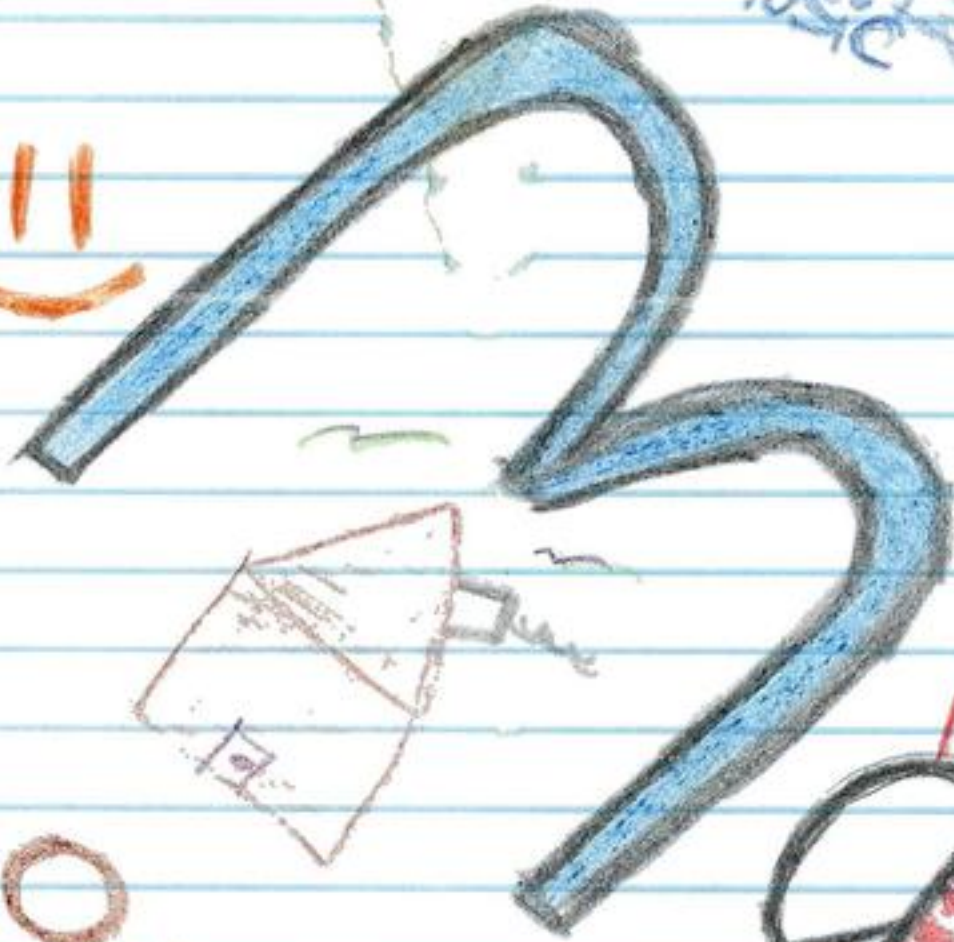


Your amazing
Just the way
you are.

Think Pink!

Sorry
Coffee
Stain

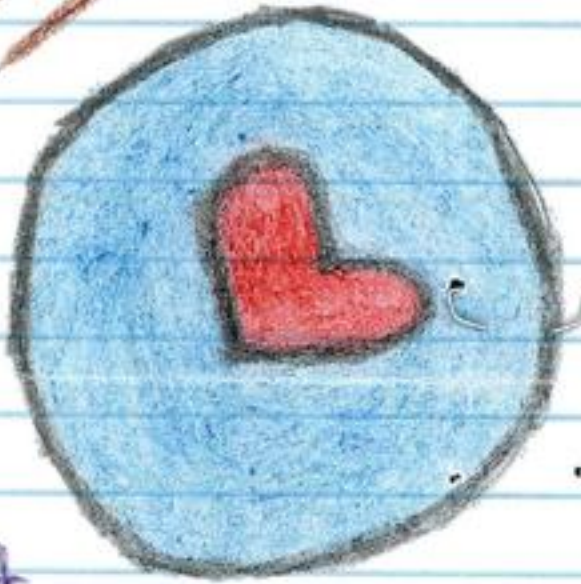


Laura's
button!

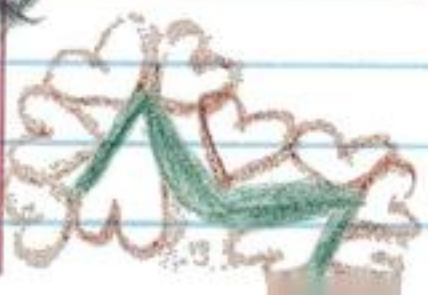
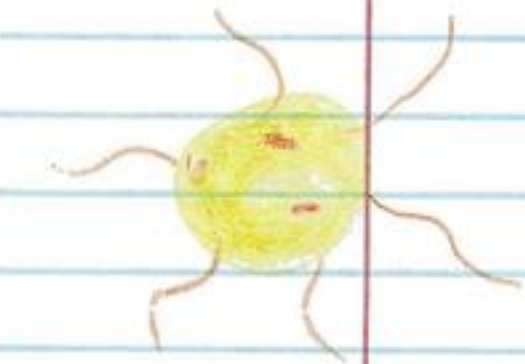
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Don't forget
the little
things.



03-12-96



By: Lova
Annet

6.28.16

Today was amazing!

Yesterday I was feeling a little bit under the weather so I went to bed early last night.

I didn't get up until 10:30 AM. I had a dream during the night that my dental bridge was broken.

It must have actually occurred in the morning because it's the only dream I remembered!

Well, I went to my locker to get them and they were not in their container! I felt a rise of panic swelling inside of me as I knew where I left them: on my bed wedge wrapped in a napkin!

Of course, upon inspection, my bed wedge was completely empty (with the exception of my purple bible I always keep there). I began tearing up my locker in hopes that maybe they got mixed up

with something but to no avail. I looked in the trash can closest to my room and they weren't there either. (* my roommates and I opt not to

have a little trash can in our room. The rooms are rather small feeling as it is) My roommate/friend Flor suggested we get gloves and go through last

night's garbage in the big trash cart. We dived in and looked in about 10 bags. We just plopped down

in front of - but not blocking - the elevator and went to town. The peculiar thing is; usually the trash

will have been taken out twice already by this time of day! Flor sat there with me through her

lunch digging in smelly, ant filled trash. In the second to last bag I was close to giving up hope and there they were! Wrapped tightly in a napkin just as I had left them.

"The FBI investigated the subject twice and closed the cases. Did they miss something?" YA THINK?!?!?

I'm listening to CNN live on the atrium TV. Ugh. I was once told that there are no stupid questions. I'm thinking it must have been told to me because I was asking a stupid question and the person didn't want me to feel bad.

That aside, what a horrible, horrible thing to happen to all of those people. My heart goes out to their families.



September 1, 2016

①

I sooo did not want to journal, blog, reflect. Whatever... but I promised my mentor that I would all this month so here I am!

Hmmm. What to talk about...

Okay. First of all, I want to say that my daughter Haley graduated from Job Corps this past week. I am unbelievably proud of her!! She is a CMA and has a few certificates in other medical related fields. I know phlebotomy is one but I can't remember the others. I'm very excited for her! She is currently trying to get a job with One Blood so I'll keep my fingers crossed. Also, when she went to her graduation she got to meet her boyfriend's grandmother. I can't wait to get the photos.

Next... I think that I can no longer fake my Cymbalta. I switched from Zolof and Neurontin to just the Cymbalta. I figured it would be excellent for both my neuropathy and depression. Unfortunately I didn't figure in the side effects. I usually don't have any (sans allergic reactions) With this I began feeling ill then gained 17 lbs in 14 days. Ugh. Horrible. I'm so swollen, I discontinued use on my own but I plan on going to the doctor next week. When I'm feeling a bit more up to it!

September 1, 2016
(2)

I have been so confused lately!
Here's why... a few months ago I happened to notice a sudden influx of women here that are built like linebackers. Of course, we're all built differently and I certainly am not one with a perfect build to be able to criticize anyone else. After talking to a few said linebackers, I found out what it was was they are transgenders. I guess the B.O.P. has new policies pertaining to gender assignment. If one has Gender Identity Disorder and identifies as a female (but are actually "physically" a male) they can come here to live and take HRT. Then there are the men who are in the transition process who come here. And then there are the completed transgenders. (Oh, and before I go any further, please forgive me in advance if I say anything politically incorrect about all of this. I'm clueless as to what is proper etiquette in this department.) My confusion is - when did it become cool to switch? There are also several women here who 'identify' as men. I'm not sure what they (BOP) do with them. It would probably be unsafe to transfer them to a men's prison. I suppose they'll stay here. The Commissary committee has already incorporated men's products for us to be able to buy. (Examples are: men's deodorant,

September 1, 2016

(3)

after shave lotion, men's shave cream, etc.)
One can even receive boxers to wear.
I would like to note that the commissary
has been OUT of several women's products
for a while now. (Eyeshadow, perfume,
mascara) It makes me wonder...

