

## Artful Deprivation of Sleep and Sustenance

Through an act of artful meal scheduling the core population of the Wainwright Plantation has been reduced to two meals per day, with a mere five of the total number of meals each week being served fresh.

### Typical Nighttime Schedule

A	—	10:30 p -	- 11:00 p
	—	11:30 p -	- 12:00 a
B	—	12:30 a -	- 1:00 a
	—	1:30 a -	- 2:00 a
C	—	2:30 a -	- 3:00 a
D	—	3:30 a -	- 4:00 a
E	—	4:30 a -	
F	—		

A - Rack Time (bedtime) /  
Roster Count  
B - Midnight Count  
C - Breakfast Served

D - Showers Conducted  
E - Wake for Work /  
Early Morning Count  
F - Turnout for Work

There are seven count activities performed each day: items A, B, E, and four more during the daytime. On average, each of these counts takes 60-90 minutes to complete, but can take much longer. Each count activity consists of two separate counts, called "count" and "cross-count," respectively, and each is performed by different guards (or groups of guards). The span of time between them can range from two or three minutes, on the low side, to an hour or more, on the high. Each separate count, usually even those conducted in the wee hours of the night, is accompanied with an, or multiple shouted announcements of the event (e.g., "Count Time! Everybody get in your bunks! Count Time!"). Some few guards forgo the shouting and are considerate of those sleeping; most are not.

Roster Count follows close behind Rack Time (item A). With but few rare exceptions the guard conducting the "count" will require prisoners to be awake to present their IDs; most "cross-counters" will not. So if the shouted announcement did not wake a sleeping prisoner the guard(s) conducting the first of the counts would be more likely than not to do so.

Close on the heels of Roster Count is Midnight Count (item B). Beyond being vociferously announced, most guards will not intentionally wake a sleeping prisoner for this count. "Most," however, is the crucial modifier here, for some guards have been known to wake sleeping prisoners (by shining their flashlight in the prisoner's face, using their cell keys to rap on the bars or the bunk, etc.) under the pretense of making sure the prisoner is not dead. The guards who do such as this at night also do the same when encountering a prisoner sleeping during the daytime, indifferent to the fact that some prisoners work all night (e.g., some kitchen workers); indifferent to the fact that, because of the officially orchestrated disturbances during the night, some prisoners find it necessary to go to sleep early during the evening whenever possible.

Breakfast (item C) is usually served between 1:30-2:30 a.m., but the core population cannot partake of the meal (see note following), as doing so would deprive those workers of sleep that is necessary in order for them to perform their jobs safely and efficiently. The majority of the working population is on the job from early morning until mid-afternoon. And a large number of these workers (e.g., agricultural and garment factory workers) must wake at or before 4:00 a.m. (see item E to prepare for the workday.

Note. This is plausibly deniable deprivation of sustenance, at least in the written form of the record, because it can be shown that a meal was available. The record, however, unless scrutinized closely, as is being done here, will not reveal a denial. Close scrutiny, though, reveals that, while a meal may have been served, it is unreasonable to believe that such was actually available to the whole of the population.

Showers (item D) affect the working population only in that the announcement(s) of them, and the activity that arises as a result of them, creates yet another sleep disturbance. The working population is (usually) provided with showers following their workday; usually, but not always.

The distribution of layin passes (similar to elementary school hall passes, a holdover from the days of black slavery), not always but frequently, presents yet another interruption during the night. Although these passes are available early during the evening hours they are not; typically, distributed until after Rack Time (item A), and they might be distributed as late as 3:00 a.m. And as is true with the various "Count" routines, some guards will wake the prisoners; some will not.

Sleep deprivation is reasonably easy to identify in the above, and deprivation of sustenance has been seen, as it applies to breakfast and the workers, but there is more here that begs addressing. More than a year past, with the occasional exception of a breakfast meal, a policy was adopted at the Wainwright Plantation to serve Johnny-sacks for all weekend meals throughout the facility. This policy deprives every prisoner of a significant number of 'served fresh' meals. And the, perhaps six months past (circa early 2022), or perhaps even earlier, a policy was adopted by plantation management that called for alternating 'fresh served' meals with Johnny-sacks (usu. cold sandwiches, one of which is always peanutbutter (usually with jelly) and boiled eggs) between the lunch and supper meals. Consider a two-week meal schedule:

North Side			South Side		
Lunch / Supper			Lunch / Supper		
Week One	Fresh	Sack	Mon.	Sack	Fresh
	Sack	Fresh	Tue.	Fresh	Sack
	Fresh	Sack	Wed.	Sack	Fresh
	Sack	Fresh	Thu.	Fresh	Sack
	Fresh	Sack	Fri.	Sack	Fresh
Week Two	Sack	Fresh	Mon.	Fresh	Sack
	Fresh	Sack	Tue.	Sack	Fresh
	Sack	Fresh	Wed.	Fresh	Sack
	Fresh	Sack	Thu.	Sack	Fresh
	Sack	Fresh	Fri.	Fresh	Sack