

**Witnessing torture In the 21<sup>st</sup> century  
A Snapchat from a US Supermax Chamber**

**8 27 14**

**Last night I witnessed a formerly sane prisoner bang his head against the cell door until it bled; Medical treatment was required, This wasn't an isolated incident. It is the reality of daily existence defined by the nations of the world, Us included, as torture, a deprivation of human rights.**

**We being held for years on end in boxcar style cells ( though a fraction of the size) that are like ovens in summer, deprived of all natural sunlight and fresh air for the but 2,1/2 hours a week, un able to turn off the lights in the cell, no physical contact other than during the handcuffing , shackling, and pat searching of us on the rare occasions we exit our cells, The sane and the insane are housed together; the latter exhibiting frequent airs shattering meltdowns-arguing with themselves, fighting, cutting, hanging themselves, overdosing etc-resulting in an atmosphere of extreme sleep deprivation.**

**The response to any resistance to these conditions? Brutality, which is rewarded. I've been here now for 7 ½ years and have witnessed act abhorrent to the hearts of the most hardened criminals, and apparently the world. Then why do these crimes against humanity persist?**

**NO MORE TORTURE!!**

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