

Tuesday, January 24, 2012

Title: A long 3 months

Hello world!

I'm glad these postings are helpful to you. Trying to get back into a normal routine after 3 very long, stressful months of preparing a 40 page Petition to the United States Supreme Court.

Catching up on letters is one of my first goals. Letters from you are one of the greatest sources of strength and hope. It is a daily battle to keep oneself motivated and not become discouraged.

Yesterday I decided to dedicate my morning to prayer. My prayer, bible study and scripture reading went from an average of 2 hours daily to about 15 minutes as I focused all my energy on the legal work.

I prayed myself right into a ~~deppre~~ depression. Have you ever done that? We pray seeking answers, direction and peace. In all of this we always praise God. Giving thanks for the blessings of the past, and of the future. For the truth and joys of life and the hope in tomorrow. In our honesty we lift up our needs, wants and fears as we should. But sometimes I notice my "list" of problems really outweigh the light I see at the

② end of the tunnel and instead of being strengthened and inspired after prayer I end up spiraling down into a deep funk. Fortunately it only lasts a short time. PSALM 30:5b "WEEPING MAY ENDURE FOR A NIGHT, BUT JOY COMES IN THE MORNING."

Friday, 1/27/2012

It was a sad reminder today in the chow hall when a serious fight broke out. It doesn't happen often here at Graham C.C. When I was at Pinckneyville C.C. there were four fights in 2 weeks in the chow hall. When a person is always looking for trouble, they usually find it, and then get transferred to a "rougher", tighter security facility.

The fight didn't make me sad so much, as seeing the pure enjoyment of 80% of the men around me. So many craved the violence and found it entertaining, and lusted for more. A few even tried to egg-on an all out riot, but fortunately cooler heads prevailed and told them to shut up and sit down. Those who have known violence intimately don't lust after it. It's sad to see the true nature of a man's heart at times, but that is daily prison life.

Thank you to everyone who sent information they found on veterans cases. I was able to use many references. I still need any new

③ cases you read about on line or in newspapers. It seems no one was able to find the New York case for Army SSGT Eiphert?

There will still be months ahead I need to prepare briefs, rebuttals or letters to the Supreme Court Justices before an actual Court date, so please continue to send me any information. Thank you very much!

A retired Sergeant (Correctional Officer) conducts a "Movie night" twice a month at the Chapel. Last night we saw the movie "Courageous". It was fantastic! It was funny, well made and had a very positive message about Fatherhood. About 80 men were there and we are all trying to encourage the staff to air it on the facility's TV channel one of these weekends.

I've been exercising in my cell 4 times a week and finally made it to the gym this morning for the 2nd time in a week. It helps a lot, but don't think it's fun and games. It's not like your local fitness center. It's so crowded that there are groups of 5 to 10 men at every exercise station. With 100 to 200 men crowded into the gym your sharing sweat with at least 20 guys. Fortunately it's pretty civilized.

Bye for now,
David