and send it in a cumulative letter to the Legislature and some newspaper via outside sources. If I have to write on plain paper I will. I suggest you train permitted staff in regards to this matter as they don't know what they are doing and those above them know even less.</i>		
Inmate Signature: <i>Christina Coker</i>	Date: <i>10/12/08</i>	
Address only one issue. Do not write in the space provided for response. Use only one additional sheet if necessary. DO NOT USE THIS FORM TO FILE AN INFORMAL COMPLAINT (See Attachment #9 of DOC OP 861.1)		

RESPONSE (10 Workdays to respond)

		Date Stamp
1999	Signature of Responding Staff Member:	Date of Response:

TOPIC	RESPONDER
Annual Reviews	Counselor
Classification/Reclassification	Treatment Program Supervisor
Commissary	Commissary Manager
Correspondence with other Inmates	Counselor
Cosmetology	Cosmetology Instructor
Dental	Director of Nursing
Disciplinary Issues	Operations Officer
Food Service	Food Service Director
Free Letters	Treatment Program Supervisor
Indigent Care Packages	Counselor
Industry	Assistant Warden
Inmate Records	Records Manager
Inmate Telephone	Building 4 OSA
Inmate Trust	Accountant
Law Library	Building 4 OSA
Mailroom	Operations Officer
Maintenance	B & G Superintendent
Marriages	Counselor
Medical	Medical Director
Mental Health	Mental Health Director
Personal Property	Operations - OSS
Programs/Treatment	Treatment Program Supervisor
Recreation	Recreation Supervisor
Religious Programming	Chaplain
Safety	Safety Officer
School	DCE Principal
Security - Operations	Major
Security (in Unit)	Unit Manager
Special/Extended Visits	Treatment Program Supervisor
State Issue Clothing Requests	Unit Manager
Visiting Lists	Building 4 OSA
Warden's Call	Executive Secretary
Work Issues	Work Supervisor
Work Requests	Inmate's Assigned Counselor
Other:	

ms acku
sig

VIRGINIA DEPARTMENT OF CORRECTIONS
MASTER MENU 1ST QUARTER 2008
WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ
R	OATMEAL 1C	GRITS 3/4C	FARINA 3/4C	OATMEAL 3/4C	FARINA 3/4C	OATMEAL 3/4C	GRITS 1C
E	EGG CASSEROLE 1 SL	TURKEY SAUSAGE LINKS 2 EA	COOKED EGGS 2 EA	FRENCH TOAST 2 EA	COOKED EGGS 2 EA	FRENCH TOAST 2 EA	COOKED EGGS 2 EA
A	SAUSAGE GRAVY 3/4C	HASH BROWNS 3/4C	HOME FRIES 3/4C	TURKEY SAUSAGE LINKS 2 EA	HASH BROWNS 3/4C	HOME FRIES 3/4C	TURKEY SAUSAGE PATTY 1 EA
K	POTATO/ONION 1C	BISCUIT 2 EA	BREAD 2 EA	SYRUP 2 OZ	BISCUIT 2 EA	SYRUP 2 OZ	HASH BROWNS 1C
F	BISCUIT 3 EA	MARGARINE 2 TSP	MARGARINE 2 TSP	MARGARINE 2 TSP	MARGARINE 2 TSP	MARGARINE 2 TSP	PANCAKES 3 EA
A	FRUIT 1 SERV	CREAM GRAVY 1/4C	APPLE BUTTER 1 OZ	COFFEE 8 OZ	JELLY 1 OZ	COFFEE 8 OZ	FRUIT 1 SERV
S	APPLE BUTTER 1 OZ	COFFEE 8 OZ	COFFEE 8 OZ	MILK 16 OZ	COFFEE 8 OZ	MILK 16 OZ	SYRUP 3 OZ
T	MARGARINE 3 TSP	MILK 16 OZ	MILK 16 OZ		MILK 16 OZ		MARGARINE 3 TSP
	COFFEE 8 OZ						COFFEE 8 OZ
	MILK 16 OZ						MILK 16 OZ
L		VEGETABLE SOUP 1C	PINTO BEANS 1 1/2C	FRUIT 1 SERV	HOT DOG 2 EA	HAM/CHEESE 3 OZ	
U		CAJUN PATTY 1 EA	RICE 1C	BEVERAGE 8 OZ	BAKED BEANS 1/2C	MACARONISALAD 1C	
N		OVEN BROWN POTATO 1/2C	STEWED TOMATOES 1/2C		FRIED CABBAGE 1/2C	COLESLAW 1/2C	
C		BREAD 2 EA	CORNBREAD 1 PCE		BUN 2 EA	SANDWICH BUN 1 EA	
H		FRUIT 1 SERV	FRUIT 1 SERV		MUSTARD 1 OZ	FRUIT 1 SERV	
		TOMATO GRAVY 1/4C	MARGARINE 2 TSP		FRUIT 1 SERV	MAYONNAISE 1 OZ	
		MARGARINE 2 TSP	BEVERAGE 8 OZ		BEVERAGE 8 OZ	BEVERAGE 8 OZ	
		BEVERAGE 8 OZ					
D	MEAT SAUCE 1C	ROTISSERIE CHICKEN 1 EA	OVEN FRIED FISH 1 EA	HAMBURGER 1 EA	BEVERAGE 8 OZ	CHILI/soy with BEANS 1 1/4C	CAJUN PATTY 1 EA
I	SPAGHETTI 1-1/2C	BAKED SWEET POTATO 1 EA	MASHED POTATOES 1/2C	OVEN BRWN POTATOES 1/2C		RICE 1C	POTATO AU GRATIN 1C
N	CAULIFLOWER 1/2C	FRIED CABBAGE 1C	BROCCOLI 1/2C	CARROTS 1/2C		GREENS 1/2C	STIR FRY 1C
N	CARROTS 1C	BREAD 2 EA	TARTAR SAUCE 1 OZ	BUN 1 EA		BREAD 2 EA	SANDWICH BUN 1 EA
E	DINNER ROLL 3 EA	COOKIE 2 EA	BREAD 2 EA	RICE PUDDING 2/3C		COOKIE 2 EA	LETTUCE/TOMATO 1 EA
R	CAKE 1 PCE	MARGARINE 2 TSP	CAKE 1 PCE	MUSTARD 1 OZ		MARGARINE 2 TSP	MAYONNAISE 1 OZ
	MARGARINE 3 TSP	GRAVY 1/4C	MARGARINE 2 TSP	MARGARINE 2 TSP		BEVERAGE 8 OZ	CAKE 1 PCE
	BEVERAGE 8 OZ	BEVERAGE 8 OZ	BEVERAGE 8 OZ	BEVERAGE 8 OZ			BEVERAGE 8 OZ

FOOD SERVICE DIRECTORS MAY MAKE SUBSTITUTIONS WHEN NECESSARY IN ACCORDANCE WITH FOOD SERVICE MANUAL GUIDELINES. PORTION SIZES ARE AS WRITTEN ON THE MENU. FRESH/FROZEN PRODUCE MAY BE SUBSTITUTED SEASONALLY. THE MASTER MENU ALTERNATE ENTRÉE IS 2 OZ CHEESE OR PEANUT BUTTER FOR BREAKFAST AND 1 1/2 C BEANS FOR NOON AND EVENING MEALS.

Signed copy on file
LINDA SHEAR, M.S., R.D.