Then, there's more I don't understand.
One will be transgender, come here, then
date women and be gay. WTH??

There used to be an announcement that
would come over the PA system a couple
of times a day that said "Male and female
staff routinely work and visit inmate
housing areas". That's basically so all the
inmates realize that most of the guards
are men and they walk around in the
units all day long where our rooms are.
Well now the message has changed. It
now says "Opposite gender staff work
in the inmate housing areas during this
shift". Apparently, there are now more
than 2 genders to choose from! All
of this is making the right side of my
head hurt. When exactly did all
of this come about? I realize I have
been incarcerated over 7 years now but
still, I didn't think the world had
changed THAT much! Wow. Don't
misinterpret my feelings to be against
any one of... opposite or transgender. I

September 1 2016

(4)

am not against anyone. Whatever makes each individual happy, I will have to admit I get a wee bit creeped out when I get up in the morning to go to the restroom and brush my teeth and beside me is a person shaving. I suppose it is yet another thing I'll just have to get used to.

I'm tired and am about to go to bed but I did want to mention something with this that I'm more than a little miffed about. The BOP (i.e. - government) will fully pay for an inmate to undergo sexual reassignment and all of their hormone replacement therapy, etc. But my dad can not afford his medicine each month and has to choose which ones he'll be able to take. Unbelievable. I don't know. Maybe it's me. Maybe my priorities are off but I think the elderly in our country should be taken care of before an inmate who wants to change sexes. I try to have empathy and all but when I know my 81 yr. old father does without so often, it sparks so many different emotions. What do you think?

I've babbled enough. Good night!

September 8, 2016

It's 10:12 p.m. and there was just now a fight in the unit. It was upstairs but everyone just about ran to get a look. There were people running that I didn't even know could walk! It was in the room directly above me so I could definitely hear it. I'm not sure exactly what occurred but someone is going to have a headache tomorrow! There was a lot of pounding. The guard ran up there and broke it up. It was a little amusing because at first watching the crowd they were "ewwing and cucking" and making faces. Then they were rooting for the guard.

Okay. They all came down the stairs now. (The guard: two girls) One is my sorta-friend Vero. The other I think is her roommate. Neither one looks too worse for the wear. They will now go to the SHU (Special housing unit) to stay the next 30-40 days.

30 min later → I just received the 411 from my roommate. Earlier today a woman had a seizure in the restroom. Apparently, the roommate accused Vero of causing it. Vero got angry and hit her and they began to fight. Umm... HOW does one cause someone else to have a seizure? Wow. I realize I am not at a MENSA Summit but the mentality of some of these people is unbelievable. Such is prison.

I'm going to rest now. Not sleep since I slept until 1 this afternoon. I'm going to read my book, "The Face" by Alan Koontz. It's pretty good actually.

Good night!

September 9, 2016

I had a wonderful day today. Sarta. Okay - 'wonderful' may be a bit of an exaggeration but it was still good.

What happened was during the weekend of Passover my cap came off of my front left tooth. It was terrible. It didn't hurt but I looked eerily like one of the locals! So right after that it got fixed and all was well again in Rhoadville. Then about a month went by and I already had a crack (not actually visible) going up the middle of my tooth. I grind my teeth something fierce and it happened while I was sleeping. I returned to the dentist and finally

received a set of night mouth guards. When they are molded perfectly to my teeth they are cozy and I don't spit them out much while I am sleeping. At this point though the damage was already done. Last week I felt that it had become loose and sent an e-mail to my dentist. I had an appt. for today at 7:45. (Due to heart issues, I have to be premedicated) By nine she was fixing it. I am now the proud owner of a new tooth. She went a wee bit overboard on making it look completely realistic. It's a little shorter than the other one and slightly crooked. Yup! Realistic! Albeit I am missing the original 'gap' I had between my 2 front teeth - but not every thing must be fully restored.

Aside from that I just went to (church) service. It was a good one. We discussed confessions.

Good night!

September 10, 2016

I got to see my visitor today! yaaa,
She is completely the highlight of my month,
She comes from the Prisoners Visitation
Services. We'll call her Ms. S, I think
the reason I enjoy these visits is not so
much our commonalities (which are plentiful)
but where she has me reflect on things.
She has this idea to where we come up
with monthly goals and then when we meet
the next month we see if we met them or
not. This past month my goal was to talk
with someone (a trusted friend, counselor,
psychologist, etc) about some issues I have been
having. Nothing serious mind you, just personal
and in need of discussion. Things I'd normally
discuss with my dad but A) we only get 15 min
a call & B) I'm on a serious budget right now.
So, I kept my agreement and wound up
speaking with my cousin. (More about her at
a later date) Ms. S's goal was to spend
quality time with the cat she was cat sitting
for. She told me a very funny and animated
story on how much the kitty loved it. The
only thing I fear is that she has no spoiled
him for all future cat sittings! 😊 That's ok
though! Kitties need lots of love!

I also got to see a couple of friends'
family members. I even met Denise's
daughter! She is so beautiful! And kind too. I've
met her husband and step-family on prior
visits. She is a very fortunate woman. She has
a husband who is head-over-heels in love with
her and a wonderful family! Many women here
don't have any of that so she is one of the few.
She deserves it truly because Denise is great.

Good night!

September 11, 2016

Today is the 15th anniversary of 9/11.

It feels like just yesterday that happened. I remember hearing about it on the way to work at Pizzadot (to which I was late) I had just left Denny's being their mystery shopper that month. That was such a scary feeling. I had an illusion that by living in the U.S. that I was completely safe. Boy was I wrong. Now 15 years has passed and I still don't feel any safer. Not sure I ever will.

I am doing basket weaving over

in recreation. It is kind of fun. But

I used a neon variegated yarn so it's really cool looking. I'm not sure if I'm sending it to Laura or Haley. Of course they'll both get one, it's just a matter of who gets this one and who gets the next.

September 12, 2016

It's been super boring today. One can always tell the boredom level when the highlight of the day is to go to a diabetes seminar! Albeit I did learn a few things. Aside from that, just another dull day.

After a serious mishap that involved my friend J.Z, a black gel pen, and our clothes in the dryer, I was given a super cool book on quotes. In a nutshell - I loved the book - the book belonged to Nakita - as did the afore mentioned pen. She felt bad

September 12 continued

about her pen ruining my good V-neck shirt so she gave me the book. I told her it was totally NOT necessary but she insisted. Besides, the book is huge and she didn't have room for it in her locker.

So, below I will include a few quotes I happened upon and liked. This is an 1100 page book so expect many! Although, I'm sure there are much funnier ones on Facebook, here goes a few!

Idle people have the least leisure.
(late 17th century)


Love is blind (late 14th century!)

The hero of my tale - whom I love with all the power of my soul, whom I have tried to portray in all his beauty, who has been, is, and will be beautiful - is Truth.


(Leo Tolstoy 1828-1910 Sevastopol in May 1855)

The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted, uncared for and deserted by everybody. (Mother Theresa)

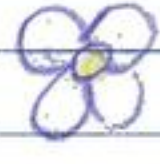





September 14, 2016




In some Chinese dialects, the same word used to mean 'danger' also means 'opportunity',







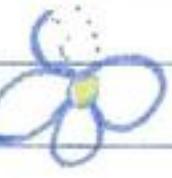


I'll bet that you thought I was going to say something really profound involving the above statement, didn't you ???



HaHa! Fooled ya. Although it is a good fact to know. :)



Today I got up around 8 and cleaned the room. Then I decided I wanted a leisurely day. I spent some time - okay - a lot of time reading my book. It's called The Girl From Junchow. It's second in a set and is about Russia circa 1930. (The first book was called The Russian Concubine and it was centered in China 1918) I am really enjoying the book and am ~~so~~ sad that I have almost finished it! I have no clue what the name of book 3 is. Maybe



October 19, 2016

I am able to work again as medical put me back to 'unassigned' from 'medically unassigned.' I never saw my doctor to I'm not sure as to how this occurred. I'm just going to go with the flow. I have a 'filler' job now. (Something to fill my time) It's as an ~~Old~~ "Elevator Button Pusher." I'm not kidding. From 7:30-10:30 I sit in a chair or on my walker and push the button to the floor the people are going to. I reckon it's not so bad. The pay is a mind-blowing \$5.25 per month! Where shall I spend it all?? More than likely on the phone. Talking to my family makes the days go by so much quicker. I miss them terribly.

