

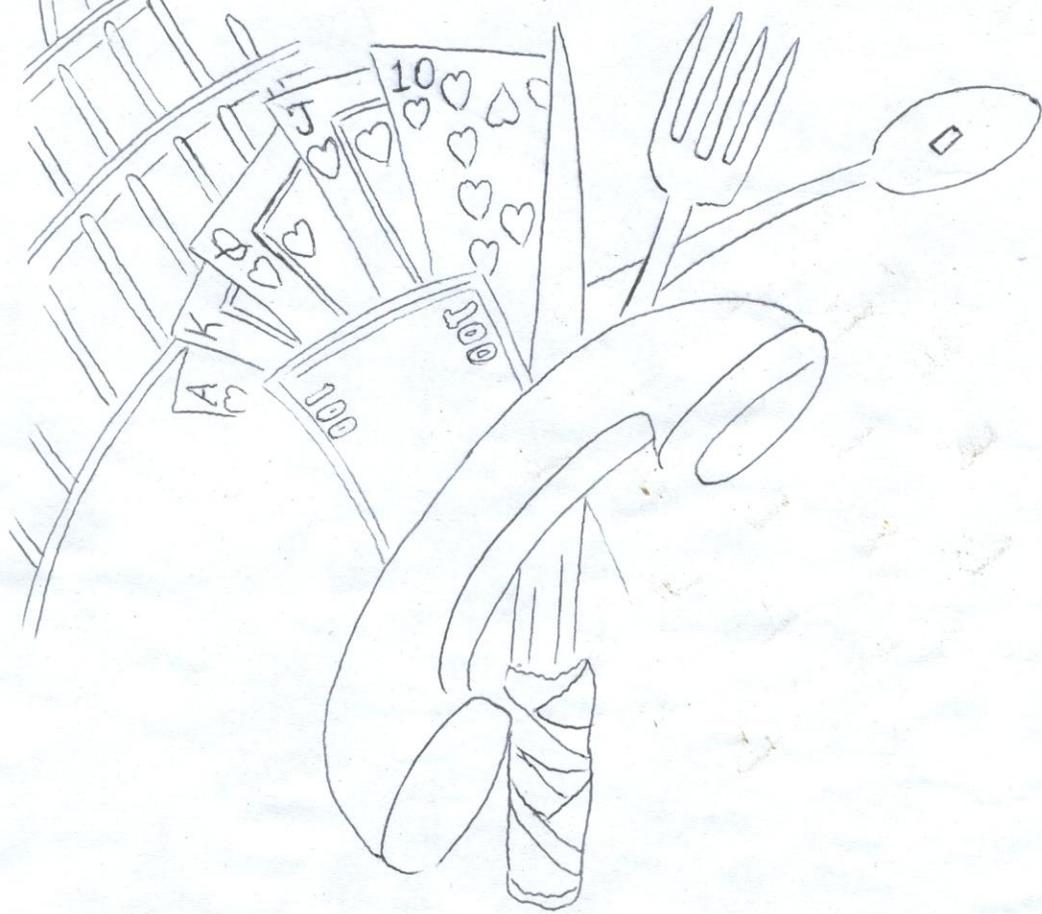
101 Suggestions
To
Prevent...



Disrespect
Homicide
Suicide

Prisoners Guide

101 Suggestions To Prevent...



Pat
Stay
true

Be blessed!
S. Samson

†
JAZZY
JOHN



Keep That Positive
ATTITUDE MAN
Keep That Faith
you'll pull
Thru This
John Jon

Laughin
Livin

†
Don't let
fear destroy
you. Be confident
and be true

Jazzy John -
Your presence at MVP
has been so valuable
to the group. I

do your self
and nice
to others
and you will
be happy

Stay up
B safe
C cur 2

may God BLESS you
Righteous RUPERT

U THE MAN
STAY JAZZY
ORACE O

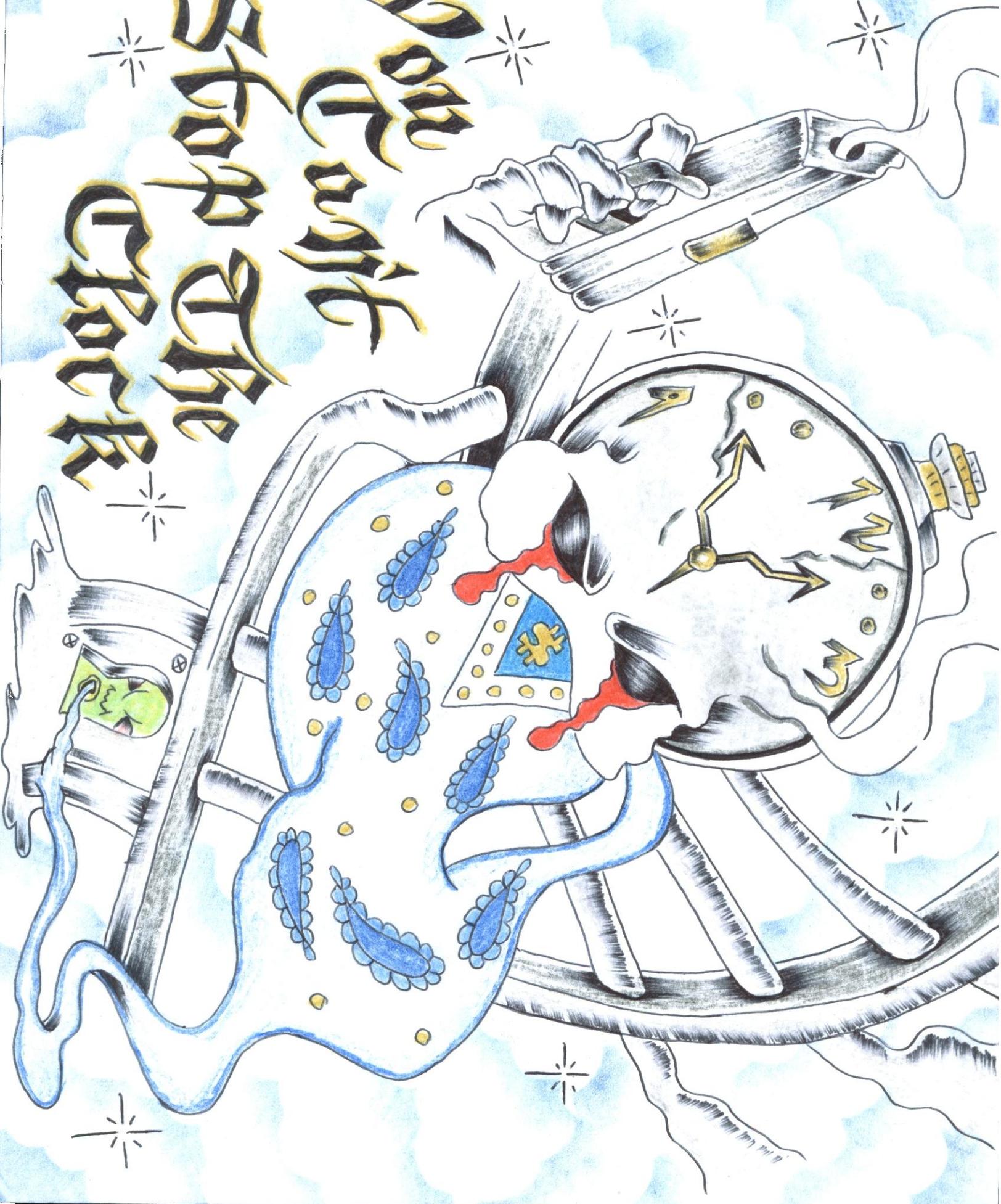
Always laugh
Stay happy
BRASHID

War on Drugs

Prison 101



天如所
子如所
子如所



The dysfunction seemed to start for me in 1986. I was a young boy at the age of ten when I heard of stories of a sister named Joy. She was 13 months older than me and lived in California. Unfortunately she was taken away by the state for being a couple ounces underweight after a short time at home.

