

What Conditions Are Like In Solitary Confinement at the Wisconsin Secure Program Facility by Nate A. Lindell, 26 Nov. 2015

Accompanying this post are two drawings of what my solitary confinement cell at WSPF looks like as I lay in my bed, back against the opposite wall. The cell is seven feet wide and 12½ feet long. We spend more than 23 hours a day in these cells, because we're only allowed five hours of rec. a week, along with 75 minutes on a law computer. The solitary confinement cells on Alpha unit are even smaller; not as wide as my current cell.

There's no view of the outside world from in those cells. There is a window at the back of the cell, visible in view 2, but all it lets us see is an air vent that runs behind our cells. If we stand up, closer to the window, and look up, we can see an outer skylight, which is opaque, only lets us see if it's dark or light out. There's a window in a shutter on the cell's door, which is reflected in the mirror above my cell's sink/toilet; but that window only shows the hallway in front of our cells.

Many guys get stressed out from living in these boxes. They yell to their buddies, pound on their plate-steel cell doors to emphasize points, at all hours of the night. This constant din stresses out other prisoners who find it impossible to sleep or even think. Often this leads to arguments, threats, and fights when prisoners get out of solitary —of course the fights get them put right back in solitary confinement.

Oftentimes there are racial conflicts, usually due to Black prisoners, who are the majority here, disrespecting and threatening White prisoners. A few weeks ago Black prisoners on both sides of my cell banged on their steel toilets for two days so I couldn't sleep, trying to make me force staff to move me. (See accompanying neuroscience post to understand this phenomenon.)

The door is painted a dark red, a color psychologists have long known inflames emotions, aggression. The walls are off white. The floor gray. The fluorescent light visible in view two keeps the cell bright white.

We can't hang posters or photos on the walls. We can't have colored pens or pencils or any art supplies, other than an ink pen and paper.

No typewriter, radio, electric razor, or other electronics are allowed,

other than a 13" color T.V. (either a personal T.V. or one issued by the prison). The T.V. becomes very important, especially if, as is my predicament, you can't talk to other prisoners (Black racists by me yell and bang on stuff when I try to talk); but prisoners also become sick of the T.V., because it's not real interaction with people, can't be communicated with.

There's no chair in the cell, and the table protruding from the wall, at the foot of my bed (visible in view one) is only 12 $\frac{1}{2}$ " by 16", not big enough to rest your arm on and write on, only big enough to hold your meal tray.

We're no longer given razors, nor can we buy them. Too many prisoners used the blades to cut themselves. Those with money (not me—I owe over 10,000 in filing fees and for legal supplies from suing prison staff, etc.) can buy Magic Shave, but poor prisoners can only get a complete cut, only (no "leave the moustache or sideburns") every six weeks.

Visits are only over a T.V. monitor, unless you're on Administrative Confinement (A.C.) status, in the High-Risk Offender Program (H.R.O.P.) and on the final phase (green) before being allowed back to general population. At present there are only eight prisoners on this 100-man unit on phase green.

The food is minimal, tasteless, a lot of simple carbohydrates, lunchmeat, packaged food that has no nutrition worth mentioning. When I left here in 2012, I weighed 175 lbs. and was 6'3". When I returned here from federal custody in 2015 I weighed 200 lbs. and was 6'5".

Because we get no meaningful sun exposure, all of our Vitamin D levels are deficient, but only some of us know to ask for supplements.

Not only does the din make regular sleep impossible, but so does the fact that there is nothing to do but sit or lay on your bed (if you're not pacing or exercising), which makes it hard to sleep on the same bed.

