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Hello,

I'm Tavares, nice to meet you! I do hope that amid this deadly attack on Humanity that you are staying positive and safe! We are in tough times and the greatest thing of it all, we have each other to lean on when times get tougher! I can't for the life of me see it being no other way, I guess as humans we have the drive to stand tall when adversity hit, the impulse that lie deep down in us cause us to show the kindness that's within our make-up.

So, it's a great joy to see amid this deadly attack that we have people of all ages standing tall and taking to the streets for true change and justice following the murder of G.F!

As I watched that clip over and over the thought occurred to me of Bane on the dark knight rises, When he took the same position! So, in my humble opinion he knew exactly what he was doing in that moment! As a Black man growing up in this country I've witnessed all the racial issues that follow. I couldn't help but think of my own situation and my own encounters with like minded cops, I'm just glad to still be alive.

Even behind bars I have had attempts on my life and it's worst yet still because at times it seems that no one gave two cents about someone who is locked up! It doesn't matter that I have been saying all along that I'm innocent. So, yeah it's great to see that people are starting to take notice and I wanted to send a big thank you to all who are protesting and starting to stand up for justice and push for the changes that's needed to make a better America. It's time to put an end to systematic racism and modern day lynching by the court system! You don't have to reach out to me, all I ask is that you all keep fighting and standing tall for justice for the future of my people and make the changes! So, no one else will have to experience these treatments, we don't need another G.F! One life lost is too much and enough is enough Fight on.
#BLACKLIVESMATTER.