Today is day three of Sukkot. (Jewish holiday week for harvests) I won't be able to go out to the hut this morning and this afternoon

Oct 16, 2016
Page 2

I have to wash my clothes after lunch. I'm down to my last pair of shorts and last pair of socks. (Footie socks) So I'll miss lunch too. I'll still be able to make it tonight though. I have really enjoyed the last two days. Even though I had bees chasing me around all last night during prayer! I did learn a valuable lesson - don't wear perfume to an outdoor religious event in Texas. Yep, I'll remember that one! At least I didn't need my epipen!

Enough of my boring life etc. My dad is doing well. I'm glad. I worry about his health a lot but he seems to get by OK. I'm very happy that both of my daughters are in the medical field and lives with him. He gets around great for his

age. Maybe I just worry more because I feel so guilty for not being there with him? OK.

Jewish Wisdom for Daily Life Sayings of Rabbi Menachem Mendel of Kotyk

- * It is too one-sided, this reliance on God's love and mercy. Know that God is also severe.
- * If you don't know your true self, you will never fully understand anything.
- * Love is a hammer that can shatter a stone heart into pieces.
- * Freedom is a shaky business. And people are unreliable. Know where to put your trust.
- * A person can perform endless good deeds and still be a sinner.

I received the above book yesterday and absolutely LOVE it! Thank you David!!

October 19, 16
Page 4

I think I'm going back to my
unit and my room, it's stuffy
on this elevator and it's making
me light headed. Bye!

Oct 21, 2016

I show up to work a little while ago and the inmate clerk tells me that she hasn't heard anything from Education (somewhere that I applied) and that I'd have to start working. Really?? I've been coming in and working all week. I even waved at her one day! Unbelievable! What it is, is that someone else is assigned to the elevator that I am running but that person never shows up to work. I'll talk to the clerk later about putting me on for this and taking the other lady off.

I sure am missing my friend Liz. Today. Well, I miss her everyday of course but it's been almost a month since she's been gone. [The elevator just made a loud popping noise and moved itself to the 5th floor. Can't be good.] We did just about everything together

Oct 21, 2016
Page 2

so it's hard adjusting. I try not to
get very close to anyone here for
that exact reason! My other
best friend who went home a couple
of years ago is named Sherry. I
don't hear from her as often as I'd
like but of course she has her life
going on out there. Being in here is
kinda like being in a time vacuum,
it's hard to relate this setting to
everyone else. There are days that
I am unbelievably busy just like
everyone else, but usually it's
because I sign myself up for it.
I think I'm babbling. Oh ya, J.Z...

The following pages are little picture-grams that my b.f.f. J.Z. and I used to send back and forth to each other when we were neighbors. of course it would have been just as easy to poke our heads out the door and SAY what we needed to, but what's the fun in that?? J.Z. and I relate to each other on many different levels. The main one being that we have the same exact sense of humor. (God help us all!) I really miss her but know that resuming her life on the outside is something she deeply needed.

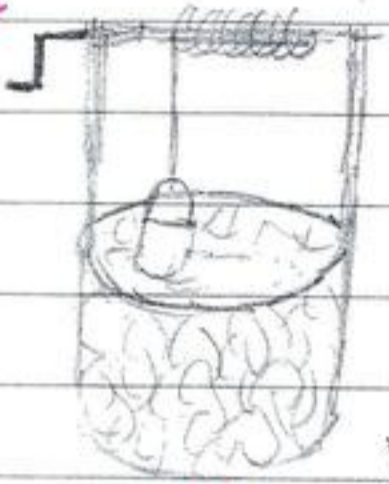
I put under some of them the meanings so the interpretation wouldn't be so hard.

ENJOY!!

Paul



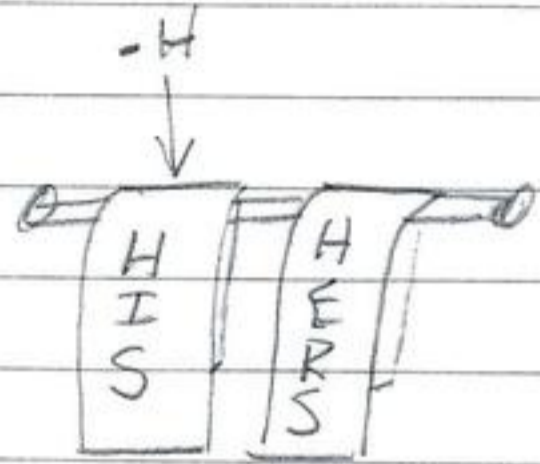
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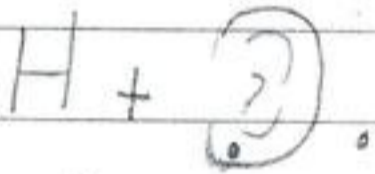
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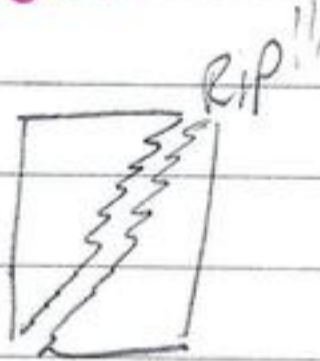
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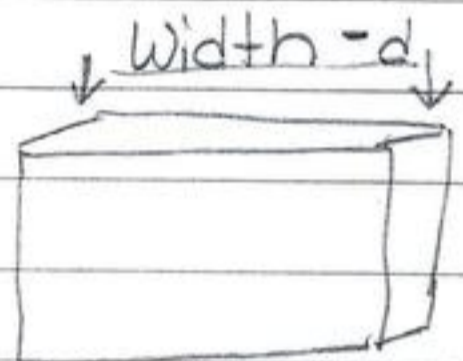
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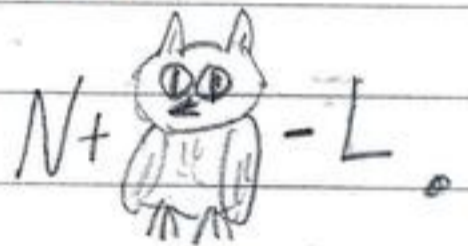
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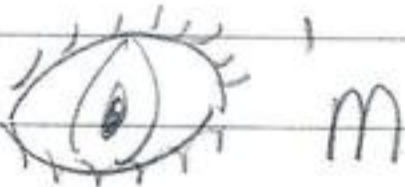
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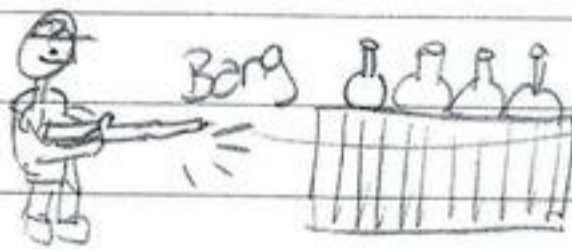
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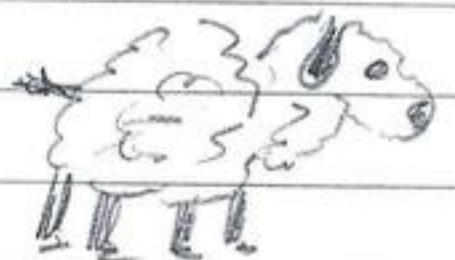
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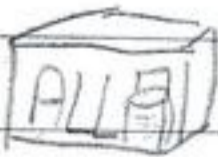
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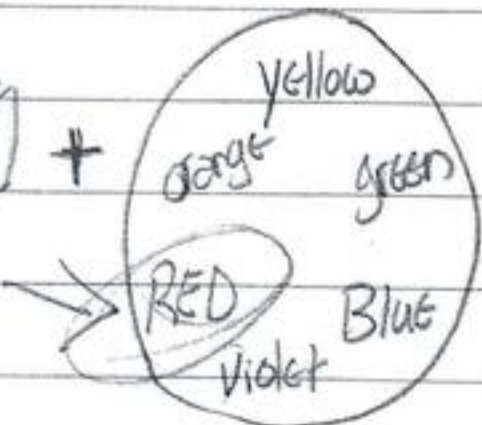
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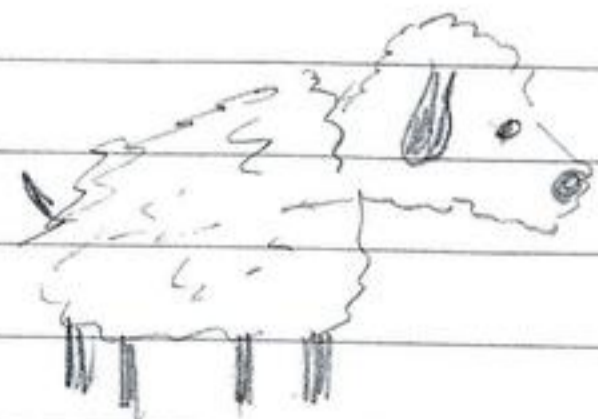
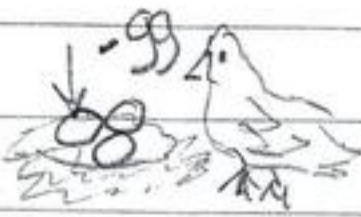
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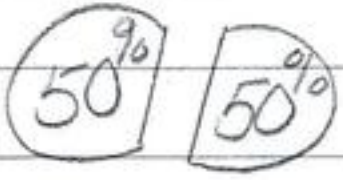
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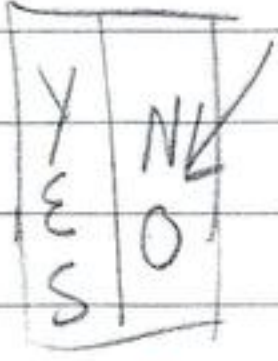
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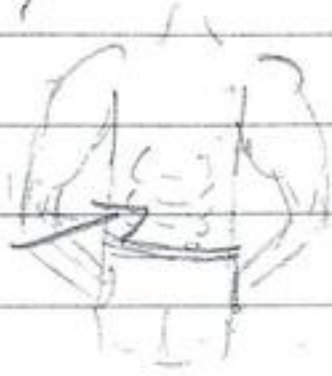


