

Kristopher Storey

Lesson: A20-04 ACE E

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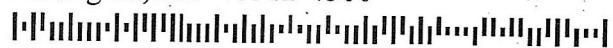
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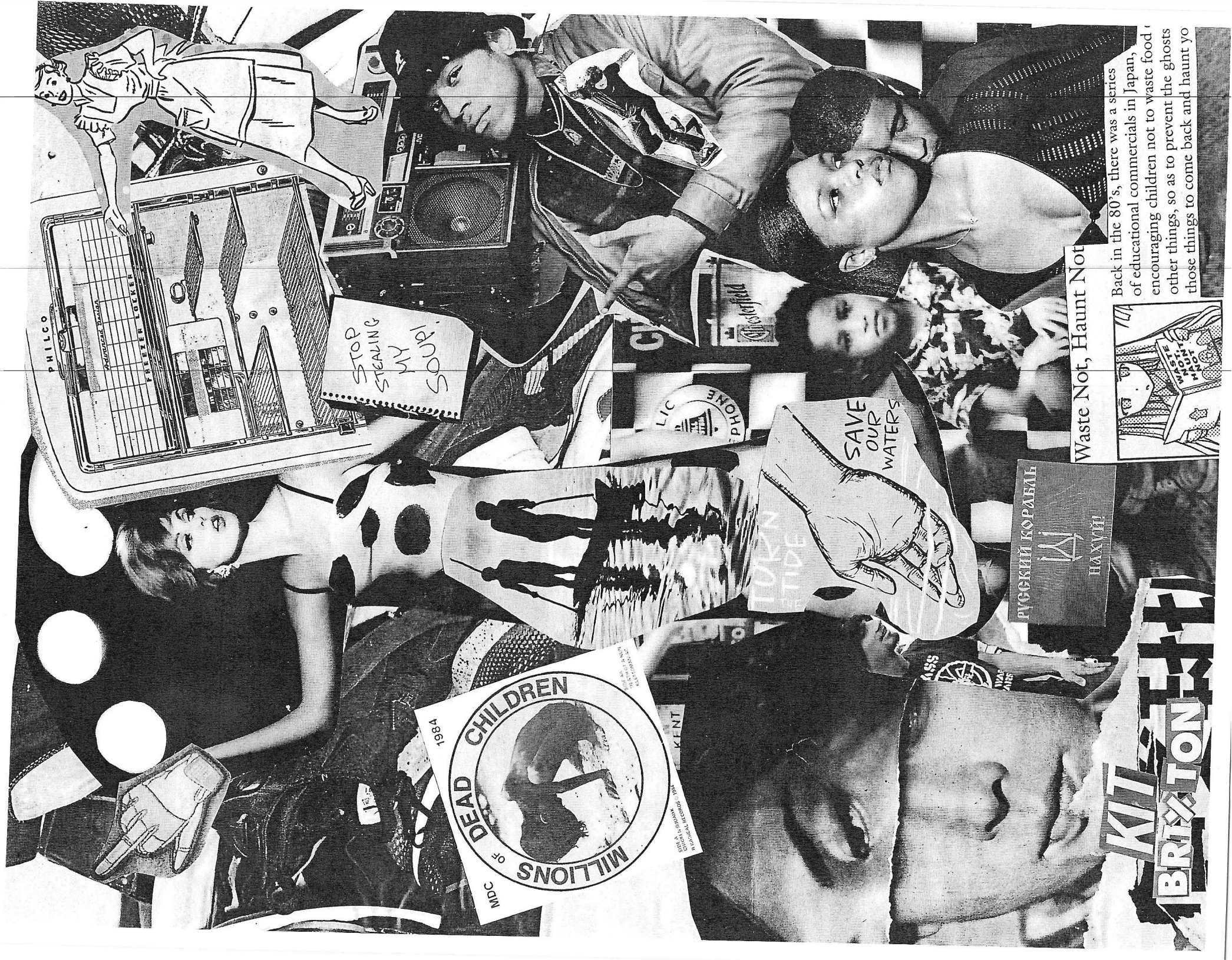
RELIGIOUS MATERIAL

NOTES

1. SYDA Foundation, *We Have Met Before* (South Fallsburg, NY: SYDA Foundation, 1996), 8.
2. Swami Muktananda, *Where Are You Going?* (South Fallsburg, NY: SYDA Foundation, 1994), 87.
3. Ibid., 88-89.
4. Swami Chidvilasananda, *The Yoga of Discipline* (South Fallsburg, NY: SYDA Foundation, 1996), 29.
5. Swami Muktananda, *I Am That: The Science of Hamsa from the Vijnana Bhairava*, 4th ed. (South Fallsburg, NY: SYDA Foundation, 1992), 22.
6. Ibid.
7. Swami Chidvilasananda, *Resonate With Stillness* (South Fallsburg: SYDA Foundation, 1995), March 17.
8. Swami Muktananda, *Where are You Going?*, 81-82.
9. Swami Chidvilasananda, *The Yoga of Discipline*, 91.

