

REPLY ID: N289

3-28-17

HEY Rita, it was nice to hear from you because I was wondering if you would get it.. I would have sent you a letter to your address but it was lost when the police lost some of my property..

There are some activists here in seg. But mostly it is people who have broken another rule.. It is very easy to be placed in segregation.. I done almost 9 months for getting into a altercation with the police when they tried to beat on another inmate.. There was a lot of people involved so they put me in for 12 months but I got out early that time.

Anyways, I try to stay busy in here no matter where I am.. Reading, writing, working out, I listen to the radio a lot and watch TV some.. (Have not seen that show Blind Marriage) but it does sound good. I do like to read, most of the time it's historical fiction, National Geographic, mysteries and fantasy.. But I can read anything, especially if it's educational..

We do not have too many educational programs here.. So I have to try to get stuff to read sent to me or read other people's stuff.. And the only way we can receive stuff is if it comes straight from the company.. I am in a state prison and North Carolina is very different from other states when it comes to their rules and the programs that they offer..

REPLY ID: N289

As far as the food goes, its definately not good and You don't get much But We Can Buy Canteen every day so it does help.. They have alot they offer in the Canteen..

So You have Started Hiking? I love to Run on the TRACK we have here And Workout 5 days a week.. I am very Conscious OF what I Eat and about Staying in Shape because alot OF the Food Today is not good For our Bodies.. I would love to get a Better understanding OF our Bodies and What id good to EAT.. We have a YOGA Class here to.. I go 4 days a week -- Do You have Yoga or pilates there?

You sound like you are a very active person.. So are you Living in the U.S now? I was talking to my Cousin Today on the phone; he is planning a trip to BRAZIL.. He travels alot.

I want to go to another Country when I get out and Experience different Cultures and people.. HAVE you ever been to MIAMI, Florida? Its almost like a different Country with the large popolation OF Foriegners.. Its a nice place to visit..

So do you think I could send you some pictures.. I am not sure if I can through this webpage But I will send you one if you would like.. I know it is sometimes good to SEE who you are talking to..


We Can take pictures here and use the phone as much as we want to.. I do not know how you feel about me Calling you But I can if you want to.. I talk to my Family and a couple friends each day..

Reply ID: n289

Well, I will get this in the mail But it was good to hear from you And I hope everything is going good with you.. Hopefully you will get this soon And if you want me to start writing straight to you I will.. I just need your address again..

Take care and talk to you soon..

Sincerely
~~XXXX~~

PS.. I am working on a
Good poem now.. 

Brandon