

"SLEEPLESS NIGHTS"

1-5-2014: 10:30am: LISTENING TO "SLEEP WELL" BY: WE ARE THE
I DON'T REMEMBER THE LAST TIME I'VE HAD A NIGHT OF SLEEP THAT I WOULD
CALL OR CONSIDER "A GOOD NIGHT'S SLEEP". MY NIGHTS ARE INTERRUPTED EVERY
NIGHT WITH NIGHTMARES, SOMEONE YELLING, CLAPPING OVER A SPORTS GAME OR
SOMEONE BLASTING THEIR RADIO. I CAN PUT IN EAR PLUGS TO BLOCK OUT THE
SOUND BUT MY NIGHTMARES DON'T GO AWAY. I LIVE WITH SO MUCH GUILT AND
REGRETS IN MY HEART THAT I GUESS IT POURS OUT IN MY DREAMS. I HAVE WRITTEN
A POEM MANY YEARS AGO AND ONE VERSE WAS: I'M HAUNTED EACH NIGHT INSIDE
MY CELL, I GUESS I'LL HAVE TO SWALLOW MY PRIDE AND TELL YOU OF MY HOPES
& DREAMS THAT HAVE DIED." THIS WAS A SIMPLE LINE BUT IT SCARED ME BECAUSE
I HAD TO FACE THE FACT THAT MY JUSTINE WAS DEAD & BURIED AND MY LIFE WAS
OVER. I TITLED THE FOLLOWING POEM "NO PLACE LIKE HOME". HOME TO ME WAS
WHERE I FELT SAFEST. HOME WAS NEVER LONELY. HOME WAS WAKING UP TO THE
LOVE OF MY LIFE. SURPRISING HER WITH BREAKFAST IN BED. MAKING UP ONE OF HER
FAVORITES. SCRAMBLED EGGS WITH SHREDDED PROVOLONE OR MOZZARELLA TOAST,
BACON, LEFT OVER FRIEND CHICKEN, AND A HUGE GLASS OF ORANGE JUICE. SHE
MIGHT HAVE BEEN 5 FEET TALL AND JUST 105 POUNDS BUT JUSTINE COULD
EAT. HOME TO ME WAS WHERE LIFE BEGAN EACH DAY. AND THOUGH MY MOTHER HAD
NOTHING IN IT ABOUT HOME, IT WAS ABOUT LONELINESS. JUST A VERSE:

LIFE CAN BE SO LONELY, SO CRUEL
LONELY, LIKE AN ABANDONED SWIMMING POOL
EMPTY, WITHOUT THE HINT OF A WAVE
LONELY & FLOWERLESS, JUST LIKE A GRAVE.

I TOOK SO MUCH FOR GRANTED IN LIFE BUT NOW I NEED TO GRASP WHAT I DO HAVE
AND HOLD ON. I CAN FIND SO MANY REASONS TO BE SAD OR FEEL SORRY FOR MYSELF
BUT RIGHT NOW I NEED TO FOCUS ON THE POSITIVE. I HAVE NEW ENERGY IN MY
LIFE NOW AND I CANNOT GIVE UP ON MY DAUGHTER. MY LIFE MIGHT NOT BE OF
MUCH IMPORTANCE ANYMORE BUT HERS IS. BUT HOW DO YOU HELP A TEENAGE GIRL
BUILD UP HER SELF-ESTEEM FROM SO FAR AWAY? I DON'T HAVE THAT ANSWER. SHE
THINKS SHE IS NOT WORTH MUCH. WORKING ON MYSELF AND TRYING TO HELP HER
ISN'T EASY. I HAVEN'T BEEN ABLE TO LAY MY GHOSTS TO REST YET BUT I CAN'T
JUST FOCUS ON ME. KRISTA NEEDS HELP. RIGHT NOW THE PA DEPT. OF CORRECTIONS
CLAIMS THAT THEY WANT TO HELP KEEP FAMILIES TOGETHER AND IN CONTACT BUT
WHAT DO THEY DO, THEY REFUSE TO LOWER PHONE RATES SAYING THAT WE WILL LOSE
MONEY. BUT THEY WON'T, THEY MIGHT LOSE MONEY IN THE "KICKBACKS" THAT THEY RECEIVE
EACH YEAR BUT THEY GET MILLIONS IN KICKBACKS. AND NOW LETS BRING A BIG
ROUND OF APPLAUSE TO PRESIDENT OBAMA, OUR OVERLY GREEDY CONGRESS AND LAST
BUT NOT LEAST, THE BROKEN SYSTEM OF A POST OFFICE THAT WE HAVE. INCREASED POSTAGE
RATES WILL GO UP TO 49¢ PER LETTER ON JAN. 26th. WHEN I FIRST STARTED
WRITING LETTERS AS A KID, STAMPS WERE I THINK A QUARTER. NOT THAT THERE JUST

