

# Dismal Position

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Shu syndrome, post traumatic stress disorder, psychological even pathological behavior. You might have heard of these mental disorders. However I find them all around me in the encasing of concrete that surrounds me. Becoming me to speak what they offer... a tantalizing offer I must admit but in a place where insanity is king I choose to be the rebel who wishes to not only keep his sanity but dethrone this king of insanity also.

Being in solitary confinement, I'm in my cell 24/7, with the exception of 2 times a week for 2 1/2 - 3 hours! One week is 168 hours, minus 6 even 7 that's 161 hours in a cell. Now since I have a t.v does that take away from the "solitaryness"? Since I have books does it lessen the burden of being confined in a 'room' all day? Or am I just a whiner?

For the most part it is recognized that 'isolating' a person for a number of days can have physiological effects on the anatomy of the brain. The mind is something different or is it? What a disaster or better put a disappointment when people put in a place to oversee prison use a form of torture to curtail and disable certain 'behavior' in prison environments. Especially here in California where there's a emphasis on 'rehabilitation'. True the economy's not up to par, then again "crisis" is an inevitable part of capitalism. Instead of finding solutions to problems prison officials sweep the problem under the rug. Now the problem under the rug is visible and its called the shu!

With the next protest of hunger striking, prisoners throughout California are demanding to be treated like human beings. Reminisce of the same echo prisoners shouted during the rebellion at Attica. What must be going through prisoners minds, what suffering are they going through to take the last resort of starving themselves to the point of death? To put an end to torture and be treated decently instead of like a savage animal found in the jungle? What's the breaking point for humans... at what point does one come to the realization that no other means or avenue is available except to sacrifice?

It doesn't take long for one to discern that solitary confinement puts a imprint on the guest it host. Dampening spirits, dashing away hope, killing rebellious spirits and pacifying people who were once defiant. Already in a fucked up position, what position will society at large hold? Will rise be made or will the strike become void, out of earshot and shut up by those in power?