

New prison, Same ol problems, Same clown clothes. So now instead of one cell mate I am in a dorm with about 11 sad people like me.

New prison going to the following self-help programs

N.A

A.A

C.G.A "Criminals / gangs / ANonymous

Celebrate recovery

plus reading the Bible and praying for more than just me and a weeks worth of good food in the cafeteria.

"31 days sober"

Some, if not most words with more than five letters will most likely be misspelled, because my dictionary was confiscated it had a razor blade inside it.

I am writing more poems than I did when I was in a cell. more freedom allows the blood to beat me freely through my hard head.

• May 2014 be better than 2013

Thank you for your support
Roland 12/26/11