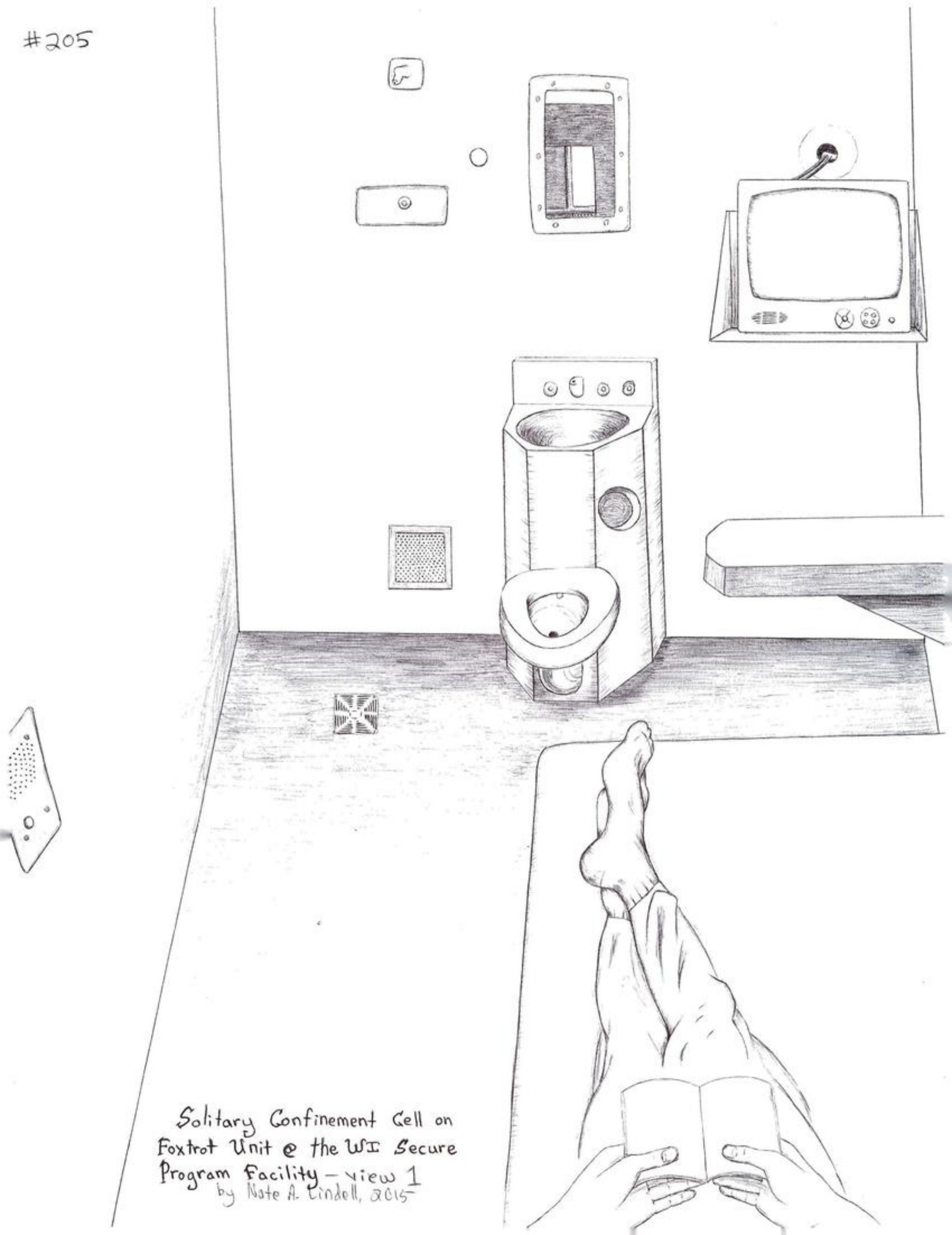
Recreation is in a bare concrete bunker little larger than a cell twice a week, and twice a week in a completely-fenced-in and small outdoor kennel (if staff deem the weather acceptable), if it's not a holiday, a training day, or some other excuse.

We get two 15-minute phone calls a month. Poor prisoners are not provided postage to write family, friends or media.

It's up in the air when a prisoner on A.C. status will be released.