A man named Frank was to blame. He was an alcoholic and was unhappy with my mother because she did not give him one dollar out of a birthday card. My sister was a fussy baby who would not eat breast milk. The price of baby formula was high so Frank dumped the food down the drain in retaliation of not getting that dollar. We also believe he was to blame for calling the department of social services.

My cute little sister was taken from my mothers arms and my Mom was given a visiting schedule at their convenience. My mother had a nervous breakdown which made the custody battle near hopeless. The state put my mothers mental health under a microscope. Things would have worked out if my mother would have been able to take her back east to Massachusetts. Her family could have helped in many ways.

My mother had no other choice but to give up her parental rights and my sister was quickly adopted by an upper class family. If that would not have happened I would have not been born.











Happy Birthday

HAPPY HAPPY BIRTHDAY
YOU ARE LOVED BY US!!
FROM JOY, MARIE, JESS,
& MICHAEL

2014

connections
by hallmark





Certificate of Recognition

This is to certify that

John Pinard

participated in and contributed enormously to

The Inside-Out Prison Exchange Program

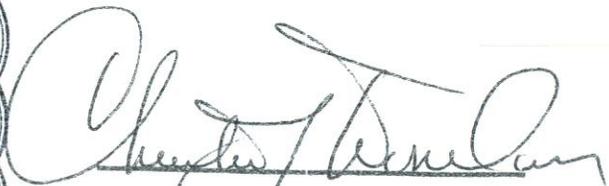
Crime & Punishment in the US: A Sociological Overview

