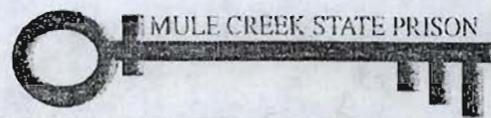


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# Lifers Support Group

Thomas A. Hightower (J-98566)  
 C-Facility Lifers' Support Group Secretary  
 Mule Creek State Prison  
 4001 Highway 104  
 P.O. Box 409060 C-14-108-Low  
 Ione, CA 95640-9060

IN RE; MATERIALS AND SUPPORT FOR DISABLED AND AGED  
 CALIFORNIA STATE PRISON MALE INMATES SUFFERING  
 CONSTANT DISCRIMINATION AND ABUSES.

Dear Disability Rights Education/Defense Fund Staff/volunteers,

First off, thank you so much for your dedication to the rights of the disabled and aged of California.

I am writing you on behalf of the disabled and aged prison inmates at Mule Creek State Prison. We suffer a constant barrage of discrimination and abuses by the staff more so than the other inmates. When prison administration acts as if being old, crippled, or disabled means absolutely nothing; and treat us with contempt, it is picked up on by the younger and more aggressive inmates.

There is no programs, that are properly administered, where the disabled and aged are given the extra consideration necessary to be able to function in a atmosphere geared for the young and healthy. We are forced to work, even when we meet the free-community standards for full disability and/or full retirement.

We are also not permitted to form a group for the purpose of mutual support and advocacy. We once had a "Senior Affairs Committee" just for such a purpose. However, the C Facility Captain disbanded it stating flat out he did not give a damn about the disabled nor seniors. The Facility Captain Kaplan, as well as CDCR in general feel that aged/disabled have no right to live nor to be extended any courtesy whatsoever with our limited physical abilities.

We live in constant pain, because only California refuses inmates the right to a clear orthopedic air mattress in place of a steel plate bunk with a pad on it. This leaves us with arthritis and other degenerative problems in constant pain. While staff will state we have no right to live free of pain or any extra accommodations for limited physical conditions.

Case in point: Recently Mule Creek Medical staff came through and took away a majority of inmate's canes and said they no longer needed them. This in the face of using canes, walkers, or crutches for years for chronic problems. The excuse was that custody feared to many inmates had canes, crutches and walkers. This is a Sensitive Needs Yard, there is no fights going on, no weapons being used. Its a yard filled with a majority of men over 50. The taking of the mobility devices was to be able to deny accommodations such as lower bunk chrono to the disabled.

The female prisons have a wide selections of senior affair programs and accommodation. Yet the female have identical security concerns. The difference between the men and women is only our representation we have outside these walls.

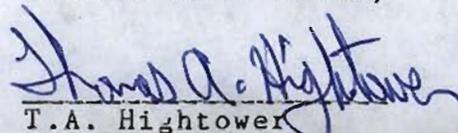
We need help form the outside these walls. As well as educational materials on our rights. We need the ability to form a Senior/Disabled Support Group. The Lifers have a support group; so does ex-gang members (Criminals and Gangs Anonymous) So why can't seniors have a Senior Affairs Committee support system. AS well as a outside advocacy system?

Please help us or give us directions on which way to go. We deeply appreciate any and all suggestions you may have.

Thank You.

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RESPECTFULLY YOURS,

  
T.A. Hightower  
LSG Secretary

[Materials For The Disabled]

## WHAT HAVE YOU DONE FOR THE LORD TODAY ?

[By Thomas A. Hightower July 2009]

What have you done for the Lord today ? That is what you should be asking yourself. Not the reverse. The Lord gave you life. He gave you intelligence, although He may have forgot to give the Politician a share of the brain issues, but you get the picture. What more can the Lord give you ?

The Lord gives you eternal Life, if you but obey a few basic commandments. Easy right ? Not very easy with all the temptation you say. Well, I guess eternal life. No more pain, sorrow, strife, envy, hate, I guess you will really miss those things huh ? Well you act like you will miss those trials of life, by how difficult you make keeping a few basic commandments.

Did you think about that above statement? Now what have you done for the Lord today ? Have you even took a quiet moment and bowed your head and said "Thank you Lord for the life you have freely blessed me with". Its not hard to do.

