

NON-FICTION by Wes Hester @ 185 Dr. Michael Jenkins Rd.,
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Non-Fiction

"The Soviets did a study of their Gulags, and discovered that not only the lack of darkness, but the different light spectrums attributed to prisoners going psychotic."

"Explains a lot", grunted my cellie. We had been discussing an inmate who had flipped out and cut himself up. An *'Inmate'*, not a *'Convict.'* A big difference. A *Convict* deals with it. And, if he can't take any more he just deals himself out. Like our friend.

Our friend had waited for lock-down one night, laid down on his bunk, cut his throat and bled out. Even after we had warned the Guards to keep an eye on him as he was "acting funny". The guards ignored us, of course, and a good guy was dead. But, Guards don't care. It's not like our friend was human or anything. He was Just another *convict*. Another number. A non-person.

That sort of thing happens a lot in this system. Constant light, plus constant noise, 24/7/365. "The Ruskies found out the "Cool White" type of florescent bulbs have excessive Blue Light spectrum. And, the absence of "Red" light makes people crazy".

My cellie said, "That explains why every facility in New Mexico uses only Cool White bulbs. It helps keep them in business. It's 'Job Security' ". I nodded, "Yep, it's the only industry in this third world crap hole of a state. Gotta' feed the machine",

We had a lot of conversation of this ilk. What with being locked in a 7x14 foot cell that served as house, bedroom and bathroom. We both had had "*Bad Cellies*" before. Knot-heads, Junkies, Inmates and/or The Brain Damaged dregs of society. That makes life hard. In convict parlance "That's doing hard time". Having a cellie with a semi-functional mind, able to carry a conversation was rare and precious, a blessing.

"They found constant light and noise was a sure recipe for making someone crazy. It was just a matter of how long per individual." We were quiet for a long time. Each wondering which one of *Us* would be next.