Revan Schendler, Instructor

a collaboration between

Greenfield Community College & the Franklin County Sheriff's Office

Autumn 2014

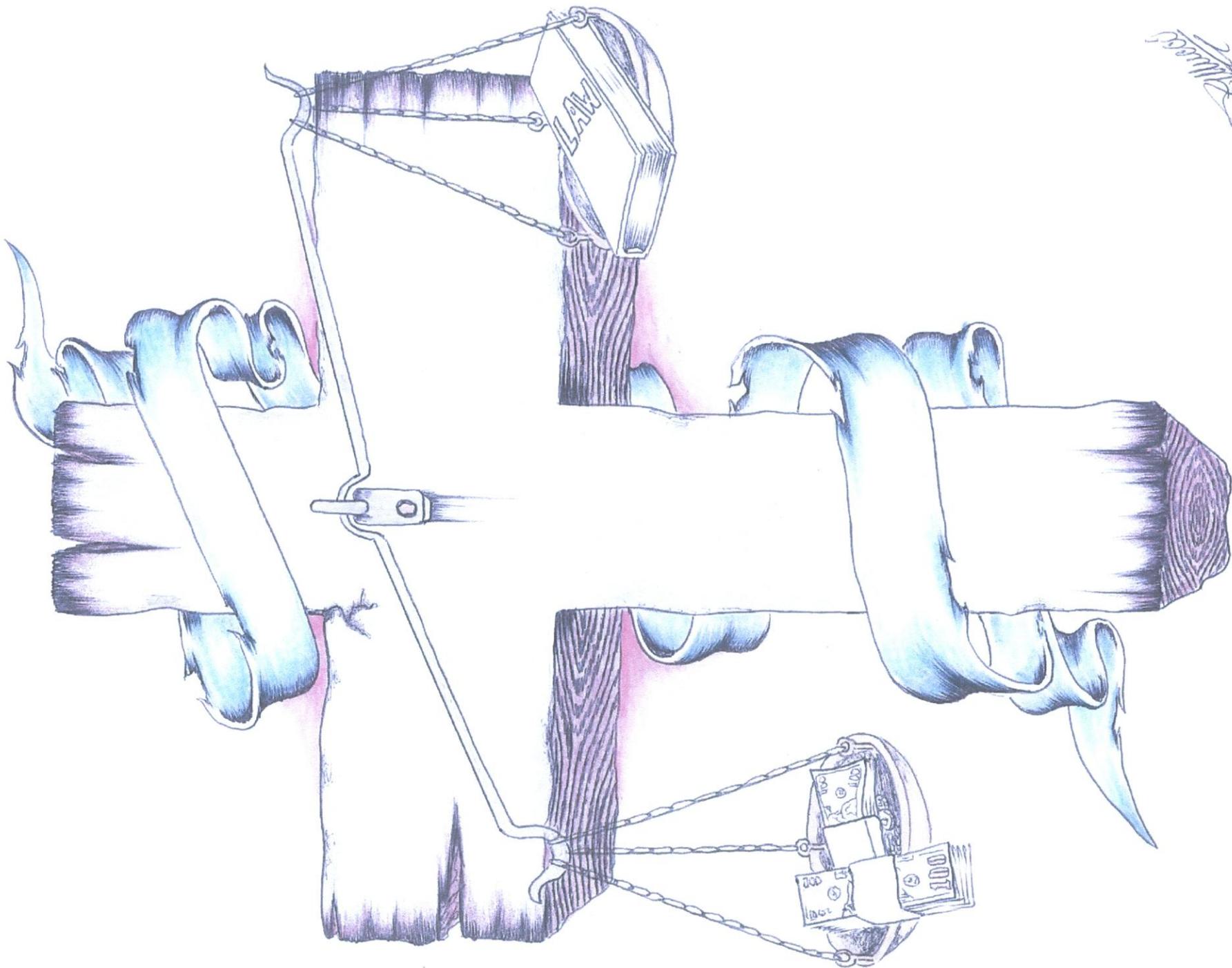


Christopher J. Donelan
Sheriff, Franklin County



Robert L. Pura
President, GCC

2007/08

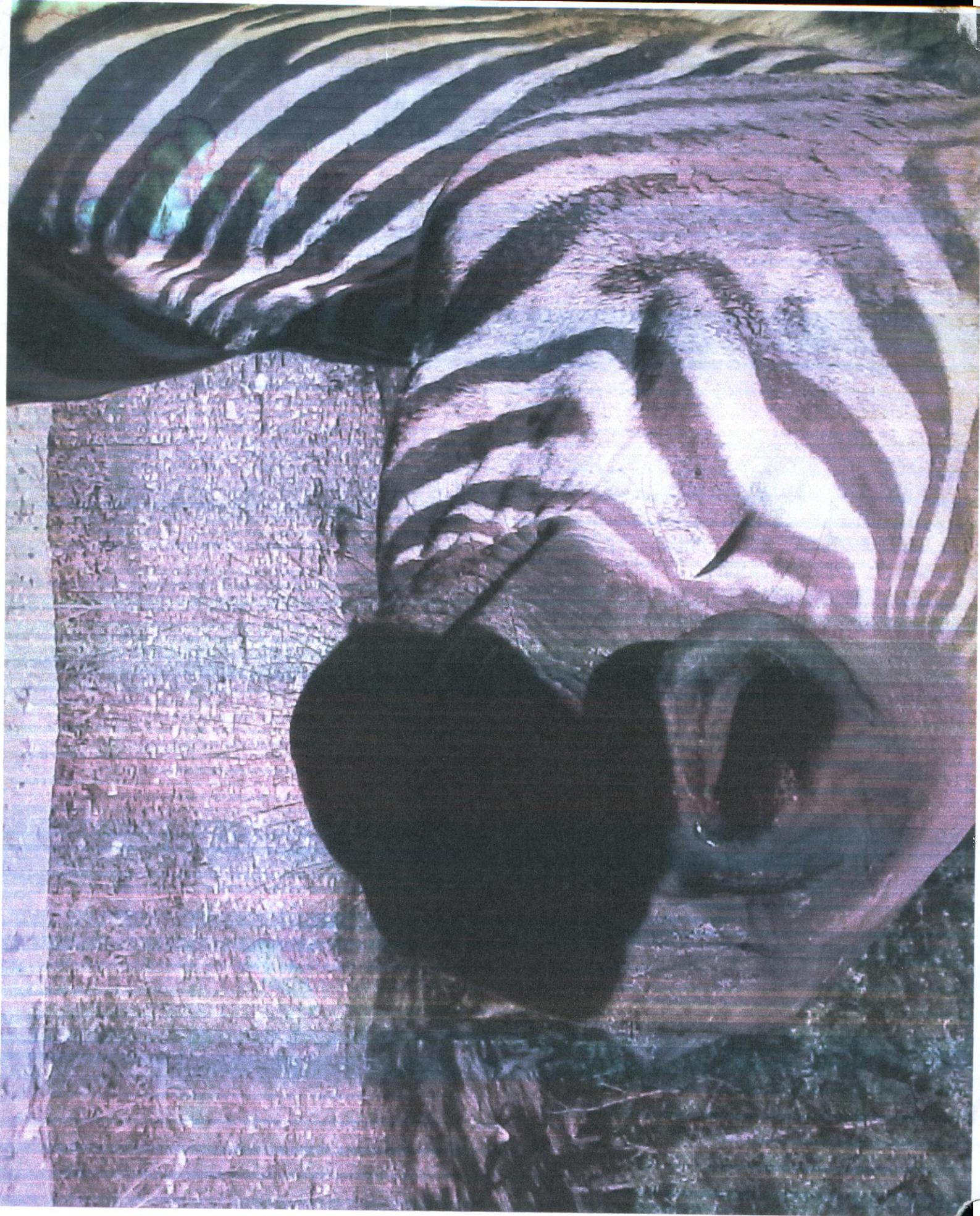


Know Jesus, Know Love



No Jesus, No Love







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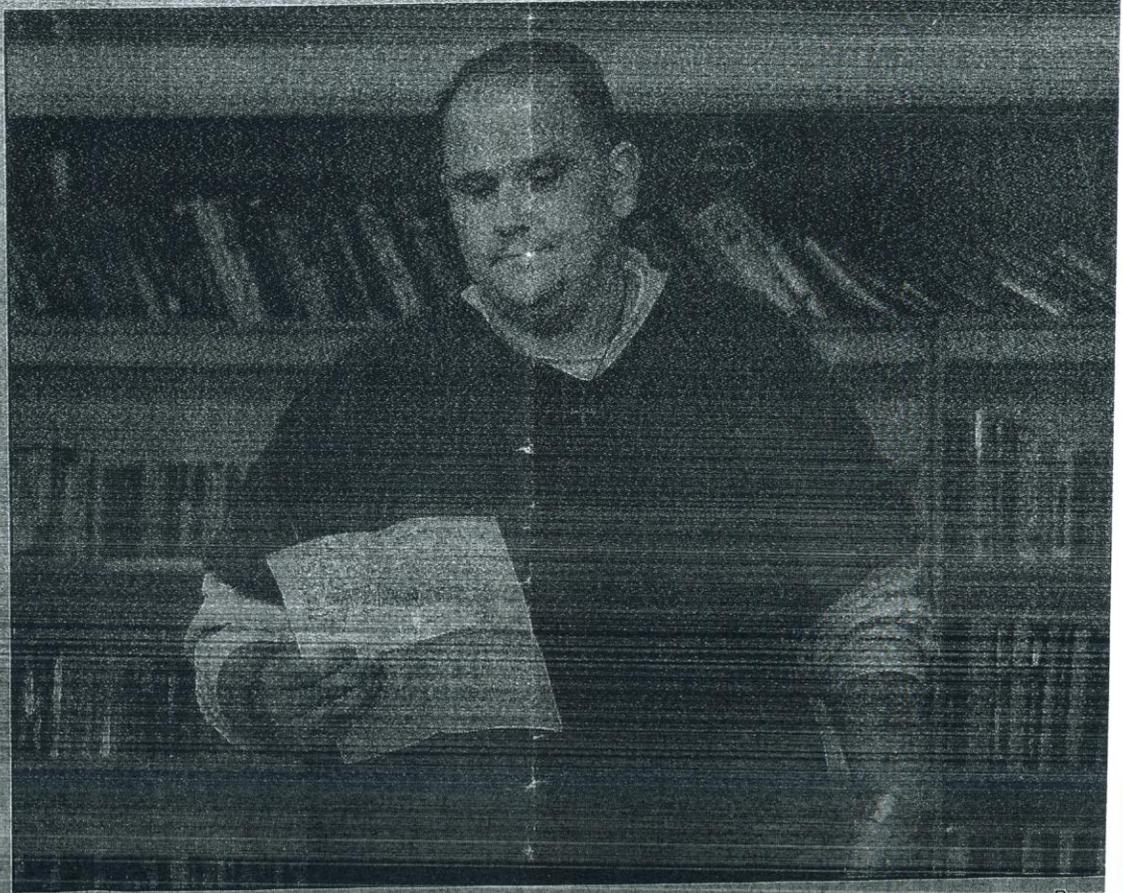
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coming gives the Rabida will not bloom as late into the fall as the other plants I have mentioned, but they can be so beautiful and the cloves. are so many salv- more garlicky than in the kitchen. The ed all season long them. There is also Rabida unusual I wanted to mention they are so interesting and against a dark foun- mental, a touch of garden next year. Pat Leuchman has been writing and gardening in Heath at End of the Road Farm since 1980. Readers can leave comments at her Web site: www.commonweeder.com.

'Dear Lady Heroin'

Disarmingly intimate poem unlocks realities of addiction & its costs



John Pinard reads a poem during the second annual Poetry Slam held at the Franklin County Correction in December of 2012. The jail recently held its eighth slam.

2.

Editor's note: This is the last in a series of columns by Trish Crapo on poetry that explores aspects of addiction. In her first column, Crapo wrote about the loss of her niece Aria to a heroin overdose. In the second column, Crapo focused on Leyden poet Paula Sayword, whose granddaughter Ashley Sims also died from an overdose. Readers can find links to these previous columns on our website: www.recorder.com, under "Arts & Entertainment." You can also find them by scanning this QR code with a smart phone.



John Pinard doesn't consider himself a poet the way others I've written about in this column do.

He hasn't chosen poetry as his life's work, or studied it extensively. But Pinard does write poems on a regular basis as a member of Franklin County House of Corrections educator Jim Bell's poetry class.

Bell, a track and field coach at Pioneer Valley Regional School and a pole vault coach and tutor at Northfield Mount Hermon School, has taught at the jail for four years. Pinard, who grew up in Spencer, has been Bell's student more than once.

Pinard tells me he is back in jail for the 11th time. His charges, as described in the Worcester Telegram and Gazette, are allegedly shoplifting about \$300 worth of shrimp from a Worcester supermarket, assault and battery with a dangerous weapon (shopping cart) and two other counts of assault and battery. Pinard believes the assault and battery charges are inflated.

All of that is for the courts to decide.

What interested me about Pinard was a poem he'd read at a poetry slam held at the jail back in 2012, during one of his previous incarcer-

ations. The slams, in which inmates read their poems and are awarded points by a panel of judges comprised of jail staff and poets from the community, have been a lively outgrowth of Bell's class. The winner receives a volume of poetry and bragging rights until the next slam.



Trish Crapo
Poets of Franklin County

Pinard's poem, "Dear Lady Heroin," was a disarmingly intimate poem, a list of ways that the drug had destroyed Pinard's life.