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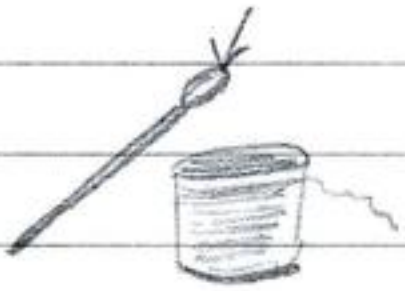


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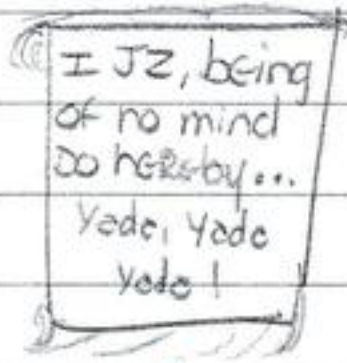
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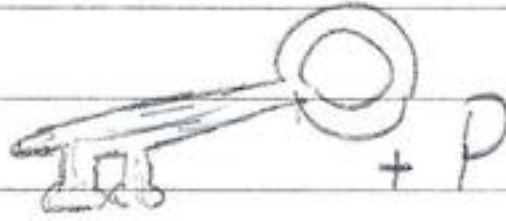
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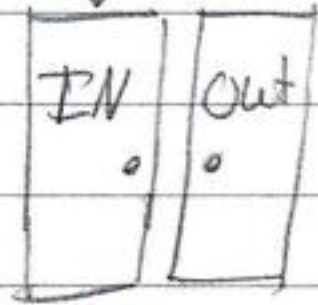
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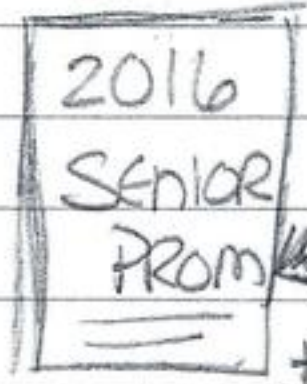
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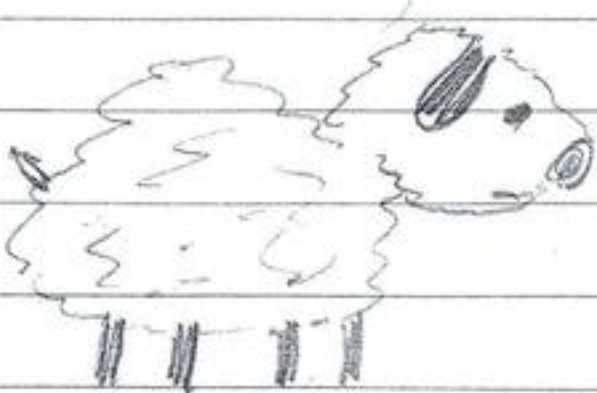


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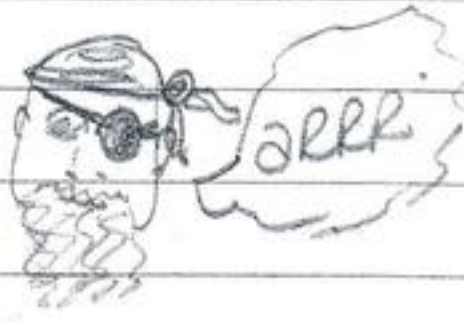


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promise 1 word



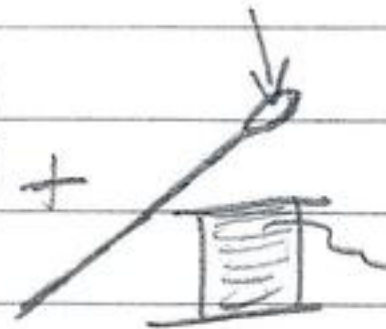
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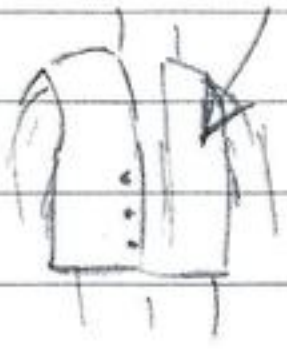


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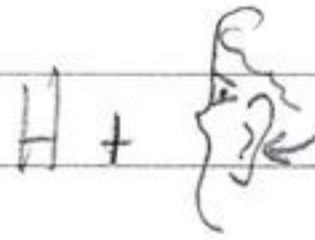


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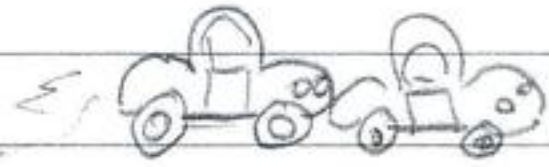
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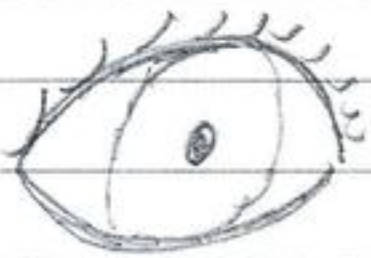
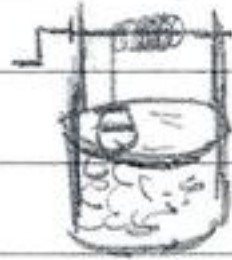
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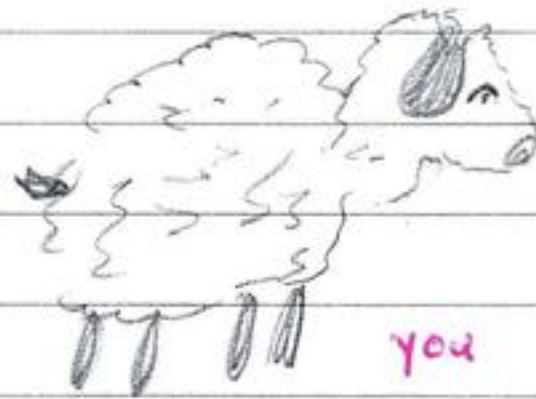
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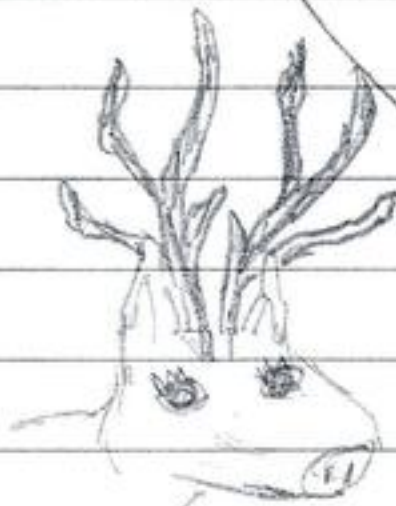
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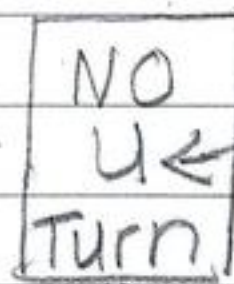


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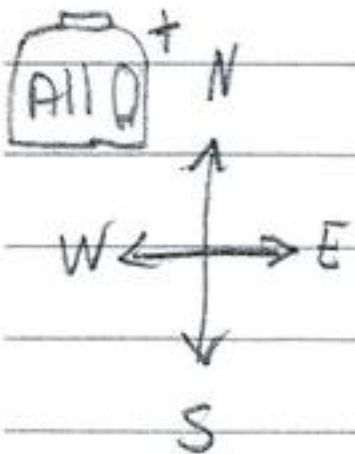
+ LY!