Have you listen to His reply to your questions, and needs? Try just stopping thinking, fretting, worrying, or just plain shut up from the whining and complaining, and listen with your whole being. You hear that ? So quiet you say you can't hear anything ! Your welcome. For that was your answer to your prayers. Pure quiet. Peace. Nothingness. Its a very precious thing to feel the peace of nothingness in a life full of hectic garbage that is nothing more than a hurry to a early grave with nothing to show for it. Learn to live with less, buy less, spend less, and enjoy what is free. Love. Family. Eternal Life. Peace. The Lord's hand upon you. Its all free. Take a few minutes each day with what is free. The Lord is always there, 24/7/365 just waiting for you. Afterall, you are more important to God, than apparently He is important to you. If not, there would have never been a prison built. That is not cruel, its true. Trust me, it took me a 30 year to life sentence, to learn, that had I just listen to the Lord, and been happy with what is free to us all, then life would not have past by why I was away. Its not too late for you.

Try this today. Go out and do something nice for someone you usually would not even notice or think twice about. There is an amazing tear that will come to your eye in joy, when you do an unselfish act of Love and Kindness for someone, without being ask to do it.

Thank you for listening to this old sinner's words. It felt more of a blessing saying them to me, than you will know. It will mean even more to the Lord...if you will but listen for that still small voice in you.

May the most precious Lord be with you this day. Remember today Galatians 5, it will tell you a little bit about freedom. I found that the first verse was the best.

Do not forget that your freedom was bought with a price in blood. Millions have died in the quest for freedom. Never think that just being free n body, is free indeed. It is not. I am more free than most folk out there. Why ? I am at peace, so is my Dad with a possible death sentence from cancer lurking. We are free and accept what the Lord chooses for us. Yet we are

not afraid to work hard to earn that freedom. Let your self be truely free today in your heart. Listen for the freedom that is free. Take a moment right now, to be free; in the peace of the Lord. Listen for that small, still, quiet voice of the Lord Jesus. While you are there, tell the LORD Jesus thank you for the freedom in Christ He has given you, amen.

Write soon.

GOD BLESS YOU ALL,

IN DEEPEST LOVE, RESPECT, HONOR AND PRAYERS,  
YOUR SERVANT AND BROTHER IN CHRIST JESUS,

*Tom Hightower*  
TOM

From: Thomas A. Hightower, J-98566  
P.O. Box 409060 C-14-108-LOW  
Ione, CA 95640-9060

To: Leaders and Members of The Roman  
Catholic Church

In Re: Position of the Pope and Cardinals In Fair  
Compensation and Apology for Victims of Childhood  
Clergy Sexual Abuse.

My Most Precious Christian Brethren and Leaders,

May the most precious Lord Jesus be blessing each one of you.

I come humbly before you as a severely devastated and destroyed Brother and Child of Christ. For my mortal heart has been torn from my breast over the pain I carry each day as a rape victim when I was but 12 years old by a Priest named Father Mario Blanco. Compounded by the Sacramento California Archdiocese having hid behind a minor defect in my laymen filing a Complaint for Relief in 2003. Using Attorneys to destroy all over again my life, while never acknowledging the physical and spiritual trauma I suffered for two of the most precious years of a boy's life, from age 12 to 14. Can you imagine being a young boy as he grows from a boy to man, the age from puberty to Adolescence, while just coming into sexuality, my virginity was stolen by a priest I trusted, loved, respected. Father Blanco was labeled one of the most aggressive predatory molesters in the nation, and 15 other boy/men's cases were settled out of court for the same sexual acts. Mine was the worst assault of all the other children, turned into a chicken hawk for Father Blanco's appetite for more boys to his flock. But, because I was in prison I was chewed up and spit out by the Lawyers for the diocese. They admit I have a valid case, but the few days late [literally] I was filing my case without counsel allowed to brutally demurrer me and throw me unjustly to the scrap heap. Collateral damage so the diocese cut her loses. Cardinal Mahoney himself refused to settle the matter out of court, stating he would "let the lawyers deal with it." I was and still am devastated.

Not only was I turned into a 12 year old alcoholic then, but now I serve a life sentence because of the tortured pain my psyche never recuperated from at 12.

Then I see the Holy Father on TV this month, telling our Brethren around the world that no longer will the Catholic Church hide behind lawyers, but will make right the harm caused by predatory priest. Praise Jesus.