VIRGINIA DEPARTMENT OF CORRECTIONS
MASTER MENU 1ST QUARTER 2008
WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ
R	OATMEAL 1C	GRITS 3/4C	FARINA 3/4C	GRITS 3/4C	OATMEAL 3/4C	FARINA 3/4C	GRITS 1C
E	COOKED EGGS 2 EA	TURKEY SAUSAGE LINKS 2 EA	COOKED EGGS 2 EA	FRENCH TOAST 2 EA	COOKED EGGS 2 EA	SAUSAGE GRAVY 2/3C	COOKED EGGS 2 EA
A	SAUSAGE GRAVY 1C	PANCAKES 2 EA	HASH BROWNS 3/4C	HOME FRIES 3/4C	HASH BROWNS 3/4C	HOME FRIES 3/4C	TURKEY SAUSAGE LINKS 2 EA
K	POTATO/ONION 1C	SYRUP 2 OZ	BISCUIT 2 EA	SYRUP 2 OZ	BREAD 2 EA	BISCUIT 2 EA	HASH BROWNS 1C
F	BISCUIT 3 EA	MARGARINE 2 TSP	MARGARINE 2 TSP	MARGARINE 2 TSP	APPLE BUTTER 1 OZ	COFFEE 8 OZ	PANCAKES 3 EA
A	FRUIT 1 SERV	COFFEE 8 OZ	APPLE BUTTER 1 OZ	COFFEE 8 OZ	MARGARINE 2 TSP	MILK 16 OZ	FRUIT 1 SERV
S	JELLY 1 OZ	MILK 16 OZ	COFFEE 8 OZ	MILK 16 OZ	COFFEE 8 OZ		MARGARINE 3 TSP
T	MARGARINE 3 TSP		MILK 16 OZ		MILK 16 OZ		SYRUP 3 OZ
	COFFEE 8 OZ						COFFEE 8 OZ
	MILK 16 OZ						MILK 16 OZ
L		PORK PATTY 1 EA	FRUIT 1 SERV	NAVY BEANS 1 1/2C	SCALLOPED HAM/NOODLE 1C	POTATO SOUP 1C	
U		OVEN FRIED RICE 1C	BEVERAGE 8 OZ	MAC/CHEESE 3/4C	GREEN BEANS 1/2C	PBJ SANDWICH 2 EA	
N		FRIED CABBAGE 1/2C		STEWED TOMATOES 1/2C	BREAD 2 EA	SQUASH 1/2C	
C		CORNBREAD 1 PCE		CORNBREAD 1 PCE	FRUIT 1 SERV	FRUIT 1 SERV	
H		FRUIT 1 SERV		FRUIT 1 SERV	MARGARINE 2 TSP	BEVERAGE 8 OZ	
		MARGARINE 2 TSP		MARGARINE 2 TSP			
		BEVERAGE 8 OZ		BEVERAGE 8 OZ			
D	HOT DOGS 2 EA	OVEN FRIED FISH 1 EA	ITAL STYLE SAUSAGE 1 EA	VEGETABLE SOUP 1C	BEVERAGE 8 OZ	SAVORY BAKED CHICKEN 1 EA	MEATLOAF 1 EA
I	OVEN BROWN POTATO 1C	MASHED POTATO 1/2C	OVEN-GLO POTATO 1/2C	HAMBURGER 1 EA		MASHED SWEET POTATO 1/2C	NOODLES 1 1/2C
N	BOSTON BAKED BEANS 1C	CARROTS 1/2C	BROCCOLI 1/2C	MASHED POTATO 1/2C		FRIED CABBAGE 1/2C	BROCCOLI 1C
N	COLESLAW 1C	SANDWICH BUN 1 EA	BUN 1 EA	BUN 1 EA		BREAD 2 EA	GREEN BEANS 1/2C
E	BUNS 2 EA	TARTAR SAUCE 1 OZ	BREAD PUDDING 2/3C	MUSTARD 1 OZ		CAKE 1 PCE	GARLIC BREAD 2 EA
R	CAKE 1 PCE	COOKIE 2 EA	MARGARINE 2 TSP	COOKIE 2 EA		MARGARINE 2 TSP	COOKIE 2 EA
	CATSUP 1 OZ	MARGARINE 2 TSP	CATSUP 1/2 OZ	MARGARINE 2 TSP		BEVERAGE 8 OZ	TOMATO GRAVY 1/4C
	MARGARINE 2 TSP	BEVERAGE 8 OZ	MUSTARD 1/2 OZ	BEVERAGE 8 OZ			MARGARINE 3 TSP
	BEVERAGE 8 OZ		BEVERAGE 8 OZ				BEVERAGE 8 OZ

FOOD SERVICE DIRECTORS MAY MAKE SUBSTITUTIONS WHEN NECESSARY IN ACCORDANCE WITH FOOD SERVICE MANUAL GUIDELINES. PORTION SIZES ARE AS WRITTEN ON THE MENU. FRESH/FROZEN PRODUCE MAY BE SUBSTITUTED SEASONALLY. THE MASTER MENU ALTERNATE ENTRÉE IS 2 OZ CHEESE OR PEANUT BUTTER FOR BREAKFAST AND 1 1/2 C BEANS FOR NOON AND EVENING MEALS.

Signed copy on file

LINDA SHEAR, M.S., R.D.

VIRGINIA DEPARTMENT OF CORRECTIONS
MASTER MENU 1ST QUARTER 2008
WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	BAKED APPLES 1/2C	JUICE 4 OZ
R	OATMEAL 1C	FARINA 3/4C	OATMEAL 3/4C	GRITS 3/4C	FARINA 3/4C	OATMEAL 3/4C	GRITS 1C
E	EGG CASSEROLE 1 SL	TURKEY SAUSAGE LINKS 2 EA	PANCAKES 2 EA	TURKEY SAUSAGE PATTY 1 EA	SAUSAGE GRAVY 2/3C	COOKED EGGS 2 EA	COOKED EGGS 2 EA
A	SAUSAGE GRAVY 1C	HASH BROWNS 3/4C	HOME FRIES 3/4C	FRENCH TOAST 2 EA	HASH BROWNS 3/4C	HOME FRIES 3/4C	TURKEY SAUSAGE PATTY 1 EA
K	HOME FRIES 1C	BISCUIT 2 EA	MARGARINE 2 TSP	MARGARINE 2 TSP	BISCUIT 2 EA	BREAD 2 EA	POTATO/ONION 1C
F	BISCUIT 3 EA	GRAVY 1/4C	SYRUP 2 OZ	SYRUP 2 OZ	MARGARINE 2 TSP	JELLY 1 OZ	BISCUIT 3 EA
A	FRUIT 1 SERV	COFFEE 8 OZ	COFFEE 8 OZ	COFFEE 8 OZ	COFFEE 8 OZ	MARGARINE 2 TSP	FRUIT 1 SERV
S	APPLE BUTTER 1 OZ	MILK 16 OZ	MILK 16 OZ	MILK 16 OZ	MILK 16 OZ	COFFEE 8 OZ	MARGARINE 3 TSP
T	MARGARINE 3 TSP					MILK 16 OZ	JELLY 1 OZ
	COFFEE 8 OZ						COFFEE 8 OZ
	MILK 16 OZ						MILK 16 OZ
L		FRUIT 1 SERV	CHILI/SOY WITH BEANS 1 1/4C	GRILLED CHEESE 2 SNOW	MEAT SAUCE 1C	NORTHERN BEANS 1 1/2C	
U		BEVERAGE 8 OZ	RICE 1C	OVEN BROWN POTATO 1/2C	SPAGHETTI 1C	RICE 1C	
N			GREENS 1/2C	FRIED CABBAGE 1/2C	GREENS 1/2C	BROCCOLI 1/2C	
C			BREAD 2 EA	FRUIT 1 SERV	GARLIC BREAD 2 SL	CORNBREAD 1 PCE	
H			FRUIT 1 SERV	BEVERAGE 8 OZ	FRUIT 1 SERV	FRUIT 1 SERV	
			MARGARINE 2 TSP		MARGARINE 2 TSP	MARGARINE 2 TSP	
			BEVERAGE 8 OZ		BEVERAGE 8 OZ	BEVERAGE 8 OZ	
D	BEAN SOUP 1C	OVEN FRIED FISH 1 EA	ROTISSERIE CHICKEN 1 PCE	SALISBURY STEAK 1 EA	BEVERAGE 8 OZ	PORK PATTY 1 EA	HOT DOGS 2 EA
I	CHEESEBURGER 1 EA	BLACKEYED PEAS 1C	MASHED POTATO 1/2C	BAKED SWEET POTATO 1 EA		CABBAGE & POTATO 1C	POTATO SALAD 1C
N	SCALLOPED POTATO 1C	STEWED TOMATOES 1/2C	CARROTS 1/2C	BROCCOLI 1/2C		BREAD 2 EA	BAKED BEANS 1C
N	SQUASH 1C	CORNBREAD 1 PCE	BREAD 2 EA	CORNBREAD 1 PCE		BREAD PUDDING 2/3C	COLESLAW 1C
E	BUN 1 EA	COOKIES 2 EA	RICE PUDDING 2/3C	CAKE 1 PCE		GRAVY 1/4C	BUN 2 EA
R	TOMATO SLICES 2 SL	TARTAR SAUCE 1 OZ	GRAVY 1/4C	MARGARINE 2 TSP		MARGARINE 2 TSP	COOKIES 2 EA
	CAKE 1 PCE	MARGARINE 2 TSP	MARGARINE 2 TSP	GRAVY 1/4C		BEVERAGE 8 OZ	MUSTARD 1 OZ
	MUSTARD 1 OZ	BEVERAGE 8 OZ	BEVERAGE 8 OZ	BEVERAGE 8 OZ			BEVERAGE 8 OZ
	BEVERAGE 8 OZ						

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Signed copy on file

LINDA SHEAR, M.S., R.D.

