Professor M. Abbott, M.A, CHES HLT 215

4/5/2016

B.M.I. Calculation

At 70in. 202pds. My B.M.I. is 29. This calculation comes directly from the B.M.I. table at (NIH) National Heart, Lung, and Blood Pressure. This number represents that I am overweight. A healthy weight is: under 25. Fortunately I am not obese, but according to the "table" I am overweight, and at risk for becoming obese as the obesity B.M.I. starts at 30. This number (29) represents certain health complications that may occur, and Hypertension is one of them I have; making the information of my B.M.I. plausible.

In addition, the B.M.I. table from the National Heart, Lung, and Blood Pressure has some limitations:

- It may overestimate body fat in athletes and others who have a muscular build. It may underestimate body fat in older persons and others who have lost muscle.
- For these reasons, I have to consider my B.M.I. less because I fall into both of these categories, as I am an athlete with a muscular build, and I am also an older person who has lost muscle. However, I have High Blood Pressure and I believe it to be because of my

The Assault

No one saw what was about to happen, not even the protagonists. It started with a question- a fairly innocent and innocuous one at that Perhaps the real fault lay not in the question but in the one who did the asking. He had been exposed many times before as one who was not only light fingered but also as one who rarely honoured his promises. as so often happened in this place, rejection was not easily accepted. This time it was different because the vehement and aggressive response came from one of the hanger on , who was perhaps sporting for a fight. When the one who had been questioned told the interlocate to "but out", it was as if the green light had come on at a Grand Prix

Before anyone could gather their breath, a tub of No Fills Margarire was hurled at the unsuspecting prey. When it missed its intended victim, rage errepted in the delinquent young man whose life so often steam-Tolled out of control. Grabbing his victim he was joined by the questioner and both dragged him into The laundry which was the favorinte place for thrashings to be handed out. Incredulously, this place

evaded all the so called sophisticated surveillance that one perhaps would naively think, would be essential in a protection unit. This was not the case and gutters cowards, masquerading as unfouchable heroes knew it.

The accepted code of prison life dictated silence from all quarters. The victim, who chose not to retaliate, accepted the blows with a hardened resignation. The blows to ones spirit and psyche are not so easily resolve The blood demanded treatment and a confected explanation Suddenly, the innocent victim had become the one on the witness stand again. No matter what was said, he had no chance of winning. Even if the terpetrators were called to account, the punishment is easily accepted and on their return, they are acclaimed as heroes. Such is the profoundly flawed way things are.

There are many victims of this assault and others which have occurred in this anonymous manner. Many may ask why such a place lack appropriate surveillance. The official response is that there are three supervisory cameras installed and that the company will not install an extra one. And so, in an institution surportedly committed to the rehabilital ion of among others, violent and unpredictable offender

blind eyer are turned from blind spots where sportanes and unpredictable violence is perpetrated. Where lives and the well being of the vulnerable are deemed less important than airrency, something needs to change.

Crooked Government

Dear politicians I would like to send my condolences, because you are killing us and you don't even know you is.

You ask us for our elections and in return you give us neglection, you don't care about us or how we feel, the only thing you care about is that mighty bill.

Money on top of money equals to more money, but struggles on top of struggles equals to disasters, tragedies waiting to happen.

So, why should we wait until the world ends to make funeral arrangements? How about we all just lay down on the ground

And wait for you to bury us!

