

7-29-23

So, I'm in Confinement at Gulf C.I. in Florida. We are suppose to get (Rec) to go outside for 6 hrs per week. The day came for us to go outside. I'm thinking 2hrs 3 times per week.

No, we were put in chain linked cages with no shade in the blistering Florida Summer Sun, that was a whopping 112° degrees for 4 hrs.

I did not heal from my sun burns for at least, 2 wks. Guess that will be the last time I go out to (Rec) from confinement, at Gulf C.I.

That week we only went outside once for (Rec).