VIRGINIA DEPARTMENT OF CORRECTIONS
MASTER MENU 1ST QUARTER 2008
WEEK 4

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ
R	OATMEAL 1C	FARINA 3/4C	GRITS 3/4C	FARINA 3/4C	GRITS 3/4C	OATMEAL 3/4C	GRITS 1C
E	COOKED EGGS 2 EA	FRENCH TOAST 2 EA	COOKED EGGS 2 EA	PANCAKES 2 EA	TURKEY SAUSAGE LINKS 2 EA	COOKED EGGS 2 EA	COOKED EGGS 2 EA
A	TURKEY SAUSAGE LINKS 2 EA	HOME FRIES 3/4C	BISCUIT 2 EA	HASH BROWNS 3/4C	HOME FRIES 3/4C	HASH BROWNS 3/4C	SAUSAGE PATTY 1 EA
K	HASH BROWNS 1C	SYRUP 2 OZ	SAUSAGE GRAVY 1/2C	MARGARINE 2 TSP	BREAD 2 EA	BREAD 2 EA	HOME FRIES 1C
F	PANCAKES 3 EA	MARGARINE 2 TSP	MARGARINE 2 TSP	SYRUP 2 OZ	MARGARINE 2 TSP	MARGARINE 2 TSP	PANCAKES 3 EA
A	FRUIT 1 SERV	COFFEE 8 OZ	COFFEE 8 OZ	COFFEE 8 OZ	APPLE BUTTER 1 OZ	JELLY 1 OZ	FRUIT 1 SERV
S	SYRUP 3 OZ	MILK 16 OZ	MILK 16 OZ	MILK 16 OZ	COFFEE 8 OZ	COFFEE 8 OZ	MARGARINE 3 TSP
T	MARGARINE 3 TSP				MILK 16 OZ	MILK 16 OZ	SYRUP 3 OZ
	COFFEE 8 OZ						COFFEE 8 OZ
	MILK 16 OZ						MILK 16 OZ
L		ITAL STYLE SAUSAGE 1 EA	VEGETABLE SOUP 1C	FRUIT 1 SERV	TURKEY HAM/CHEESE 3 OZ	TURKEY PATTY 1 EA	
U		BAKED SWEET POTATO 1 EA	GRILLED CHEESE 2 SNOW	BEVERAGE 8 OZ	POTATO SALAD 1C	OVEN FRIED RICE 1C	
N		STIR FRY 1/2C	OVEN BROWN POTATO 1/2C		COLESLAW 1/2C	SQUASH 1/2C	
C		BUN 1 EA	FRUIT 1 SERV		SANDWICH BUN 1 EA	GARLIC BREAD 2 EA	
H		MARGARINE 2 TSP	BEVERAGE 8 OZ		FRUIT 1 SERV	CREAM GRAVY 1/4C	
		MUSTARD 1 OZ			MAYONNAISE 1 OZ	FRUIT 1 SERV	
		FRUIT 1 SERV			BEVERAGE 8 OZ	MARGARINE 2 TSP	
		BEVERAGE 8 OZ				BEVERAGE 8 OZ	
D	SALISBURY STEAK 1 EA	BEVERAGE 8 OZ	MEAT SAUCE 1C	PORK PATTY 1 EA	CAJUN PATTY 1 EA	OVEN FRIED FISH 1 EA	HOT DOGS 2 EA
I	MASHED POTATO 1C		SPAGHETTI 1C	MASHED POTATO 1/2C	BAKED POTATO 1 EA	BOILED POTATO 1C	BAKED BEANS 1C
N	GREEN BEANS 1/2C		GREEN BEANS 1/2C	CARROTS 1/2C	CAULIFLOWER 1/2C	GREEN BEANS 1/2C	BROCCOLI 1C
N	GLAZED CARROTS 1C		GARLIC BREAD 2 EA	BREAD 2 EA	BREAD 2 EA	TARTAR SAUCE 1 OZ	COLESLAW 1C
E	CORNBREAD 1 EA		CAKE 1 PCE	COOKIES 2 EA	GRAVY 1/4C	CORNBREAD 1 PCE	BUNS 2 EA
R	CAKE 1 PCE		BEVERAGE 8 OZ	MARGARINE 2 TSP	CAKE 1 PCE	BREAD PUDDING 2/3C	RICE PUDDING 2/3C
	MARGARINE 3 TSP			GRAVY 1/4 C	MARGARINE 2 TSP	MARGARINE 2 TSP	MUSTARD 1 OZ
	GRAVY 1/2C			BEVERAGE 8 OZ	BEVERAGE 8 OZ	BEVERAGE 8 OZ	MARGARINE 2 TSP
	BEVERAGE 8 OZ						BEVERAGE 8 OZ

FOOD SERVICE DIRECTORS MAY MAKE SUBSTITUTIONS WHEN NECESSARY IN ACCORDANCE WITH FOOD SERVICE MANUAL GUIDELINES. PORTION SIZES ARE AS WRITTEN ON THE MENU. FRESH/FROZEN PRODUCE MAY BE SUBSTITUTED SEASONALLY. THE MASTER MENU ALTERNATE ENTRÉE IS 2 OZ CHEESE OR PEANUT BUTTER FOR BREAKFAST AND 1 1/2 C BEANS FOR NOON AND EVENING MEALS.

Signed copy on file

LINDA SHEAR, M.S., R.D.

3/17-0 - 2 pancakes

Ack. C
8C 105
11/12/08

VIRGINIA DEPARTMENT OF CORRECTIONS
MASTER MENU: OCTOBER 2008-MARCH 2009
WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ
R	CINNAMON OATMEAL 1C	GRITS 3/4C	FARINA 3/4C	OATMEAL 3/4C	FARINA 3/4C	OATMEAL 3/4C	BREAKFAST PASTRY 1 EA
E	FRENCH TOAST 3 EA	TURKEY SAUSAGE LINKS 2 EA	SAUSAGE GRAVY 2/3C	PANCAKES 2 EA	COOKED EGGS 2 EA	FRENCH TOAST 2 EA	FRIED EGGS 2 EA
A	SAUSAGE PATTY 1 EA	HASH BROWNS 3/4C	HOME FRIES 3/4C	FRIED BOLOGNA 2 OZ	HASH BROWNS 3/4C	HOME FRIES 3/4C	FRIED BOLOGNA 2 OZ
K	CHEESEY POTATO 1C	BISCUIT 2 EA	BISCUIT 2 EA	SYRUP 2 OZ	BREAD 2 EA	SYRUP 2 OZ	HASH BROWNS 1C
F	FRUIT 1 SERV	MARGARINE 2 TSP	MARGARINE 2 TSP	MARGARINE 2 TSP	MARGARINE 2 TSP	MARGARINE 2 TSP	BISCUIT 2 EA
A	SYRUP 3 OZ	CREAM GRAVY 1/4C	COFFEE 8 OZ	COFFEE 8 OZ	APPLE BUTTER 1 OZ	COFFEE 8 OZ	CINNAMON APPLESAUCE 1/2C
S	MARGARINE 3 TSP	COFFEE 8 OZ	MILK 16 OZ	MILK 16 OZ	COFFEE 8 OZ	MILK 16 OZ	JELLY 1 OZ
T	COFFEE 8 OZ	MILK 16 OZ			MILK 16 OZ		MARGARINE 3 TSP
	MILK 16 OZ						COFFEE 8 OZ
							MILK 16 OZ
L		BEEF/RICE/SOY 1C	PINTO BEANS 1 1/2C	FRUIT 1 SERV	HOT DOG 2 EA	GRILLED HAM/CHEESE 1 EA	
U		BEANS 1/2C	RICE 1C	BEVERAGE 8 OZ	BAKED BEANS 1/2C	OVEN BROWN POTATO 1/2C	
N		STIR-FRY VEGS 1C	STEWED TOMATOES 1/2C		FRIED CABBAGE 1/2C	CARROTS 1C	
H		GARLIC BREAD 2 EA	DINNER ROLLS 2 EA		HOT DOG BUN 2 EA	FRUIT 1 SERV	
		FRUIT 1 SERV	FRUIT 1 SERV		MUSTARD 1 OZ	MARGARINE 2 TSP	
		BEVERAGE 8 OZ	MARGARINE 2 TSP		FRUIT 1 SERV	BEVERAGE 8 OZ	
			BEVERAGE 8 OZ		BEVERAGE 8 OZ		
D	MEAT SAUCE 1C	BAKED CHICKEN 1 EA	OVEN FRIED FISH 1 EA	VEGETABLE SOUP 1C	BEVERAGE 8 OZ	MEATLOAF 1 EA	SLOPPY JOE 1/2C
I	SPAGHETTI 1-1/2C	BREAD DRESSING 1/2C	MASHED SWEET POTATO 1C	HAMBURGER 1 EA		MASHED POTATO 1/2C	POTATO AU GRATIN 1C
N	SQUASH 1/2C	GREENS 1/2C	GREEN BEANS 1/2C	OVEN BROWN POTATOES 1/2C		FRIED CABBAGE 1/2C	STIR FRY VEGS 1C
N	CARROTS 1C	BREAD 2 EA	CATSUP 1 OZ	BUN 1 EA		GARLIC BREAD 2 SL	COLESLAW 1C
E	DINNER ROLLS 3 EA	COOKIE 2 EA	BUN 1 EA	BREAD PUDDING 2/3C		GRAVY 1/4C	BUN 1 EA
R	BROWNIE 1 PCE	MARGARINE 2 TSP	CAKE 1 PCE	MUSTARD 1 OZ		COOKIE 2 EA	MARGARINE 3 TSP
	MARGARINE 3 TSP	GRAVY 1/4C	MARGARINE 2 TSP	MARGARINE 2 TSP		MARGARINE 2 TSP	CAKE/ICING 1 PCE
	BEVERAGE 8 OZ	BEVERAGE 8 OZ	BEVERAGE 8 OZ	BEVERAGE 8 OZ		BEVERAGE 8 OZ	BEVERAGE 8 OZ

FOOD SERVICE DIRECTORS MAY MAKE SUBSTITUTIONS WHEN NECESSARY IN ACCORDANCE WITH FOOD SERVICE MANUAL GUIDELINES. PORTION SIZES ARE AS WRITTEN ON THE MENU. FRESH/FROZEN PRODUCE MAY BE SUBSTITUTED SEASONALLY. THE MASTER MENU ALTERNATE ENTRÉE IS 2 OZ CHEESE OR PEANUT BUTTER FOR BREAKFAST AND 1 1/2 C BEANS FOR NOON AND EVENING MEALS.

