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### "SOLITARY INHUMANITY"

As I sit here in this cage dealing not only the side effects of solitary confinement but with temperatures that are 90 and 100 degree's during these summer month's. Add to that the constant illumination of the bright fluorescent lights that's shinning into my eyes 24 hour's a day 7 days a week. Then having to cope with this mentally ill inmate down the hall who's talking to his self all the time. And the fact that this is all taking place in a country that preaches civility. A country that stand's on constitutional principles of the evolving standards of decency. Yet they house people in these kind of conditions for decade's!!! And on top of all this, they hang the imminent imperial of death over their head. And then expect this individual to be mental competent and sane when they get good and ready to murder them. I just got one question for the Court's here in this "CIVILIZED NATION", and that is are you stupid???!!! If this is constitutional and humane I'll kiss your .....!!! Because I'm telling you, there's not a day that goes by that this cage isn't screwing my head up more than it already is!!!! This is a living NIGHTMARE!!!! And any judge who says this doesn't violate any and all humane principle's of human rights and human decency, well they've got to be absolute and unequivocally stupid!! For this is no more than a mental torture chamber!!! You might as well bring a bullwhip back here and beat it across our bare backs. It would be more humane than what your doing to us! It just boggles the mind on how these Court's who have recognized the torturous side effects, can sit in silence as they torture thousands of human beings like this.

See Williams v Secretary Pennsylvania Dept of Corrections, 846 F. 3d 549 (3rd Dist Court of Appeals 2017) The court placed in their opinion the following.

#### 4. THE SCIENTIFIC CONSENSUS

The robust body of scientific research on the effects of solitary confinement, combined with the Supreme Court's analysis in Wilkinson and ours in Shoats, further informs our inquiry into Plaintiff's claim that they had a liberty interest in avoiding the extreme conditions of solitary confinement on death row. The research contextualizes and confirms the holding in Wilkinson and Shoats: It is now clear that the deprivations of protracted solitary confinement so exceeds the typical deprivations of imprisonment as to be the kind of " atypical, significant deprivation. . . which [can] create a liberty interest." 102

A comprehensive meta-analysis of the existing literature on solitary confinement within and beyond criminal justice setting found that [t]he empirical record compels an unmistakable conclusion: THIS EXPERIENCE IS PSYCHOLOGICALLY PAINFUL, CAN BE TRAUMATIC AND HARMFUL, AND PUTS MANY OF THOSE WHO HAVE BEEN SUBJECT TO IT AT GREAT RISK OF LONG-TERM. . . DAMAGE.103 Specifically, based on an examination of a representative ssmpleof sensory deprivation studies, the researchers found that virtually everyone exposed to such conditions is effected in some way.104 They further explained that"[t]here is not a single study of solitary confinement wherein non-voluntary confinement that lasted for longer than ten days failed to result in negative psychological effects."105 And as another researcher elaborated, " all [ individuals subjected to solitary confinement] will. . . experience a degree of STUPOR, DIFFICULTIES WITH THINKING AND CONCENTRATION, OBSESSIONAL THINKING, AGITATION, IRRITABILITY, AND DIFFICULTY TOLERATING EXTERNAL STIMULI."106

ANXIETY AND PANIC ARE COMMON SIDE EFFECTS. 107 DEPRESSION, POST-TRAUMATIC STRESS DISORDER, PSYCHOSIS, HALLUCINATIONS, PARANOIA, CLAUSTROPHOBIA, AND SUICIDAL IDEATION ARE ALSO FREQUENT RESULTS. 108 Additional studies included in the aforementioned meta-analysis further " underscored the importance of social contact for the creation and maintenance of 'self.'"109 In other words, in the absence of interaction with others, an individual's very identity is at risk of disintegration. So its not just my opinion on this inhumane and down right brutal torture that I, and others are enduring at the hands of this so called civilized society!! I'm sitting here currently listening to this 70 plus year old man housed in cage 6105 talking and babbling to his self. WHICH IS HAVING A PSYCHOLOGICAL EFFECT ON ME!!!!!!! Think its a game!!! This shit is not a game!!! Your running me CRAZY!!!!!! And I'm personally fed up with the stupidity of America and these courts who are failing to act! Because all this talk is cheap. Am I mad? You damn right I'm mad!! And its this damn cage that's running me mad!! You've got the SCIENTIFIC EVIDENCE! What more do we need?! God have Mercy!! Because I sure don't see any here!

Regretfully Submitted Ronald W. Clark Jr. #812974