CONTACT INFORMATION

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PHILCO

FREEZER LOCKER

STOP
STEALING
MY
SOUP!

SAVE
OUR
WATERS

TURN
THE
TIDE

РУССКИЙ КОРАБЛИ
НА ХУЙ!

НА ХУЙ!

1989

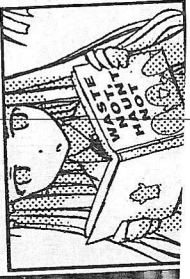
MILLIONS
OF
DEAD
CHILDREN

UNITED NATIONS
CHILDREN'S FUND
UNICEF

KENT

Waste Not, Haunt Not

Back in the 80's, there was a series of educational commercials in Japan, encouraging children not to waste food, other things, so as to prevent the ghosts of those things to come back and haunt you.



KIT
BRITTON

Thou shalt not kill

*EXCEPT WHEN "ONLY OBEYING ORDERS"
 *EXCEPT WHEN "ONLY DOING MY JOB"
 *EXCEPT IN THE NAME OF "MY" CULTURE/RELIGION
 *EXCEPT FOR THE SAKE OF (ALL POWERFUL/MIGHTY) GOD/ALLAH/JEHOVAH, etc.
 *EXCEPT IN ORDER TO "KEEP THE PEACE"
 (THROUGH STATE VIOLENCE AND TERROR)
 *EXCEPT FOR THE MAINTENANCE OF "SECURITY"/"STABILITY"
 *EXCEPT TO HELP SPREAD AND EXTEND "DEMOCRACY"
 *EXCEPT IN "LIBERATING" "FAILED STATES"/"
 *EXCEPT FOR "MY" COUNTRY
 *EXCEPT FOR "OUR" NATIONAL INTEREST
 *EXCEPT TO ENSURE "MY"/"OUR" GOVERNMENTS/LEADERS
 INFLUENCE IN THE WORLD STAGE/"COMMUNITY"
 *EXCEPT FOR "LIBERAL HUMANITARIAN INTERVENTIONALISM"
 *EXCEPT WHEN "THE SUN SAYS"
 *EXCEPT IN THE NAME OF "FIGHTING TERRORISM"/"EXTREMISM"
 *EXCEPT WHEN "DEFENDING" BRITISH/WESTERN/"CIVILISED"
 VALUES
 *EXCEPT TO HELP PROMOTE BRITISH "DEFENCE"
 JOBS/SALLES/INDUSTRY/EXPORTS/PROFITS
 *EXCEPT TO HELP SECURE ACCESS TO VITAL TRADE ROUTES/
 FUEL AND ENERGY SOURCES/RESOURCES/RAW MATERIALS/
 CHEAP LABOUR AND MARKETS
 *EXCEPT TO CONTINUALLY ASSURE "FREE" ACCESS TO
 CHEAP, ABUNDANT OIL/GAS/MINERAL SUPPLIES
 *EXCEPT FOR "MY" KING/QUEEN/PRIME MINISTER/PRESIDENT/
 AYATOLLAH/ BOSS/MANAGER/GENERAL/COMMANDER etc...
 *EXCEPT TO PROTECT MY FAMILY AND COMMUNITY
 (BY CONQUERING, OCCUPYING, COLONISING, BRUTALISING,
 SUBJUGATING, HOLDING HOSTAGE, SHOOTING, BOMBING,
 BURNING, TORTURING, MURDERING, DEVASTATING AND DESTROYING
 OTHER PEOPLES FAMILIES AND COMMUNITIES THOUSANDS OF
 MILES AWAY)
 *EXCEPT TO PROVE MYSELF A "REAL MAN", OR EVERY BIT EQUAL TO
 OR AS GOOD AS A "REAL MAN"
 *EXCEPT WHEN I HAVE NO OTHER ("LEGITIMATE")
 WAY TO GET "RESPECT"
 *EXCEPT AS THE ONLY WAY I CAN THINK, OR AM TOLD I CAN
 HAVE ANY "REAL" SENSE OF "DISCIPLINE"/"PURPOSE" OR
 "MOTIVATION"
 *EXCEPT WHEN DURING (ANOTHER) CRISIS IN CAPITALISM
 I CAN'T GET ANY OTHER REAL JOB