ABOUT DOUBLED. OUR POLITICAL OFFICES ARE FAILING US. WHEN WILL SOCIETY BE Y ENOUGH
TO SAY ENOUGH IS ENOUGH. WHO WILL STEP UP AND DEMAND CHANGE? IT HAS TO FROM THE
PEOPLE. DO YOU THINK THAT THE POLITICIANS WILL MAKE LAWS THAT TAKE AWAY THEM? NO
WAY. WHY DO YOU THINK THERE ARE SO MANY LAWS THAT ALLOW THEM TO GET FREY. THEY
CALL IT A FANCY WORD, PER DIEMS, BUT IN REALITY, IT'S FREE MONEY. THEY ONEY FOR
EVERYTHING. WHAT SOME AVERAGE CITIZENS WORK HARD TO MAKE IN A MONTH, THEY FOR FREE
EACH MONTH JUST FOR BEING IN OFFICE. WHY DOES MICHELLE OBAMA NEED A D PERSONAL
ASSISTANTS? ALMOST 1 MILLION BUCKS A YEAR SPENT ON HER OWN PERSONAL ASSIS . ONE OF
THE BUSH WIVES HAD EVEN MORE THAN MICHELLE OBAMA. WHY ARE WE WASTING MIL . I HATE
TO SEE RESOURCES WASTED WHEN OUR COUNTRY IS SUFFERING. AND NEWS FLASH PE I MIGHT
BE IN PRISON FOR LIFE BUT THIS IS STILL MY COUNTRY TOO. I MIGHT BE OF ITA HERITAGE
BUT I AM AN AMERICAN AND EVEN PROUD AMERICANS BREAK THE LAW. WHY DID TH POLITICIANS
MAKE THEIR YEARLY SALARIES 4+ TIMES WHAT THE AVERAGE CITIZEN MAKES? GREED! NOT ANTI
GOVERNMENT BUT WHAT I AM IS FAIR. WHATS FAIR IS FAIR. POLITICIANS GET PE HAT COST
THE TAX PAYERS IN THIS COUNTRY MILLIONS OF DOLLARS AND THATS NOT FAIR. ISON, NO
MATTER HOW HARD YOUR JOB MIGHT BE, NO MATTER HOW MANY HOURS YOU HAVE TO WC YOU START
OUT AT 19¢ PER HOUR. HOW IS THAT FAIR? IN THE WORLD IF YOU WERE A PLUMB OU MIGHT
GET PAID OVER 20 BUCKS AN HOUR BUT IN HERE, THE MOST YOU ARE ALLOWED MA 42¢ PER
HOUR AND YOU COULD BE A PLUMBER IN HERE AND ONLY MAKE 42¢ PER HOUR. AND IT T MATTER
IF YOU WORK 8 HOURS FIXING BROKEN PLUMBING. IT'S NOT FAIR. WE NEED TO EAT ERE TOO.
SOME GUYS WANT TO SAVE MONEY FOR WHEN THEY GET OUT. PEOPLE LIKE ME WOULD LO BE ABLE
TO ORDER A PRESENT OR SOMETHING FOR MY DAUGHTER BUT HOW DO YOU DO THAT, MA ONE CALLS
THAT ARE OVERPRICED, ALL AT 19¢ PER HOUR SALARY? YOU CAN'T. AND IT'S JUST E OUT IN
THE WORLD, THINGS WILL NEVER CHANGE UNTIL WE GET TIRED OF IT AND SPEAK UP CIETY HAS
TO START CARING TOO IN ORDER FOR THIS TO EVEN MATTER. THIS RECESSION HIT US IN HERE
TOO. A GUY I KNOW, HIS RCA FLAT SCREEN TV BLEW UP. JUST STOPPED WORKING. Y HAD IT
FOR 17 MONTHS. HE PAID \$240 FOR THIS OVER PRICED PIECE OF JUNK. IS THAT ? NO. WE
DON'T GET SALE PRICES, WE GET EVERYTHING OVER PRICED SO THE COMPANIES MAKE HUGE
PROFITS AND GIVE KICKBACKS TO THE DEPT. OF CORRECTIONS AND THEY TAKE TH KICKBACKS
AND GIVE OUT HUGE BONUSES TO TOP EMPLOYEES. IT'S JUST LIKE EVERY OTHER B CORPORATION
IN AMERICA. THE INSURANCE COMPANIES, THE BANKS, WALL STREET, AND NOW DEPT. OF
CORRECTIONS. WELL I'M DONE RANTING FOR TODAY. I THANK YOU'S ALL FOR YO TIENCE &
CONTINUING TO READ WHAT I WRITE. TAKE CARE, GOD BLESS & LET'S MAKE NEW YEAR
DIFFERENT. DON'T PUT OFF THE THINGS YOU WANT TO DO, WHAT YOU WANNA CHAN LET'S GET
IT DONE. CIAO.