

The U.S. Constitution and How It Impacts My Life.
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Having a record and knowing what it's like to have your rights stripped from you brings a new light as to how the U.S Constitution affects your day-to-day life.

Having a record and going to jail really gives you insight as to how it affects your life. For example, we had to go through searches regularly. We were constantly being wanded down and having our freshly made beds and freshly mopped-down rooms torn apart. While you had to sit there and watch. All your hard work down the drain. On the outside, we can refuse unless they have a warrant which can help tremendously.

Also while I was locked away, we could be kept on the pod for the things we say. Or if we were talking during this time called reflection. Reflection was a time where you had to be quiet and not say a word. They took serious disciplinary action for breaking this rule.

While we were there we had the opportunity to attend church. Being Christian was a source of sanity. Something I could look forward to during the week. Without the first amendment, I would have not been able to do that.

Thanks to amendments five through seven I was able to have a just court case and I was out fairly quickly since it was my first offense. My lawyer was excellent and knew what she was doing. She was on time and she kept every promise she made. Without that amendment, I would have been forced to buy a lawyer when I did not have the money.

Since there is a power reserved for the states, beautiful Colorado is different from other states. For example, if you are over 21 you can smoke marijuana. Since that is legal it is pretty easy to get it as a minor. That affects my day to day life because I was doing drugs and drinking alcohol. I am now 2 years sober. Thanks to this amendment there are people that could be doing a lot worse because they needed something to take the edge off.

No quartering soldiers. I have not had to deal with this one personally but I can imagine what it's like having people living in your house, using your resources, without paying. I would personally be really frustrated. It's almost like this time my parents almost let my drug-addicted uncle stay in our house. Even when he was just visiting he took things, and he ate all of our food. And took money he said he would pay back but sadly never did.

I was also not given my meds while I was in jail. They are stimulants because I have ADHD. They would not give them to me. I went through severe withdrawal in jail and was declined to go to the nurse. This should be a right that needs to be fulfilled regardless because it was a stimulant and I had been taking the med preciously for years, it was not pretty coming off of it. I was subjected to having my personal information that I had written down shared by staff to the rest of the ladies on the pod. This is why the right to reject personal searches is so important. It is not morally correct to go through things. There's a whole lot that can go wrong there.

There was a girl (a friend of mine that I had acquired) that tried to kill herself and had every single one of her rights taken from her. She was put in a room with a single mattress on the floor. She was given special pencils that didn't really work to write with. She was treated like an animal with escorts to go into the bathroom with her and she did not get a single second to

herself. It's in my thought process that if she was treated with a little more dignity and respect. This wouldn't have happened. This is an example of why rights are important.

Being stripped of my rights made me think twice about doing something illegal again. I can only imagine innocent people not having them. Thank you for reading my submission and taking the time and consideration that comes with it. This essay is very personal to me. And I'm glad I could share it with you.