

(1)

JUNE 23, 2013 (12:00pm LISTENING TO LINCOLN PARK) I AM SITTING HERE LISTENING TO OCTANE, THE SATELLITE RADIO STATION. IT'S FREE IN HERE. THE PRISONERS WELFARE FUND PAYS FOR IT. THE WELFARE FUND PAYS FOR THE SPORTS EQUIPMENT, GYM EQUIPMENT, AND THE SATELLITE RADIO. (THE WELFARE FUND IS CREATED BY USING PROFITS FROM THE OVERPRICED PRISON COMMISSARY AND FOR THE EXTREMELY HIGH FEES WE PAY TO USE THE TELEPHONE, WITHOUT MONEY YOU CANNOT BUY ANY COMMISSARY NOR CAN YOU USE THE PHONE. COLLECT CALLING HAS BEEN ELIMINATED). WE GET 6 STATIONS. BUT OCTANE, NEW AGE ROCK, IS MY FAVORITE. BUT I'VE ALSO GROWN TO LIKE CHRISTIAN ROCK. A CABLE CHANNEL, JCTV, IT PLAYS ALOT OF MUSIC AND CHRISTIAN ROCK. SKILLET, RED, AND FIREFLIGHT ARE 3 OF MY FAVORITE GROUPS. MUSIC IS MY ESCAPE. MANY YEARS AGO, IT USED TO BE FREE FOR PRISONERS IN MY STATE TO GO TO SCHOOL, COLLEGE, GET DEGREES, EDUCATE THEMSELVES. BUT NOW, IT'S PRETTY EXPENSIVE. SO I TRY TO LEARN ABOUT MUSIC AND THE MEANINGS BEHIND EACH SONG. THEY MIGHT NOT BE THE CORRECT MEANINGS BUT I FIND MY OWN AND IT MAKES ME APPRECIATE THE SONG THAT MUCH MORE. AND LET ME JUST SAY, IF YOU LIKE ROCK AND NEVER HEARD SKILLET, FIND ANY MUSIC WEBSITE AND LISTEN. THE BEST CHRISTIAN ROCK GROUP I EVER HEARD. "HERO" IS THEIR BIGGEST HIT. ANYWAY, I GREW UP ON MUSIC. MY MOM INSTILLED ME WITH IT SINCE BIRTH. PINK FLOYD DAY AND NIGHT. I LOVED IT. THE WALL IS THE BEST. I FOCUS ON MY HEALTH BECAUSE WE HAVE SUCH BAD MEDICAL CARE HERE IN PRISON. AND THEN I LEARN OF ONE OF MY FAVORITE ACTORS, JAMES GANDOLFINI DYING IN ROME JUST A FEW DAYS AGO. HEART ATTACK. HE WAS VERY FAMOUS FOR HIS ROLE AS TONY SOPRANO IN THE MOB SERIES THE SOPRANOS. GREAT SHOW. WE'RE LOCKED IN OUR CELLS FOR ABOUT 18-19 HOURS PER DAY SO MUSIC, TV, READING AND WRITING ARE WHAT MOST OF US DO. I'M AN AMATEUR PAINTER BUT I DON'T THINK I'M VERY GOOD SO I AM GIVING IT UP. IT'S AN EXPENSIVE HOBBY THAT I CAN NO LONGER AFFORD TO DO. WHO KNEW A SINGLE PAINT BRUSH COULD COST OVER 10\$. I SURE DIDN'T. EDUCATION IN PRISON IS JUST THE BASICS. NO ADVANCED CLASSES UNLESS YOU CAN PAY THE \$100 OR MORE PER CLASS. I DON'T KNOW IF THE CREDITS ARE TRANSFERABLE OR NOT BUT FOR THE HIGH PRICE VERY FEW CAN AFFORD, I WOULD HOPE SO. DON'T GET ME WRONG, THEY DO OFFER SOME FREE CLASSES BUT AS A LIFER, I GET PUT AT THE BOTTOM OF THE LIST AND IT'S UNLIKELY YOU'LL GET IN. I'VE NEVER CONSIDERED THIS. WHAT ABOUT THE SPECIAL NEEDS PRISONERS? I WILL ATTACH AN ARTICLE WRITTEN ABOUT IT. WHEN THE BUDGET GETS CUT, EDUCATION IS FIRST TO GO, IN PRISON AND OUT. IN PENNSYLVANIA, THEY HAVE CLOSED DOZENS OF SCHOOLS. SEEMS LIKE NO ONE CARES BUT HAVING A GOOD EDUCATION CAN HELP KEEP YOU OUT OF PRISON. AND GETTING A GOOD EDUCATION IN PRISON CAN HELP KEEP YOU OUT ONCE YOU ARE RELEASED. I RECENTLY LEARNED THAT 1 IN 28 CHILDREN HAVE A PARENT IN PRISON. 1 IN 50 HAVE BOTH PARENTS IN PRISON. THATS STAGGERING NUMBERS. RECENTLY THE SESAME STREET CREW WENT TO RIKERS ISLAND PRISON IN NEW YORK FOR FATHERS DAY AND HELD SKIT<sup>9</sup> PLAYS AND INTERACTED WITH CHILDREN WHO HAVE A PARENT IN PRISON. THIS WAS USED AS A LEARNING TOOL TO HELP THE CHILDREN WHO HAD A DAD IN JAIL. I WANT TO APPLAUD THE SESAME STREET CREW, CREATORS, AND EVERYONE INVOLVED IN THIS. IF THE CHILDREN ARE HELPED AND EDUCATED, THERE IS A BETTER THAN 50% CHANCE THEY WILL NOT GO TO PRISON THEMSELVES. AND THE SAD FACTS ARE THAT OVER 75% OF ALL KIDS WHO HAVE A PARENT IN JAIL, THE KIDS WILL ONE DAY END UP IN JAIL AS WELL. THE PROBLEMS NEEDS TO BE ADDRESSED AT THE EARLIEST STAGES, LETS STOP WAITING UNTIL THEY ARE GROWN AND NO ONE ELSE TAKES RESPONSIBILITY. ALL THE BLAME GOES ON THEM. I DON'T KNOW WHERE MY LIFE WENT WRONG. I COULD

