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On Monday, March 25, 2013 I was released from the SHU back into the ADX general population after 5 months of little sleep, being subjected weekly to OC gas, and the adversity and chaos of SHU.

Although I am still locked in a cell 22 hours a day I am grateful to have a television again. I have been catching up on my favorite show "The Walking Dead" and just started a new show on A&E called "Bates Motel" which I really like. I have also been very closely and with great fascination been watching the debates in the Supreme Court about gay marriage. (About which I plan to write a separate blog post).

Mostly I have been watching tv, catching up on my sleep and relaxing. I started a diet today and plan to begin exercising Monday. I still live in adverse conditions but life is at least a little less harsh.

- Jeremy Pinson
3/27/13