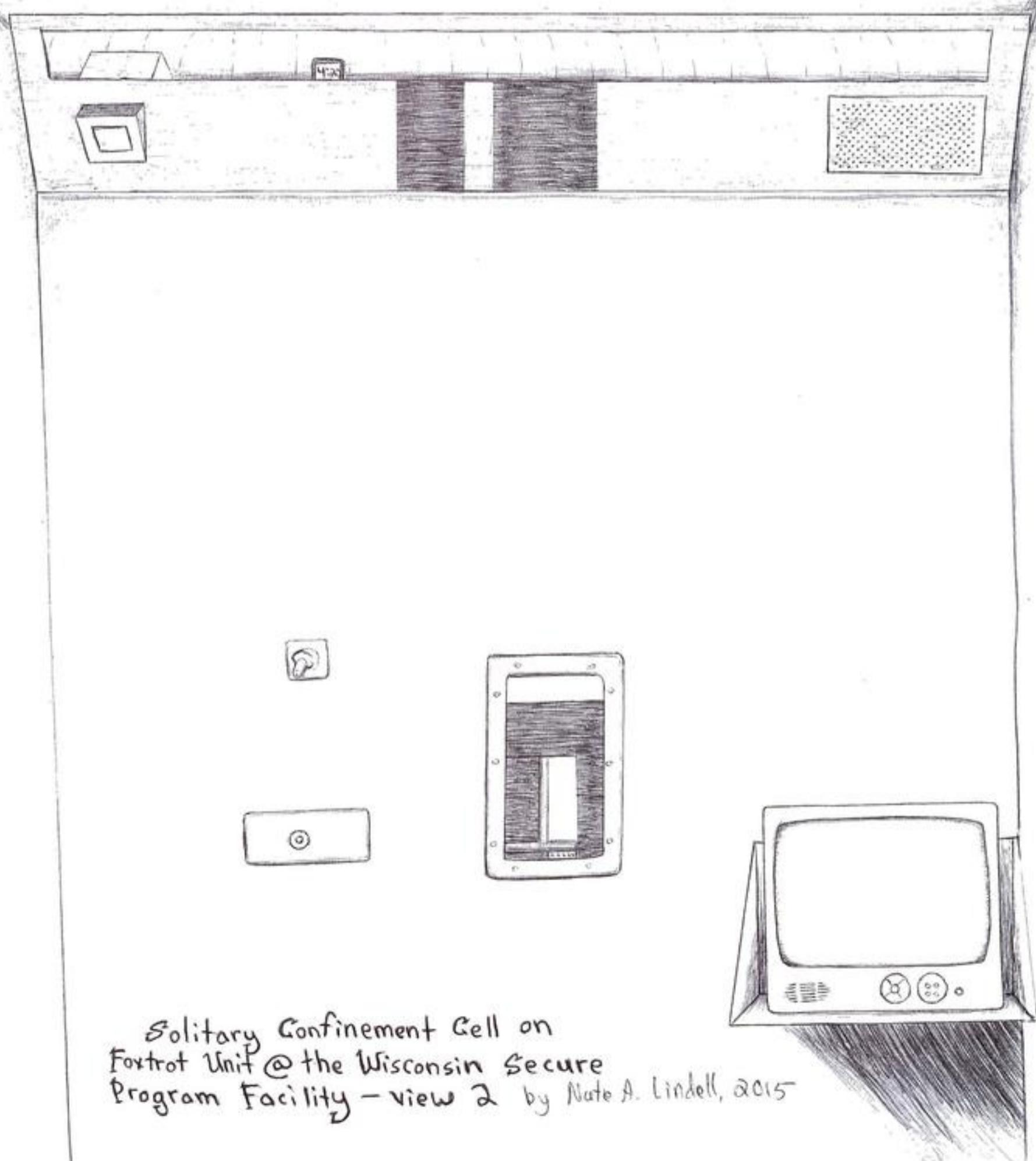
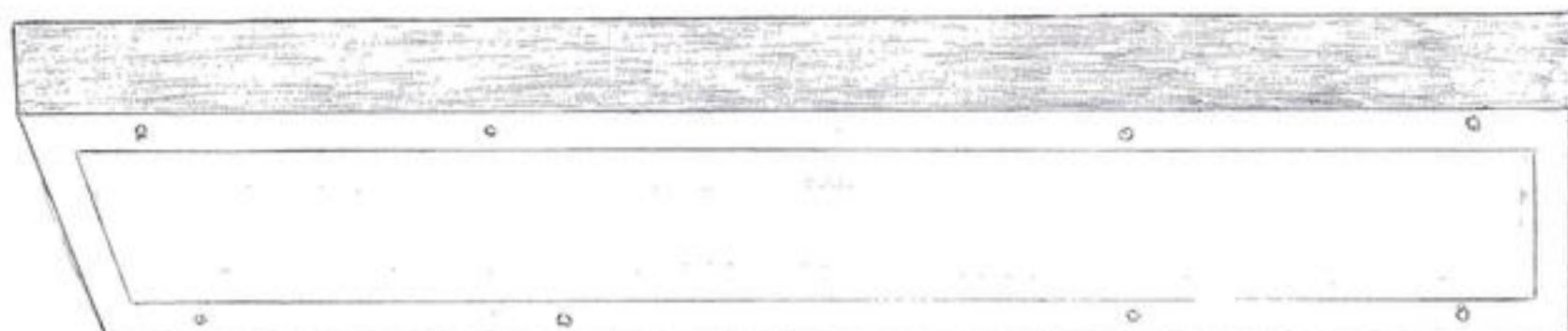
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#205