"You lowered my morals./ You turned me cold hearted. ... You sank into my bones./ You put my soul up for sale. ... You suck the life out of me," Pinard had written.

Pinard had typed the poem in a cursive font, perhaps to emulate a handwritten letter. At the bottom, later, he'd printed by hand, "I miss you."

It was this last line — both the shock of it and its honesty — that got to me.

When I ask if he remembers why he added that line, Pinard nods and says, "I was going through a rough time. I was having withdrawals."

Pinard, 37, says he has overdosed on heroin 21 times since 2006, and 10 times in the last six months. He was tricked into trying heroin at 21, Pinard says, adding that he had been told it was cocaine. He can't

claim to be an innocent. He admits that his downfall has always been being a "party animal." But Pinard says he wishes he'd never tried heroin.

Culture of addiction

"Ours is the biggest drug-seeking culture in the world," Bell says. He doesn't know what can be done to truly address addiction, "Short of changing the whole culture."

We're encouraged to seek pleasure and stimulus all the time, Bell says, adding that the current mobile phone craze is another manifestation of addiction. "The kids are all like this," he says, pantomiming looking at a hand-held phone. "Even when you're talking to them."

Pinard says pushers appeal to kids as young as 12 or 13 by saying, "It's just like jumping off a rope swing."

I ask Pinard how somebody goes about getting out from under an addiction.

"You have to hit bottom," Pinard says. "And then you have to believe in something that will make you better."

Recently, Pinard has found that "something" in The Recovery Bible, an edition of The Bible rephrased in language intended to make it more accessible, and organized by topics that relate to the struggles of recovering addicts.

Realizing the costs

Later, Bell and I talk a little more. Bell has written about his own struggle through alcohol addiction to sobriety in his two collections of poems, "Crossing the Bar" and "Landing Amazed."

He read last week's column, Bell says, and he's thought a lot about Paula Sayword's comment that,

Dear Lady Heroin

*When we met I fell in love with you.
You brought me warmth and comfort.
Then you used my brain for money scans.
You put me in jail.
You lowered my morals.
You turned me cold hearted.
You made my temper hot.
You gave me a silver tongue. ✓
You made me hard strong for drugs.
You taught me to hit hard.
You made me sell women.
You made me fight dirty.
You make me cheat death.
You made me self-centerad.
You create pipe dreams in my head.
You make regrets.
You were there when my friends died.
You gave me track marks on my arms.
You sank into my bones.
You put my soul up for sale.
You make girlfriends scared of H.I.V.
You suck the life out of me.
I miss you*

"You have to find something you love more than you love the drug."

"The problem is, we don't ever find anything we love as much," Bell says, including himself in the category of addicts.

"An addict will think, 'Hmm, something else I can just instantly gratify myself with? What could that be?'" Bell chuckles, well aware of the dark side to his humor.

"I think it's more come to realize that don't stop doing what you're doing, you're going to find something you're prepared to live witho

That might be a spouse, a job, or the love of people you care about. After the initial cost to get clean, it takes a long commitment to stay clean.

During our talk, Pinard and Bell agree that taking more than just abstinence. You need rules for yourself, and to develop what Bell calls a "prescription

"I'm trying, I really am," Pinard said, "I feel better."

"You seem different," he agreed.

'Inside Art,' an exhibit of inmates' art

"Inside Art," an exhibit of poems and artwork by inmates at the Franklin County jail is on display at ArtSpace, 15 Greenfield, through

The exhibit was organized by The Elm Street Tank, a group of inmates who meet weekly at the

"promote alternatives to incarceration by raising awareness, connecting people, ideas, & resources Monday through Friday, 10

Trish Crapo is a writer and photographer who lives in Leyden. She is always looking for interesting projects to interview people for the column. She can be reached at tcrapo@recorder.com

Staff photographer Paul Franz has been with The Recorder since 1988. He can be reached at pfranz@recorder.com or 413-772-2666. His website is www.franzphoto.com

About the Author of PRISON'S 101

1995 David Prouty
High School Grad.

Greenville Tec. student

Member of the Local 160 , Teamsters union

Serve Safe Qualifided Cooking School Grad.

Creative writing class student

Mr. Bell's Class of Poetry writing

Greenfield College , Socialology student
Crime and Punishment 108

Snow skier of the Rocky Mts.

Fly fisher of fresh water streams

Kenpo, Karate student- Blue belt

Night Club Bouncer

Fork Truck certifide driver

Song Writer

Bible reader

Published Poet

And

Newspaper article about my life on the next page

ENJOY

GOD BLESS YOU

THANK YOU FOR YOUR INTEREST IN MY BOOK!

BY

John Pinard

HOW TO SURVIVE PRISON
"101 Suggestions to Prevent Disrepect, Homicide and Suicide"
21st Century Prisoners Guide
BY
John R. Pinard
(STREET DOCTOR)

Thank You, for your interest in my self-help book. Please allow me to introduce myself. I am the proud author of this book.

I am a native of the west coast, Stockton California but was fortunatly raised on the east coast of Massachusetts. I graduated high school in 1995. I was sent to jail for one year on that same night. I violated my strict probation by getting pulled over high.

As an incarcerated writer throughout my twenty years served on a instaulment plan decided by the Maine, Massachusetts and California court system. I can say that I am STATE RAISED.

I decided to write this book, nick named "PRISON 101" in early 2014. I had been transfered to a prison that held high profile and or famous wealthy County, State or Federal inmates. This prison is located in western MA. It has been the most human place to serve time I have ever experianced. I obtained a degree from a community college there. I took Sociology 103 and flourish-ed the idea for my book after reading about how broken the United States criminal system really creates antisocial uneducated fools.

This Non-Fiction creative writing will offer readers uncut reality on the human condition. I managed to work in a uplifting twist that will leave the readers feel at ease and mentally stimulated after having read it. I guarettee all will enjoy!

I consider myself a freelance writer with a unique and a hands on perspective that all can relate to. This material is designed to assist EVERYONE in or out of the Department of Correction.

I hand crafted this book for daily reading for those serving hard time. It makes people think about and become aware of the wrong decisions they could make by not thinking while incarcerated.

(EXAMPLE)

A prisoner walks by a cell in his housing unit and looks into the cell. He says nothing to the person tattooing his friend for a gang initiation. A normal person would think looking into a open space is harmless, but it is not. Now the corrections officer calls you to his desk to hand you your mail. The tattoo artist happens to look out and see you talking with the screw. By strange coincident they get a random shake down or cell search. They get busted and thrown into the HOLE. Now they think you snitched on them. That is very bad! That is grounds for a buck fifty. Which is a deep cut across your face that needs 150 stiches to sew it up. Snitches get Stiches every where in the American D.O.C.
You must be careful

" HOW TO SURVIVE PRISON'S 101 "
- 101 Suggestions to Prevent Disrespect, Homicide, and Suicide -
21st Century Prisoners Guide
BY
John Pinard

(Acknowledgment Page)

I would like to give thanks to these people below.
They have influenced my life a great deal and I
just want them to know that I am eternally grateful.

- 1.) Jesus Christ
- 2.) Joyce Pinard
- 3.) Chris Donelan
- 4.) jim Bell
- 5.) jim Naff

Thank You For Your encouragement

- Don't Judge the Book by it's Cover -

LOOKING CALIFORNIA

FEELING MINNASODA

looking good, but feeling like shit

is

How every addict

lives their life

(If you have a problem and You want to do something)
YOU CAN!

