

Monday 8/13/2012

Hello world!

Some terrific games in the Olympics, don't you think? Our young American men and women did great and we can be proud as a nation too. There were many award ceremonies, as I listened to our National Anthem play and the Olympians glow, and the crowd singing along that I had to choke back my own tears.

I've heard some comments about these games being a waste of money, but I disagree.

Didn't London and the English people do a wonderful and inspiring job of hosting? I think there is a deep down connection between Great Britain and the United States that goes beyond explaining. A kinship and bond that had me in tears of joy for the British people. I simply love that nation.

The Olympics is the one obtainable goal that anyone in the entire world can strive toward. In so doing many achieve greatness. But it's not only greatness of the medal. It's the personal triumph. The years of focus and individual success.

It's the one thing that brings all

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the nations together in comradery and good will. The incredible examples of human achievement and teamwork for honorable purpose. The athletes who are mentors and role models for the next generations.

How many thousands of 12 and 13 year olds can now have a focus and goal to develop their body, mind and spirit toward a healthy goal over the next 10 or 15 even 20 years. They will be better people, better citizens, better children if allowed the chance and resources to stay involved and focused.

I don't think it's a waste of money at all, but an investment.

BACK TO MY REALITY

Had a great work out in the gym this morning. Normally it's so crowded and "wild" that each excercise station is 10 men deep. Fortunately us older folks (over-45) have been permitted a seperate gym assignment from Friday to Monday at 8:30 a.m. Saturday is super crowded and Sunday I'm at church. But Friday and Monday $\frac{1}{2}$ the guys are at work or school so it is a real blessing for those of us who can go. Older bunch are more respectful in general and there's never

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more than 2 or 3 guys at each station.
Most can't do more than 30 minutes
anyway so it was a great way to begin
my day.

Lunch was a weekly dish called "savory
stew". It's really just all the left over
vegetables from through out the week thrown
into a pot. String beans, corn, potatoes mostly.
And a lot of soy meat. Today I had
to laugh though because the soy meat
(think Tofu) was ground up so fine ; it was
like a mush and my first bite reminded
me of baby food. I really did laugh, but
I didn't tell anyone why. Didn't want to spoil
their appetite. Don't get me wrong. I know
it's a nutritious meal and I am grateful.
It's tough all over and I have a feeling
Prison food is going to get a lot worse.
Especially in Illinois. State budgets are a
mess , this drought hit the farmers in
the midwest hard. A couple more years
like this will train wreck a corrupt system.
I'm just a bystander for now and I can
only pray our country can pull out of this
downward spiral we're on. We've come through
worse of course, but the "executions" have
always cost a lot in blood and suffering.

End,

John D. Wiley