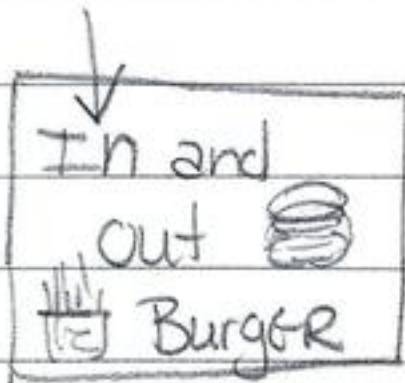
you



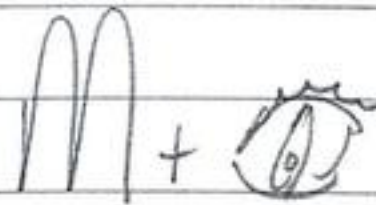
are



always



in



my



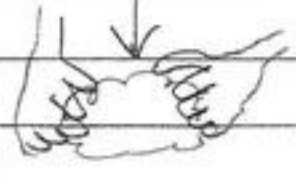
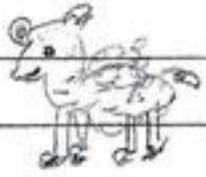
heart



JZ


Jenne

Laugh

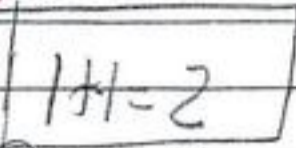



2

I need you to



each




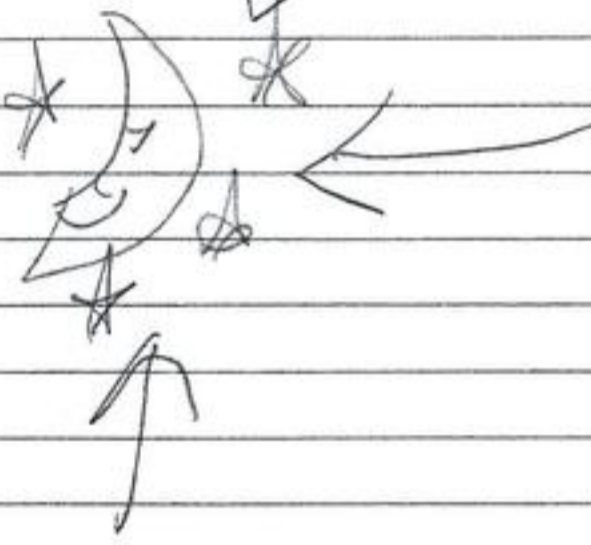
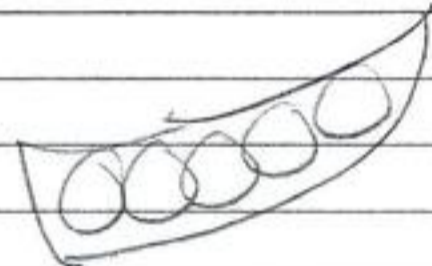
teach



class

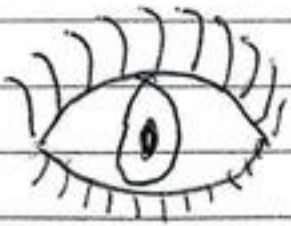
2

tonight

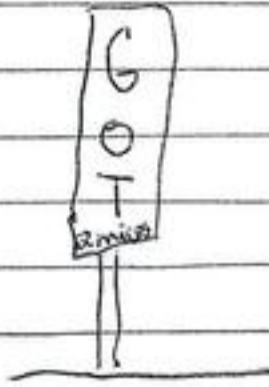




least

please



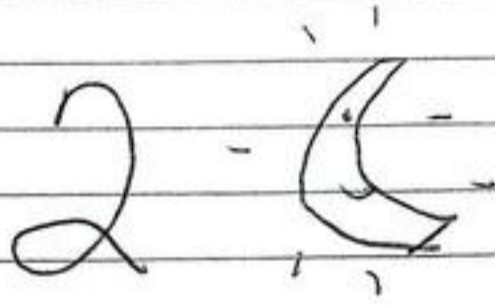
I



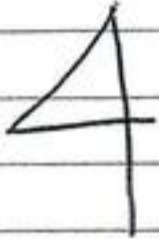
got



church



tonight



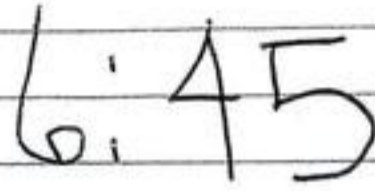
For



Shabbot



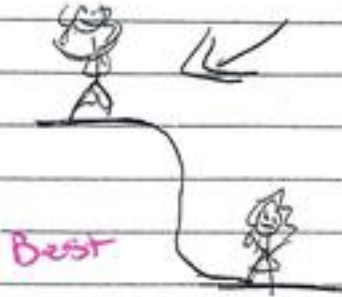
at



6:45



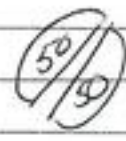
Sorry



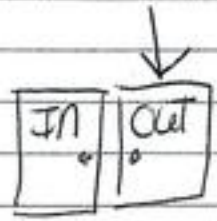
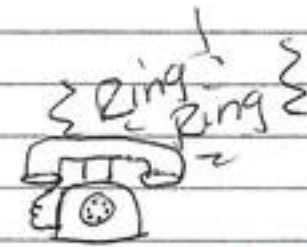
Best



Friend



? B, C



have

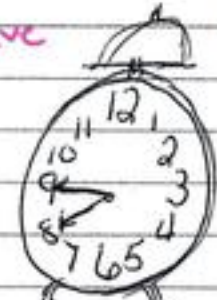
a

call

out



at



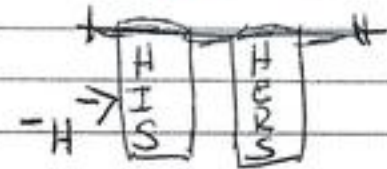
7:45



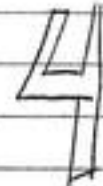
in the morning



IT



is



For



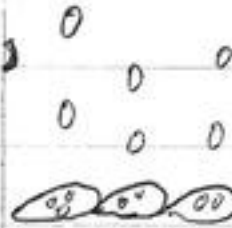
rehab



JZ



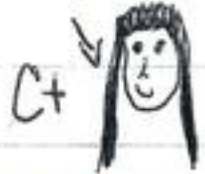
Jz



See Do



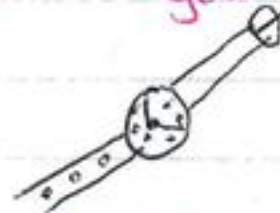
you



Care



to



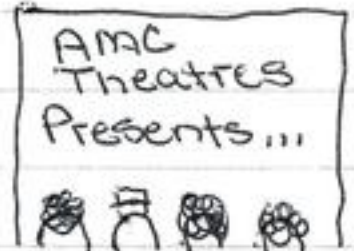
watch

(the)

the



rec



movie



Tonight?

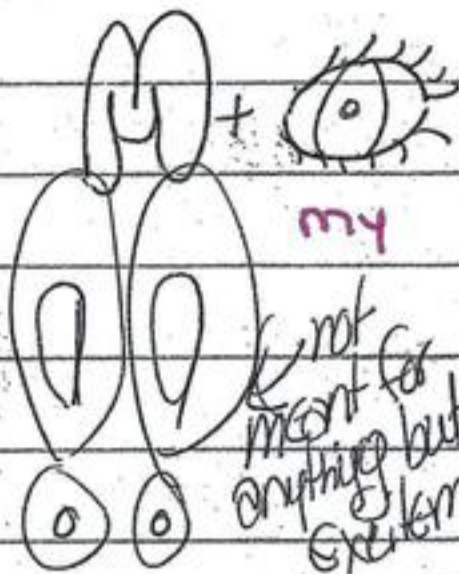


Love,

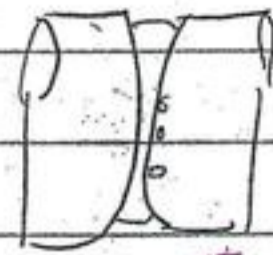
Jennifer

2

To



my



best

= ~~best~~ V+B



Friend !!