Solitary Confinement Cell on
Foxtrot Unit @ the WI Secure
Program Facility - view 1
by Nate A. Lindell, 2015

#206



Solitary Confinement Cell on
Foxtrout Unit @ the Wisconsin Secure
Program Facility - view 2 by Nate A. Lindell, 2015

Nate's News, 23 Nov. 2015

Thanks to my friend, Archelle, I have the postage-embossed envelope to mail this off. Also thanks to Archelle my blog (and this blogging platform in general) will be linked to my pages on Google Plus, Instagram & maybe Pinterest too. Thanks Archelle! ☺

As you can guess from the accompanying posts, it's been miserable time here @ WSPF. A little yoga, exercise and medication is helping me cope.

Still working on my autobiography. At page 44, about 300-350 words a page. What's happened in my life is bi-zarre, dramatic, & shouldn't have happened. My uncle Jeff urged me to write it 17 years ago, & the shit that's happened since then has only made my life story more bizarre, like a darker version of Forrest Gump, much darker. But you can decide that for yourself when I post it on here. Hopefully I tell the story well.

As I said before, I'll only respond to comments if the commenter provides me with the postage to do so, which must be done by ordering me embossed envelopes from WINmatepackage.com or 1-855-247-6093. Of course I welcome your comments, and transcription - I just can't reply. Archelle bought me postage; it's for her.

I watched David Eagleman's series, The Brain, on PBS. Any human being who's interested in understanding themselves should watch that series. I'm also studying Eagleman's Incognito: The Secret Lives of the Brain. He seems to have explained how matter makes up human consciousness; I don't see any room for spirits, ghosts, non-matter to be responsible. And, he's clearly revealed that consciousness is quite fragile, not as complete as many assume. He's yet another person who is ethnically Jewish who is brilliant and is greatly contributing to our understanding of ourselves, which permits those of us willing to accept the truth to treat ourselves better... permits, but does not ensure.

The ISIS attacks in Paris... piss me the fuck off! It's delusional people like them (& other Theists) who keep people in the chains of ignorance! Prisoncrats are much like I.S.I.S. - senselessly degrading people based on delusions that they use force to push on others.

The day after I returned to WSPF, the warden (Gary Bougton) saw me, one-on-one, bravely telling the three C.O.s that escorted me to the medical room where we met, "I don't think he's gonna attack me. You can wait outside." (I was cuffed behind my back + shackled.)

The Warden, along with Dr. Stacey Hoem (she came in too), a psychologist at WSPF, sounded like WSPF had really changed its evil ways.

"I want you to be a tutor. We're getting a mentoring program too. You can get certified then mentor other prisoners," he told me with a smile.

He told me he'd read my letter to the editor, published by the WI State Journal (look it up on madison.com, early July), which criticized the WI D.O.C. for putting + keeping prisoners in solitary confinement for petty shit, for years + not letting gifted prisoners use their talents for good. In the B.O.P., they let me tutor prisoners going for their G.E.D.s

That conversation took place at the end of August. It was a pack of lies. After repeated requests to Education Dept. staff, they told me they don't need any tutors—no such position exists. The Program Director said the same thing about being a mentor.

