From Herlong with LOVE to all my friends and family 6 June, 2009

As time flies by with me having so much fun, I have now completed 33 months of federal incarceration as a wholly innocent man, wrongfully charged, tried, convicted and sentenced.

As I write this I am going through my latest round of training on patience with others. Many of the men here try patience more readily than do the children I so love to be involved with and raise. My bunkie has developed a habit of yelling out his comments to the music he is listening to or to the show on TV for all to hear. It is annoying if you are having a conversation at a respectful volume to have that kind of verbal interruption.

Last week we had an incident where a friend had his typing ribbon stolen, and so I was treated to a 30 minute discertation on how it goes with inmates who forget that other inmates are still people. Of course most of that verbal gargage is just junk made up so one inmate can pretend he is important. Those who set themselves up to be judge and juror are called shot callers. It is useless title and just a chance for one ignorant slob to pretend he is in charge of other ignorant slobs.

For 8 weeks I have been blessed to be outside the prison on a project in the community. One of the public relations gimmicks of the Bureau of Prisons is to furnish inmate volunteers as free labor to the local community to accomplish whatever the community wants done and can not actually afford to do. It is great public relations with the local community; and better for the inmates than even the community itself or the Warden who gets all the credit.

These 8 weeks have gone by very rapidly, because of being busy every day doing something I actually enjoy, and being away from the prison, though it is just 2 miles by road and about as half mile cross country. I had the opportunity to play hero to the community because of my dance lessons and recitals with my grandchildren. We have transformed an old beat up movie theater into multi purpose facility where it will be used next week for graduation and next month for a childrens dance program. Hooray! This community cares about its children, and are working to make something happen that is better for them.

The great grand conildren and doing well, and of course there is a little bit of prejudice toward Rachel, not only because she is Brittanie's first but because I get news of her every week and pictures too. Is that a hint that I like to get pictures of those I love, young and old.

Legally I will mail the request for a certificate of appealability, and opening brief for the 10th Circuit on my Habeas Motion 2255. IN the hope that they will act judicially it should be a short time before that results in my freedom. By law and precedent from the Supreme Court the indictment has to be dismissed as being void on its fact, with incarable defects.

My health and attitute continue to be great; one of the effects of federal prison is that my hair is turning back to brown, and I am even getting a few dark hairs in mustache and beard. It's like the commercials for just for men; just a little gray remains around the temples and ears. I am still around 215 so weight loss has not come as yet. I have a history of losing weight in the summer, but that's because Arizona is hot and I sweat a lot. Herlong is much cooler; just one day over 90 so far this year and this week has barely touched 70 with rain, clouds and wind every day; so I am a week behind on the exercise program. We still work because all tht is imside, and those who use the tractors have cabs.

Just 2 months until I can 細胞 for my first furlough to visit family and friends; that should occur in October if I am still here. Hopefully I will be fully free before time for furlowh.

Remember that you are loved cappreciated and needed.

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To God be the Glory in all sthings. May He bless and keep you in His kingdom love.