

From PAUL
Samuel Johnson
Age 40, white
male

Statement about jails &
prisons.

1/21/19

I've spent 20 yrs of my life in one sort of prison or another, from Juville halls in both co. co county & Sonoma county as well as Adult jails in both and I've been to a dozen prisons including SAN Quentin 10 times in my life. I've been to level 4-180 yards back down to level 4's as well. I've spent many of those years in Ad-seg, or the "hole" as well. All my prison terms are out of Sonoma county city of Santa Rosa California, I'm writing from there jail now, which is one of the most locked down restricted miserable, cruel, civil rights violating places I've ever been to say the least!!! I'm on 23 1/2 hour lock down in there M.E. Ad-seg unit and gives no cup in my cell to drink water with, guards belittling me & beating us inmates, will to no medical care and zero mental health, vision & Dental care! I'm considered one of there worst & most violent prisoners because I dare to stick up to them & write complaints. This

(to: APWA c/o Hamilton College, 198 College
Hill Rd. Clinton, NY 13323-1218)

Jail needs multiple class action lawsuits filed, but it took out its Law Library & law clerk years ago! It has some poor paying system in place that only allows you to order 5 case notes a month!!! Our mail is not given to us at times. Right now it is over a month wait to get a letter if they don't trash it! guards lie to put these charges on inmates all the time & constantly work unlimited overtime to make as much \$ as they can while in there sleep deprived states that take out on us, as were like Dogs to them!!

I have extreme P.T.S.D. & Depression Due to all of this yet I will get zero help. The courts here give out the harshest sentences I've ever seen as well. I'm feeling Life for charges the D.A. Trumped up to strifes that Police Filed as misdemeanors! Over zealous D.A's just want wins so they can become Judges, it's sick. Pray for us, my name is PAUL Samuel Johnson age 40.