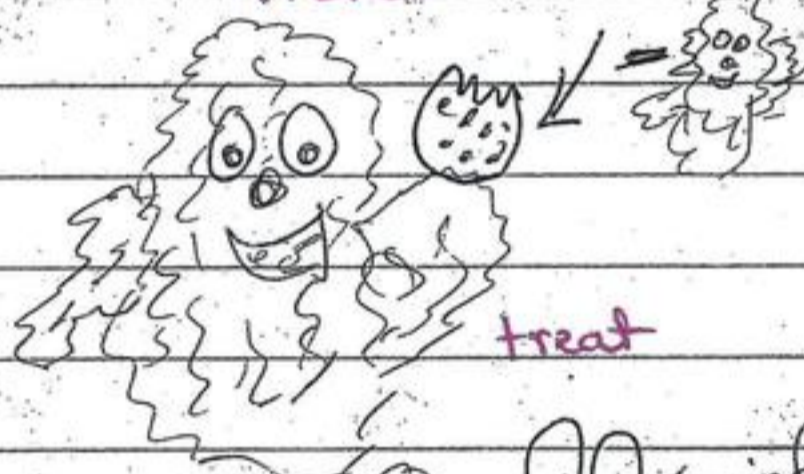
(not meant for anything but excitement)

H + @ S

Here's

? , B, C, D, etc

a



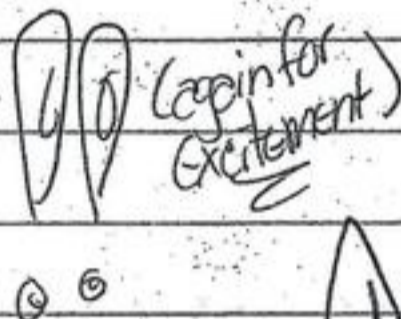
treat



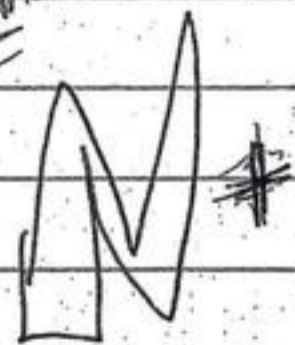
For



you !!



(again for excitement)



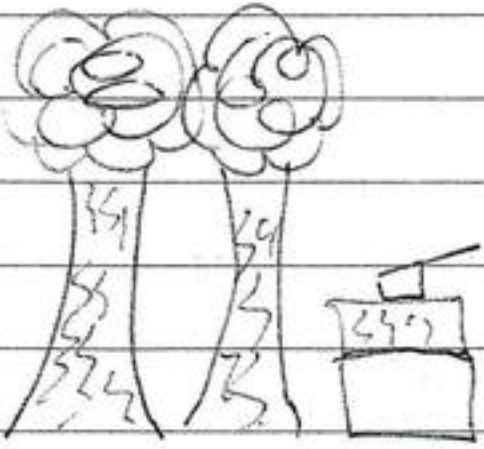
* Not my best Art
** + = '2 word' word



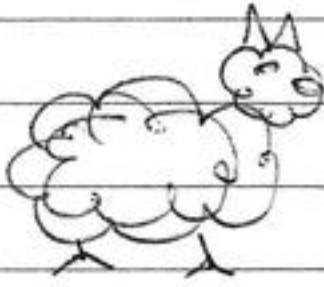
Hi



Friend



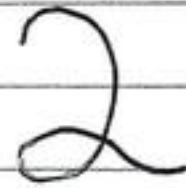
Wood



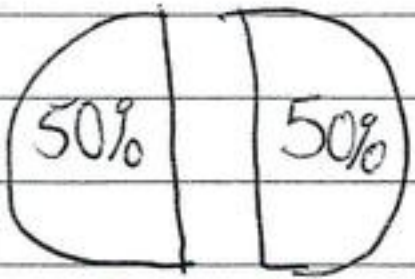
you



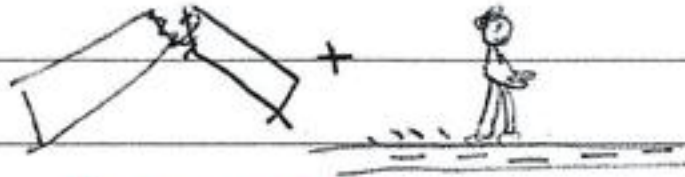
us on
FACEBOOK
Like



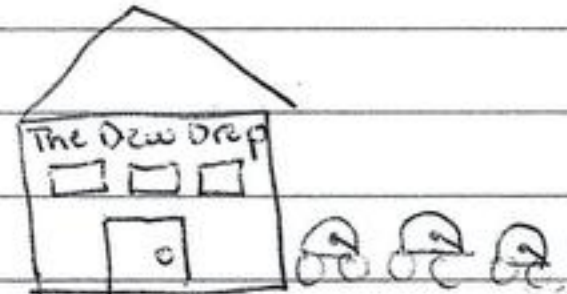
to



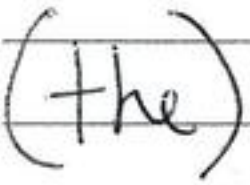
have



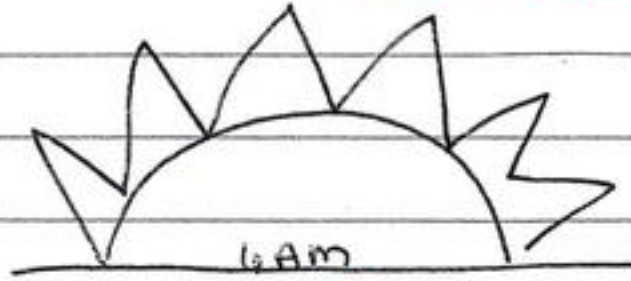
breakfast



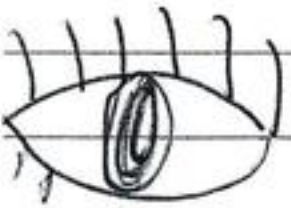
in



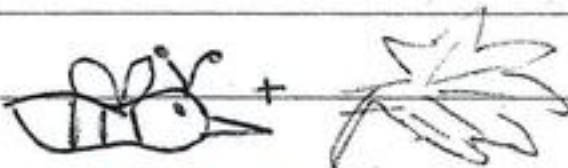
the



morning



I



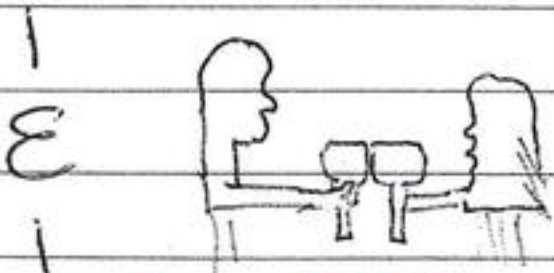
believe



It's



oatmeal

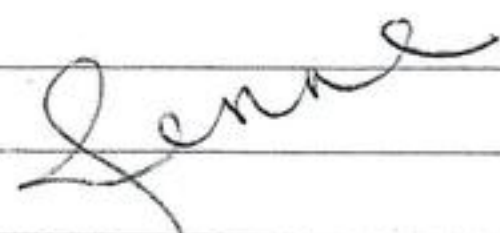


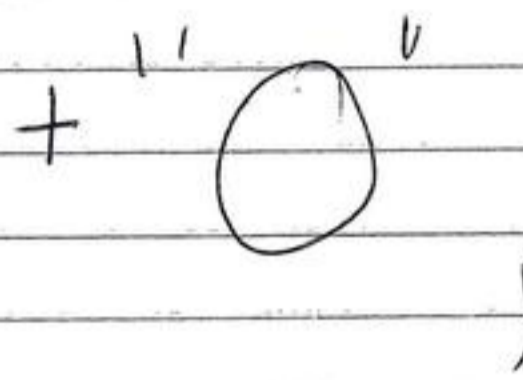
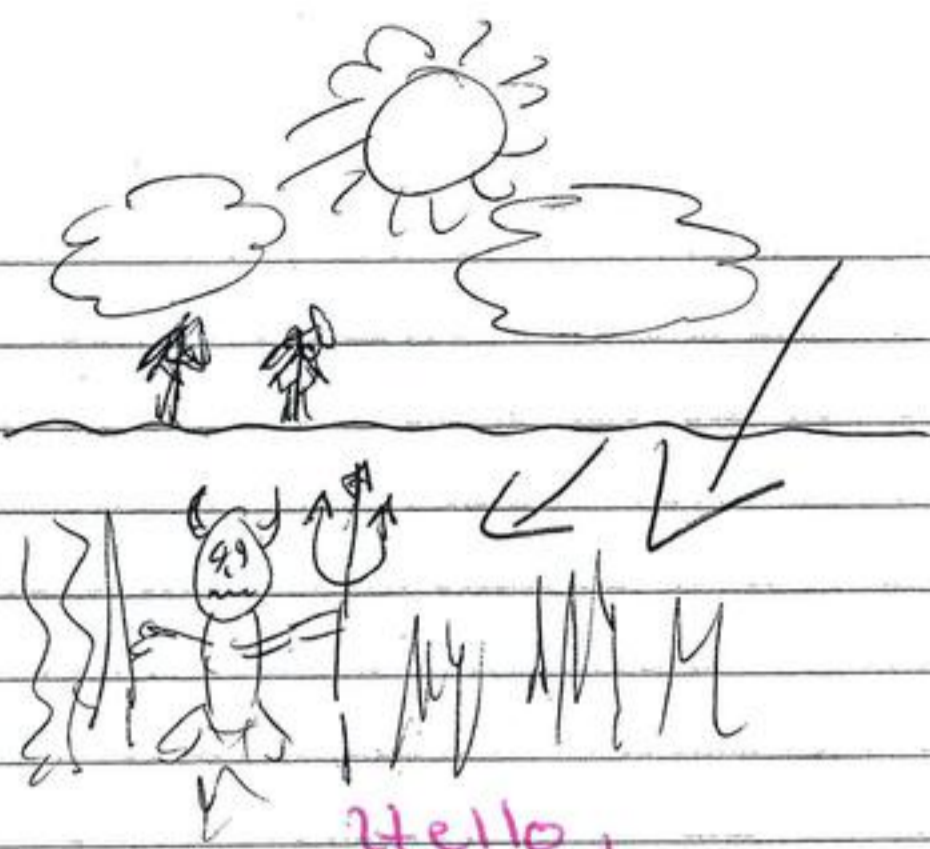
and

