

DEAR READER.

6-27-19

HEY. I HOPE YOU ARE DOING WELL!

TODAY I'M GOING TO SHARE WITH YOU SOME CHANGES THAT HAVE BEEN MADE TO HOW I, AND EVERYONE ELSE HOUSED ON DEATH ROW (MALE), LIVE. BUT FIRST I WANT TO INFORM YOU OF THE SCIENTIFIC CONSENSUS ON THE EFFECTS OF LONG-TERM SOLITARY CONFINEMENT. IN SHORT, A COMPREHENSIVE META-ANALYSIS OF THE EXISTING LITERATURE ON SOLITARY CONFINEMENT WHICH AND BEYOND THE CRIMINAL JUSTICE SYSTEM FOUND THAT THE EMPIRICAL RECORD COMPELS AN UNMISGIVABLE CONCLUSION: LONG-TERM SOLITARY CONFINEMENT CAUSES PSYCHOLOGICAL DAMAGE. NOT A SINGLE STUDY OF SOLITARY CONFINEMENT, WHERE THOSE CONFINED THAT LASTED MORE THAN 10 DAYS, FAILED TO HAVE ANYTHING BUT NEGATIVE PSYCHOLOGICAL EFFECTS. A RESEARCHER ELABORATED THAT AN INDIVIDUALS SUBJECTED TO SOLITARY CONFINEMENT WILL EXPERIENCE A DEGREE OF SORROW, DIFFICULTIES WITH THINKING AND CONCENTRATION, OBSSIONAL THINKING, AGGRESSION, IRRITABILITY AND DIFFICULTY TOLERATING EXTERNAL STIMULI. ANXIETY AND PANIC ARE COMMON SIDE-EFFECTS. DEPRESSION, POST-TRAUMATIC STRESS DISORDER, PSYCHOSIS, HALLUCINATIONS, PARANOIDA, CLAUSTROPHOBIA AND SUICIDAL IDEATIONS ARE ALSO FREQUENT RESULTS.

THAT'S WHAT WE ON DEATH ROW ARE FALED WITH. IN FLORIDA THAT IS. SOME OF US CAN HANDLE IT BETTER THAN OTHERS. WE'VE LEARNED HOW TO COPE WITH IT THROUGH STRUCTURE. BUT THE NEW ADMINISTRATION IN "THIS" PRISON HAS TAKEN AWAY OUR STRUCTURE.

WE HAVE POP-UP INSPECTIONS WHERE WE HAVE TO HAVE ALL OUR PAPERWORK PUT AWAY IN OUR LOCKERS, INCLUDING PROOFING OUR DECKY CLOTHES, WASH CLOTHES/TOWELS AND TRASH ALSO HAVE TO BE PUT AWAY IN OUR LOCKERS THAT'S RIGHT, POSSIBLY CONFIRMING OUR CLEAN CLOTHES, PAPERWORK AND... "FOOD!" WE HAVE TO BE FULLY DRESSED IN OUR ORANGE DENIMS, BED MADE MILITARY STYLE, TV OFF AND STANDING AT THE BACK OF OUR CELL WITH OUR HANDS AT OUR SIDES. OF COURSE WE DON'T HAVE TO TURN OFF T.V.'S AND STAND AT THE REAR UNLESS THEY'RE ON OUR HALL, BUT UNTIL THEY COME AROUND AND TELL US TO STAND DOWN WE CAN'T DO ANYTHING. CAN'T WORK ON OUR CASES, DRAW, WRITE... AND TOUCH IN OUR HOT UNIFORM IN 90+ TEMPS. THESE LAST COUPLE WEEKS 95°F PLUS, (35°C PLUS) AND IF ANYONE MAKES A "MISTAKE" AND "FORGETS" TO PUT THEIR HYGIENE ITEMS (TOILET PAPER, SOAP, TOOTH PASTE & BRUSH) ON THE CORNER OF THEIR BUNK, LEAVES A WASH RAG HANGING UP, T.V. ON, SHOES UNLATCHED... WE'RE GIVEN A P/R (DISCIPLINARY REPORT) FOR DESOBEYING AN ORDER, THAT'S RIGHT... IF WE MAKE A "MISTAKE," WE MUST SOME DEGREE OF MENTAL ILLNESS FROM LONG TERM SOLITARY CONFINEMENT, WE'RE GIVEN A P/R AS IF WE WERE SO INTENTIONALLY. IN SHORT, WE'RE PUNISHED FOR HAVING PSYCHOLOGICAL PROBLEMS THAT PREVENT US FROM PERFORMING WITH MILITARY PRECISION. BED NOT MADE RIGHT? P/R! IF CANNON IS PASSED OUT ON THE WING AND IS NOT PUT UP 3 MINUTES LATER AND AN INSPECTION CREW COMES

