

absolute disgrace, & this is only barely the tip of the iceberg sinking this state & country.

For five years at Pocahontas State Corruption Center (PSCC) I've been fighting these deranged people for some sort of relief - & a proper evaluation by a licensed neuro-specialist - for the TBI related symptoms. Sound & light sensitivities, some vertigo, chronic headaches of varying severity, double vision, being the most common & problematic. I also experience occasional aphasic & a growing list of social interaction problems. Five years, numerous complaints & a lawsuit later, all I have to show for my efforts is Ibuprofen & Acetaminophen. Both of which I had to fight over getting, & sign a contract so I could manage my own pain relief. On top of that they have yet to give me a copy of the contract - as required by law - & I am fighting to see my own lab results from a series of blood & urine tests (I was given a generic "your labs/x-rays were normal" form, the same one they were giving to a Mr. Robert Kindoll... as the cancer quite literally ate him alive before our eyes).

There is no more room for polite words,& "hyperbole" cannot be rightly applied to the following: these people are the enemy, your enemy, & they are working to deliberately kill & maim. Their records are quite clear on the matter. Good people have hung bad people for much less. There is no more legislating for change, open rebellion is the most conciliatory action citizens can take.

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# CONSTANT PAIN

by David Annarelli

As I once more suffer through the use of illegal collective punishment (while being illegally held captive according to state documents) I am also forced to endure the tortures of constant physical pain. For seven years, the very depraved state of Virginia has with deliberate cruelty caused me severe and perpetual pain. This has come about, not only from the beatings I endured at the hands of police, for which there is video and photo evidence, & for which the state of Virginia has done exactly nothing where accountability is of concern, & not only from several beatings at the hands of a local jail guard, also reported & ignored, it is also the result of a vile denial of even the least bit of basic medical care, Virginia is an anti-science, anti-human state that is so backwoods & stuck in the past even its urban areas are bogged down in the archaic & antiquated. Cruel forms of torture are an ingrained part of Virginia's culture, past & present. In its Department of Corrections which traces its roots to Jim Crow era laws & even back to post Civil War segregation politics, the level of disrespect for & outright harm towards humanity, is a thing of mind boggling disgust.

9 concussive blows while in the illegal custody of Virginia "law enforcement." In Virginia "law enforcement" is used in the most vague & whimsical manner & subject to change or be ignored with equal whimsy. When I woke up in a local jail, police had beaten me so severely that it was days before I had any real concept of what was happening. The concussion I suffered from at least six serious blows to the back of my skull was part of the dangerously flawed response,

by police, to a mental health crisis I experienced in my own home. That crisis itself was directly related to a previous, near fatal traumatic brain injury. You can easily imagine that six more severe concussive blows to the head were NOT beneficial. The concussion symptoms lasted ten days, & instead of being brought to a hospital or provided ANY medical care, I was put into a solitary confinement cell (where several months later I was the subject of several more vicious beatings).

I was repeatedly told - over 17 months in relative isolation - that once I went to the VA DOC I would get better care. First, having done nothing wrong, & having been the victim of police brutality, why was I being singled out for unjust punishment? Second, that the VA DOC provides any care up to even poor standards is a flat out lie, & I have the documentation to prove it. From the moment I arrived there was not only a concerted effort to downplay - or outright ignore - the numerous medical issues and concerns that I articulated, but there was also an outright refusal to acknowledge ANY medical or mental health records that were not generated solely by the VA DOC. Overwhelmed by serious anxiety & confusion at such depraved behavior is the only way to describe the sensation.

Over the next 5 years, to the present, it became exceedingly clear that a policy of harm was in place & deeply entrenched. This policy was based on the under qualified medical staff, whose quality of character was also seriously in question. It was based on denying prisoners (including the 20% listed as innocent as wrongful convictions) even the most basic of medical services & extended to a point of allowing those who were sick or injured to die, rather than provide any of the care staff knew they needed. This included such heinous deliberate indifference as ignoring tumors & sepsis cases. My chronic symptoms from head injuries & my mental health care were simply ignored, as numerous complaints have documented.

There is a frightening reality in the VA DOC that is well documented & provable, yet being flagrantly ignored, if not actually encouraged. Falsifying documents, or the destruction of documents... The falsifying of documents is bad enough, as my current VA DOC mental health records show. These documents exist as a clear contradiction to mental health records dating back to age 6 & which are documented through schools & hospitals. The VA DOC version has none of what is true, factual & documented, omits huge portions of what I have articulated while illegally held, & even attempts to pin an anonymous essay on me in some vain attempt to uphold the non conclusively proven false narrative from a corrupt small town courthouse. While you cannot make this crap up, you can certainly make up whatever crap you want & call it a psychological record, & that is exactly what has happened here at PSCC.

In June of 2022, after years of being denied proper - or any - dental care, a tooth on the back bottom right of my mouth broke in half. It is now September of 2023 & that tooth, broken below the gum line, is still there, well, at least some of it is. Constant pain, & always conscious of the possibility that serious infection could form & become introduced to my bloodstream. I've complained about the serious health risk posed (& the known effect dental hygiene plays on mental health). They've taken x-rays & even filled in a couple of the nine cavities I had (seven more to go and I've already lost teeth to VA DOC "care"). That tooth rotting & slowly coming out, painfully, in pieces, is still there. A few weeks ago they brought me to dental just to tell me that there are no dental surgeons in this area willing to take prisoners... I'm not sure what is worse, the VA DOC having staff (dental tech/hygienist) openly admitting that they are incapable of providing proper care (which everyone already knows, even if the VA DOC denies it), or the total lack of humanity present in the Southwest Virginia Dental Community. Virginia, & America as a whole, is an