

DEAR READER,

11-28-19

HEY! I HOPE YOUR DOING WELL.

TODAY WAS THANKSGIVING. HOLIDAYS AREN'T REALLY SOMETHING TO CELEBRATE ON THE ROW BUT SOMETIMES THERE ARE THINGS TO LOOK FORWARD TO. LIKE TODAY OUR LUNCH WAS PRETTY GOOD CONSIDERING IT'S PRISON. THE STUFFING TASTED AS IF SOMEONE KNEW WHAT THEY WERE DOING WHEN THEY MADE IT, WHICH LEADS ME TO THINK IT MAY HAVE BEEN AN ALREADY PREPARED SERVING. A "JUST ADD WATER & HEAT" KIND OF DEAL. AND I MAY BE LOSING MY MIND BUT THE TURKEY MIGHT HAVE BEEN... REAL WELL, MOSTLY REAL. IT TASTED PRETTY GOOD. AND INSTEAD OF CRANBERRY SAUCE THE PRISON GAVE US REAL CRANBERRIES. THEY WERE GOOD AS WELL. ALL IN ALL, THE MEAL WAS WORTHY OF BEING CALLED A HOLIDAY MEAL — IN PRISON. LET'S FACE IT, YOU PROBABLY WOULDN'T HAVE TOUCHED IT. HA! HA! ^  
WHEN THINKING OF THINGS TO BE THANKFUL FOR I HAVE A FEW. BUT TO BE HONEST, IF NOT FOR GOING THROUGH THE HELL I HAVE THIS LAST DECADE OF MY LIFE THEY WOULDN'T HAVE THE VALUE I'VE COME TO APPRECIATE NOW. HEALTH. PRISON FOOD HAS TAKEN A TOLL ON ME BUT I'VE LEARNED WHAT I CAN EAT & WHAT NOT TO EAT. AND WITH THE AMOUNT I CAN EAT NOURISHES ME WELL ENOUGH. I WATCH PROGRAMS ON T.V. OF PLACES AROUND THE WORLD AND SOME

ARE LUCKY TO EAT A MEASURED CUP OF RICE ONCE IN 3 DAYS. EVEN SADDER, SOME ARE THANKFUL TO DRINK WATER EVEN THOUGH IT COULD CAUSE THEM TO BECOME FATALLY ILL. I WOULD BE QUITE CONSCIOUSLY FLAWED IF I WERE NOT THANKFUL FOR THE FOOD I DO GET, UNDERSTANDING HOW MUCH SUFFERING THERE IS IN THE WORLD TODAY.

FRIENDSHIP IS SOMETHING I'M THANKFUL FOR AND THERE ARE MANY IMPORTANT DETAILS TO THIS THAT ROUND OUT MY LIFE IN SUCH A WAY THAT I CAN SMILE THE WARMTH OF FRIENDSHIP GIVE ME HOPE. AND IN THAT MY MIND CAN FIND A STEADINESS THAT ALLOWS ME TO BE CALM, RATIONAL, UNDERSTANDING, COMPASSIONATE, KINDER, I CAN FOCUS ON POSITIVITY, SELF-IMPROVEMENT, HELPING OTHERS... ULTIMATELY THESE VALUES LEAD ME TO PEACE. I DON'T HAVE IT BUT I'M SO CLOSE THAT SOMETIMES I CAN ALMOST FEEL IT. BUT WHAT I DO HAVE IS A FORM OF PEACE. IT'S COMFORT. IF I HAD NO FRIEND... I WOULD BE HARDPRESSED TO NOTICE THE SUNRISE IN THE MORNING.

I'M THANKFUL FOR A TEAM OF ATTORNEYS THAT CARE ABOUT MY LIFE. AS A CONVICTED PRISONER, 99% OF EVERYONE I COME ACROSS SEES ME AS GUILTY. BUT THEM, THEY KNOW I'M INNOCENT AND THEY TREAT ME AS SUCH. THEY ARE FIGHTING HARD FOR MY FREEDOM. NOT SO I MAY SPEND MORE TIME IN PRISON UNDER A LIFE SENTENCE, BUT SO I CAN BE

FREE TO LIVE A NORMAL LIFE. PICK UP MY  
CHILD FROM SCHOOL & HEAR HOW THE DAY WENT.  
EAT A MEAL COOKED BY A LOVED ONE, FIGHT  
THE WIND AS I WALK DOWN THE DRIVEWAY TO  
GET THE MAIL HA! WATCH THE SUN RISE... AND  
SET AS EACH DAY STUNS OFF & THEN FAILS  
ASLEEP WITH ME LAYING ON A PILLOW-TOP  
MATTRESS, SOFT PILLOW, COVERED BY A WARM  
COMFORTER AND CUDDLED UP WITH A WIFE  
WHOM I'M DEEPLY IN LOVE WITH & WHOM FEELS  
THE SAME ABOUT ME... I SWEAR IF ONE'S  
WILL POWER COULD SHAPE THE FUTURE... IT IS  
MINE THAT HAS THE STRENGTH TO DO SO.  
WHAT ARE YOU THANKFUL FOR?  
UNTIL NEXT TIME.

YOURS TRULY  
DOUG