

# Solitary Watch

## Criminal Justice Issues and Prisoners' Rights

<https://solitarywatch.org/2012/03/31/voices-from-solitary-thoughts-of-freedom-running-wild-in-my-head/>

## Campaign and Advocacy

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by [Voices from Solitary](#) | March 31, 2012

*Note: The following came to Solitary Watch in a letter from **Gordon Davis**, who is doing time in Pennsylvania's SCI Somerset. He describes his situation as currently serving 600 days in the RHU (Restricted Housing Unit) for an assault on an inmate in general population.*

I sit in solitude alone in my cell, with thoughts of freedom running wild in my head like a child in a walker, I shiver from the bitter cold that these concrete walls give off, I can't do nothing but lay in the corner on the cold floor naked the only light enters through the bottom of the steel door. I'm so cold hunger sets in as the only food I will be eating is some stale bread and if I'm lucky a piece of rotten fruit. I scratch the days into my skin with hopes of being released from these psychological confines of this concrete jungle, with no windows, no lights, no bed no running water, just a toilet that doesn't work with the strong smell of years of urine, this is sure to make any man lose his mind. This is the reality of a man in prison with the support of no one, do you think he hurts?

The Voices from Solitary series publishes dispatches from people surviving the lived experience of solitary confinement.

Accurate information and authentic storytelling can serve as powerful antidotes to ignorance and injustice. We have helped generate public awareness, mainstream media attention, and informed policymaking on what was once an invisible domestic human rights crisis.

Only with your support can we continue this groundbreaking work, shining light into the darkest corners of the U.S. criminal punishment system.

by [Voices from Solitary](#)

September 30, 2022

by [Voices from Solitary](#)

September 19, 2022

by [Voices from Solitary](#)

September 6, 2022

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Why is this man held this way like a sub-human past all caring. It is a disgrace to our prison system and to our country. He is not getting the basics such as adequate food and bedding. The Nazis were better.

WHY IS HE NAKED?

WHY ISN'T THERE A BED?

HOW LONG WILL THEY KEEP HIM WITHOUT CLOTHING?

IS THIS LEGAL?

WHY WILL HE NOT GET 3 MEALS A DAY?

WHAT CAN WE DO TO HELP?

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