The Warden also said he'd make sure I got my property. When I did, all of my drawings except four were missing, not even listed as contraband, just gone. The same happened with dozens of pages from stories and essays I wrote, irreplaceable creations—some stories just had the pages with sex scenes missing. Pictures also were missing, without explanation.

Am I supposed to believe the warden when he said I'd be let into general population status after "some time on Administrative Confinement"?

If you ever wonder why bad things happen to good people, well, you first need to get your premise right: prison staff are not good people, and it's only karma! They reap what they've sown.

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Neuroscience & Solitary Confinement by Nate A. Lindell

created 26 Nov. 2015

"Extreme social deprivation causes extreme psychological pain," said neuroscientist David Eagleman in part five of his PBS series, The Brain. That statement made me realize that the constant pain I'd felt during my 13+ years of solitary confinement in WI prisons was more than a figment of my stifled imagination — it was real pain.

Dr. Eagleman (I presume he's a doctor — he certainly knows his neurology) explained in that episode that there is a "pain matrix," like a spidery connection across/throughout all parts of our brains, which is responsible for telling us we're in pain.

Social rejection in itself causes pain, Dr. Eagleman explained. If being in prison, fed poorly, given drab, worn-out clothing, denied contact with loved ones (the general conditions of any prison) isn't enough to inform someone that they're a social reject, housing them in the even harsher conditions of solitary confinement for years surely does the trick.

Pain is meant to force a person to act, let them know they're in danger. But people in solitary confinement can't escape the source of their pain, which helps explain the often bizarre acting out I've seen from other prisoners: smearing feces (telling people how they feel), harassing/attacking other prisoners (safer than attacking staff, denies their own rejection by rejecting others), attacking staff (those causing the pain), suicidal behavior (the final solution to ending the pain).

How can the "good" people who run prisons live with the reality that they're mentally torturing humans? Ultimately, and ironically (given that they view all prisoners as intractable psychopaths), the neurological explanation for this was also given by Dr. Eagleman: prison staff don't see prisoners as people but as things, like how Nazis looked at Jews, like how Jihadists look at Infidels, like how a psychopath's brain looks at all people. The medial prefrontal cortex, which helps us to empathize with and socialize with others, grows cold, less active, when prison staff are dealing with a "real" human being, just like how a psychopath's medial prefrontal cortex always is.

looking at prisoners as things allows staff to create and believe comforting lies, like that prisoners in solitary really aren't in pain, are malingering, or that solitary is the only way to deal with the prisoner. Some staff rely on alcohol, drugs or psych meds to make the lies more digestible.

Shows like "Law & Order," "Criminal Minds," "Blue Bloods," "48 Hours," "Dateline," "CSI," "Forensic Files," et cetera, all more or less portray those who've broken the law as animals (unless it's a cop, lawyer, or judge who broke the law to catch or punish a law breaker) and law enforcement members as sometimes broken heroes. This propaganda titillates the simpler parts of people's minds (e.g. the amygdala), burns this message into their neuro-circuitry, conditioning Society to think of prisoners as inhuman and dangerous, unworthy of decent treatment. How often have you seen the media portray a prisoner in a positive light, reveal how he or she struggled through their upbringing in a toxic family, the hate from staff, the jealousy of other prisoners and earned their G.E.D., stayed sober, was able to forgive their abusers and still care about others? Simply doing this is a great accomplishment in most prison systems!

Dr. Eagleman, in that fifth episode of The Brain, also discussed a study where kids were told that some of them were better than another group. The "In" group felt elated and promptly mistreated the "Out" group, while the "Out" group members acted out their supposedly inferior roles. What those children were told was a lie, but, as Adolf Hitler somewhat said, "People believe what suits them."

Prison staff in WI are typically scraped from the bottom of society, just like most prisoners. But prison staff have easy jobs with plush benefits, gained from society's belief in the lie that prisoners aren't human. It would show that this lie has truly been rejected if WI and all prison systems eliminated solitary confinement or at least the punitively stark conditions in solitary confinement.

