

Heatherlove: I'm so sorry that you have to go through the craziness caused by the actions of your daughter's father. Too often those of us who end up in prison don't full understand or appreciate all that our loved ones go through while we are locked up. Guilt or innocence has nothing to do with it. Make sure he knows the good, the bad and the ugly.

I don't mind you asking about my family. I have 3 children, all grown now. I haven't heard from them since they were in their teens. This is one of the worst things about being in prison. Everyday I worry about the mistakes that they will inevitably make because they don't have my advice nor the discipline that I would've taught them to fall back on. They won't have the lesson of how I suffer in here to help deter possible errant actions. Nor will they know of my previous successes to springboard them into a higher place in society.

I miss my children in a way no one will ever know.

Rich.