- READ MY BOOK -
- -

BY : JOHN PINARD

- PREAMBLE -

"101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
- 21st Century Prisoners Guide -

Written by : Mr. John Pinard (Street Docter)
- Massachusetts Department of Corrections -

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide
BY
Mr. John Pinard

- How to survive -

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 Spiritual Guidelines

A STORY OF TRUTH ABOUT THE GREATEST MIRACLE

PINARD'S CANDID INSIGHT ABOUT BOOK

SCROLL PAGE FOR NOTES

" 101 Suggestions to Prevent Direspect, Homicide and Suicide "
PRISONERS GUIDE 2015
BY : SID VICIOUS (Street Doctor)

The words that lay in these pages contain priceless, hard earned information of the prison condition. In other words, This book of survival will leave you with a education you cant buy in college. I like to think of this book as a Sociological overview of crime and punishment in the US.

Prison 101 is a non college credit inside-Out Prison Exchange Program in the works. I will be teaching the 3 day class once a year. I will have lovely Revan Schendler in attendance. She is a Doctor of psychology.

Ms Revan Shendler was my Socialogy instructor at Greenfield Community College. I attended in autumn of 2014. I learned that education is the key to prison reform. Mass - incarceration does not work without meaningful helpful change for the better. The fatherless children are growing every year. Those children grow up with little to live for. Children without both parents only get half the punishment for doing wrong. A role model should be introduced before age 7.

"101 Suggestions to Prevent Disrespect"

Please enjoy my book! I have tried to make it funny without water-
-ing it down. Allow me to be of your assistance by mail.
I will help all book owners with thier most difficult problems.

Contact me at : John Pinard W #105767
M.C.I. SHIRLEY
P.O. BOX 1218
Shirley , MA 01464

PS) I would like to humbly ask my readers to read a article
in the Greenfield Recorder Newspaper.
Website : tcrapo@me.com

Pictures : Staff photographer,
www.franzohoto.com
(click John Pinard, "
LADY HEROIN)

SINCERLY Author JOHN PINARD

" HOW TO SURVIVE PRISON'S 101 "
SUGGESTIONS TO PREVENT DISREPECT, HOMICIDE, AND SUICIDE "
- PRISONERS GUIDE -
BY
John Pinard (STREET DOCTOR)

Admeration page :

I had met two famous you could say friends while living in north California. They are very talented musicians.

One of the men had played in the Woodstock of the 1960's. His band was payed the most next to "The Who". Creedance Clearwater Revival's front man, John Fogerty became a aquaintance during Christmass 2004.

I was addicted to drugs living in a getto of Stockton, CA. Every once and a while I would escape to wine country, Lodi. It is a beautiful German town next to my home town.

The Salvation Army in Lodi was a sober envirnment that I would frequent when becomming tired of husteling.

Mr. Fogerty complemented my belt buckle. It was a family heirloom that my grandfather gave me. It was a american bald eagle.

The man had the coolest bowl cut I have ever seen. The man was a old school hippy. He gave me \$20. for my belt buckle. I shook his hand and he vanished in the air.

The SUBLIME frontman, Brad Noel is from Long Beach, but is known to cop drugs in my home town, Stockton.

I was buying meth on California St and Park St. when a clean cut, white kid in a mexican area asked If I had a clean rig for sale. I was happy to help him as I stuffed the \$3 in my pants pocket. I felt like I had see him before so I asked him If I could help him in any way.

Brad told me that he was chilling with a smoking hot, Mexican gold digger across the street. He gave me \$60. I said, " I will be back. "

When I came back. I knocked on the door. He answered with sweat dripping down his forehead. He was in the middle of sex. I handed him his two grams of chieva. He thanked me. We smoked a joint. I asked him for his autograph. He signed a tour guide from his latest gigs. I shook his hand and I never seen him ever again. The following year he had died from a opiod overdose. He was a man who mixed regee and rock. In a sence broke down a barrer between rock and rap. He was a musical genius. He was a party animal.

The run in I had with these musical greats was a moment in time that built my self worth up to what it is today! Thank you-

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

Chapter (1)

First Days In The Big House

BY : John Pinard

" How to Survive in Prison "
101 Suggestion to Prevent Disrespect, Homicide and Suicide
21st Century Prisoners Guide

2016

BY

John R. Pinard
(STREET DOCTOR)

(1)

The most tramatic event to your freedom has just occuered. You have been arrested or sentenced in the court of law in the United States of America. The wind has been taken away from your sails. The hand-cuffs have been tightly clicked on to your trembling wrists. You are now being crunched into a van or bus. You are headed to the most consolidated group of scum on earth. The saying, " One bad apple spoils the bunch." It is a fact! I want you to imagine now , " A Good Apple being packaged in with a bunch of maggot infested Crab apples." I does not have a chance of remaining the same! It will slowly turn bad due to the envirnment. It is important or shall I say imperitive that you study and memorize these suggestions for safe prison living. When you are in prison , Your guard must be up high at All times! I will walk you through the most complicated situations that are unavoidable as well as some of the most simple things that can be the most deadly. Please give the words in this book your full and undivided attention. if you know the ins and outs of prison life. (Like I Do) You will be able to leave your institution in one peice with respect that you can multiply by ten on the out. Please take this first of the hundred suggestion serious. Write to your people you care about and your employeer, Tell them all how sorry you are for your absence and for your actions.

Explain your side of the story because you can count on the police and your victims to inflate the incident into something horrible. The newspaper is famous for printing misleading info. just to create a (juicy story).

When you write to the people on the outside. Do not reveal any incriminating details in your letters. If you have to tell them, " Flush it down the bathroom toilet," when they are done reading your letters.

It shows class if you can show them in words how much they are missed. Telling your loved ones " Do Not Worry!" and " I Love You

Personal Experience :

When I was first arrested, I made sure I wrote a letter to my family and my boss. I explained why I would'nt be able to meet my obligations at work. I let him know how sorry I was for my absence. He wrote me back. He thanked me for writing " In the midst of everything I was going through. He said " since you took the time to tell me what was going on I had my job when I am released. He kept his word!

(GOOD LUCK!)

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(2)

Always have respect for everyone you talk to on the Prison phones. Do not expect instant bail bond money posted for your new criminal case. Remember that your own actions are the reason why you are behind bars in the first place!

" Have respect for things your people may be going through in their own life financially!"

" You will be surprised how your patience and humble attitude will be rewarded when it comes down to sending you a postal money order through the mail.

" GOOD THINGS TEND TO HAPPEN TO GOOD PEOPLE!"

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(3)

Always remember if your bail bond money can not be reached for your new criminal case. Do not be expectant of hundreds or thousand of dollars in your commisary jail account. Ask your friends and family only for what they can afford, If they owe you money that is a different story.
" If your family/Friends can not give you any money at the moment of asking, say, " OKAY, No Problem!"

" DO NOT BITE THE HAND THAT FEEDS!!!"

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(4)

Always keep good correspondence with your lawyer during any open cases! " Believe me you care about your case more than they do! A defendant could easily be placed on the back burner for a more interesting case.

" Please go out of your way to be friendly and respectful to your attorney." It would be wise to deliver funny jokes from time to time. If you can make them laugh during a long boring day at court. I can promise you It will go a long way when It comes time for a pre-trial plea bargain.

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(5)

Do not ever trust anyone, but a Catholic Priest during private confession with top secret information that could get you more time in prison.

" REMEMBER THE SAYING, Loose Lips, Sink Ships!
You will be going down with the ship If you talk about the details of your criminal case.

There will ALWAYS be stool pigeons willing to exchange information for a lesser sentence. You will be sold down the river by a PRison Snitch If your not Super Carefull.

" KEEP A SMALL CIRCLE OF FRIENDS!"

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(6)

Always keep reasonable doubt fresh in the minds of the prosecutors. Do not ever tell your Public Defender that you are one-hundred percent guilty. " KEEPING DOUBT WILL AID YOU!"

