

Salutations World,

Tuesday, February 21, 2012

I hope this has found you in great health, spirits, and conditions. I'm glad you are here with me instead of somewhere else. Out of all the places and people in the world, you are here with me. Thanks! It really means a lot to me, and I really appreciate it. If this is your first time visiting, I encourage you to visit all of my previous blog postings to get caught up to speed on who I am, what I stand for, and what has been going on with me. Go! ☺

Currently, I'm doing okay. I feel great and am in a real good mood. No particular reason, just feels right! This morning I did 500 push ups in about 25 minutes. Then I took a 7 minute shower. Oh, well, of course I ate breakfast too. I had 4 fluid ounces of Apple juice, grits, scrambled eggs, a hash brown patty, two pieces of milk-free toast, an ounce of apple jelly, a cut of butter, a packet of sugar and a half pint of skim-milk. For lunch I had Chicken Ala King, some brown rice, carrots, cucumber/tomato salad, 2 pieces of bread, a frosted marble cake, and a half-pint of skim-milk. For dinner I had a hamburger, baked beans, pineapple slices, and another milk. Hey, I know it may sound like it's good, but it sounds a whole lot better than it taste. Not all prison food is bad, but it all aint good either. I guess it all depends on how and what you like your food to taste.

Oh, I finally received my appeal back from the Warden. He decided to drop the Battery charge and charged me with a lesser charge of just Fighting; which I think is the right decision. However, I still have the same amount of time to do in the hole, but I'm cool with it. As it still stands, I will be released from the hole at the end of November of this year unless something changes. If something does change I will be sure to blog you about it A.S.A.P!

As for blogging goes, I still have a lot more to share with you. I have a lot more songs, things to talk about, thoughts, comments, and a lot more of me to give to you. Please be patient, I'm coming with more soon. I got you! Anyways, until then, I leave you with my latest song, "Don't Be A Fool." Enjoy!

Respectfully,

Mike Green