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so long as my contact info is included.

Black Racism and Homophobia in the Wisconsin Secure Program Facility by Nate A. Lindell

created 23 Nov. 2015

When you hear about racism in prison, you probably assume I'm talking about White prisoners who hate Blacks. That's the only racism you'll see discussed in the news, the mainstream media. That's the only racism you'll hear about from Prisoner-rights advocates.

When I was in federal custody some prison staff who were Black wouldn't even talk to me because I was White — the wardens at Coleman 2 USP and Terre Haute USP, and some guards at Coleman 2. But those staff happily talked to Black inmates, even called them "Brotha." No skin off my teeth; I'd just avoid those staff.

Here at WSPE, most the staff are White. Most the prisoners are Black, at least in the Seg. units. In the 3 months since I've been back, I've not once heard Black inmates make racially offensive remarks to staff, the people who have them locked in cages. But almost every day on Foxtrot unit I've heard a few Black inmates yell out derogatory remarks to White prisoners, at least until about 2 weeks ago.

When I first arrived on Foxtrot unit, about 50 days ago, Deon, a Black guy next to me asked, "Are you racist?" I replied, "A little bit," because we are all racist a little bit. Maybe you want to call it something else, but we all prefer the company of our own kind, the kind of people we grew up around. (Yeah, I know, personally, Black people who were uncomfortable around other Blacks because they were raised by White people — those Black skinned people preferred their own kind, White people, especially when the Blacks in question were urban, sleazy types.) I told him I'm a little racist, but I'll treat him with respect.

Deon couldn't accept that, especially with a Black prison, A. Tubbs (aka "Killer"), who fronted that he was a G.D. from Chicago and constantly was talking about "White boys" (spoken derogatorily), "honkies," saying they're weak, cowards, saying "I'm not racist. I'm just prejudiced. I love fucking White ho's in they ass, sellin' dope to White people...." Killer is older, 50-ish, who'll say whatever he thinks (from behind a door), so incited the likes of Deon and another young Black prisoner to adopt his antis — talk loud & disrespectfully all through the night, pound on their doors, and act aggressive from behind their cell doors.

It's called being a cell-warrior, and no respectable prisoner does that. Moreso, in a federal penitentiary, Killer would be severely disciplined by his own people for making racist comments, even disrespectful comments — otherwise the White would try to kill him; a race war would start & probably spread to other joints. Knowing all this, I found Killer's antics bizarre. When I found out that he's not even trying to return to g.p., I found his actions cowardly.

A couple weeks ago some White prisoners and one who was Mixed (part Black, part White, some Injun too) got busted with knives cut out from the T.V. of one of the White dudes Killer'd been threatening. They wanted to stab Killer and another Black guy who'd been disrespecting one of them from behind a door.

Last time I was at WSPF I witnessed guys who'd been in gangs like the Latin Kings, Spanish Cobras, & Gangster Disciples, Latino and Black gangs, react to the racism against White prisoners by forming a White racist gang. The same Black inmates who say they hate racists create racists, force White, mixed-race, even ethnically Jewish prisoners ^{into} of being racist to protect themselves.

A Black prisoner who's still here, S. Felton, openly advocates the extermination of Alpha, superior Whites and enslavement of the rest of White people.

As a proven prisoner-rights activist who's help all prisoners (Black, gay, etc.) expose and sue about staff's abuse, it has long frustrated me that none of the people and/or organizations on the street recognize or oppose Black racism against White and Whitish prisoners. Of course prison staff don't care about this, so the targets of such racism must protect themselves — but when they do they're deemed dangerous & kept in solitary confinement here at WSPF.

Anyway, back to "Killer".

Amazingly Killer has other Black prisoners believing he's a G.D., even though he's said that he wrote and is publishing books about gang members who are still gang-banging. (See his web-site: chicagoganglandpublishing.org) Real, active G.D.s would deem him a snitch & try to kill him for that, and he knows it, saying, "If they don't like it, they can come get me." What's so amazing is that other Blacks think he's cool & follow his fucked up lead.