toast

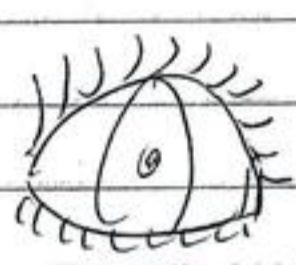


Love

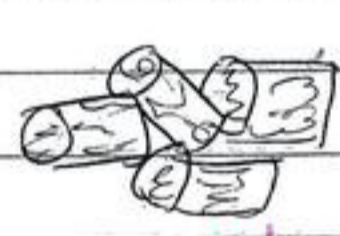




Hello,



I



would



Love



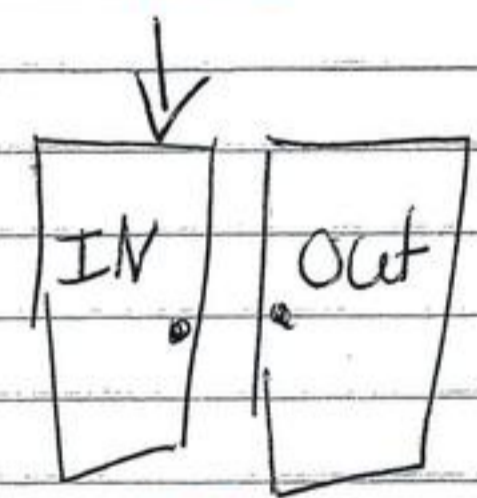
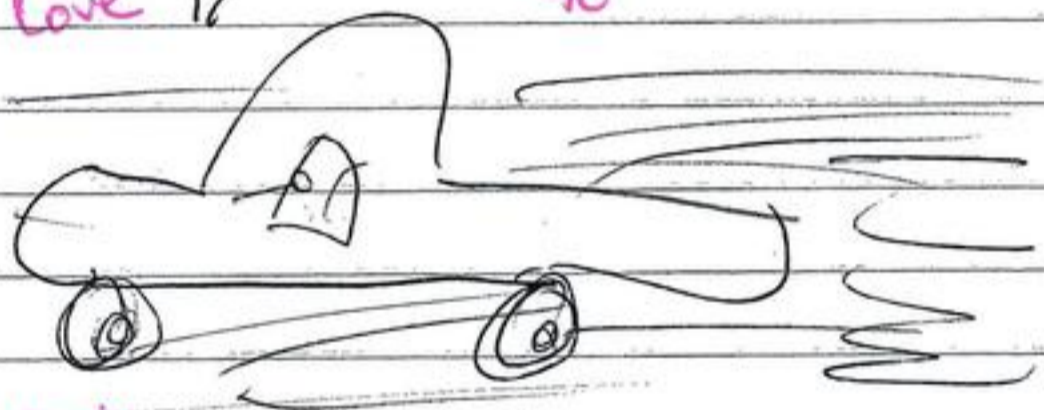
to



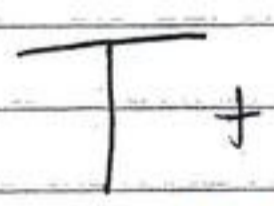
have



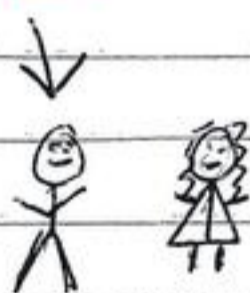
breakfast



in

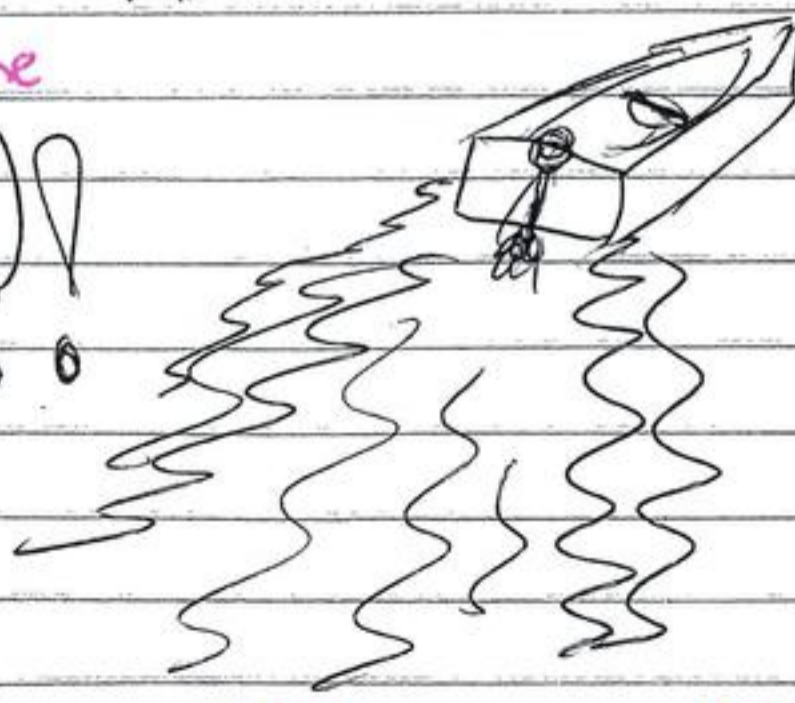
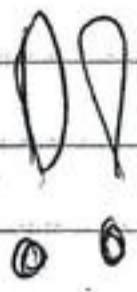


the



morning

+ ING



ME



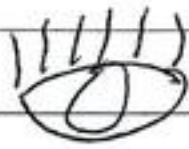
wax

me

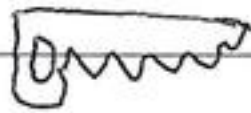
up



JZ



I

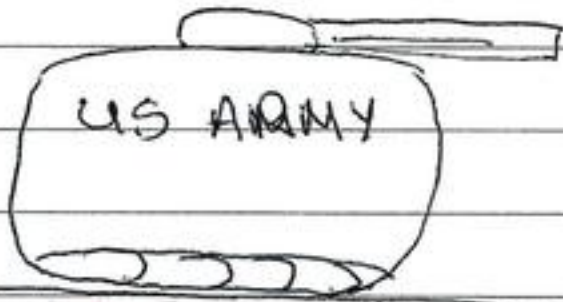


saw

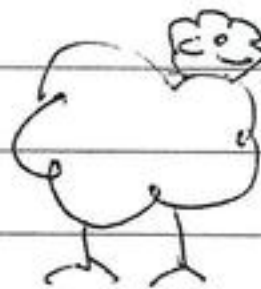


it

(H)



Thank



you



I



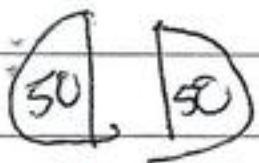
would



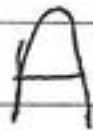
like



to



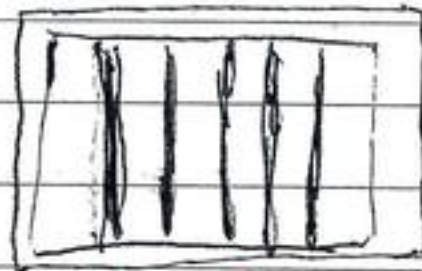
have



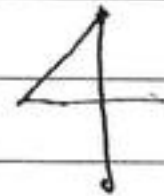
a



nutty



bar



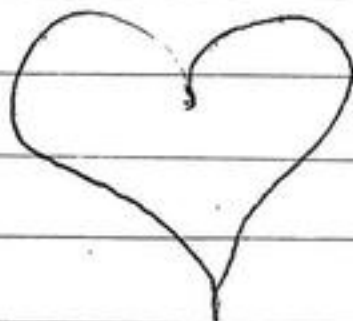
for



two



stamps



Love



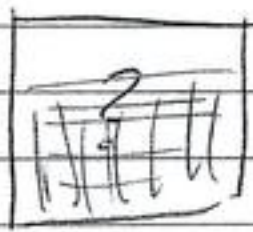
Jenne



Jenne



you



May



have



Think "Happy Days"

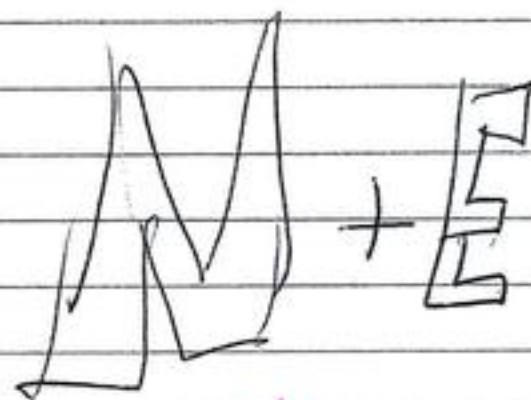
A



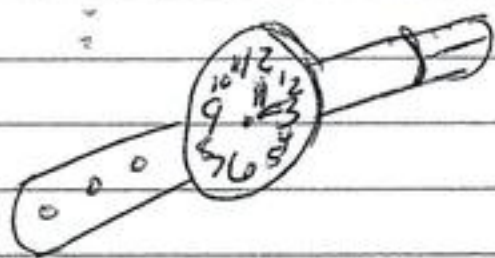
nutty



Bar



any



time



you



need

?, 2, 3, 4.

one.



