

Nicholas Lear

Pg 1 of 3

Captains Blog 3/11/13

Had an awesome jam session Saturday, we were allowed access to the equipment, to practice our songs for the Easter program, and I loved it. It was the first time I've heard myself play and sing over the sound system in almost 3 years. It was awesome.

The program is through volunteers who come in from the streets to share their beliefs. There are several different denominations who support the music school activities at the Chapel. Without them, there wouldn't be any music school. So they get my loyalty and complete respect.

I am playing in 2 songs, "He lives," which I wrote, and "It's in our hands," which a friend wrote.

The Pastor is a blues lover who plays the harmonica so I've got him, another volunteer on bass, and a third volunteer on the piano. My buddies round out the team on drums and 'help the bass stay in time and back me up on vocals/rhythm guitar.' I get to sing and throw in lead licks, while bringing this cacophony of musical aspirations into a cohesive unit with a driving blues riff on guitar. It is great.

I get to play the lead and back-up vocals on my buddy's song, who has also called on the expertise of the volunteer on piano.

This person is the single largest blessing to our music school. He is a conductor who lead the

He is a jazz loving genius on piano, who teaches us music theory. It is great having his influence over the Music School.

We spent part of yesterday locked down, due to another inmate passing away. He was an old number, been here some 20 years. It's a drag to see them pass away prison confined.

I've gotten another level, so I'm considering VTs. The Vocational Trades program cuts into Music School, and has a very limited course selection. I'm still 2 1/2 years from billing my number and 18 months til I see the Board again—which I've already written them the 'what they can do' letter concerning parole—so I'm not in a big hurry. I figure its time I can focus on music. Maybe I'll get into the BIS type of VTs they offer, once I'm 6-months short. Its very basic, and only 6-months to complete—which has me questioning the validity of the curriculum.

I was training my wheel chair buddy today, with another cohort, when we had to do squats for legs. The leg press was being used, so I took my buddy to a contraption I've rigged that allows him to stand, so he can do his squats. When he busted out 10 reps, our 3<sup>RD</sup> wheel was rather impressed, blurted out "Why aren't you walking yet?" Its a great question.

of training, he gave up. He got moved to another prison for some 7 months, and became complacent during that time. I'd love to see him stand, and possibly walk again, but I can't make him fight for it. It must be difficult, fighting off fears of failure with resignation, as it seems it might be.

When I first started training him I noticed slight leg movement. I put him in the leg press, where he couldn't do a single plate; however, he could control the weight down. From those negatives, he increased to pressing 8 plates, 8 reps, on his own. He also was doing hamstring curls and kick outs, and working on lower back extensions. When he got moved we were focusing on his glutes and calves.

It sucks to see the potential wasted; but, it is hypocritical to ride him on such, as I've lived a lot of my life wasting my potential. I just continue to throw in a few leg exercises and positive influence when training him.

Well, until next time, I'll be rocking and dreaming about future possibilities of hooking up with other musicians when I get out.

For the hell-of-it, enclosed is a song inspired by one of the most beautiful, hot and sweet, women I've ever met. The Chorus I got from her. Very Bluesy:

The Verse: E<sup>7b9</sup> - A<sup>7</sup> - G<sup>7</sup> x3 E<sup>7b9</sup> A<sup>7</sup> - G<sup>7</sup> Em - crum lick.