I beg you, each one, please don't forget this child, here alone, destroyed, devastated. Please make right for me, the life destroyed by Mario Blanco, and the lives of my children and my victims who also suffered. When one sins and invades the tender body of a child in sexual assault, that scare changes that child forever. He will never fully recuperate from that destruction of our young souls. Then it also effects every life that child encounters all the way the rest of his life.

It took me until 2002 to admit I was a rape victim. It's hard for a male to admit that. When I did, the church gave me sexual assault victim therapy for 6 sessions as compensation. It opened my eyes to a pain suppressed by alcohol for 32 years. I began to see that what happened to me I had transferred to others. Now the pain is so suffocating that it draws

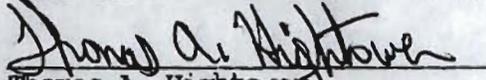
out the rest of life around me, because not once has the Catholic Church said: "I'm sorry, let us make right today the life you have lost." Is it not time that the Papacy and the Leadership really quit hiding behind attorneys in America, and right the wrongs? Please!!

Thank you for your time and response.

God Bless you all,

In Deepest Christian Love, Respect, Honor and Prayers,

Your Servant and Brother in Christ

  
Thomas A. Hightower

THOMAS A. HIGHTOWER J-98566  
MULE CREEK STATE PRISON  
P.O. BOX 409060 C-14-108-LOW  
IONE, CA 95640-9060

IN RE: "LET US WORK TOGETHER TODAY FOR A BRIGHTER TOMORROW"

WE NEED RECOGNITION AND SUPPORT FOR THE VALUE OF OLDER LIFE EXPECTANCY TERM INMATES IN THE REHABILITATION OF OTHER INMATES AS WELL AS CONTRIBUTING TO SOCIETY AS A WHOLE.

A moment of your time could make a life changing difference in the lives of fellow human beings.

My proposition to you, the policy makers, and the public in general is:

There is a gold mine of intelligent contributions to society going to waste in our prison system. We have older inmates here in this prison who possess a brain trust that desperately is needed right now in these prisons. Yet we go unrecognized, discarded, and discounted by the prison administration and society.

We are more than willing to step up to the plate and act as peer tutors to other inmates, making that vital difference to these younger inmates rehabilitation. Ushering in a dramatic change in their lifestyle. This would do what the current prison system does not. That is prepare every inmate in prison to get out and make it in life as a useful, productive, taxpaying voter once paroled.

Why do we as a society, lock up human beings in warehouse cages; and expect them to parole to society as changed men and women? We all eventually parole. Question is: "doe you want a productive citizen to parole, or a worst criminal than you locked up? The solution is to utilize older inmates as peer educators to other inmates. The prison administration will not do it, unless you make peer education groups, like "Senior Affairs Committee" and "Life Expectancy Lifer Support Group" a recognized by law or statute as lawful Inmate Peer Support Groups. This is vital to the rehabilitation of other inmates.

Right now only the "Mens' Advisory Committee" ["MAC"] is a legally recognized inmate support group. The MAC does nothing towards educating other inmates and helping them turn their lives around. We need your help to change that.

Many older inmates have college degrees, careers before arrest. Other seniors just have that maturity and hard knocks of life that, when taught to younger inmates in a positive non-criminal manner, would changes lives forever. Society would benefit.

This would benefit older inmates as well in feeling we were valued members of society again. That is priceless.

We older inmates can be grief counselors to our peers. A job no one does right now. Or peer tutors to fill that empty void caused by cuts to rehabilitation and education programs during this economic downturn.

We could also contribute greatly to society by writing out our life stories, downfalls, and success for use by those on the outside. This would enlighten those who are at risk of becoming criminals. Just such stories of our battles with alcohol and drug abuse could make a youth pause before they get addicted. This would save lives of our at risk youths today.

Think about this too: Using older inmates as peer educators cost society pennies compared to what a vocational/educational instructor would cost. Even our religious services have been cut. Elder inmates could fill that void with being Bible Study or Prayer Circle leaders.

Make a difference today. Help us to be valued, contributing members to society again, before release. Reduce crime. Reduce recidivism.

Let us work together today for a brighter tomorrow.