GUESS, I COULD POINT OUT SO MANY TIMES, BUT I NEED TO BE RESPONSIBLE FOR MY ACTIONS. MAYBE I WASN'T TAUGHT THE BEST OR EVEN PROPERLY BUT I KNEW RIGHT FROM WRONG SO THIS IS ALL ON ME. MOST OF MY POETRY IS ANGRY, PAINFUL AND VIOLENT. IT WAS MOSTLY WRITTEN AFTER MY JUSTINE WAS KILLED AND MOST OF IT IS NOT ABLE TO BE READ AND UNDERSTOOD BY PEOPLE ON THE COMPUTER. IT WAS A DARK TIME IN MY LIFE, I JUST LOST THE WOMAN I LOVED MORE THEN LIFE ITSELF. AND AFTER 2 UNSUCCESSFUL SUICIDE ATTEMPTS, I BEGAN TO WRITE. I CRIED AND WROTE FOR ABOUT 2 YEARS. IT TOOK ALOT FOR ME TO GROW AND BECOME SOMEONE BETTER THEN I ONCE WAS. I'VE NEVER TOLD ANYONE THIS AND NOW THEY WILL ALL SEE IT. I WROTE THIS ON OCTOBER 25, 2005. IT WAS MY LAST SUICIDE ATTEMPT. I ATTEMPTED TO HANG MYSELF. IT WAS THE SCARIEST THING I HAVE EVER DONE AND I THANK GOD I DIDN'T DIE. I WROTE THIS AND TITLED IT:

### THE BELL TOLLS

I HAVE NO ONE TO KEEP ME WARM ON THIS LONG COLD NIGHT  
SOMETHING INSIDE MAKES ME FEEL THAT MY LIFE WILL END TONIGHT  
SOMEWHERE IN THE DISTANCE I HEAR A BELL TOLL  
IS IT GOD? THE DEVIL? HE COMES NOW FOR MY SOUL  
MY LIFE HAS BEEN FULL OF ANGER, RAGE, AND HATE  
I ASK, WHY IS THIS MY FATE?  
THERE IS ONLY 1 REGRET THAT I CAN SAY  
MY JUSTINE WAS KILLED 4 YEARS AGO TODAY  
DEATH WAS HER SOLACE, IT ALLEVIATED HER PAIN  
THE PAIN IS SO BAD BECAUSE I AM THE ONE TO BLAME  
JUSTINE, YOU GAVE ME JOY & HAPPINESS, ALL I WANTED WAS A LIFE WITH YOU  
HONEY, MY HEART AND SOUL WILL ALWAYS BELONG TO YOU  
I HEAR IT AGAIN, I HEAR THE BELL TOLL  
GOODBYE MY LOVE, MY HEART, MY SOUL  
I SHALL NEVER FORGET.

SURE I'M NOT THE GREATEST POET, BUT I WROTE WHAT I FELT AND A FEW HOURS LATER I MADE MY FINAL SUICIDE ATTEMPT. I CANNOT EXPRESS THE PAIN OR SADNESS I FELT THAT DAY BUT EACH DAY NOW, I GET A LITTLE BETTER. I COPE A LITTLE BETTER. I JUST WANTED TO SHARE THAT ONE BECAUSE IT'S PROBABLY THE ONLY ONE I AM ABLE TO SHARE IN A PUBLIC FORUM SUCH AS THIS. FINDING GOOD PEOPLE, HAVING GOOD PEOPLE IN YOUR LIFE, MAKING NEW FRIENDS, CREATING BONDS THAT LAST, THESE ARE WHAT MAKES LIFE IN HERE BEARABLE. AND FOR ANYONE WHO HAS BEEN READING MY BLOG, THEY KNOW OF MY FAMILY IN ITALY, CHRISTINE & LISA. CHRISTINE JUST TOLD ME THAT LISA IS IN SPAIN AND SHE HAS ALREADY BEGUN HER JOURNEY FROM WALKING 600 MILES FROM SPAIN TO FRANCE. SHE WAS CAUGHT IN A RAIN STORM AND <sup>Got</sup> VERY WET AND COLD BUT SHE'S LIVED IN ITALY HER WHOLE LIFE SO SHE'LL BE FINE. I'M VERY PROUD OF HER. WELL THIS IS THE LONGEST I HAVE EVER WRITTEN. HOPE I HAVEN'T BORED YOU'S. AS ALWAYS, I LOOK FORWARD TO YOUR COMMENTS AND WILL ALWAYS RESPOND TO THEM. STAY SAFE AND GOD BLESS. CIAO.