*EXCEPT TO ENSURE OTHER ("ROGUE") STATES DO NOT DEVELOP,
 OBTAIN OR USE "WEAPONS OF MASS DESTRUCTION" (REAL, POTENTIAL
 OR IMAGINED/FABRICATED) WHICH IN NUMBER, SIZE OR POWER MAY
 COME TO RIVAL "OUR" (NICE, GOOD, PEACEFUL) "WEAPONS OF MASS
 DESTRUCTION"
 *EXCEPT TO HELP TO PREVENT MYSELF AND OTHER YOUNG PEOPLE
 EMBARKING UPON SLIDING INTO A LIFE OF VIOLENCE AND
 CRIMINALITY AND ~~ANTI~~ ANTI-SOCIAL BEHAVIOUR
 *EXCEPT TO HELP STOP US ALL FROM BECOMING MINDLESS,
 LAZY, DRUG ADDICTED THUGS/RINGE DRINKERS/
 MORBIDLY OBESE COUGH POTATOES
 *EXCEPT AS A "POSITIVE"/"CONSTRUCTIVE"/"LEGITIMATE" USE
 OUTLET AND EXPRESSION OF COMPETITIVE, VIOLENT, ABUSIVE URGES,
 WORSHIP OF POWER, DOMINATION AND HIERARCHY, SICKASS MACHO
 DICKSHIT AND MORBID FASCINATION WITH GUNS AND KNIVES
 *EXCEPT FOR THE CAREER OPPORTUNITIES
 *EXCEPT FOR THE VACUOUS, LURID APPEAL OF THE SICK, SLICK
 ADVERTISING PROPAGANDA ON ITV/CHANNEL 4/CHANNEL 5/SKY TV/
 AT THE JOB FAYRE/CENTRE/SCHOOL VISIT/IN HEAT/WNE/THE
 LOCAL RAG... etc...
 *EXCEPT FOR THE "FRIENDSHIP" (BASED UPON THE CONTINUAL
 MANUFACTURE AND CREATION OF "ENEMIES")
 *EXCEPT FOR THE SPORT/LEISURE/RECREATION/SOCIAL LIFE
 *EXCEPT FOR THE TRAVEL, SEEING PEOPLE, PLACES AND CULTURES
 ALL OVER THE WORLD (AND HELPING COLONISE, SUPPRESS, KILL,
 ANNILATE AND DESTROY THEM)
 *EXCEPT TO "BE ALL I CAN BE"
 *EXCEPT TO "BE THE BEST" (DESTROY THE REST)
 *EXCEPT TO MAINTAIN "COMMUNITY"/"SOCIAL COHESION"
 *EXCEPT FOR THE THRILLS, ACTION, SKILLS AND ADVENTURE
 AND I DO TRULY REALISE AND AFFIRM WITH ABSOLUTE SINCERITY
 IN THE NAME OF GOD, QUEEN AND COUNTRY THAT TO MAIM, KIDNAP,
 TORTURE, SHOOT, BOMB, TERRORISE, MURDER AND KILL OTHERS FOR
 ANY OTHER REASON THAN THE ABOVE IS AN EVIL ABOMINATION,
 A HORRIFIC CRIME AND A MORTAL SIN **
 **SUBJECT TO SUBSEQUENT ADDITION, REVISION AND LEGISLATION
 AND DIVINE INSIGHT AND REVELATION BY OUR WORLDLY
 POLITICAL/RELIGIOUS/"MORAL"/CULTURAL/SPIRITUAL/CORPORATE/
 IDEOLOGICAL/MEDIA/"COMMUNITY" LEADERS AND REPRESENTATIVES:

DIY SURVIVAL KIT!!

an opioid overdose

SOURCE: The DOPE Project, "Be a Lifesaver: Overdose Prevention and Survival" brochure.

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- 1 Recognizing an opioid overdose
 - As mentioned earlier, an opioid overdose causes a person to stop breathing. There are signs to look for when this happens, including the following:
 - The lips turn bluish or gray
 - Clammy, sweaty skin
 - Shallow breaths, heavy snoring, or making gurgling sounds
 - Unresponsive to loud noises and won't wake up
- 2 Check for responsiveness
 - Do they respond to you when you yell or give them a light shake? If that doesn't work, try a sternum rub where you rub your knuckles across their chest bone for about 10 seconds.
 - If they are breathing, but non-responsive, stay close and keep an eye on them.
- 3 Call 911
 - This can feel scary, as you don't want to risk getting arrested. You can call, though, and not mention drugs. Just say that your "friend is unconscious and I can't wake them" or "my friend isn't breathing." Give the 911 operator the address and location.

"How lucky I am to have something that makes saying goodbye so hard."

-winnie the pooh

"I guess I'm just a person who's grateful to be alive."

I'M GLAD JUST FROM THE FACT...

THAT YOU SEEMED TO CARE.

"I think there's so much value in reminding people that they can change the trajectory of their lives."

6 After Narcan
Narcan will wear off anywhere between 20-90 minutes after a person has taken it. If it wears off and there is still enough opioid in the person's system, they can fall back into the overdose.
Stay with the person in case they go back into an overdose. You can administer Narcan again if needed, and stay with them for help and support.

4 Give the person Narcan
Narcan is a medication that will reverse an overdose. It comes in a nasal or injectable form. It is safe for everyone to take with no fear of an allergic or other negative reaction—well, other than the fact that the person receiving it will feel some pretty heavy withdrawal symptoms, but that's a better option than death!

5 Rescue breathing
This isn't CPR—you don't have to worry about pushing the chest to keep the heart beating, because in an overdose, the heart doesn't stop—the breathing does, so all you have to do is rescue breathing.

- Make sure there is nothing in their mouth and that their throat is clear.
- Tilt the head back, lift the chin and pinch the nose.
- Give the person one breath every five seconds.

6 If the person does not respond, give a second dose of Narcan. If they still aren't responding, call 911 and do rescue breathing until paramedics arrive.

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