Ms. Chairwoman, Susan Manchester; Vice Chair, Andrew Brenner; Ranking member of the committee, Casey Weinstein; and all other members of the committee, my name is Courtey Alspaugh. I was incarcerated at Dayton Correctional Institution for five years—from 2017 until 2021. I am a skilled plumber and am currently a caregiver for my grandmother and father.

One requirement to receive state pay was to have a state-issued job. I applied for a position in maintenance as a plumber. Being a woman working during my menstrual cycle was a very terrible experience. Having poor quality sanitary pads and having to keep asking my male boss to keep allowing me to leave the job site to use the restroom was embarrassing. This was just to see if I had blood in my pants or to fix the pad that had shifted in my underwear which made me feel gross. I got less work done on those days due to stopping and leaving the job site. The sanitary pads were so poor that I would tear the cloth and cotton apart to roll the cotton into the cloth and tie off to make a homemade tampon. Sometimes this was even done on the job site. A lot of days I felt depressed and didn't want to leave my cell. Not having enough feminine products led me to begging other inmates or asking corrections officers for them—just to hear them tell me that it wasn't their problem. I couldn't get any help and that made me feel dehumanized and helpless.

Let me tell you a story that honestly is embarrassing to me, and I hope you will be embarrassed too. When I first arrived at the prison and was stripped of all of my personal possessions, I started my menstrual cycle and had no sanitary products. I was at a loss! I asked other inmates and got no help. I asked correction officers and they said I'd have to talk to a Sergeant. This was a Saturday night, and the sergeant would not return until Monday. I was new and unable to shop at the commissary. That privilege is only after you are awarded a visitor who can put money onto your account. That would take weeks. So, I had no choice. What would you have done? I took one of my state-issued wash cloths and rolled it up and put it in my underwear. It was one

of the most demeaning moments of my life. I never want to feel that way again. And you have the power to keep other women from feeling that way too.

Thank you for supporting House Bill 29 and for doing what is humanely the right thing.