RESPECTFULLY YOURS,

*Thomas A. Hightower*

THOMAS A. HIGHTOWER

THE VICTIMIZING BY VICTIMS OF SIN/CRIME UPON THE INNOCENT,  
MAKING THE INNOCENT A VICTIM THAT VICTIMIZES THE INNOCENT,  
THUS PERPETUATING SIN/CRIME UPON OTHER INNOCENTS.

When my childhood attacker, attacked me, does it give me excuse to attack another? NO! I must pay for my own sin.

But those who sin against me, must pay for my sin upon another.

In the same vein, I must pay for my sin, plus the sin that another commits, due to my sin upon them. Yet, they must pay for their own sin. As my childhood attacker must pay for my sin, and the sin I commit, and the sin that those I sin against commits, along with the sins that my victim's, victim's, victim commits.

Under this premise, the first to ever sin, must pay for the sin of all who sinned throughout the ages. So is the sin that the Lord carried at the cross.

This is how mighty, even the most innocent of sins you commit, effects others, and Christ. So is the enormity of the debt 'I' must pay, for my sin, my crime. Even my own harsh words to another.

Think about it. That is the enormity of the guilt I have felt, for the wrong I have done to others. Even down to the most small, harsh words to another. All the way up to the harshest of crime I have committed. Such is the weight of sin I must carry upon my conscience, and give it to the Lord, and place it at the foot of the cross of Jesus. Before the sin crushes me, and destroys me life, and the lives of the ones I love. That is the guilt I have felt, for the wrongs I have done to you, my sons; and, to the ones I have hurt in my lifetime.

These are but the tip, of the words of wisdom, I give you, my son David, and to my son Ricky, on this 5th day of October, 2008.

These are also the weight of the sin and guilt that you must carry, for your own sins/crimes/harsh words. And give to the Lord Jesus, at the foot of the Cross of Jesus, before it eats you alive. For you are a good man, that has suffered the sin, that I have caused you to sin. Yet, as a man, 'you' and only you, must accept responsibility for your part, as a human being, held to your own acceptance for your actions, at the age of knowledge of good and evil. Which is the age 13 and onward, under Biblical law. Yet, remember son, I must carry your sin, those you sin against, that causes your victims of sin, victim's of sin, to sin, on to the day of judgment. Such is the enormity of the guilt I feel over what I did to you in not being there for you. And such that you must feel too, as a man of conscience, for what you did to others.

These are mighty burdens you, and I, are carrying. But we can stop the chain of destruction through sin, by today, confessing to the Lord our sin, between you, and the Lord only. Not to a priest, not to man. But straight to Jesus, through humble prayer, and renouncing sin, crime, drugs, drinking. And live a life, together, or apart, free of sin. Teaching and treating others, through example, how to live life, free of sin, crime, drugs, booze. And to stop the cycle of sin, crime, drugs, booze.

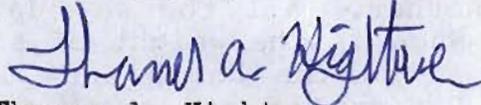
These are words to you, to learn from, and to teach. As it came to me, through the power of the Holy Spirit, from Christ Jesus. This inspiration David, is for you, from Jesus, not I, least I boast. These words are to you first, seek your Father in Heaven David. It has changed me, it can change you too. A peace will come over

you, a weight will be lifted, a power will be given to you, that is not of this world. Yet, I struggle each day, as you will struggle each day too. Yet the Lord will never be far. Just a thought away. Call upon HIM, to help you through the hard times. Then the strength will return, that is not of this world.

Teach others. Help others. Listen to others in quiet confidentiality. Never gossip. Never break a confidence or trust put in you by another. Be respectful in all things, to all people. These are things of Christ. Live them David, and you will always have Christ in your life.

These are but a few of the things I pray the Lord Jesus, and you my Son, will allow me to share with you always. And if not, that be the will of God. So I will accept that too. But words of the Holy Spirit are to be shared with all of God's Children, of whom you and I are but one. So these words I share with others too, in the prayer, that they will find them beneficial for their own walk and struggles in life, with sin, crime, drugs, or booze. May the Lord Jesus bless you all.

In Christ Jesus eternal Love, Respect, Honor, and Prayers,  
Your Servant, and Brother in Christ,



Thomas A. Hightower  
October 5, 2008

**IF COMMON  
SENSE IS SO  
COMMON, WHY  
IS IT SO RARE?**