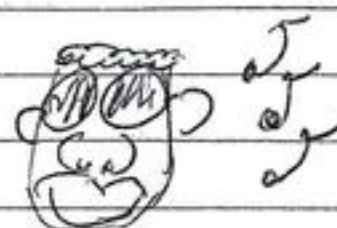
Love



you

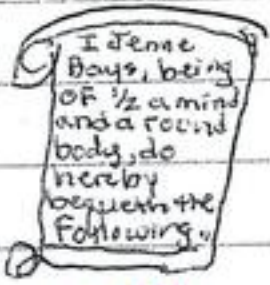
2!

too



JZ

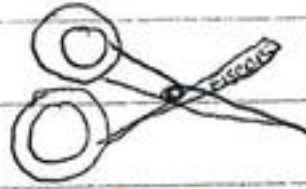
JZ -



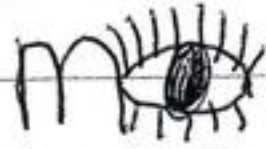
will



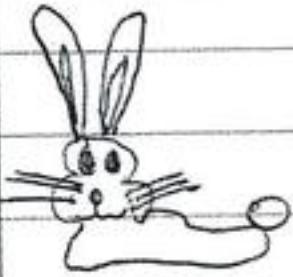
you



cut



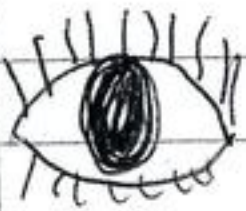
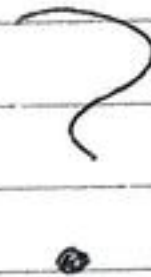
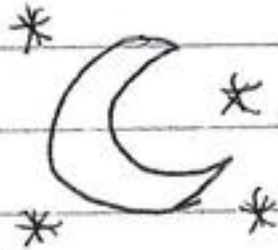
my



hair

2

tonight



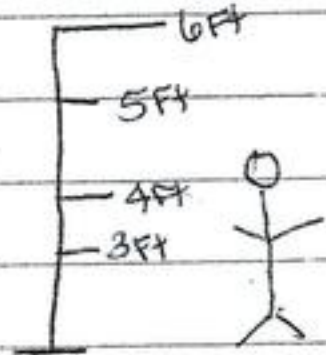
I



need



it

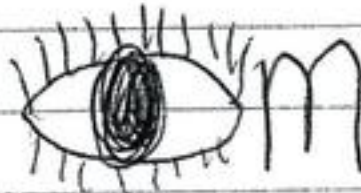


short

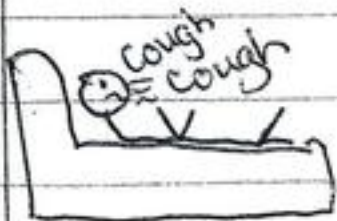
and



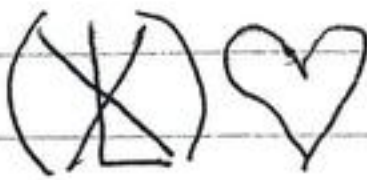
Layered



I'm



sick



of



it

Jense



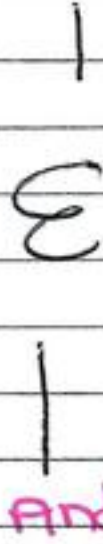
Jz



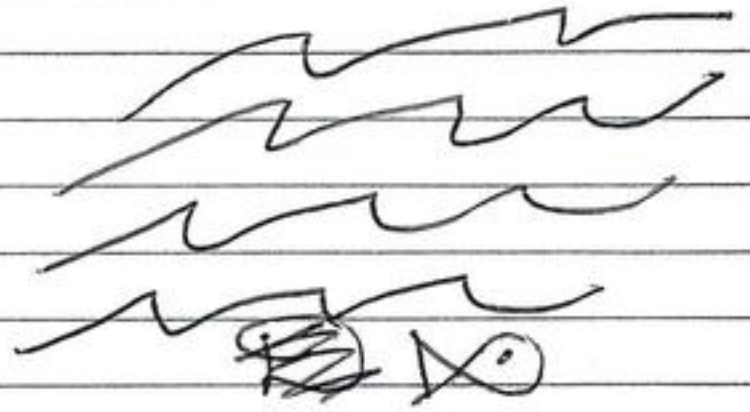
Stop



by



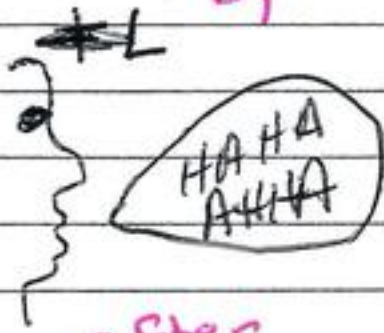
And



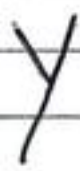
See



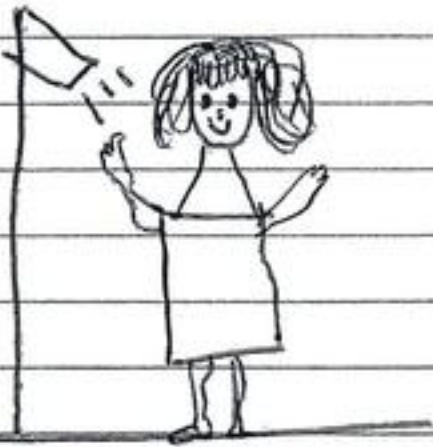
Jenne



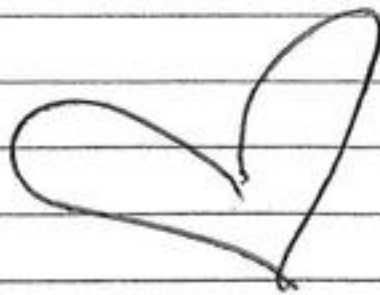
after



your



Shower



Love



Jenne

June 21, 2010

Day 401 incarcerated. People in here tell me that eventually I will quit counting the days. No I won't. I will never quit. Everyday I wake up and realize where I am at and why, I keep the mental account of my imprisonment. Truth be told, my soul was in prison long before my body was.

I called home a little while ago. I love the sound of my mom's voice. She is like an angel to me!! I always feel better after I talk to her. It's father's day so I asked to speak to Dad. I put on my "chipper-cheerful" voice to make him feel good and it worked. He kept talking about me needing to lose weight. Yup. Such a ray of sunshine - my dad! LOL. It's okay though. He does it out of love. He had a sister when he was young that he loved very much. She died of obesity related issues. I look like her. Not just the over weight part but the looks in general. I think what I want to do is

I found this in my papers and figured I'd post it.

go on a crash diet with lots of fasting and
 make a huge noticeable difference by
 Christmas. That will be a nice present
 for him I think. He can't come see me
 but I have a feeling something will happen
 with my appeal before the end of the year
 where I get (or have) to go back to Orlando.
 At least there I could see my family.
 Here I see no one and it's scary. In my
 next few entries I will describe what
 federal prison is like. It's sure not what
 people have made it out to be on T.V.

June 22, 2010

It's late in the evening as I sit in
 the atrium and do my best to compose
 my thoughts into this book. I want to
 scream! I want to hurt someone. I
 want to hurt me. I want to die! I knew
 prison would be no cake walk but for
 some of us it is unbearable. Yes, I am
 feeling sorry for myself. So fucking
 what?!?! Don't I have a right to

MOST WANTED



Be who you are and say what
you feel, because those who
mind don't matter and those
who matter don't mind.

~Dr. Seuss