AROUND?? D/A! YUP, THAT ACTUALLY HAPPENED TO
SOMEONE HERE. THERE'S AN ASSHOLE GUY HERE
WHO CAN'T HEAR SEVERAL LETTERS (SYLLABLES OR
SOMETHING)... HE GOT A D/A FOR NOT BEING
INSPECTION READY! HE DOESN'T EVEN HEAR GO! I,
MYSELF, WENT A LONG TIME WITHOUT GETTING
IN ANY TROUBLE. I WORKED HARD ON MYSELF TO
BE ONE WHO FOLLOWS THE RULES... AND I GOT A
D/A FOR FAILING INSPECTION. WE (MY WING)
WEREN'T EVEN TOLD THERE WAS GOING TO BE AN
INSPECTION. AND EVERYONE ON MY WING TOLD
THE WARDEN THAT AS HE WALKED DOWN THE HALL.
4 OF US GOT D/A'S THAT DAY. 20 DAYS IN THE HOLE
(SEGREGATION WING) WITH NO PRIVILEGES. AND ON
ONE OF THE NIGHT SHIFTS THE SGT. LEAVES THE
LEGHS ON ALL NIGHT. PEOPLE THERE COULDN'T GO
BUT HE DOESN'T CARE, HE WAS TOLD TO STOP GO...
IS SOH AS SOH. THE SGT. THAT DOESN'T TELL MY
WING ABOUT THE INSPECTION LEED AND DOUBLED
DOWN ON HIS LEE BY SAYING HE TOLD US SEVERAL
TIMES TO BE READY. BUT I GUESS, TO HIM, IT WAS
BETTER WE GET IN TROUBLE THAN HIM.

ANOTHER WAY OUR SAVOURE HAS BEEN TAKEN AWAY
FROM US IS WE NEVER KNOW WHEN WE WILL GO TO
YARD. THEY ONLY GIVE US A 15 MINUTE - 30 MINUTE
HEADS UP. SO WE CAN ALREADY BE IN DO SOMETHING CASE
WORKS, ARTWORKS... AND UP POPS A YARD CALL. NO TIME TO
PREPARE FOR EXERCISE AND THE BLAZING SUN THAT'll
BE BLAZING IT'S SOMETIMES 98°F (36½°C) HEAD DOWN
ON US. PEOPLE GET SICK OUT THERE. NO SHADE AND ONLY

WARM WATER FROM A WATER FOUNTAIN TO HELP KEEP US COOL. WE GET APPROXIMATELY 3 HOURS A WEEK. TWICE A WEEK. SOMETIMES TWICE A WEEK ACCORDINGLY. WE USE TO GET MAKE UP YARDS. NOW IF WE HAVE A LEGAL, MEDICAL OR RELIGIOUS CALL AND YARD IS AT THE SAME TIME, WE MIGHT NOT GET A MAKE-UP YARD IF WE CHOOSE TO GO TO THE CALL. SO WAS AN ORDER BY THE COURTS THAT THEY HAVE TO GIVE US MAKE UPS IN THOSE SITUATIONS. BUT... THE CURRENT ADMINISTRATION DOESN'T CARE ABOUT THAT. THEY'RE IGNORING THAT ORDER AND HAVE NOW IMPLEMENTED A NEW PROTOCOL. IF I HAVEN'T GOTTEN A MAKE-UP YARD I'M OWE DURING THE MONTH I WAS SUPPOSED TO GET IT, IT WILL NOT CARRY OVER TO THE NEXT MONTH. SO NO MAKE UP. I HAVE ONE FOR THIS MONTH AND I HAVEN'T GOTTEN IT YET. IF I DON'T GET IT TOMORROW THEN I'M SCREWED OUT OF THAT EXERCISE OUTDOORS. I WAS SCREWED OUT OF ONE LAST WEEK AND MORE THAN A DOZEN OVER THE LAST 2 YEARS.

I'M CURRENTLY GOT GRIEVANCES IN ON THESE ISSUES ASKING FOR CHANGE... I'LL LET YOU KNOW IF WE GET IT.

UNTIL NEXT TIME.

Yours Truly,
 DOUG