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(7)

Always read and research your criminal police reports at the law library. In doing so you will find information about the minimum/ maximum sentencing guidelines. It is always a good idea to gather as much information about the nature of the crime. It is very smart to write down the facts of the case on paper. I will try and come up with the best sounding defence with the evidence that can not be disputed. Go over it with your attorney and ask his honest opinion. Do not have a far fetched story that will get picked apart by the District Attorney at trial.

" REMEMBER TO ALWAYS STICK TO THE SAME STORY, FOREVER!"

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(8)

Always be prepared for the worst, but hope for the best of the outcome of your criminal case.

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(9)

Do not lose hope, if you are sentenced to life or a long time in prison. Laws in America can change in your favor. Appeals can also overturn convictions.

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(10)

Always keep contact with someone on the outside in the free world through phone calls and letters. This contact will be important for when you are released. It is good to have someone to pick you up. Maybe even a place to stay until you can get on your feet working.

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(11)

Always wear shower slide sandals when showering because of the prison showers unsanitary conditions. Be smart and avoid M.R.S.A. infection. If you do not have a pair always ask another to borrow theirs.

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(12)

Always shower or bird bath your whole body a minimum of five plus times a week. It will make you feel better mentally. Doing so will prevent disrespectful comments from others and help the relationship living with your cellmate.
(It will prevent offensive remarks about your stench!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(13)

Do not be afraid to ask for soap, toothpaste, or deoderant.
It would be wise to ask someone from your ethnic background or
someone from your home-town.

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(14)

Always brush your teeth and gums before going to breakfast.
(No one likes the smell of bad breath while eating!)

BY : John Pinard

" 101 Suggestion to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(15)

Always wash the floor, toilet, sink, and the walls of your newly moved into cell.

(Doing so will create a good impression as well as kill germs)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(16)

Do not drop the soap when showering. The floor is full of germs. If it happens just leave it on the floor for the workers.
(It will also prevent others from looking at your backside.)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(17)

Always wipe the toilet seat with tissue after urinating.
(It will prevent a nasty film around the metal seat.)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(18)

Always spit toothpaste in the toilet, not the sink when your brushing your teeth. It will keep your sink clean for laundry and washing your face.

(It will help prevent friction with your bunk mates.)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(19)

Always use clean athletic sock to cover the prison phone receiver when making a phonecall. Doing so will prevent germs from getting on your cheek and ear.

(You will gain respect as well for being a clean person.)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(20)

Always try and hold your negative comments back about your current situation, because there is always someone who has it worse off. No one likes a complainer or a whinner!

(Don't act like a pussy!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(21)

Do not Gay bash or talk down to another prisoner. The homosexual inmates will get angry and plot against you in secret. " Especially the ones still in the closet ". Be considerate. (Try to treat others like you would like to be treated.)

BY : John Pinard

" 101 Suggestion to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(22)

Do not make a weapon and save it for a future reservation.

(The reason is because you will get mad and use it!)
(You WILL get more time and lose good time / parole.)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(23)

Always demand a fair fight from your opponent when you must fight! The request is usually granted and respected." No weapons No new case ".

(Stay in shape and don't run your mouth!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(24)

Do not try and hurt another mans feelings for the crime they have committed. They know what they did and they have to live with them self.

(Do your own time and never mind someone elses!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(25)

Do not pick on a mans race, education or religion. Try and have patience with people who are different then you. You find all walks of life behind bars.

(You are all in the same smelly, over crowded boat!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(26)

Always show compassion when a man is shedding a tear from bad news just recieved. "Do not laugh or name call!"

(You could wind up with a steel shank in your liver!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(27)

Do not lie to another prisoner when asked for a commissary item, " Say yes, or No, I dont have it like that! " Sorry!

(A convict who lies gets no respect!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(28)

Always walk far away from others when passing gas. Stay away until the smell is completely gone.

(You could get killed over a smelly fart!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(29)

Do not call another prisoner a punk or a bitch! If you do
be ready to fight on the spot!

(Those are the two biggest fighting words in prison!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(30)

Always choose your words wisely by thinking before speaking. Once you say something bad to someone it is impossible to take it back! "They will always remember what you said".

(Use your head in all conversations!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(31)

Do not steal from another mans cell, even a pedophile inmate.
" You will be labeled a sneaky cell thief!"
(Take it from them while present, If must be!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(32)

Do not cheat in any kind of game while serving time! "You will lose respect and trust!"

(You will end up with no card friends or partners!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(33)

Always remain humble in everything you do!

(You will gain respect and loyal friends!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(34)

Do not be quick to anger at first timers in prison! "They don't know any better, Buy them this book and help them!"
(Learn to give the green horn a break!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(35)

Do not look into another mans cell when walking by! Keep your head and eyes straight forward. "If you are looking for them, Call their name aloud and ask around if anyone has seen them!"

(Rubber necking another mans cell is BAD!)

BY : John Pinard

" 101 Suggestion to Prevent Disrespect, Homicide, and Suidide "
21st Century Prisoners Guide

Chapter (2)

Laws of the Land

BY : John Pinard

" 101 Suggestoins to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(36)

Do not question another prisoners integrity in front of a group! "It will cause major disrespect!"

(It is best to pull the person aside .)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(37)

Do not throw someone under the bus, or tell anothers secret.
"It does not matter if they have left prison, because they
could come back and want to fight you for talking about them!"

(Learn to keep a secret!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(38)

Always work to avoid arguments about views of politics, religions, card games, and who was the best sports team.

(These arguments have caused death in more than one one time)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(39)

Do not call someone a rat or a skinner until reading the newspaper or court paperwork! "Be aware of fake paperwork!"
(Those to names are the worst thing to be called in Prison!)
- Do NOT TAKE THOSE WORDS LIGHTLY -

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(40)

Do not join a gang unless you have no family or it is a life or death situation! "It could be a sign of weakness!"

(You will be a crash test dummy for violent missions to be down)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(41)

Do not be talked into deception by someone! "If you act on it, It usually back fires on you every time!"

(Don't feed into others that try to get you introuble!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(42)

Always keep offensive tattoos covered up! "It will prevent comments you may not like!"

(If someone does see it, "Tell them it was a mistake!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(43)

Do not wish bad things on another prisoner. "Talking about other peoples business is not good!"

(I always say that I am too busy talking about my own business to talk about anybody elses!) " Just mind your own "

BY : John Pinard

" 101 Suggestion to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(44)

Always avoid pressuring others or telling others personal information of how their crime went down.

(Loose Lips Sinks Ships!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(45)

Do not degrade yourself into being a crash dummy!
(Don't be something your not!, make your own way!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(46)

Do not ever be violently impatient with others! "keep your cool, because it is crucial to maintain some sort of friendship with the others like you serving time!"

(You all have to live with each other!)

BY : John Pinard

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21st Century Prisoners Guide

(47)

Do not tease or disrespect anyone because they are on the top bunk! "Do not call it the punk bunk!"

(Everyone can't have a bottom bunk, have class!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(48)

Do not wait until locked in to take a crap! "If it does happen because your roommate is sleeping, Courtesy Flush!"

(Try and time your bathroom use if possible!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(49)

Do not attempt to escape! "You will be shot!"

* (It will ruin all minimum moves and paroles!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

Chapter (3)

Chow Hall

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(50)

Do not fool with another mans food or drink. Prison is a high stress environment inwhich it is difficult to make money for food and drink, so just because you may have a foot locker full of snacks, juice and coffee, others do not!

(It is good Karma to help the less fortunate!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(51)

Do not drink prison issued koolaid. It is toxic to laboratory animals. It has chemicals that cause cancer. If you can't afford to bring your own, drink water. In the past prisons and mental hospitals would add drugs to prevent combative inmates/patients. I have always thought of the bug juice to be population control. I have also heard theories of the juice making people sterile and unable to reproduce children.

