

" My Testimony of Solitary Confinement "
by: Stanley Corbett, Jr. a.k.a " Knowledge G. "

I've been in solitary confinement since March 14th, 2006. In which it's been a living hell! I've almost lost my mind several times, because solitary confinement is "Supreme Torture!" The purpose of solitary confinement is to destroy a person's mind, because that's exactly what it does. It'll literally drive you crazy! I've attempted suicide several times, which was due to the mental & physical torture that I've received and/or am receiving.

Some guys go to the extreme & swallow 3 or 4 razor blades at a time. I've witnessed one guy who cut a chunk of flesh from his arm, which was about the size of a quarter (in length & width). His cell was covered in blood, while in the sink he left a 8 oz. cup full of blood! I know another guy who consistently sticks paperclips in his stomach: I mean all the way in until you can't see it anymore. Ultimately, this leads to surgery or death. The Mental Health & Medical Staff are so inadequate that they'll wait until a prisoner is nearly dead, or files a grievance, or lawsuit, before they provide you with adequate treatment. I've witnessed guys walking around with razor blades & paperclips in their stomachs for a month or two.

Solitary confinement is symbolic to a dark hole. A lot of shady things takes place in solitary confinement. The C/O's tamper with your food & mail, daily. I've actually consumed pills in my food several times, due to verbal & physical altercations that I've had with C/O's. Prison-

ers here in solitary confinement at "Central Prison," in Raleigh, North Carolina, get fed less than prisoners in regular population. We can't even buy food in solitary confinement! Therefore, some days & nights you are left starving. Nor can we buy cosmetics! "Food" & "Hygiene" are necessities to sustain our beings. How is this not inhumane?!

Most of the time if you have a physical altercation with an officer, they'll put you in shackles & chains, then take you to a secluded area, outside of camera view, and beat you with no remorse. I am a victim of this type of torture. I currently have a civil complaint (including seven more prisoners joined together) against several correctional officers. Which has made national headlines, and the correctional staff retaliate against me even more. Prisoners that file grievances, petitions, & lawsuits against correctional staff are considered a problem in the eyes of correctional staff. Why? Because they don't want the public to know about their dirty affairs.

They steady tamper with my personal & legal mail. Sometimes the officers give my mail to other prisoners, intentionally. While at the same time knowing that I have problems with some of these prisoners. There's been times that I've woke up burning, which was due to my clothes, sheets, or pillow being sprayed with mace, while I'm outside my cell/cell block, or before I receive my clothes, sheets, etc. I've also lost over a dozen family members since I've been in solitary confinement. But, I couldn't go to any of the funerals because I'm in solitary confinement. Is all of the above not mental & physical torture?

Three of my grandparents passed away, but do you mean to say

that I can't see them in the **flesh** one last time?! Oh, my fault, "you could if you was in regular population," says the Warden.

Last but not least, I've been striving to get my "GED" since I've been in solitary confinement, **but** authority continually tells me that I'm not allowed to get a "GED" in solitary confinement. Well, it's a known fact that a lot of guys go back to society from solitary confinement. Most of them don't even have a "GED." How can you expect a man to get a job without it? Due to the lack of programs in solitary confinement, guys are far from being rehabilitated, while some guys do actually want to do better than they're doing. I've never seen correctional staff in solitary confinement help rehabilitate anyone! This is what happens when you get caught up in this dark hole: "Solitary Confinement."

Note: Should you seek to view the above case. It can be reviewed in "The U.S. District Court For The Eastern District of North Carolina," case name & number: "Stanley Earl Corbett, Jr. v. G.J. Branker, et al, case # 5:13-CT-3201-BO." Or you can go to the following websites:

- <http://www.newsobserver.com/excessive-force-at-Central-Prison-in-NC>
- <http://www.wncn.com/excessive-force-at-Central-Prison-NC>
- <http://www.wral.com/excessive-force-at-Central-Prison-NC>
- <http://www.wncn.com/excessive-force-at-Central-Prison-NC>
- <http://www.charlotteobserver.com/excessive-force-at-Central-Prison-NC>

Peace,
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a.k.a
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