Signed copy on file
LINDA SHEAR, MS, RD

VIRGINIA DEPARTMENT OF CORRECTIONS
MASTER MENU: OCTOBER 2008-MARCH 2009
WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	JUICE 4 OZ BREAKFAST PASTRY 1 EA WESTERN EGGS 3/4C CHEESEY POTATO 1C BISCUIT 2 EA FRUIT 1 SERV JELLY 1 OZ MARGARINE 3 TSP COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ GRITS 3/4C TURKEY SAUSAGE LINKS 2 EA PANCAKES 2 EA SYRUP 2 OZ MARGARINE 2 TSP COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ FARINA 3/4C COOKED EGGS 2 EA HASH BROWNS 3/4C BREAD 2 EA MARGARINE 2 TSP APPLE BUTTER 1 OZ COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ GRITS 3/4C WAFFLES 2 EA HOME FRIES 3/4C SYRUP 2 OZ MARGARINE 2 TSP COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ OATMEAL 3/4C TURKEY SAUSAGE LINKS 2 EA HASH BROWNS 3/4C BISCUIT 2 EA CREAM GRAVY 1/4C MARGARINE 2 TSP COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ FARINA 3/4C SAUSAGE GRAVY 2/3C HOME FRIES 3/4C BISCUIT 2 EA MARGARINE 2 TSP COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ BREAKFAST PASTRY 1 EA FRIED EGGS 2 EA FRIED BOLOGNA 2 OZ GRILLED POTATO PATTY 2 EA BISCUIT 2 EA FRUIT 1 SERV MARGARINE 3 TSP JELLY 1 OZ COFFEE 8 OZ MILK 16 OZ
L U N C H		PORK PATTY 1 EA OVEN FRIED RICE 1C FRIED CABBAGE 1C HAMBURGER BUN 1 EA FRUIT 1 SERV BEVERAGE 8 OZ	FRUIT 1 SERV BEVERAGE 8 OZ	NAVY BEANS 1 1/2C MAC/CHEESE 1/2C STEWED TOMATOES 1/2C GARLIC BREAD 2 EA FRUIT 1 SERV BEVERAGE 8 OZ	SCALLOPED HAM/NOODLE 1C GREEN BEANS 1/2C DINNER ROLLS 2 EA FRUIT 1 SERV MARGARINE 2 TSP BEVERAGE 8 OZ	TURKEY/CHEESE 3 OZ SALAD/DRESSING 1C POTATO SALAD 1C SANDWICH BUN 1 EA MAYONNAISE 1 OZ FRUIT 1 SERV BEVERAGE 8 OZ	
D I N N E R	BEAN SOUP 1 1/4C HOT DOGS 2 EA OVEN BROWN POTATO 1C COLESLAW 1C HOT DOG BUN 2 EA CAKE/ICING 1 PCE CATSUP 1 OZ MARGARINE 3 TSP BEVERAGE 8 OZ	OVEN FRIED FISH 1 EA MASHED POTATO 1/2C CARROTS 1C SANDWICH BUN 1 EA CATSUP 1 OZ COOKIE 2 EA MARGARINE 2 TSP BEVERAGE 8 OZ	ITAL STYLE SAUSAGE 1 EA OVEN BROWN POTATO 1/2C GREENS 1/2C HOT DOG BUN 1 EA BREAD PUDDING 2/3C MARGARINE 2 TSP MUSTARD 1 OZ BEVERAGE 8 OZ	TURKEY PATTY 1 EA MASHED SWEET POTATO 1/2C STIR FRY VEGS 1/2C BUN 1 EA MUSTARD 1 OZ COOKIE 2 EA MARGARINE 2 TSP BEVERAGE 8 OZ	BEVERAGE 8 OZ	CHILI/SOY with BEANS 1 1/4C RICE 1C FRIED CABBAGE 1/2C DINNER ROLLS 2 EA COOKIE 2 EA MARGARINE 2 TSP BEVERAGE 8 OZ	MEAT SAUCE 1C SPAGHETTI 1 1/2C SALAD/DRESSING 1C GREENS 1C DINNER ROLLS 3 EA CAKE/ICING 1 PCE MARGARINE 3 TSP BEVERAGE 8 OZ

FOOD SERVICE DIRECTORS MAY MAKE SUBSTITUTIONS WHEN NECESSARY IN ACCORDANCE WITH FOOD SERVICE MANUAL GUIDELINES. PORTION SIZES ARE AS WRITTEN ON THE MENU. FRESH/FROZEN PRODUCE MAY BE SUBSTITUTED SEASONALLY. THE MASTER MENU ALTERNATE ENTRÉE IS 2 OZ CHEESE OR PEANUT BUTTER FOR BREAKFAST AND 1 1/2 C BEANS FOR NOON AND EVENING MEALS.

Signed copy on file
LINDA SHEAR, MS, RD

VIRGINIA DEPARTMENT OF CORRECTIONS
MASTER MENU: OCTOBER 2008-March 2009
WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	JUICE 4 OZ CINNAMON OATMEAL 1C PANCAKES 3 EA SAUSAGE PATTY 1 EA CHEESEY POTATOES 1C FRUIT 1 SERV SYRUP 3 OZ MARGARINE 2 TSP COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ FARINA 3/4C TURKEY SAUSAGE LINKS 2 EA HASH BROWNS 3/4C BISCUIT 2 EA GRAVY 1/4C COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ OATMEAL 3/4C COOKED EGGS 2 EA HOME FRIES 3/4C BREAD 2 EA JELLY 1 OZ MARGARINE 2 TSP COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ GRITS 3/4C FRIED BOLOGNA 2 OZ FRENCH TOAST 2 EA MARGARINE 2 TSP SYRUP 2 OZ COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ FARINA 3/4C SAUSAGE GRAVY 2/3C HASH BROWNS 3/4C BISCUIT 2 EA MARGARINE 2 TSP SYRUP 2 OZ COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ OATMEAL 3/4C PANCAKES 2 EA HOME FRIES 3/4C MARGARINE 2 TSP SYRUP 2 OZ COFFEE 8 OZ MILK 16 OZ	JUICE 4 OZ BREAKFAST PASTRY 1 EA WESTERN EGGS 3/4C GRILLED POTATO PATTY 2 EA BISCUIT 2 EA CINNAMON APPLESAUCE 1/2C MARGARINE 3 TSP JELLY 1 OZ COFFEE 8 OZ MILK 16 OZ
L U N C H		FRUIT 1 SERV BEVERAGE 8 OZ	CHILI/soy with BEANS 1 1/4C RICE 1C TURNIP 1/2C GARLIC BREAD 2 SL FRUIT 1 SERV MARGARINE 2 TSP BEVERAGE 8 OZ	VEGETABLE SOUP 1C GRILLED HAM/CHEESE 1 SMDW OVEN BROWN POTATO 1/2C FRUIT 1 SERV BEVERAGE 8 OZ	CHICKEN/RICE/soy 1C BEANS 1/2C GREENS 1/2C GARLIC BREAD 2 SL FRUIT 1 SERV MARGARINE 2 TSP BEVERAGE 8 OZ	TURKEY/CHEESE 3 OZ SALAD/DRESSING 1C POTATO SALAD 1C SANDWICH BUN 1 EA MAYONNAISE 1 OZ FRUIT 1 SERV BEVERAGE 8 OZ	
D I N N E R	HAMBURGER 1 EA PINTO BEANS 1C SCALLOPED POTATO 1C SQUASH 1C BUN 1 EA SHREDDED LETTUCE 1/2C CHOPPED ONIONS 1 OZ BROWNIE 1 PCE MUSTARD 1 OZ MARGARINE 3 TSP BEVERAGE 8 OZ	NAVY BEAN SOUP 1 1/4C OVEN FRIED FISH 1 EA STEWED TOMATOES 1/2C DINNER ROLL 2 EA COOKIES 2 EA CATSUP 1 OZ MARGARINE 2 TSP BEVERAGE 8 OZ	BAKED CHICKEN 1 PCE BREAD DRESSING 1/2C GREENS 1/2C BREAD 2 EA CAKE 1 PCE MARGARINE 2 TSP BEVERAGE 8 OZ	SALISBURY STEAK 1 EA MASHED POTATO 1/2C CABBAGE 1/2C DINNER ROLL 2 EA COOKIES 2 EA MARGARINE 2 TSP GRAVY 1/4C BEVERAGE 8 OZ	BEVERAGE 8 OZ	ITAL STYLE SAUSAGE 1 EA CABBAGE & POTATO 1 1/2C PINTO BEANS 1/2C HOT DOG BUN 1 EA BREAD PUDDING 2/3C MUSTARD 1 OZ MARGARINE 2 TSP BEVERAGE 8 OZ	HOT DOGS 2 EA OVEN BROWN SWEET POTATO 1C CHILI/soy with BEANS 1C BEANS 1/2C STIR-FRY VEGS 1C HOT DOG BUN 2 EA COOKIES 2 EA MUSTARD 1 OZ MARGARINE 3 TSP BEVERAGE 8 OZ

FOOD SERVICE DIRECTORS MAY MAKE SUBSTITUTIONS WHEN NECESSARY IN ACCORDANCE WITH FOOD SERVICE MANUAL GUIDELINES. PORTION SIZES ARE AS WRITTEN ON THE MENU. FRESH/FROZEN PRODUCE MAY BE SUBSTITUTED SEASONALLY. THE MASTER MENU ALTERNATE ENTRÉE IS 2 OZ CHEESE OR PEANUT BUTTER FOR BREAKFAST AND 1 1/2 C BEANS FOR NOON AND EVENING MEALS.

