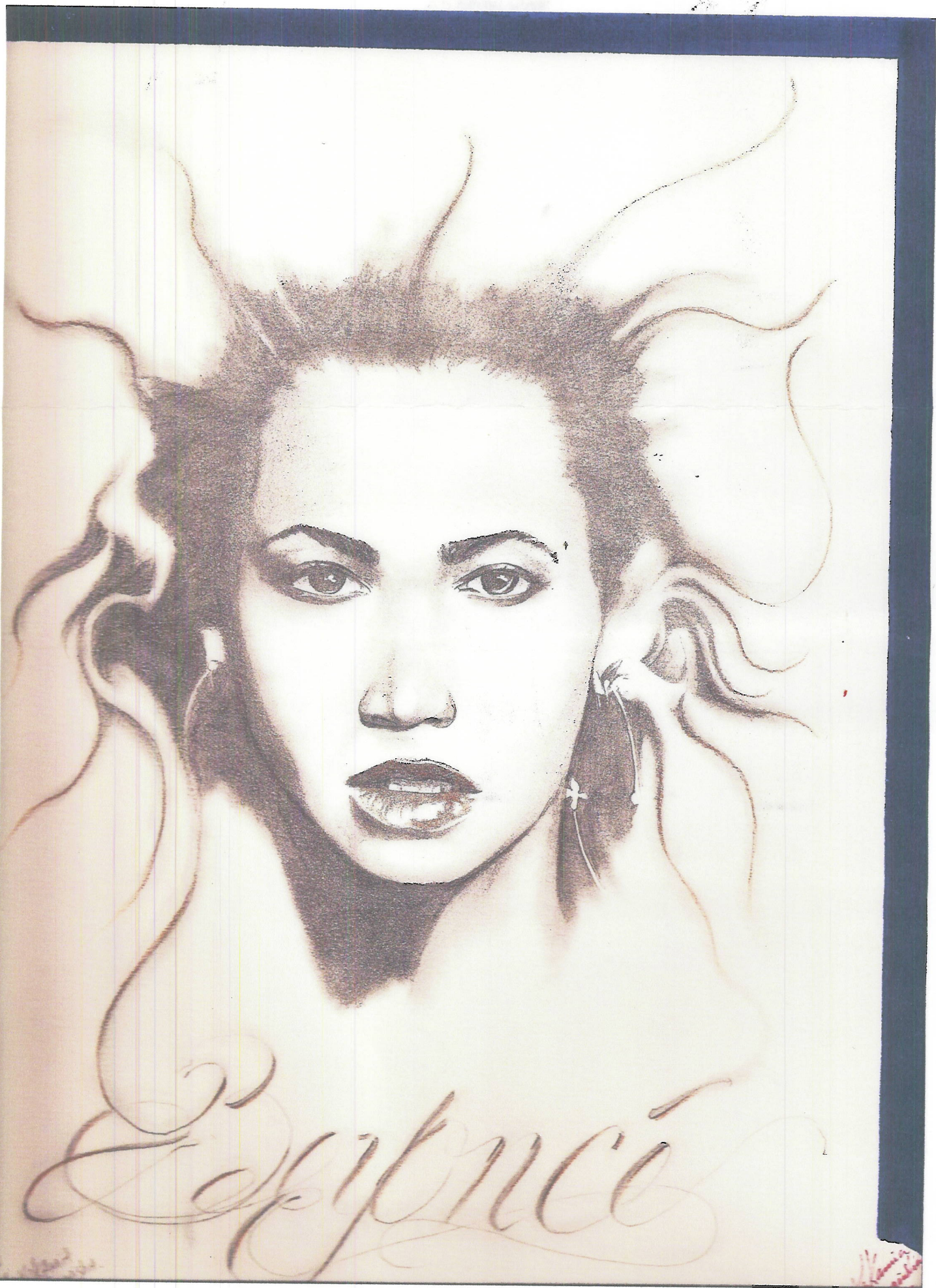


I want to talk to you about something that you may not know about., Its called rehabilitation.,you see, just because a man is in prison does not mean that he can get help off the bat! I have learned over the years that if you want help you have to go and search for it. I know that there are those of you who are reading this and saying "what is his game?".

That my friend is just it, there is no game I am one of the ones who am looking for that rehab not just in this place but in my life as well. I have done the things that many of you have seen on t.v and read about in the news papers and I am by no means bragging about these things but they are part of my PAST I am no longer that person and I want the world to know that we can make a change. I may have been judged by the boy that I was but I want you to help me be the man that I know I am now! I am tired of everyday sitting in this gym that I live in and doing nothing . being denied the things that I love so deeply.... A college education the right to read the books that I want to read because the library here is so backed up that a new release is either a book from the 1980's or a book about harry potter!, I want to read something that will stimulate the mind and help me in my recovery.

