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July 16, 2026

To whom it may concern at the Joint
Committee on Judiciary,

My name is Michael Mark and I
am currently housed at MacDougall Correctional
Institution.

Here are my concerns!

Medical - I would first like to address our
wait time to be seen by our providers (Doctors).
It takes months or sometimes more than
a year to be seen. I've been on the list
for a colonoscopy and endoscopy for approximately
two years. The doctor at UConn recommended
these procedures given my high risk for cancer.
If someone were to investigate they would
find that many people who died from cancer
in DOC custody could've been prevented if
they didn't drag their feet or misdiagnose
people only to find out later on that it
was something serious and it's too late.
There needs to be a drastic change in the
care provided and wait times for people
who need to be seen or sent out for
a procedure.

State Food - The food they serve is
based on a soy and high carb diet. They
also serve us slop a few times a week

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and that needs to change because first of all it's gross and secondly hardly anyone eats it so the majority of it gets thrown away anyway which is a big waste. I believe a healthier diet would be in order. Also there is too much sugar in our diets with the juice, breakfast cakes, and other high sugar content in our diets that they serve on a daily basis. I believe a change in our diets would cut down on medical expenses since most medical issues are diet based which in this case is a poor diet.

Commissary - We also need healthier items on our list that we purchase from. It would also be nice to have more of a variety like other states have giving us more options and an opportunity to get the most out of our money. Overall we need better and healthier items on our commissary list.

Recreation - I am in a working unit. Here we have the Dog Program, Industry workers, and unit workers. We work and go to school. This is a good unit with exemplary people housed here who follow the rules and don't get into trouble. But for some reason our rec officer gets pulled most

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of the time which cancels our outside recreation. We see other units getting their outside/gym rec but we seem to always get the short end of the stick. It sometimes feels like we're getting penalized for doing the right thing. So it's either they pull our rec officer or there happens to be training for officers on the days we have our outside/gym recreation. We work all day and go to school. We just want our outside rec when we're supposed to get it.

TV Channels - We get 8 channels in the wall plus a few air channels that they added that don't come in for everyone most of the time. I'm sure there's a way to get us a better variety of channels that's also cost effective. There would be a lot less trouble for officers in my opinion if people here had good shows and movies to watch. They would be in their cells or the dayroom watching their shows or movies. They would be less likely to act up if they had a good movie or show that would captivate their attention.

Movies on Tablet - We currently are only allowed to watch PG-13 movies. They do put some decent movies for us to rent however a lot of the times they put kid movies up there that seem to cater to a certain group of individuals,

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We are adults and I can't understand why we're not allowed to watch or rent Rated R movies. It benefits everyone. We would be able to have a better selection of movies to rent and the state and Securix would make a lot more money with a better and wider selection of movies. Personally, I am tired of these kid movies and I would like to be able to rent some better Rated R movies.

Video Visits - There seems to be a lot of trouble scheduling and actually receiving our video visits. We need a better and more consistent system and better trained officers who utilize this system.

Thank you for your time and consideration concerning these issues.

Respectfully,

Michael Mark
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