Signed copy on file
LINDA SHEAR, MS, RD

VIRGINIA DEPARTMENT OF CORRECTIONS
MASTER MENU: OCTOBER 2008-MARCH 2009
WEEK 4

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ	JUICE 4 OZ
R	CINNAMON OATMEAL 1C	FARINA 3/4C	GRITS 3/4C	FARINA 3/4C	GRITS 3/4C	OATMEAL 3/4C	BREAKFAST PASTRY 1 EA
3	FRIED EGGS 2 EA	FRENCH TOAST 2 EA	COOKED EGGS 2 EA	PANCAKES 2 EA	TURKEY SAUSAGE LINKS 2 EA	SAUSAGE GRAVY 2/3C	FRIED EGGS 2 EA
A	SAUSAGE PATTY 1 EA	HOME FRIES 3/4C	BISCUIT 2 EA	HASH BROWNS 3/4C	HOME FRIES 3/4C	HASH BROWNS 3/4C	SAUSAGE PATTY 1 EA
K	CHEESEY POTATOES 1C	SYRUP 2 OZ	SAUSAGE GRAVY 2/3C	MARGARINE 2 TSP	BISCUIT 2 EA	BISCUIT 2 EA	O'BRIEN POTATOES 1C
F	PANCAKES 3 EA	MARGARINE 2 TSP	MARGARINE 2 TSP	SYRUP 2 OZ	MARGARINE 2 TSP	MARGARINE 2 TSP	BISCUIT 2 EA
A	FRUIT 1 SERV	COFFEE 8 OZ	COFFEE 8 OZ	COFFEE 8 OZ	APPLE BUTTER 1 OZ	COFFEE 8 OZ	FRUIT 1 SERV
3	SYRUP 3 OZ	MILK 16 OZ	MILK 16 OZ	MILK 16 OZ	COFFEE 8 OZ	MILK 16 OZ	MARGARINE 3 TSP
F	MARGARINE 3 TSP				MILK 16 OZ		JELLY 1 OZ
	COFFEE 8 OZ						COFFEE 8 OZ
	MILK 16 OZ						MILK 16 OZ
L		ITAL STYLE SAUSAGE 1 EA	CREAM OF POTATO SOUP 1 1/4C	FRUIT 1 SERV	BOLOGNA/CHEESE 3 OZ	SAUSAGE/RICE/SOY 1C	
J		OVEN BROWN POTATO 1/2C	GRILLED TURKEY/CH 1 EA	BEVERAGE 8 OZ	POTATO SALAD 1C	BEANS 2/3C	
N		STIR FRY VEGS 1/2C	GREEN BEANS 1/2C		COLESLAW 1C	FRIED SQUASH 1/2C	
C		HOT DOG BUN 1 EA	FRUIT 1 SERV		SANDWICH BUN 1 EA	GARLIC BREAD 2 EA	
H		CHOPPED PEPPER/ONION 1/4C	MARGARINE 2 TSP		FRUIT 1 SERV	FRUIT 1 SERV	
		MUSTARD 1 OZ	BEVERAGE 8 OZ		MAYONNAISE 1 OZ	MARGARINE 2 TSP	
		FRUIT 1 SERV			BEVERAGE 8 OZ	BEVERAGE 8 OZ	
		BEVERAGE 8 OZ					
D	VEGETABLE SOUP 1C	BEVERAGE 8 OZ	SALISBURY STEAK 1 EA	PORK PATTY 1 EA	SLOPPY JOE 1/2C	OVEN FRIED FISH 1 EA	HOT DOGS 2 EA
I	HAMBURGER 1 EA		SCALLOPED POTATO 1C	CANDIED YAMS 1/2C	SCALLOPED POTATO 2/3C	MASHED POTATO 1/2C	BAKED BEANS 1C
N	MASHED POTATO 1C		TURNIP 1/2C	GREENS 1/2C	FRIED CABBAGE 1C	GREENS 1/2C	FRIED CABBAGE 1/2C
N	GLAZED CARROTS 1C		GARLIC BREAD 2 EA	BREAD 2 EA	BUN 1 EA	TARTAR SAUCE 1 OZ	COLESLAW 1C
E	HAMBURGER BUN 1 EA		CAKE 1 PCE	COOKIES 2 EA	CAKE 1 PCE	DINNER ROLLS 2 EA	HOT DOG BUN 2 EA
R	CAKE/ICING 1 PCE		MARGARINE 2 TSP	MARGARINE 2 TSP	BEVERAGE 8 OZ	BREAD PUDDING 2/3C	CAKE/ICING 1 PCE
	MARGARINE 3 TSP		BEVERAGE 8 OZ	GRAVY 1/4 C		MARGARINE 2 TSP	MUSTARD 1 OZ
	CHOPPED ONION 1 OZ			BEVERAGE 8 OZ		BEVERAGE 8 OZ	MARGARINE 2 TSP
	MUSTARD 1 OZ						BEVERAGE 8 OZ
	BEVERAGE 8 OZ						

FOOD SERVICE DIRECTORS MAY MAKE SUBSTITUTIONS WHEN NECESSARY IN ACCORDANCE WITH FOOD SERVICE MANUAL GUIDELINES. PORTION SIZES ARE AS WRITTEN ON THE MENU. FRESH/FROZEN PRODUCE MAY BE SUBSTITUTED SEASONALLY. THE MASTER MENU ALTERNATE ENTRÉE IS 2 OZ CHEESE OR PEANUT BUTTER FOR BREAKFAST AND 1 1/2 C BEANS FOR NOON AND EVENING MEALS.

Signed copy on file
LINDA SHEAR, MS, RD

Inmate Correspondence
From the Office of
B. J. Wheeler
Warden Senior

MEMORANDUM

TO: Inmate Christina Acker #327094 8C 105
FROM: B. J. Wheeler, Warden Senior 
DATE: September 23, 2008
RE: Limitation of Grievance Filings (OP 866.1)

The Inmate Grievance Procedure (OP #866.1) allows inmates to seek administrative remedies for a variety of concerns in a timely manner. All inmates have access to and can use the grievance procedure in good faith for problem-resolution purposes.

Inmates "who abuse the grievance procedure by excessive filings or habitual misuse of the procedure hinder access by other inmates and impede staff's ability to investigate and resolve complaints within specified time limits". All inmates at Fluvanna Correctional Center deserve the right to have equal access to the grievance procedure as detailed in OP #866.1.

It has been noted that you were advised on numerous occasions of the proper procedure to file a grievance. You refuse to follow proper procedure when submitting grievances, but continue to abuse and misuse the grievance procedure.

The number of grievances that you continue to submit has been deemed excessive. Per 866.1 (J-3); "Where an inmate is adjudged to be abusing the inmate grievance process, it is the responsibility of the Warden/Superintendent to regulate that inmate's usage of the regular and emergency grievance procedures". This continued excessive submission of grievances demonstrates that you are not utilizing the Grievance Procedure in a good faith effort to resolve your complaints as policy mandates. Your excessive filing of grievances also hinders access by other inmates and impedes staff's ability to investigate and resolve complaints as specified within the time limits of OP #866.1.

✓ You have demonstrated an excessive misuse and abuse of the grievance procedure. As a result, you are being limited to one (1) grievance and one informal complaint per week. This limitation will become effective September 29, 2008.

Please understand that there will be no limitations on your use of the Emergency Grievance Procedure as it pertains to your life, health and safety. Also, as a reminder the following guidelines must continue to be followed regarding the use of the Inmate Request Forms and Informal Complaint Forms as follows:

1. You may be permitted to use only the standard Inmate Request Form (IMS) when writing staff members or departments. Correspondence on paper other than the standard form will be returned.
2. When using the Inmate Request Form, only one staff member or department may be written regarding a particular issue. In the event, multiple staff members are written or the forms are sent to a staff member or department outside the Chain of Command, the request form will be returned.
3. You may write only one issue per request form. In the event that there are multiple issues per request form, the form will be returned.

. This limitation will be reviewed ninety (90) days from the date of September 29, 2008.

Fluvanna Correctional Center
Prison for Women
B. J. Wheeler
Warden

To: Inmate C. Acker # 327094

From: B.J. Wheeler, Warden 

Re: Limitation of Emergency Grievance Filings (OP #866.1)

Date: December 8, 2008

The Offender Grievance Procedure (OP #866.1) allows offenders to seek administrative remedies for a variety of concerns in a timely manner. All offenders have access to and can use the grievance procedure in good faith for problem-resolution purposes.

Offenders "who abuse the grievance procedure by excessive filings or habitual misuse of the procedure hinder access by other offenders and impede staff's ability to investigate and resolve complaints within specified time limits". All offenders at Fluvanna Correctional Center deserve the right to have equal access to the grievance procedure as detailed in OP #866.1.

