

Welcome To My Newly revised page:

To My Readers:

My name is Amondo Duckworth, I have been Incarcerated for 6 Years and during this time I have sought ways to reach out to the world and my blogsite is a very important part of that, so it has crossed my mind due to a lack of responses to my Topics, expressions, messages, etc that I must not be doing a good job of relating to the people who visit the Between the bars site, so Today I decided to start over again, in hopes of making a site that includes all walks of life, but at the same time expressing myself to the masses. I'm truly hoping that my new concept will grab hold and start a foundation of communication. What I have decided to do is have a Topic of the Month, which will hopefully give everyone enough time to respond to my postings. I'm now asking for your help to pick a Topic for the July thru August posting. I am open minded and willing to talk about anything; I have placed a few Ideas and hope for more input from All of you.

Topic Ideas:

- (1) Relationships
- (2) Trials & Tribulations
- (3) Searching for...
- (4) I promise...
- (5) I express myself by...
- (6) I grew up in a...

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