(This is really just my personal opinion!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(52)

After finishing your meal, Do not touch anyones shoulder or back after eating something greasy or messy. The person you may touch will feel like a walking napkin and probably want to fight on the spot. (Try and eat without being a slob!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(53)

Always accept extra food from your own race at your table.
I would not trust food from other tables, unless I knew them
really well.

(Food is always good to have late at night!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(54)

Always try and bring your own napkin and condiments with you to the chow hall. Doing this will help you in dealing with my Suggestion number 52.

(Use of your brain will help your life!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suidide "
21st Century Prisoners Guide

(55)

Do not ever reach over someones food tray at the chow hall. Excuse me will not be tolerated. Excuse me is no Excuse! There are people in prison that will kill you for that! Don't be a victim of a violent crime because you reached for the salt or pepper.

(It seems like a tiny mistake, but when men are hungry they don't like armpits over there food!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

Chapter (4)

Minding your own Business

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(56)

Do not leave valuables in clear sight when you leave your cell unattended. There could be someone tempted to steal from you. "It is better to be safe than sorry!"

(If you leave the TV on someone will watch it!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(57)

Always pay your debts on time. It is better to over-pay a few cents, than to under pay. It shows class and respect. It will be good for future business between parties.

(Try not to be a cheap ass!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(58)

If you borrow clothing from another prisoner, make sure it is clean when returned. Washed with soap by hand and fully dried.
(This is a rule that has to be followed!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(59)

Do not get too far into debt, because it will get harder and harder to pull your self out every week.

(Pay your debts or you WILL get poked up!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(60)

Do not lend your walkman out to someone without money.

(Unless you don't give a shit about it!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(61)

Always make sure your money is secured on your account before going into debt with a fellow prisoner borrowing canteen items.
(It is better to be safe than dead!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(62)

Always ask for your morning coffee the night before to avoid
a possible morning arguments.

(Coffee is a drug and people get crazy about it!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(63)

Do not repeatedly ask the same person every single time for coffee, creamer, and sugar. It will slowly wear on the person.
(They might end up knocking you out over a sugar packet!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(64)

Do not drink coffee excessively! It contains an addictive drug called caffeine.

(It is good to drink one cup of water after every coffee!)

It will help with dehydration!

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(65)

Always stock up on postage stamps to write to your family and friends. It will keep you connected to the outside. It is good for your mental health.

(It is good for your spelling and grammar!)

BY : John Pinard

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(66)

Do not ever make eye contact or talk to other prisoners visitors. Visits are sacred to us, so keep all comments about other people's visits to yourself! Good or Bad mind your own business. Doing so will keep the door closed for disrespect, fights, and death!

(Enjoy your visits,because they are too short!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(67)

Always be a man of your word! Say what you do, Do what you say.
Do not sell another inmate a dream.
(Your word is All you have in this world!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(68)

Do not make promises, because "shit happens".

(It is better to say " I will try! "

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

Chapter (5)

Keeping Positive

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(69)

Always try and set a good example for the young and easily
influenced inmates! "It will pay off in the long run!"
(The young grow up and help the old timers!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(70)

Do not glorify drugs others have not tried! "They will want to try them and it will make them want to kill you if they catch a long prison sentence when trying them when they are released!" If you know a man has not tried the drug, tell them about the damage it has caused to your health and freedom!

(The War on Drugs has failed the American people!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(71)

Do not talk to the corrections officers unless accomponied
by a convict prisoner! "This will eliminate all possible breach
of confidential prison information on the compound!"

(Don't talk to the swine unless you need toilet paper!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(72)

Do not let the little stresses pile up and make you explode!
"Remember, do your time!", "Don't let the time do you!" Don't
make a mountain out of a mole hill! Meditate and Pray!

(It is good to talk to people about your stress!)

BY : John Pinard

" 101 Suggestion to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(73)

Do not ever tell anyone your release date of your sentence, or when it is approaching. You may have smoke with people you don't even know about! They could stab you to death on your last day! Prisoners always get jealous and want you to leave them clothes, electronics and books.

(Say nothing and walk out the door!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(74)

Always try and better your education through school and programs!
"Learn a new language or trade if possible!"

(Don't be a lump on a log!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(75)

Always earn as much good-time as possible! "It will be worth your time and effort at the end of your sentence!" If you are serving a natural life sentence go to the classes for the interaction with the outside teachers!

(Do your time, Don't let the time do you!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(76)

Always be thankful for what you have!, not for what you do not have! "There is always someone who has it worse off!"

(Try to look at the glass being half full!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(77)

Do not gamble over five dollars in a single bet! "It will prevent having to collect in blood!" Keep it civilized!

(There will always be ass betters who don't have the \$.)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(78)

Always wash your own clothes by hand to keep them looking new!
"It will also prevent larceny of your laundry bag if sent in the
institutional laundry!"

(When your only clothes get stolen, Murder can happen!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(79)

Always wear pants and gym shorts at your waist! "It is very disrespectful to all around who are not homosexual!"

(It is not cool to look like a slob!)

BY : John Pinard

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(80)

Always have respect for your elders! "Remember who ever has done the most time behind the wall, usually outranks the others." There is an exception, if you are a shot caller or related to a shot caller. "Don't get killed!"

(Do not act like a child around the old timers!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(81)

Always ask questions about a new prison you are sent to!
"Ask the pros and cons!"

(Knowing the inns and outs are very important!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(82)

Always have manners and say, "Thank you and your welcome!"

(No one wants to hang out with a rude jerk!)

BY : John Pinard

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(83)

Do not file false grievances or P.R.E.A. accusations! "It will bite you back, when something really happens." Remember the boy who cried wolf? You will also be put on the institutions shit list and you will get no support! "You will get nothing!"

(Save the ace in the hole for when you really need it!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(84)

Always remember it takes longer to earn respect than it takes
to lose it! "Once it is lost it can be gone forever!"
(Be careful of all words and actions!)

BY : John Pinard

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21st Century Prisoners Guide

(85)

Always remain sober from drugs and homebrew! "It will keep sexual predators at bay and prevent disciplinary action from the prison administration!"

(Do your time to the best of your ability!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(86)

Always exercise physically, mentally, and spiritually weekly!
" I have found that if one of your exercises lacks it will take strength from the other! " I can guarantee, if you can balance all three correctly you will feel like a million dollars! (GREAT!)

(Keeping active will keep you alive!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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(87)

Always try to think of your prison sentence/time as a sort of a devine intervention! " You could have been dead If you kept on with the fast life! " I believe that everthing has a driven purpose. (Everything happens for a reason!) Try and use your time wisely, find your calling!

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide"
21st Century Prisoners Guide

(88)

Do not Criticize or shame another! If you see someone doing wrong that they think is right all the time. Talk to them nice with small talk. "Tell them you like the way they do it." Show them the right way with a kind smile! "Help a brother out!"

BY : John Pinard

"101 Suggestions to Prevent Disrepect, Homicide, and Suicide"
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(89)

Always expand your mind with Non-Fiction. History books and Self Help are great for your mind! If you always read fairy tales. It can create a dream world in your thinking. It can make it difficult to seperate fact from fiction.

BY : John Pinard

" Final Chapter "

- Spiritual Suggestion -
Best for Last!

BY
John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
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Chapter (6)
Spiritual Guidelines

BY : John Pinard

"101 Suggestions to Prevent Disrespect, Homicide, and Suicide"
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(90)

Always give great appreciation when someone helps you!
" I have found that when another likes your response from their good deed. They feel good about them self. When that happens in most times, people will find joy in helping you! Better things are almost sure to come!

BY : John Pinard

"101 Suggestions to Prevent Disrespect, Homicide, and Suicide"
21st Century Prisoners Guide

(91)

Always be the best man you can be! Do what ever you can for someone within your means. " Live and Give to others One Day at a Time! " You will gain the respect, even Love from all you have contact with!

