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April 26, 2011

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PAUL BEHIND THE WALL
<http://betweenthebars.org/blogs/406/>

Hello world, This week my heart felt sympathy goes out to you my fellow citizen's out Missouri way and point's east who were effected by that devastating twister a few days ago. All we have to worry about on the west coast are earthquakes. I wish the government would put us all on buses when these catastrophes happen and let our strong backs go help in some way. I know today that I would rather be spending my time helping my country men than just watching on television. You are in my prayers...

To my Native American peoples in the Bay Area (Vallejo, CA), stay strong my brothers and just know that my prayers are with you and especially so at Purification Ceremony on Saturday then our whole Circle has you in prayer, Mitakuye Oyasin....

Until next time.....