Case in point. When I told Killer I'd be holding his ass accountable for disrespecting my race, he told Deon, my neighbor, "Hit that Honkie's wall!"

Deon, I'm sure, came to regret hitting my wall (so I couldn't sleep). Because I hit his wall back, every 10-15 minutes - ruined a psychology book + a Bible using them, rolled up, to hit Deon's wall. He lasted 2 days, I went 5. (I've done this for 10 days straight before, got a neighbor to go on psych. meds + suicide watch because he hit this Honkie's wall) When Deon cussed me out, after I forgave his hitting my wall (in accordance with Game Theory - Tit-for-Tat with some forgiveness is the best strategy), I threw my line out + snagged his line when he tried to "fish" (exchange items using string with a comb or something tied on + slid out under cell doors) with another guy, then kept it.

"Hey, you wanna talk shit behind the door. I can do shit behind a door too."

Of course he'd run his mouth, thinking I'd fold, saying, "I knocked out a white boy," to which I replied, "I stabbed a Black boy." Anything he's done, I've done better.

Some days passed in silence, except for Deon, Killer + other Black dudes loudly bitching about "gay shit" in their favorite T.V. show, "Empire". Shit, I thought, in the feds the only two groups (besides the homosexual car itself), known as cars, that allow homosexual behavior are the D.C. Blocks + the Dirty South, both Black groups. In N.Y., Louisiana, Florida, etc. etc. it's the Blacks who freely + openly engage in homosexuality - some of those systems provide condoms to cut down on H.I.V. infections. Killer himself told a guy out at rec., in my hearing, that 1/2 the guys he recruited in a medium-security prison started chasing a pretty homosexual around, losing all discipline, when that guy came into the joint. It is Blacks, not Whites, who are notorious for homosexuality in prisons. I pointed this out to Killer the next time he said "Honkie."

During all the chaos of Deon hitting my wall (another Black guy, Calidoscious, two cells away, joined in, banging on his toilet/sink - see the drawing of our cells being submitted at the same time I submit this post), my other neighbor couldn't take it, made staff move him to the more restrictive yet quieter Alpha unit. He was a very respectful Latino + White guy, who'd been in real prison systems (Arizona, Texas) + knew that killer + his Klowns would be killed acting the way they were in a system like that.

Another prisoner, a Puerto Rican guy, A. Melendez, slipped his cuffs and tried to grab one of the Black guys who'd yell + bang on his door at night, fuckin' up everyone else's sleep.

Because I understand that people's sexual orientation is mostly something they're born with, because I don't care what other peoples' sexual orientation is, and because I've known & know some really decent LGBT people, I get irked at people like killer who castigate LGBT people: it's a kinda bullying & I hate bullies. You'd think that, of all people, Black people would surely not castigate a whole group just because they're different than them. But no, the same Blacks who've been putting down Whites prisoners (not staff) got some high tech gaydar.

When I let slip today that I got a gay friend on the street, killer started saying, "I knew you was gay!" Hell, I wish I was gay, just so it'd bother him!

I used to laugh my ass off when a transsexual Black... person (?) in WCI's seg. unit did her "million-dollar topout," stripped at rec., surrounded by 4-5 Black homophobes! ☺ Too bad ol' Starburst isn't here to flash her 38 DDs at these cats, which she'd do in a heartbeat.

No, I'm not gay, but I truly don't give a fuck who is.

It's been quiet, other than killers outburst today. Most of these guys — all of 'em but killer — finally realize that it's better to stay in their own lane & not be disrespecting people, at least so long as I'm around. Damn shame I had to be an asshole to get it this point. Damn shame killer's soft ass still ain't learned.

I asked killer to get in the program to get out of Admin. Conf., so he can get around me, without doors or restraints. No comment. Guess he figures why do that when he can run his jaw from the safety of his cell. ☺

Sure there's racism in the legal system. From what I've been seeing in the news, cops do unnecessarily beat, taze & shoot Black people. There are also some White prisoners who are racist towards Black prisoners, even towards Black staff.

There's also Black prisoners who are racist towards White prisoners. And I pity the fool who brings that to me.

Hugs + Kisses,

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