

Salutations World,

12-9-11

I hope all is well and this finds you in excellent health, spirits, and conditions. Thank you for visiting. If you are joining me for the first time, I encourage you to check out my previous blog postings to get up to speed. I use to type my blogs and craft them into my imaginary world called the Green Zone, but that was during the time I was not in segregation. However, once I am released back into General Population I plan on returning to that format. So, please be patient and understanding of this inconvenience of my handwriting. (And I know I misspelled the word 😊) I don't have the luxury of an eraser or extra supplies while in segregation; very limited per prison rules.

Anyways, as I mentioned before, I am in segregation, commonly known as "the hole" amongst inmates. I'm in segregation for breaking a rule of the Department of Corrections, according to the Division of Adult Institutions DOC 303 Rulebook. The rule I broke was an offense against bodily security. I was charged with breaking DOC 303.12 Battery Rule, which means, any inmate who causes bodily injury or harm to another is guilty of an offense. The maximum penalty for this offense is 360 days in segregation.

I've been incarcerated since October 2007 and this is the only and first time I have gotten into any trouble while incarcerated. Yes, I am guilty of the above mentioned offense and take responsibility for it. I decided to get into a fight with another inmate and now I must be disciplined according to the DOC. The punishment is composed of a variety of things, loss of privileges, restitution, loss of employment, restrictions, limited visits and phone calls, solitary confinement, loss of recreation, cell confinement, extra duty, more secure supervision, loss of eligibility for parole and transfers, and the list goes on from there. Most of these punishments I have to live with for 360 days now.

Please know, while I don't believe in fighting wholeheartedly, I do believe there is a time and a place for everything. I would rather work problems out civilly and without violence,

however, there is a whole different way of thinking and understanding amongst inmates in prison. I don't expect for any one who has never been incarcerated to fully understand the concept. I think one would have to experience it first-hand, but I don't wish that on anyone. I'm pretty sure there have been a few inmates who have done 10, 20, and even 30 year bids without a single rule violation, but as I mentioned before, only a few have ever accomplished that.

So what's next for me? Well, I will be working on my Anger Management issues and addressing that intently. I have already contacted the right people to try to assist me with that. Hopefully, I can get my mind back focused and move on to rebuilding a life comfortable for me. Until then, I will try to update this blog maybe one or two times a week as resources, time, and energy permit. I will try to include you on what's been going on with me and my current situation, and share with you my thoughts and many other things. I'm still single and am in search for a companion pen-pal friendship with the possibility of being able to become friends and who knows.

Currently, I've received some of my personal property and books. The books that I own and am re-reading now are the following:

1. Eckhart Tolle \* A New Earth - Awakening to Your Life's Purpose
2. Eckhart Tolle \* The Power of Now - A Guide to Spiritual Enlightenment
3. Gary Zukav and Linda Francis \* The Heart of the Soul (Emotional Awareness)
4. Lynn Toler \* My Mother's Rules (A Practical Guide to Becoming an Emotional Genius)

I only read self-help kinds of books. I mean, I read fiction too, but not so much. I like reading something that will help me better myself through out this journey of life and living.

Christmas is coming up and my biggest wish has already been given to me and that is my Mom is doing fine and is healthy after having a surgery. Hi Mom! 😊

\* What is your biggest wish this Christmas? \*

Tell me, I really want to know, Leave me a blog comment and tell me what it is or write to me directly if you don't want the whole world to know. My contact information may be found in previous blog postings and always at the end of every blog posting I send.


Anyway, here is my Christmas shoutouts and people I'm thinking about. I hope you all have a wonderful and beautiful Christmas and blessed holiday season. Happy Holidays!!!!!!!!!!!!!!

N. Conner - Mom ♡	Winston - Brother-In-Law
Shenea - Sister	Ebony - Sister
Marques - Brother	Aleesha - Sister-In-Law
Natasha - Sister	Ronald - Cousin/Friend
Keith - Brother	Jerry L/MP - Friend
Trudy - Biological Mother	James Owens - Friend
Jacinta/Angel - Sister/Guardian	Misty Raymond - Ex
Darrell/Man - Brother	Temeka W. - Ex
Dorothy - Aunt	Chad - Stepson
Mr. Ogumbawli - Friend/Asst. Principle	Anya - Stepdaughter
Marques Jr. - Nephew	Davarious - Stepson
Marques Jr. - Nephew	Mrs. Dukes - Family Friend
Markell - Nephew	Mrs. Sisk - Family Friend
Diana - Sister-in Law	Alberta Moore - Grandma
Deeana - Niece	Bettyann B - Family Friend
Ronald Jr. - Nephew	Derrick/Buddy - Cousin
Nathaniel - Nephew	Charles M/DJ. - Cousin
Niko - Nephew	Gerard Randall - Employer
Triston - Nephew	Howard P - Brother-In-Law
Isaiah - Nephew	Kathy O - Family Friend

Mrs. Weber - Teacher  
Mrs. D. Coppins - Family Friend  
Pamela Ivy - Old P.O.  
Mai King Michael - Nephew  
Will Hittman - Friend

Most importantly; shout out to Aga and his family, And to Dave and Kathy. You will always remain dear during this time.

Oh, and I can't forget to give a shout out the sexiest woman alive, Zoe Saldaña. 😊 Even though I don't know you and you'll probably never see this blog, have a wonderful Christmas with your family.



## Comment Replies:

Reply ID: vr2e (davemunz)

Thanks for the comment. Did you get to eat any fish on that Friday? Oh, and you're doing fine with leaving blogs. Just keep them coming, okay!

Reply ID: i3mu (davemunz)

Thanks again for the comment. All is well and I'm glad you're concerned. Things are moving slow for me as well, but I'm sure things will pick up for the both of us.

Reply ID: vrdg (davemunz)

Wow, you're really hitting me up! I like that. Thanks again for visiting. You are doing fine with this blogging thing. You are my number one follower so far. I'm putting you as one of my Green Zone Friends. Hope to hear from you soon davemunz. 😊

Shout Out to my new Green Zone Friend davemunz