

Dear Peggy

10/9/14

After thinking I thought it best to tell you no matter how humiliating it is. I didn't tell Daniel J Lewis with the DRW and they might of helped me if they knew about the whole Strap down thing here at Waupun in Seg.

This is how it starts, first I told them Im not going to hurt my self and note its been 24 hours after I cut and Im clam and just of need of rest and sleep because of lowe blood.

So they strap me down anyways and the CO's put the straps so tight that I cant feel my hands or feet. Now after about 4 hours I have to pee so they will not let me up so I must pee all over my self and by there in it for many many hours and the same goes for if I have to go number 2 also. You will sit or lay in your waste until they unstrap you from the block. Then ya will need to wait until the next shower day witch could be 3 or 4 days away. So no telling how long your waste will be on you. This is nasty and very humiliating to talk about but when they strap us down thats what we go through. I have seen men strapped down 36 hours before. And DRW does not want to help me. How would they like to be strapped down 29 hours like me and Glenn Conroy. Peeing all over your self and craping also. Note this all happen well after we have cut, like over 24 hours so there is no need to strap us down anyways

because we just need some rest and tell them we are not going to do anything but lay down. They make the plan before we get back from the hospital to strap us down. And that is not right because we are not acting out of control or anything. I'm really shocked at the DRW. Try going 4 days with your waste on your body. I just received another letter from Lena C. Taylor office and boy are they so lost about prison and what goes on in here. Somebody has been lying to them big time. They said talk to somebody. Why? So I can get strapped down for no telling how long? And pee all over my self and have the CO's walk by laughing at me while I lay there crying because of the pain by the straps. Nobody truly has any idea how bad the strap down thing is until you get strap down like we do in here. Maybe Lena C. Taylor or Daniel J. Lewis would like to see just how bad it truly is by letting them strap them down just as bad as we get it. Then they can file a ICE. Peggy they truly have no idea what we go through here. I will add the letter from Ms Taylor in with this one. As always Peggy thank you and the truth is I'm getting close to it again. I guess nobody will understand until I end my life here at Waupun. Me and Carroy should not be in Waupun! I know you understand Peggy and that's what makes me keep the fight up. Thank you Peggy
Your friend truly
Justin Welch