It is noted that you have been advised on numerous occasions of the proper procedure for submitting an emergency grievance. You have been advised that the definition of an Emergency Grievance is clearly stated at the top of the Emergency Grievance Form as, "Emergencies are defined as situations or conditions which may subject the offender to immediate risk of serious personal injury or irreparable harm."

After continued attempts by staff to ensure you that you are receiving the DOC required 16 ounces of milk, you continue to submit numerous emergency grievances stating "that you are not getting 24 ounces" of milk daily as you desire.

You were provided with a copy of the DOC Menu on November 12, 2008, by Officer Soukup. You yourself acknowledged this in your IMS to Officer Soukup dated 11/16/2008. The menu clearly states that you are to receive 16 ounces of milk daily and in the Emergency Grievances that you have submitted since that day, you have acknowledge that you have in fact received the DOC required 16 ounces of milk. You also acknowledge in your IMS to Officer Soukup that you had previously obtained a copy of the DOC menu that stated 16 ounces of milk daily prior to the one provided to you by Officer Soukup. In your IMS you continue by stating that you "will continue to grieve anything less than 24 ounces of milk daily."

Due to your continued submissions of emergency grievances for an issue that is not valid you are not to submit any further emergency grievances pertaining to milk when you are receiving the amount called for in the DOC menu. There will be no limitations on your use of the Emergency Grievance Procedure as long as any grievances submitted meet the criteria of an emergency grievance and are of a valid nature.

This limitation directive is in addition to the limiting letter that you received on September 23, 2008. This limitation will be reviewed ninety (90) days from the date of December 8, 2008.

cc: FCCW Food Services
Administrative Duty Officers
Institutional Ombudsman
Regional Ombudsman

EXHIBIT

Muslim Virginia Prisoner Entitled to 2,200 Calories During Ramadan

of records); understaffing; and lax suicide prevention procedures. Plainly, based on the three plaintiffs' experiences, concern for suicidal prisoners was mortally inadequate. These flawed policies of the county made them directly liable under 42 U.S.C. § 1983, if only by omission of constitutionally adequate safeguards for the mental health and well-being of the decedents. A major point in Abdollahi's suit was that he was experiencing severe heroin withdrawal, specialized needs for which were simply ignored. In Summers suit, falsified records of non-existent cell checks were found contributory. Finally, the inadequate suicide prevention policy at the time of Arambula's death was accepted by the court as a triable issue.

Named defendants included staffers in the Sheriff's department as well as nurses provided under contract from the University of California at Davis. The settlement provided that the county would pay \$450,000 while the University paid the remaining \$550,000. Of the \$1,000,000, half went to Katz and the three attorneys who worked for years gaining relief for the plaintiffs. Arambula's two sons each received \$100,000 annuities while his parents received \$50,000. Abdollahi's son was paid \$150,000 and Summers' mother received \$100,000. See: *Abdollahi v. County of Sacramento*, U.S.D.C. (E.D. Cal.) Case No. CIV-S-02-2488 FCD JFM (consolidated cases). The settlements are posted on PLN's website. ■

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See page 45 for ordering information

A federal district court has issued a preliminary injunction requiring the Virginia Department of Corrections (VDOC) to provide a Muslim prisoner with "food items containing 2,200 calories" daily during Ramadan, a month-long period of religious fasting.

This action was brought by Keen Mountain Correctional Center prisoner William R. Couch, who is a Sunni Muslim. Couch's complaint alleged claims under the First Amendment and Religious Land Use and Institutionalized Persons Act (RLUIPA), stating that prison officials had "deprived him of adequate nutrition and calories during Ramadan" in 2002, 2003, 2004 and 2005.

VDOC operating procedures allow each prison to decide whether to provide Ramadan participants with the same full, hot breakfast that is served to the general prison population or to provide a significantly smaller, cold bag meal. Prison officials always opted to serve the bag meal. During previous Ramadans, Couch was provided with only "approximately 1,000 calories per day." As a result, he said he experienced weight loss of about 13 pounds, constant hunger, "hunger headaches" and listlessness. ■

For the Ramadan fast in 2006, prison officials advised Couch they would follow the previous Ramadan procedures. Couch then filed suit on the previous violations of his religious rights and for preliminary

injunctive relief to prevent future violations and harm. The court granted the defendants' motion for summary judgment in part, finding that some of Couch's claims were barred by the statute of limitations and others for failure to exhaust administrative remedies. The remaining exhausted claims were allowed to proceed. See: *Couch v. Jabe*, 479 F.Supp.2d 561 (W.D.Va. 2006).

In ruling on the preliminary injunction motion, the district court found the defendants did not present evidence to contradict Couch's claim that he suffered physical injury of weight loss due to reduced caloric intake during Ramadan. Nor did they refute that the smaller bag breakfast only provides about 1,000 calories per day. ■

The court held that such weight loss is "an injury that amounts to irreparable harm." The defendants offered no evidence that the preliminary injunction, if granted, would "disrupt the orderly operation of the food service process at Keen Mountain and other prisons." As such, the district court entered preliminary injunctive relief requiring prison officials to provide Couch with 2,200 calories daily during Ramadan. See: *Couch v. Jabe*, USDC W.D.Va., Case No. 7:05-cv-00642-PMS (Sept. 22, 2006).

The case settled on undisclosed terms on March 19, 2007, and the court retained jurisdiction to enforce the settlement agreement between the parties. ■

Involved upper security staff

Sgts. Houchens, Garland, Thomas, Sprague,
Cudlewski, Saunders, Brie, Sluss, Parrish

Lt. Newman, Bland, Hopkins, Pugh

Capt. - Jones

Major - Frame

Summary of daily milk totals

0 oz.	4 days total
8 oz.	9 days "
16 oz.	64 days "
24 oz.	40 days "

DATE	MEAL	TOTAL	DAILY TOTAL	STAFF
7/7/08	B	8 02	8 02	COLLINS
7/14/08	B	0 02		
"	L	8 02		
"	D	8 02	16 02	BANKS
7/15/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
7/16/08	B	0 02		
"	L	8 02		
"	D	8 02	16 02	
7/17/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
7/18/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
7/21/08	B	0 02		
"	L	8 02		
"	D	0 02	8 02	
7/22/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
7/23/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
7/24/08	B	0 02		
"	L	8 02		
"	D	8 02	16 02	
7/25/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
8/26/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
8/5/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
8/6/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
8/8/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	

DATE	METAL	TOTAL	DAILY TOTAL	STAFF
8/9/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
8/10/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
8/11/08	B	8 02		
"	L	0 02		
"	D	0 02	8 02	
8/12/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
8/13/08	B	8 02		
"	L	8 02		
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8/14/08	B	8 02		
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"	D	8 02	24 02	
8/15/08	B	8 02		
8/15/08	L	0 02		
"	D	8 02	16 02	
8/16/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
8/17/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
8/18/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
8/19/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
8/20/08	B	0 02		
"	L	8 02		
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8/22/08	B	0 02		
"	L	8 02		
"	D	8 02	16 02	
8/23/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	

(2)

DATE	METAL	TOTAL	DAILY TOTAL	STAFF
8/24/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
8/25/08	B	8 02		
"	L	8 02		
"	D	0 02	16 02	
8/26/08	B	0 02		
"	L	8 02		
"	D	8 02	16 02	
8/27/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
8/28/08	B	8 02		
"	L	0 02		
"	D	8 02	16 02	
8/29/08	B	8 02		
"	L	0 02		
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9/23/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
9/24/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	

DATE	MEAL	TOTAL	DAILY TOTAL	STAFF
9/25/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
9/26/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
9/27/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
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"	D	0 02	8 02	
9/29/08	B	0 02		
"	L	0 02		
"	D	0 02	0 02	
9/30/08	B	0 02		
"	L	0 02		
"	D	0 02	0 02	
10/1/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
10/2/08	B	0 02		
"	L	8 02		
"	D	8 02	16 02	
10/3/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
10/4/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
10/5/08	B	8 02		
"	L	8 02		
"	D	8 02	24 02	
10/6/08	B	8 02		
"	L	8 02		
"	D	0 02	16 02	
10/7/08	B	8 02		
"	L	0 02		
"	D	16 02	24 02	
10/8/08	B	8 02		WINGATE
"	L	0 02		ARMSTRONG
"	D	8 02	16 02	"
10/9/08	B	16 02		JOHNSON
"	L	0 02		DROSTE
"	D	8 02	24 02	FOUNTAIN
10/10/08	B	16 02		JANSON
"	L	0 02		ASHBY
"	D	8 02	24 02	"