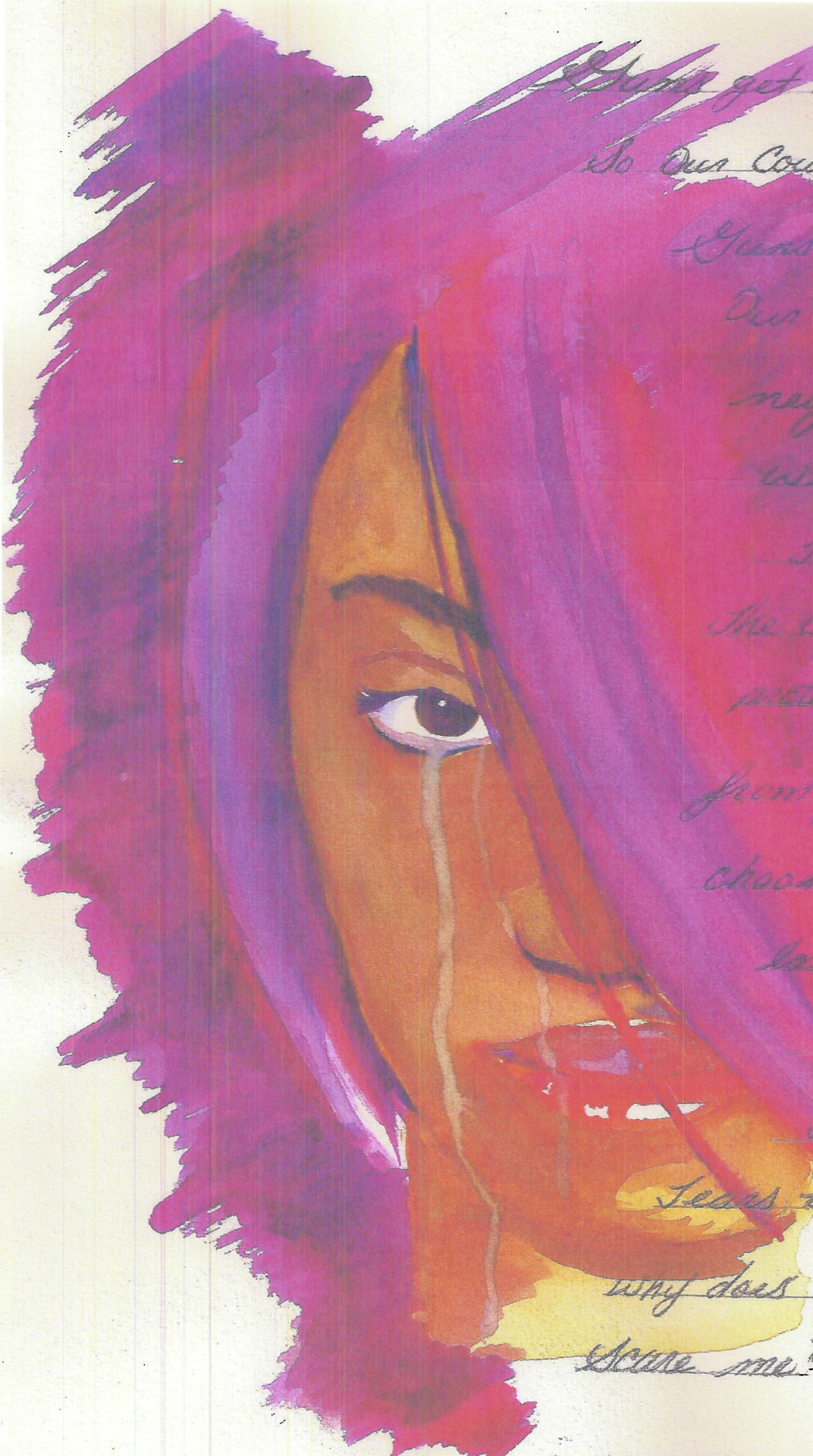
My favorite writer is a man by the name of Daisaku Ikeda, I find his books to be uplifting and inspirational. I want to learn different languages so that I can help people of different back grounds. I know that I have not lived the best life but I do know that I can make a change. My goal is to change not just myself but the perception that people have of me. Everyday I work the 12 steps that help me with my recovery and the recovery of my daily life. If I cannot give back to the community that I took from than what good am I to the youth that I strive to help?, This my friends is why I am asking you to help me to take back what I gave up so many years ago and that is knowledege, respect and the ability to give back in the way of changing my old manners, beliefs and habits. I hope that this has given you some insight in to what I am looking for, In my future blogs I will tell you about the conditions of this place and why it is so important that we find help from you the reader..... Until next time, NAM\_MYOHO\_RENGE\_KYO.

Jackie Kakamia Henderson H-90256  
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Ione, Ca 95640.



L'Esplendé

Handwritten signature in red ink.



Guns get shipped over seas  
So Our Country can sleep.

Guns get shipped in  
Our Country so our  
neighborhoods will  
weep.

To protect? Justice?  
The child in a corner  
protecting themselves  
from a parent who  
chooses not to see  
innocence.

A second  
a last  
Tears that never end,  
why does my protection  
scare me?

25 to life.

TKA