

MAY 14, 2013: YESTERDAY I LEARNED OF THE DEATH OF A FRIEND. AFTER OVER 30 YEARS IN PRISON, A MAN I CALLED A FRIEND HUNG HIMSELF IN HIS CELL. I SAT AWAKE LAST NIGHT WONDERING WHAT WENT WRONG IN HIS LIFE THAT IT MADE HIM THINK THAT HE HAD NO OPTIONS LEFT. JON YOUNT DIED OVER A YEAR AGO AT ANOTHER PRISON BUT I WAS STILL SAD WHEN I LEARNED OF IT YESTERDAY. JON WAS KICKED OUT OF THIS PRISON A FEW YEARS AGO FOR FILING A LAWSUIT AGAINST THE PHONE COMPANY FOR OVER CHARGING OUR FAMILIES FOR COLLECT CALLS. I HAVE ONLY BEEN IN PRISON FOR JUST ABOUT 15 YEARS NOW. IT'S UNLIKELY THAT I'LL EVER GET OUT AND I HAVE SEEN MOST OF MY FRIENDS ABANDON ME, MOST OF MY FAMILY, AND AS EACH YEAR PASSES, MORE AND MORE OF THEM FORGET I EXIST. I HAVE VERY FEW FRIENDS LEFT, BUT MAYBE BEING A FRIEND TO SOMEONE IN PRISON IS TOO HARD? I KNOW IT'S NOT EASY BUT WHEN YOU CARE ABOUT SOMEONE, YOU MAKE SACRIFICES, YOU DON'T JUST ABANDON THEM AND FORGET THEY EXIST. THERE WAS A TIME WHEN I THOUGHT YOU'D HAVE TO BE PRETTY DESPERATE TO COMMIT SUICIDE, BUT NOW, MAYBE FOR SOME, IT'S THE ONLY ANSWER. I RECENTLY HAD A PHYSICAL. THE DOCTOR WAS UNWILLING TO DISCUSS MY BLOOD WORK, HE ONLY SAID EVERYTHING WAS WITHIN NORMAL RANGES, EXCEPT FOR MY CHOLESTEROL, THE GOOD AND BAD WERE BOTH BELOW THE NORMAL AVERAGE. HE SPENT ABOUT 10 MINUTES EXAMINING ME AND HALF OF THAT WAS SPENT ON MY CHEST. HE LISTENED, AND LISTENED AND LISTENED SOME MORE. FINALLY HE SAID I HAVE A HEART MURMUR. HE WAS NOT SURE HOW BAD BUT HE SAID IT COULD BE VERY SERIOUS, BUT IT COULD ALSO BE MINOR. I'M NOT REALLY SURE WHAT A HEART MURMUR IS BUT I BEGAN TO THINK, COULD THIS BE MY END, COULD THIS BE WHAT FINALLY ENDS MY LIFE SENTENCE? A PART OF ME DOESN'T WANT TO DIE BUT THERE'S A PART OF ME THAT DOES. I HAVE VERY FEW FRIENDS LEFT, I HAVE NO IDEA WHERE MY DAUGHTER IS, THE ONLY FAMILY WHO STILL SPEAK TO ME IN THIS COUNTRY ARE MY PARENTS & BROTHER. IS THIS ME JUST FEELING SORRY FOR MYSELF, I DON'T KNOW. BUT WHAT I DO KNOW IS THAT I DON'T WANT THIS TO BE MY LIFE FOREVER. I WOULD RATHER DIE THEN LIVE HER FOR 40, 50+ YEARS. PRISON IS A VERY HARD AND LONELY PLACE. MAYBE IT'S SUPPOSED TO BE THIS WAY. WE ARE HERE FOR PUNISHMENT BUT SOMETIMES IT JUST GETS TO BE UNBEARABLE FOR SOME. I WONDER WHEN THAT DAY WILL COME FOR ME. I ONCE THOUGHT OF MYSELF AS A STRONG PERSON, BUT THAT WAS WHEN I HAD THE LOVE AND SUPPORT OF FAMILY & FRIENDS. WE DON'T HAVE MUCH TO LOOK FORWARD TO IN HERE. BUT OUR FAMILIES AND FRIENDS ARE WHAT KEEP US GOING WHILE BEING IN HERE. IF YOU'VE NEVER BEEN TO PRISON, IT'S HARD TO UNDERSTAND. I WAS RECENTLY ASKED WHAT DO I WRITE IN THIS BLOG, AND I EXPLAINED A LITTLE BIT BUT I WAS TOLD THAT MAYBE THE READERS WANT TO HEAR SOMETHING SPECIFIC. SO IF THATS TRUE, LET ME KNOW. DO YOU WANT TO HEAR ABOUT PRISON, LIFE IN HERE, POLITICS, WAYS TO MAKE THINGS BETTER, EFFECTS OF PRISON ON SOCIETY, WHATEVER. YOU'RE THE READER, I'M THE ONE WITH THE EXPERIENCE AND KNOWLEDGE. SO TELL ME WHAT YOU WANT TO HEAR. I'LL LEAVE IT AT THAT FOR NOW. BUT BEFORE I DO GO, I WANT TO SAY THAT LISA IS PREPARING HERSELF FOR A PRETTY LONG JOURNEY. SHE WILL START AT THE COAST OF SPAIN AND WALK 850km TO THE FRENCH BORDER. FOR A 22 YEAR OLD, I AM VERY IMPRESSED AND PROUD OF HER. STAY SAFE & HAVE FUN SWEETIE. I WISH I COULD BE THERE WITH YOU. CLAO.