

ESSAY

Neglect

The sunlight hours we receive in max prisons should fluctuate instead we get the same hours everyday all year around. These hours consist of a.m. hours and before 2:30pm; no evening hours. Unlike other max prisons, the prison I am housed in does not have open and closeable windows; therefore we are only allowed one hour of fresh air and that is during outside rec. After being neglected outside air for so many years, the skin becomes irritated and sometimes remains permanently damaged.

I've complained many times about the sunlight hours we receive in the maximum security prison I am housed in. The hours we receive sunlight never changes from 8:15am on mornings to 1:30pm on afternoons. We never get to see the evening sun because we are on C side; although A side gets to see the evening sun A side never gets to witness the morning dew. Even though all sides are equivalent regarding security status, the determination rather you see morning dew or evening sun is based on what side of the prison you are housed on.

Without having a window that opens, we have to depend on rather the ventilation system is functioning 100%. If the ventilation system shuts down on a Friday we have to suffer all weekend sometimes in smothering heat or freezing temperatures. The only other circumstances where a prisoner is neglected sunlight, is in federal super max, and in those federal super max prisons, inmates are infamous such as international terrorist or notorious drug lords. No drug lords or terrorist are housed in the State of Ohio, so why can't we get open windows?

After being neglected outside air for so many years the skin becomes irritated and sometimes permanently damaged. For guys who do not drink milk to receive vitamin D are guys who rely on the sun for vitamin D. The sun is healthy for so many reasons; it supplies the skin with vitamin D and also strengthens the skin. Without the sun the skin becomes weak and vulnerable to disease. These institutions should fluctuate the outside hours.