DATE	MEAL	TOTAL	DAILY TOTAL	STAFF
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"	L	0 02	16 02	ANDERSON
10/12/08	B	16 02		ASHBY
"	L	0 02	16 02	FLORIGAC
10/13/08	B	16 02		DORAN
"	L	0 02		ARMSTRONG
"	D	0 02	16 02	"
10/14/08	B	16 02		DONNEWITCH
"	L	0 02		ARMSTRONG
"	D	0 02	16 02	JACKSON
10/15/08	B	0 02		MARSHALL
"	L	0 02		ASHBY
"	D	0 02	0 02	"
10/16/08	B	0 02		JOHNSON
"	L	16 02		ANDERSON
"	D	8 02	24 02	"
10/17/08	B	16 02		DORAN
"	L	0 02		SMITH
"	D	8 02	24 02	DROSTE
10/18/08	B	16 02		DROSTE
"	L	8 02	24 02	SMITH
10/19/08	B	16 02		ARMSTRONG
"	L	8 02	24 02	DROSTE
10/20/08	B	16 02		JOHNSON
"	L	0 02		PALMER
"	D	0 02	16 02	CHARLES
10/21/08	B	8 02		DORAN
"	L	0 02		ANDERSON
"	D	8 02	16 02	"
10/22/08	B	8 02		RIEDEL
"	L	0 02		ARMSTRONG
"	D	8 02	16 02	"
10/23/08	B	16 02		BROOKS
"	L	0 02		WINKATE
"	D	0 02	16 02	"
10/24/08	B	16 02		JANSON
"	L	0 02		BANKS
"	D	8 02	24 02	ASHBY
10/25/08	B	16 02		HARMON
"	L	8 02	24 02	ASHBY
10/26/08	B	16 02		PALMER
"	L	0 02	16 02	ASHBY

DATE	METAL	TOTAL	DAILY TOTAL	STAFF
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"	L	0 02		FRYE
"	D	0 02	8 02	"
10/28/08	B	16 02		CROWD
"	L	0 02		FRYE
"	D	0 02	16 02	"
10/29/08	B	16 02		BROOKS
"	L	0 02		ARMSTRONG
"	D	0 02	16 02	BANKS
10/30/08	B	16 02		BROOKS
"	L	0 02		ANDERSON
"	D	0 02	16 02	"
10/31/08	B	16 02		WOMACK
"	L	0 02		ARMSTRONG
"	D	8 02	24 02	BOODE
11/1/08	B			
"	L	16 02		ARMSTRONG
"	D	8 02	24 02	ORSTE
11/2/08	B			
"	L	16 02		JACKSON
"	D	8 02	24 02	BOODE
11/3/08	B	8 02		MARSHALL
"	L	0 02		PALMER
"	D	0 02	8 02	PALMER
11/4/08	B	16 02		JONES
"	L	0 02		ANDERSON
"	D	8 02	24 02	BANKS
11/5/08	B	16 02		BORAN
"	L	0 02		ORSTE
"	D	0 02	16 02	SMITH
11/6/08	B	16 02		JOHANSON
"	L	0 02		ORSTE
"	D	0 02	16 02	ORSTE
11/7/08	B	16 02		JAMISON
"	L	0 02		BANKS
"	D	8 02	24 02	BANKS
11/8/08	B			
"	L	8 02		MUSE
"	D	8 02	16 02	PARKER
11/9/08	B			
"	L	16 02		BANKS
"	D	0 02	16 02	ASTAY
11/10/08	B	16 02		WOMACK
"	L	0 02		FRYE
"	D	0 02	16 02	FRYE
11/11/08	B	16 02		JACKSON
"	L	0 02		JACKSON
"	D	0 02	16 02	JACKSON
11/12/08	B	16 02		TOTUSEN
"	L	0 02		ERDRIDGE
"	D	0 02	16 02	ERDRIDGE

DATE	MEAL	TOTAL	DAILY TOTAL	STAFF
11/13/08	B	16 02		JOHNSON
"	L	0 02		BURKE
"	D	0 02	16 02	BURKE
11/14/08	B	16 02		TUCKER
"	L	0 02		DROSTE
"	D	8 02	24 02	DROSTE
11/15/08	B	16 02		DROSTE
"	L	0 02		
"	D	0 02	16 02	KENDRICK
11/16/08	B	16 02		FRYE
"	L	8 02	24 02	GOOME
11/17/08	B	16 02		BROOKS
"	L	0 02		HARMON
"	D	0 02	16 02	BANKS
11/18/08	B	16 02		HAN
"	L	0 02		BURKE
"	D	8 02	24 02	BURKE
11/19/08	B	16 02		JOHNSON
"	L	0 02		FRYE
"	D	0 02	16 02	DROSTER
11/20/08	B	16 02		WILLIAMSON
"	L	0 02		FRYE
"	D	0 02	16 02	FRYE
11/21/08	B	16 02		BROOKS
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11/22/08	B	16 02		ASHTON
"	L	0 02		BURKE
"	D	0 02	16 02	
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"	L	0 02		HARMON
"	D	0 02	16 02	BROOKS
11/24/08	B	16 02		ARMSTRONG
"	L	0 02		
"	D	0 02	16 02	
11/25/08	B	16 02		MATTHEWS
"	L	0 02		DROSTE
"	D	0 02	16 02	DROSTE
11/26/08	B	16 02		JOHNSON
"	L	0 02		BANKS
"	D	0 02	16 02	BANKS
11/27/08	B	16 02		SPANSE
"	L	8 02	24 02	SPICER
"	D	0 02		WASHINGTON
11/28/08	B	16 02		JACKSON
"	L	0 02		JACKSON
"	D	0 02	16 02	

DATE	METAL	TOTAL	DAILY TOTAL	STAFF
11/29/08	B }	16 02		DROSTE
"	L }	0 02	16 02	ARMSTRONG
11/30/08	B }	16 02		KENDRICK
"	L }	0 02	16 02	DROSTE
12/1/08	B	16 02		HUFF
"	L	0 02	16 02	HARMON
12/2/08	B	16 02		HARMON
"	L	0 02	16 02	TUCKER
12/3/08	B	16 02		BANKS
"	L	0 02	16 02	BANKS
12/4/08	B	16 02		BROOKS
"	L	0 02	16 02	JACKSON
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"	L	0 02	16 02	JOHNSON
12/6/08	B	16 02		DROSTE
"	L	0 02	16 02	DROSTE
12/7/08	B	16 02		BROOKS
"	L	0 02	16 02	BURKE
12/8/08	B	16 02		COOKE
"	L	0 02	16 02	ASTORY
12/9/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG
12/10/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG
12/11/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG
12/12/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG
12/13/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG
12/14/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG
12/15/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG
12/16/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG
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"	L	0 02	16 02	ARMSTRONG
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"	L	0 02	16 02	ARMSTRONG
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12/22/08	B	16 02		ARMSTRONG
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12/23/08	B	16 02		ARMSTRONG
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12/24/08	B	16 02		ARMSTRONG
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12/25/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG
12/26/08	B	16 02		ARMSTRONG
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"	L	0 02	16 02	ARMSTRONG
12/28/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG
12/29/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG
12/30/08	B	16 02		ARMSTRONG
"	L	0 02	16 02	ARMSTRONG

Christina Coker #327084
Bldg 8, Wing #C, Bed #105
Fluvanna Correctional Center
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P.O. Box 1000
Troy, Virginia 22974

12/28/08

Senator Jim Webb
144 Russell Senate Bldg
Room 204
Washington, D.C. 20510

Ref: a) Defrauding inmates ... denial of
adequate, wholesome food
b) Cost of untrained staff
c) "For Profit" sub-contractors defraud-
ing inmates, cancelling fundamental Con-
stitutional rights, Stealing from Virginia
and federal taxpayers.

Dear Senator Webb:

As you can see by the enclosed "Notice
to the Court", inmates at FCCW, and
myself in particular are being denied
adequate wholesome food. I have been
told by both staff and inmates that
food mgr. Rick Collins is stealing food
from FCCW. I am asking for an investigation

of the food service dept at FCCW by an outside federal master (not state or DOC). You can readily see that the grievance system is nothing short of a sewer from Level I to Level III, with no correction possible. Ex #9, which is backed by 125-150 emergency grievance responses and ex #1... i.e. emergency grievance responses from Collins, Hunt and Jones in the kitchen are all calling Warden Wheeler a liar and incompetent as demonstrated in ex #7, letter of 12/8/08. As stated in the "Notice to the Court" I focused on the milk because it was easier to trace, and I am by no means saying that the rest of the menu was adequate, because it was not. Most inmates stay approx one (1) month in lockdown and they lose approx. 20 lbs. Said weight loss, as defined by the court (see ex #8) is serious personal injury and irreparable harm... i.e. justifying an emergency grievance. The disreputable part is that Deputy Director of Operations John Gabe was already ordered by the federal court, in a similar case to provide adequate food to inmates.

The focus of this missive is the lack of adequate wholesome food. Of course said violation does not occur in a

vaccum. Both administrative and security staff are greatly at fault and the crooked "For Profit" companies... i.e. PHS, Inc (medical), Keeffe Commissary Sales (commissary) and Access Securepak (food trays) are in collusion with them. As is self evident by the "Notice to the Court", security staff are so untainted that they don't know what an emergency grievance is, as they are more than willing to defraud the inmates, or a combination of both. A DOC menu is posted on the bulletin board. But then, as we have seen in the "Notice to the Court", that would not be much help, since the whole DOC menu is a fairytale. Then you have Collins and Hunt (et al) who admit in writing that it is 54% of mock daily. On the administrative side you have years of grievances corrupted by Marie Jones and Wheeler, who actually plot to defeat their own grievance system. Lastly, you have John Jobe who definitely knows what is going on, as he personally has already been sued and VDOC has loss in federal court on the same issue of food fraud. The CO(s) are more than willing to lie on the logs they maintain stating that the inmate ate and falsifying weight when they can

see how little food is on the tray. I do feel for the CO(s) (some of them) because they get little to know training. Today's rookie, in a month, will be training the next rookie. The stress is on, "Don't obey ADOC policy", do what we tell you to do says upper staff. Few CO(s) are thrown into situations that they can't handle, but they worry little, because as long as the issue stays within DOC walls, staff will never be wrong, and the inmate will never be right.

