

Salutations World,

Thursday, January 26, 2012

I'm back like I left something. Thanks for visiting again, I appreciate it. I hope this finds you in great health, spirits, and conditions. I got a new song for you called, "Current Living." It's a conscious rap song, I even explain a little in depth about the song in my "Behind The Barz" theme. So you can learn more about the song by reading through that. Additionally, I've put "Bar Notes" up for those who would like to know more about a specific Bar in the song. Just tell me what Bar # you would like me to respond to and I will respond to your question(s) about those bars. For example, you may want to know what I actually meant in Bar # 46. I would respond to your question about Bar # 46. Hopefully, you'll have questions because I am interested with your feedback, thoughts, feelings, beliefs, and interest with my song and this topic as a whole. Please share with me anything, if you like to.

As for me, I'm doing well. Anger Management group is going well and I'm learning new information. I'm learning how to be a better listener. I always thought I was a good listener, but I guess I was wrong. Other than that, I've been writing songs like crazy. I'll share them with you shortly, I promise. Hot stuff! I'm continuing my exercise routine of 500 push-ups every other day. I've worked my way up to doing them in 30 minutes flat.

One of the guys I got into an altercation with resulting in my current stint in segregation received his appeal back from the Warden and got his Battery charge dropped down to a Fighting charge and got his segregation time cut from 360 days in the hole to 270 days in the hole. So, hopefully my appeal will come back with the same results due to we both were on the same case and received the same charge and time. I'm still waiting on my appeal to come back from the Warden. So wish me the best!

Well, I will most likely get my electronics back on Monday, February 6<sup>th</sup>, 2012 for good behavior while in segregation. I'm looking forward to that. Hopefully.



everything goes good with that.

I want to acknowledge and thank all of my Green Zone Blogg Followers. Thanks for blogging with me and leaving your comments. Please continue to blog with me and share with me your comments. I love reading them and responding to them.

## Between The Bars - Green Zone Bloggers

- kmunz ☺ - Thanks Kathy, I'll write another blog for you soon!
- MP ☺ - Holla back!
- davemunz ☺ - All is well Dave, don't work too hard. ☺
- pooncy ☺ - Hi, Mom! Glad you liked my blog!

Attention: If you are joining me for the first time, I encourage you to check out all of my previous blog postings to get up to speed, to see photos/pictures of me, or whatever. Appreciate it, thanks!

Respectfully,

Michael Green

1-26-12