

Hello to all the readers of this blog.

Let me first start by addressing the fact that I am in prison. I was convicted in 2004 & have been trying to overturn my conviction since. I'm hopeful I will be a free man again one day.

Being in prison has & continues to show me how strong these women in the world are. Whenever I do get a visit I'm always surprised by the number of women that are there. I wonder where they get such inner strength to bare the pain that comes with having a loved one locked up. These are the same women who are struggling on welfare. Somehow they continue on right along with that person. I have to applaud all those women because they are the life blood for people like me doing alot of time. Male loved ones are present some what but not like the women. My Family is full of strong women like those but for whatever reason I don't get that support from all of them. Some but not all. It's no surprise some feel less enthusiastic about me & my situation.

The media paints very incorrect pictures about life inside a cell. They seldom get it right. Being here is a heavy load to handle & I know without those strong women in my life I wouldn't be able to move forward as I have.

With all being said I must encourage you to reach out to that relative or friend who is locked down. Regardless of your political views at the end of the day we are all humans.

When I tell people to reach out to a loved one I always hear, "They did this or they did that." Find out really why they are where they are. Few things in this world have simple answers.

Do the knowledge to all situations.