

Ronald H. Cluck
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"SURVIVE"

Feelings of abandonment, loneliness and despair, those are some of what you feel, as you sit in this cage, day in and day out, week after week, month after month, and year after year. Watching as men you know, and knew are marched off to their death. Hopelessness sets in, as your time draws near. Family and Friends slowly but surely move on. It's you and this cage. a fight, yes a battle, for your sanity. "one wrong slip, one wrong move, and you'll wake, to a blank stair, looking back at you, in the mirror. For insanity is everywhere, a breath away, you must stay alert, always beware. For this cage will physically and mentally destroy you, and you'll never see it coming! sane one day - insane the next. Oh it can never happen to me!" "No, not me!!" well, you better check yourself, cause this cage can destroy the strongest mind, the strongest body, the strongest soul. This cage is not to be underestimated!!" And if you underestimate it, that will be your down fall!!" No this cage is nothing to play with! I know, I've fought in battle, with this monster, for over 24 years. I battle it every single morning. This cage is my nemesis, and one that you, never want to meet. For this, my existence, is a nightmare that I hope you never experience. yes despair, loneliness, abandonment, all of which is amplified when your on, death row's disciplinary confinement.

To those of you in the free world, enjoy life, stay strong, cause trust me, it's not as bad as it looks. If I can survive this, you can survive life in the free world.

God bless all In Peace & Love

Tomie