It is tragic indeed that Wheeler is warden. Personally, I don't know the woman, and I have no reaction to her on that level. There must be a warden. But the caliber of Wheeler et al is so low, the motive is obvious, and the ignorance is tragic for both inmates and staff. The woman is a walking law suit. She has 4 suits coming out her that I know of. (they are not all mine). Unfortunately, there is no correction coming from Jabe. I personally have critiqued numerous policies to Jabe... i.e. IOP 750.4 (medical), 862.1 (property), 866.1 (grievance), 861.3 (special housing), 803.1 (mail) 803.2 (publications) and pointed out hundreds of incongruities between procedure and policies, policies and their legal source, policy to state

statutes, and state statutes to federal statutes and law. The foregoing are in the two (2) federal suits.

There are 3 "for profit" companies that I will address in this missive, as they underscore the denial of food addressed herein. That is not to say that they are not involved in major Constitutional violations in collusion with DOC to defraud inmates and Virginia and federal taxpayers on other Constitutional issues.

a) PHS, Inc. is the medical sub-contractor. The parent company is American Service Group out of Brentwood, Tenn. I am suing this company from Md & Va incarcerations. They were thrown out of Maryland approx. one year after I was transferred to Va. DOC. PHS, Inc. does not follow upon weight loss of inmates housed in segregation at FCCW because of the deprivation of food. PHS, Inc. has also had it's contract in Florida cancelled. PHS, Inc. holds substantial contracts as medical sub-contractor in 38 states. This is interesting because PHS, Inc. does not practice medicine

They are sub-contracted by the state, and they further sub-contract to the individuals who do the actual work of seeing the inmates. PHS, Inc. is strictly a middle

man. In Florida, the contract that DOC had with PHS, Inc. was worth 700 million dollars for 5 years. That is 140 million a year for doing nothing. I have no doubt that UDOC is paying PHS, Inc. a like amount. 200-300 million has got to be sheer profit. Why would the state of Virginia pay a private "For Profit" company 200-300 million dollars for nothing? Of course, Am. Sen. Group makes alot of campaign contributions to grateful officials. (I am not including you Senator, or I would not be writing you, if that were the case) It seems that PHS, Inc. has had close to 800 federal suits filed against them in 5 years. That does not include state suits, which are even more numerous. PHS, Inc. has killed over 40 inmates in one (1) year, and paid liability in the hundreds of millions of dollars. See N.Y. Times article, 5/17/05 by Paul von Ziehlbauer. While at FCCW, PHS, Inc. is paid so much per head, per inmate, whether they use medical or not. Of course PHS, Inc. is out to make money, and PHS, Inc. looks to bang inmate accounts as often as they can. Some inmates put in 2 and 3 sick call slips before they are seen. PHS, Inc. charges \$5 for each sick call request, even though the inmate is seen only once. DOC backs

This illegal behavior. There is not suppose to be a charge for renewal of existing prescriptions, PHS, Inc. charges even though FOP 720.4 says no chg. DOC staff took this illegality against their own policy. As for medical grievances, they are a joke. The grievance system itself is a sewer. Additionally, FCCW in collusion with PHS, Inc. charges indigent inmates against future monies. This is illegal.

The second "For Profit" company is Keefe Commissary Sales. How does this affect food? Since 1/1/04 I as col. seg. have been denied the right to purchase food. In Oregon and Maryland lockdown, I could purchase food. Of course Keefe commissary blames security staff and Wheeler, and Wheeler and security staff blame Keefe Commissary, which is a joke, because under conspiracy, they are all equally guilty. In Florida again, in the last few months, the DOC director and one other highly placed DOC official are now serving 10 years in prison for bribery - i.e. DOC contracts for Keefe Commissary. Gov. Matt Blunt of Missouri (Keefe's main office is in St. Louis, Missouri) is holding the DOC commissary contract for Keefe! It is worth 35 million dollars. Blunt, as the good people that he is writing to would

The commissary contract to Keefe because Keefe contributed \$100,000 to Blunt's re-election campaign. Of course, Blunt may have to wait longer, as criminal charges against Keefe have arisen in Texas. Keefe now has the contract in U-DOC since 1/1/04. Can you explain why 35 million dollars is given to a "For Profit" company, when Va. DOC could easily run the commissary for under one million yearly? There has to be at least over 20 million in profit, after the merchandise and staff salaries are paid. Keefe pays Va. DOC, so much per inmate for the exclusive right to cheat the inmates. The prices on over 20 main line items have been raised 2¢ to 10¢ over a dozen times already. Keefe has easily re-couped it's outlay for the contract to over-charge inmates without interference from DOC.

For the last year, a new holiday package company... i.e. Access Securepak (St. Louis, Missouri) has the bi-yearly exclusive contract for inmate food packages. The prices are up 40% from the previous contractor... i.e. Am Commissary Supplies. The items are almost the same. Fr. 4: Maxwell House coffee - 4oz bag. was \$2.60, now with Access Securepak it is \$3.70. These

contracts are suppose to be competitive bidding. The first thing that come to my mind is who (BOC) approved this contract, and how much is he being paid on the side. What happened to "Fair Market Price". They have a 10% profit margin, not 40%.

I have to laugh when I listen on the radio how Gov. Kaine is running here and there to save a million here and a million there. That is admirable and in these difficult times necessary. But why do they ignore the prison system? You don't have to cut back staff, you just have to change the contracts. As I have shown, and I have no doubt that you can get more information, there is at least 250-350 million sheer profit coming off of the Va BOC. Why are you giving it away?

The old adage of lock them up and throw the key away needs to be updated. At FCCW there is no rehabilitation at all, but then there is no constitutional right to rehabilitation. What you have at V-BOC is exploitation of inmates ... is a captive market. And who is paying for this ... i.e. the federal and Virginia taxpayers. V-BOC should be running at a surplus, not a deficit. The more the public knows

about what is going on in FCCW, the better. Don't build new prisons, but rather raise the knowledge and efficiency of existing staff. There is so much staff waste at FCCW, a motion study engineer could make a fortune here, just eliminating waste. N.Y. state is closing prisons (Sawane Lake) because they stress re-habilitation, not warehousing inmates. Texas is not building any new prisons either because they can't find even low level staff to be employed as guards. Giving prison contracts to Geo Group and CCA is known to be expensive and ineffective, and these private prisons pay their staff even lower than the state pays. California is looking for a federal judge to put a cap on the number of inmates they can lock up because the legislature does not want to go against their main campaign contributors... i.e. the prison guard union. The guards want full prisons and overtime.

Upper Va. DOC staff are well aware of the corruption in DC. My letter to John Gabe only link him to Wheeler et al's illegalities, as he will make no move to correct. I remind you of the Montrey v Commonwealth of Va. (Eastern Dist.) Case # 3:07-cv-00476 in which Gov. Kaine settled with almost a

closer female inmates plaintiffs for an undisclosed amount. The rape of these female inmates was known for years by upper DOC staff, who did nothing to protect the inmates from security staff. The VDOC grievance system was found to be a farce by the court, which it is.

In closing Senator, I have written a harsh letter, but an honest one. I am well aware that my word, as inmate, counts for nothing in a courtroom, that is why I will always document. (For ex: the emergency grievances mentioned in the notice to the court)

The present situation and the attitude of DOC staff reminds me of 2 quotes which are very relevant, and I am sure that you will recognize them... i.e. "the central evil in prisons is the unreviewed administrative discretion granted to poorly trained personnel." See Wolff v. McDonnell et al, 418 US 539

and a quote from Lord Acton to the 19th century English House of Lords, .. "Power corrupts, and absolute power corrupts absolutely."

I strongly recommend an investigation of the areas discussed in this letter by a federal special master, and a restructuring and investigation of upper security staff and administration. I am asking for the

same in the 2 federal cases pending. If
you hand this back to the state of Va,
nothing will be done, as they have a vested
interest in the status quo.

In anticipation of your reply, I remain,
Very truly yours,

Christina Coker #327097

cc: USDC of W. Va.

Senator Jim Webb

John Jabe

Major Frame

R. J. McSpree

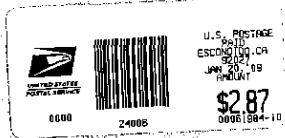
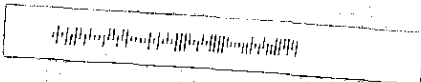
Barbara Wheeler

Rick Collins

Other interested parties.



Ms. Christina Acker #327094
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Bld #8 Wing #C Bed #105
P.O. Box 1000
TROY, VA 22974



UNITED DISTRICT COURT
DISTRICT OF WESTERN VIRGINIA
P.O. BOX
ROANOKE, VA 24006