Matty P -

Yeah, I'll be out before you know it. Honestly, I don't even think about it. I just do my thing with the church and running and all these programs and the dog and make the most of life. It doesn't matter where you are , it's all about how you live. The funny part is when someone asks when I get out, I always have to think about it because most of the time I forget. It would be nice to go for a run with you though.

I just read an article about Molly Huddle in an old Running Times, she was complaining about the lack of places to run in Providence. All I could think was she needs us to come pick her up in Andy Moulton's Mom's caravan and head to Carr's Pond. Next thing I know you mention it in reply to me. Do you know her? I'm a big fan.

So I don't actually have any internet access. This site works through old fashioned snail mail. I just get people to print and send me stuff.

I'm still waiting to hear from Beth Hogan. Got the message from Frank, I'm mailing out his reply with this one. Keep spreading the word. Thanks.

Glad you liked "Change". The church has become everything for me.

And all the people here that are a part of it. Really changed my perspective on everything. It's been good. Check out "Fireworks", that was another good one. And I'm sending some random thoughts out the same day as this.

Let me know if/when you can get up here. I'll get you the days and times and have you touch base with either my mother or Justin to have some idea about the process/rules. It's a pain getting in, but it's worth it because they basically let us sit and hang out for as long as you feel like staying if you come on a weekday.

OK, enough for now. Thanks again and stay in touch.