

## My Actions, I Can Regret.

Quitting School, hanging out with thugs  
Drinking Alcohol and doing Drugs  
Petty theft to Felony Crimes  
Now I'm lost in an unjust system  
Doing time

It takes every breath to keep a  
peace of mind

Quietly I suffer Deep inside  
With bound up emotions I can't help  
But hide

a moment of weakness revealed  
can come at a great cost All the  
Respect I have can be quickly lost  
Learning to endure with all I do not have  
Doing without Because of my pride  
I have to look tough and not  
let anyone see inside

Because if they had a glimpse  
they'd see a man that sometimes  
wanted to cry, or see that I actually  
cared and if they knew all this  
then surely I'd be taken for granted  
So I hold back any tears stand  
straight and strong I stay to myself a  
live on alone

Putting on the smiles become harder

and harder each time Because I know  
they can fake and not whats inside

Learning to live this way isnt easy  
to put on a constant facade

There are so many faces I have to  
put on:

When my Family, Mother, and Grandmother  
Died, when another Inmate gets  
Jumped on or Clowned upon, when  
an officer gets in my face and tries  
to push a button to get me to go  
off, when I go to Chow and they  
have what "They Call" Chicken and Rice or  
Stroganoff <sup>HELP!</sup>, when my Cellie opens  
his locker and Commissary Dumps out  
on the floor and I open mine and  
All it has is Books and old Paper work,  
or when he Eats a Big Bowl of Food  
Next to me and doesnt Offer a Bite,  
or when he receives Pictures from home  
Packages or Mail Orders, when I watch  
a Movie that's Sad, when I Think  
about People Outside, or when I wish  
I had Someone just to talk to at times

We live in a place where we cant  
fully Express ourselves without repercussions  
So those of you who have Someone Behind  
these walls I Encourage you.

Write to them and give them the opportunity to express themselves give them the chance to talk to someone instead of keeping it all bottled up. One of the Best things you can do to support your loved one in Corroscoral and if your Cant a Card from time to time a few dollars to help them get the things they need Even Books to Occupy the Mind

I've Been doing this for over 5 years Now and I couldnt have made it Sainly without a book, a puzzle or two, and having someone to write to.

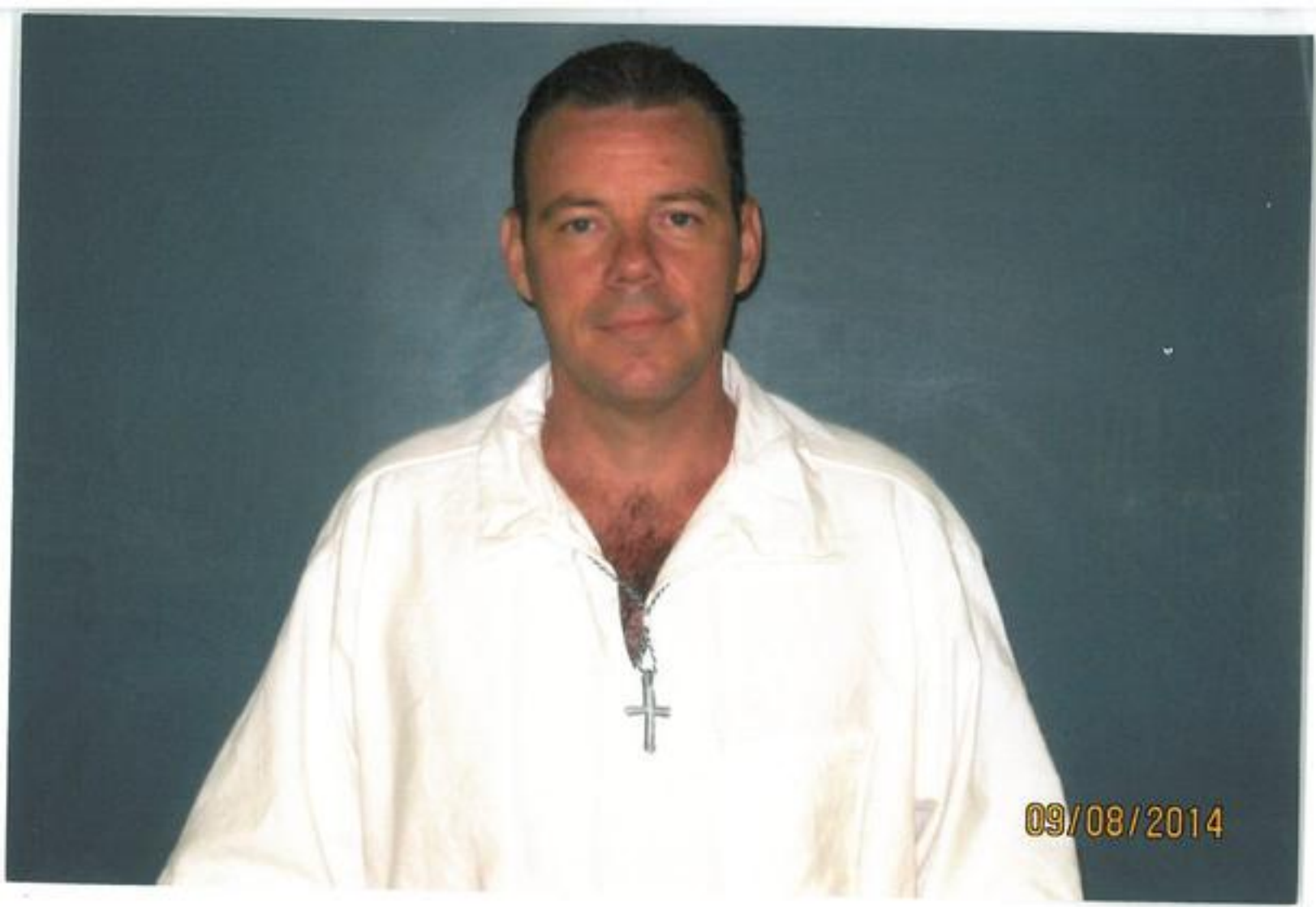
The hardest part of My Incarceration hasn't been merely Confined there is more to it than that

Its not having anybody bring here alone and without family. holidays, Birthdays or any of my accomplishments

Secondly Not having anyone to help me from time to time with the Simplest of things needed like Toothpaste and Deodorant If you were able to go online TEXASGOV.COM and go to the link ECOM you'll see a list of Items we may have purchased for us.

Necessary Stuff all people need I've had to Struggle just to maintain

Having hygiene and when it comes to  
Sodas and Candy bars those are the  
Treats I haven't had a Soda in Months  
Whereas Some have the Privilege to drink  
2 a day and I can't remember the last  
time I had a Candy bar; probably around Christmas  
and 3rdly No Mail 😊 I Love to  
receive Mail odd huh? and keeping the  
Required Stationary like paper, pens and  
Envelopes isn't easy But that is where I sacrifice  
the privileges of Sodas and things so that  
I may occupy my mind and time through writing  
Its the only tool I can use to stay focused  
on Society and Finding Happiness Behind Bars



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