BY : John Pinard

"101 Suggestions to Prevent Disrespect, Homicide, and Suicide"
21st Century Prisoners Guide

(92)

Always have faith that you can change for the better!
" Ask for help in certain areas that you lack in! "
It is important that you feel good about your self!

BY : John Pinard

"101 Suggestions to Prevent Disrespect, Homicide, and Suicide"
21st Century Prisoners Guide

(93)

DO NOT EVER use the pages of a Holy Bible to roll a joint or a cigarette! " It is disrespectful to God and all of His believers! " The Bible teaches lessons that prove a better future,

BY : John Pinard

"101 Suggestions to Prevent Disrespect, Homicide , and Suicide"
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(95)

Always take responsibility for your own actions!
" If you hear or see someone getting persecuted for your
own actions, Step up and take your punishment,like a Man! "

" YOU WILL EARN BIG TIME RESPECT!

BY : John Pinard

"101 Suggestions to Prevent Disrespect, Homicide, and Suicide"
21st Century Prisoners Guide

(96)

Always start the day off in the morning with a prayer.
" Ask for a good day without violence! "(close with Amen)

BY John Pinard

"101 Suggestions to Prevent Disrespect, Homicide, and Suicide"
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(97)

Always thank God for a good day and for another day alive!
" Remember, there are so many people starving to death,without
shelter! " (Count your Blessings)

BY John Pinard .

" HOW TO SURVIVE PRISON'S 101
Suggestions to Prevent Disrespect, Homicide, and Suicide
- PRISONERS GUIDE HAND BOOK -
BY
John Pinard

(98) (99) (100) And the closing Suggestion is being withheld!

" BUY MY BOOK TO LEARN MORE! "

(101)

READ the Bible

" It is written by ex Tax collectors, Murderers, and Fornicators
and see which prophet you have the most incommon with!(God Bless)

- To make a small monetary donation for self publication -
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P.O. BOX 1218
Shirley, Massachusetts
01464

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide
BY
Johnny Pinard

I tricked you! I could not withhold the most valuable information
from my brothers and sisters in Christ!

PLEASE TAKE THESE LAST SUGGESTIONS SERIOUS! They will save your
soul from a everlasting lake of fire and brimstone!

Jesus is real and He loves us! Walk with him and live life free!

- GOD BLESS YOUR SOUL -

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(98)

Invite God into your life's journey and ask Him to show you what you what you need to do - not just what the court's system says you should do, but what you truly need to accept responsibility for. STOP blaming others, and give your situation to God. The Bible tells us that if we confess our sins, He is faithful to forgive us all of our sins. (John)
Remember, there's no reformation without transformation!

(Give your everything to Jesus!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(99)

I will repeat this suggestion because of it's importance!
Always write to your loved ones and tell them you are sorry!
Tell them in a way that they know you really mean it!
Ask them to forgive your actions and your poor choices.
Remember, you can't be responsible for their response. You
can be responsible for what you say and do!

(Do the right thing!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(100)

Seek the word of God! Find out where you can locate Bible study groups, as well as life-skills programs within your prison to help your growth of your current state. If you wait until you get out, you'll never do it! (It is seldom someone does it on there own on the streets!) It would be best to speak to your prison chaplain or even a program manager to find out what is available to you.

(Be hungry for your recovery!)

BY : John Pinard

" 101 Suggestions to Prevent Disrespect, Homicide, and Suicide "
21st Century Prisoners Guide

(101)

Last but not least, Whether you are a Christian or not, surround yourself with people who share positive values! It is true we become like the people around us. " IRON SHARPENS IRON " It is important to associate with people who have their eyes firmly set on living differently. Pray for the ones who do not want to change. God is willing and able to do things far greater than we could ever imagine. Our prayers do not go to the fathers ears unheard! (Ephesians 3:)

(God Bless You!)

BY : John Pinard

MIRACLE

More than 2000 years ago there was a man born contrary to the laws of nature.

He laid aside his purple robe for a peasant's tunic. He was rich, yet for our own sake he became poor. This man lived in poverty and raised in obscurity. he received no formal education and never possessed wealth or wide spread influence. He never traveled extensively. He seldom crossed the boundary of the country in which He lived, But this man's life has changed the course of history.

In infancy He startled a king. In childhood He amazed religious scholars. In manhood He ruled the course of nature, - walked on water and hushed the raging sea to sleep.

He healed multitudes without medicine and never charged for His services. He never practiced psychiatry, Yet has healed more broken hearts than all the doctors put together.

He never wrote a book, Yet His life has inspired more books than any other man. He never wrote a song. Yet He has furnished the theme for more songs than all songwriters combined.

He never founded a college, but all the schools in the world can not boast of having as many students.

He never marshaled an army.

He never drafted a soldier or fired a gun. Yet no leader ever had more rebels surrender to Him without a single shot fired.

King Herod could not kill Him.

Satan could not seduce Him.

His enemies could not destroy Him.

The grave could not hold Him.

After three days He rose from the dead, Alive forever more!

He is the ever-perfect One.

He is the Christ, the Son of the living God!

This man stands forth upon the highest pinnacle of heavenly glory. Proclaimed by God, acknowledged by angels, adored by His people and feared by demons as the risen Lord and Savior Jesus Christ.

-AMEN-

"101 Suggestions to Prevent Disrespect Homicide and Suicide"
21st Century Prisoners Guide
BY
John Pinard

My book will open eyes and offer a candid insight about what really goes down in the "Big house."

This book touches on very important issues which cause turmoil in this nations prison system.

How to survive prison 101 Suggestions to Prevent Disrespect is a 21st Century Prisoners Guide Handbook. I know it has a longer name than most so you can refer to it as PRISON 101.

If you read my book you will find it to be the rule of thumb to the lifer as well as a simple guide for the guy serving just a few weeks. It teaches the ropes to the fresh fish forced into fist time incarceration.

A constant theme of my book is a simple one : "Don't let one little mistake cost you your life!" DISRESPECT CAN KILL!!!!!!

Prison is a cruel place for all to have to live. In truth, A very small screw up can shorten your life.

Respect in prison is the most valuable thing you can obtain, I will repeat respect in prison is the most valuable thing you got!

Learning to give respect will lighten your prison load. You will start to make friendly associates from your positive attitude. Respect will keep you in reach of your release date. " If you are lucky enough to have one." Being grateful for the life you have will help your whole outlook on life.

Prison 101 offers just about every useful technique available to survive or remain afloat any prison stay.

I am a reborn international criminal, so I know the drill in most states. A education on prison life, is a knowledge money can't buy! " UNTIL THE RELEASE OF THIS BOOK !

If you are somebody with a loved one in prison. My book makes a excellent gift. " I often say to people, Save a life, Buy them the book!" The reality is you will save money on medical expences.

The backbone of my book teaches that small acts of kindness towards one another can go a long way! It is better to be nice, than to be a lizard scumbag!

One day, I would like to be able to donate this book to every new comer into the criminal justice punishment system in the U.S.A.

Please, Buy my book and talk about it! I wish you all a wonderful life of freedom! May God Bless You!

Sincerely the author

John Pinard

- PRISON 101 -

I designed this book to be interesting to the college students of the United States. Please pass this single page out to any person who drinks heavy or does petty crimes. This book will be a friend to them, if read.

I'm John Pinard, the writer of the one-hundred and one life saving suggestions! Please, take the words on these pages serious! I bring light to the reality of prison and it's ways. For those buying my book that have never been to court. This book will open their eyes!

Please, write to me with any questions and I will help you to the best I can. I hope you enjoyed my book! God Bless You!

BY : John Pinard

