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Sept 11TH 2012

High there all you people out there in the world who are reading this. Sorry that it has been a long time since I last wrote anything. I was in a play again, we did Twelve Angry Men and I was juror #5. We did 5 performances and every night was amazing. But it was the last night that I loved the most. It was a night that ~~our~~ our family & friends were allowed to come in and watch us.

But there was one guest that stood out the most. Her name is ~~Jan~~ Zeina Daccache and she is from the country Lebanon. The reason she is so special is that she is a ~~Dr~~ Drama Therapist and she went into a Lebanese prison and worked with the men there to put this play on. They did 8 shows and every night there was 300 people who came into the prison to watch them. Along with the crowd was just about every Head of State in the country.

After they seen the play, the ones in charge of the country found out that they needed to take a look at there prison system.

Before the play, the Lebanese inmates weren't allowed any earned time, no ~~god~~ good time. After the play, they now can earn good time by staying out of trouble. Its amazing

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what this woman was able to do for those men.

The next day after our last play, our groups had a chance to spend 3 hours with her. Now, she's a Drama Therapist and she wanted to do some exercises with us. One of the exercises was something that change my life.

She had us write down on a piece of paper what it was that we were feeling at that exact moment. We were not to put our name on it. We then crumpled them up and threw them into the center of the group. They were then mixed up and we went to pick one. We then took turns becoming that paper. I mean that we expressed what was written on the paper we picked up. We also had to answer questions as if we were the person who wrote that paper.

The reason I said that this exercise change my life is because I found out that I was feeling more then I thought I was. I thought I was happy for what was to come next. But there was more, I was sad because it was over and that we would be losing 3 guys in our group (1 has left so far). I think that every group should do this exercise. Its amazing.

You all take Care!