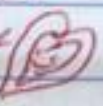



Lush Soup

Notes - Rambling - Poems - Short Stories - Art Work
 I've been spending most of my time preparing
 for my Board Hearing on March 26th. I don't expect
 to get a parole date at this one but I would
 like to only get a 3 year denial, that's the shortest
 they can give out now. Just knowing that there is
 a possibility I can get out one day before
 I die has changed my thinking on how I do
 things here. I want to go sailing off the coast,
 to fish alone the shore to hold you in my arms.
 Sitting in the darkness drinking my coffee this
 morning I realize how much longer some mornings
 are than others. I feel you with me in these pre-dawn
 hours. Most days I miss you a lot.

Life frightens me on most days now - I'm lost.
 D.H.A. OMGA3 helps to grow new brain cells. It seems
 we do have more than 100 billion brain cells and
 they continue to renew throughout your life. By
 the way drinking a beer doesn't kill 20,000 brain cells.
 I know you think about me everyday, I think
 about you all day everyday. I know that you
 love me - I would never think that you didn't
 I know our love is forever. I love you the most. 

It's raining outside, cold to. This is one of those
 melancholy days I would like to be sitting around
 the kitchen table with family & friends talking about
 things that really happened in our past. Things that
 matter to you, things that matter to me, things that
 matter to all of us, things that matter to the two of us.
 Singing can reduce stress hormones and boost oxytocin,
 the "love" hormone that promotes feelings of trust and
 bonding. Sing a little song with me.
 I wish I could talk to you or ever write to you. I'm
 working hard on and worrying about this board. I'll post
 what happens after I go - write me my love. 

♥ You're the only one I've ever been able
 to talk to - Talk to me!

only one page - no art - no poetry
 preparing & worrying - can't think right now (I understand)