

Irish Soup

Notes - Rambling Poems - Short Stories - Art Work
I went to the Parole Consideration Board this past week - I got a 10 year denial, 5 more than I was looking for. But the way I'm looking at it right now is that 4 months ago I was never getting out - I was going to die in prison - still might, but now there is hope.

What was I thinking, dare to dream of being free. I can petition for another consideration hearing in 2 or 3 year but first I must complete the Board recommendations: ① No more 153 or bad 128A's ② Work to reduce custody level (go to level II) ③ Stay discipline free ④ Earn positive chrono's ⑤ get self-help A.A., N.A. Victim's Awareness, Anger Management. ⑥ Learn another trade (take a voc. ⑦ Get therapy. When you're never getting out you don't worry about any of this but now I will get started today - there's hope.

I've always been afraid that if I examine myself too much I could remember things I want not to.

D.J. approved for visiting at Folsom on March 23, 1974 ⑧ Being alone does not bother some people but I'm not one of those people. Forever & Ever I miss you.

I don't take anything with a grain of salt, hell I try not to eat anything with salt added. Because I know with each of your messages there will be a next time and I don't feel sad anymore.

Life partner keep one another healthier, happier and they live longer. Our memories are set in stone.

I focus on small things, going to the beach, going sailing; we'll have good days, we'll have bad days; just as long as we keep having days together I sure would like to talk to you - to hear your smile, to read your every word oh sweet keeper of my heart Always Forever & Ever.

To view more of my art work go to
WWW.EBAY.COM/USR/CAPRISONART