Ofter reveleving the content of

Thates) new meaning

The Tree of Life

I'm like a plant that needs water to breathe

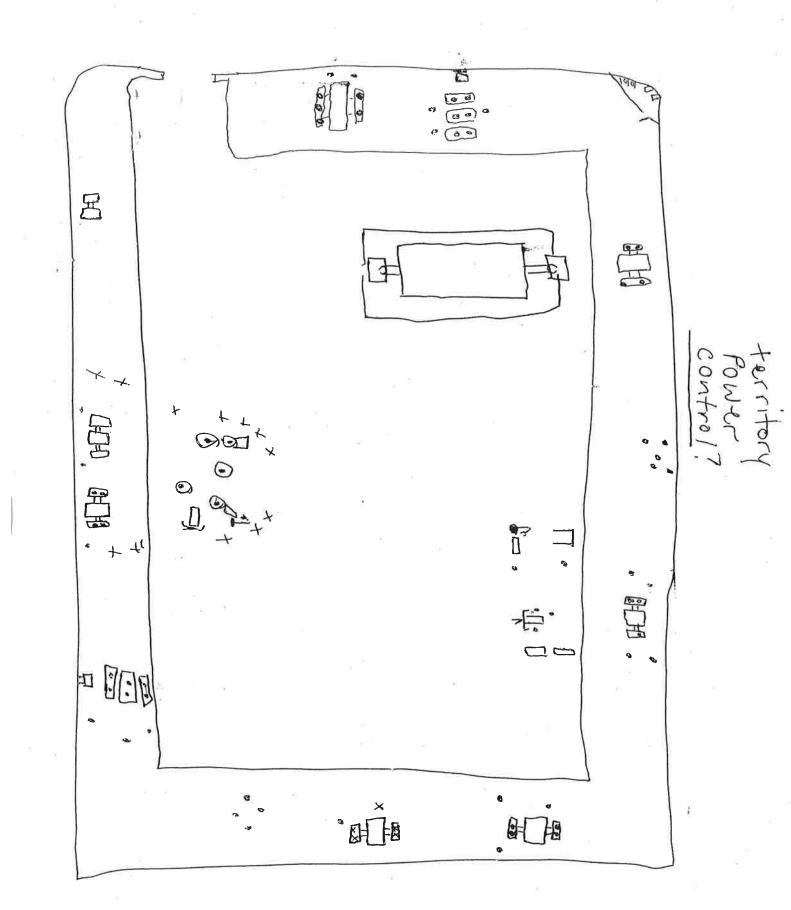
Sunlight to see and air to be

- Who's going to water me, when the sky is empty And the rain is there no more
- Will I crumble up and die like a plant?
- Or can I live and nourish myself from inside?
- Only time can tell and sunlight can make me well But who do you know will take their time out
- For one plant to inhale?
- The sun can be so cruel
- Once it moves it has no time to stay in one spot
- So, all I'm left with is air I never got
- I guess the tree of life died

Before it could even sprout

Written by |

This is dedicated to Eric Garner, Shawn Bell, Amadou Diallo, Michael Brown Tamir Rice, Akai Gurley and all the love ones who lost a family member, due to senseless killing.



Dear Brother in Arms,

Hello and may God's blessings, as well as peace, be bestowed upon you as you go through these unfortunate and difficult times. I hope you are in good health and learning from whatever it is that you've done. The reason I call you my brother in arms is because even though we may be worlds apart, you are still a man, which spiritually you are my brother.

My brother, I know that where you are things may appear to be hard, but please keep hope alive. From what I know of your situation, I am informed that you are taking some college courses. I want you to know that I am proud of you. I would also like you to know that with hard work, dedication and strong will to focus and succeed anything that you out your mind to achieve, you will succeed.

As my letter reaches to you and you read these words, I hope that this letter brings you joy. Just to give you a little about my college experience and how I feel, I must say that the experience is truly a blessed one. My professor is a very strong, intelligent woman who is well reserved.

With the experience comes hard work, but it is worth it. She not only teaches you to have an open mind but she also proves that not everything is black and white. The college experience is an eye opener to many new things. As for me, being in my first semester in English, it is new, interesting work, but I

I believe that education is the key to success. Just to give you a little about myself, well my name is Rich. I am a talented man who is very creative. I am a God-fearing man who loves to enjoy life. I am a simple, loving person who likes to learn. I hope to hear from you.

To Bez Bressinger

May Gerl blen you, your family and all that you do Thank you for the opportunity for allowing me to participate in the John Jay Prinn Pipe line program. This opertionity is of so much importance to me. I hope and going that I am accepted. This opportunity mill allow me the chance to do productive and pentine things as will ar learn and help ather. Thank you

English 110

Conception of Deception Essay



stomach feels a little queazy. I might be coming down with a cold because of the change of weather and my somach is due to me drinking hot chocholate on top of hot food. I never do that but It was so chilly that I figured I use the hocolate to warm up. Just for the record when I speak of myself feeling good in the morning I'm pertaining to my physical-no body aches, no stiffness, or soreness everything feeling and working properly and my mental-no bad attitudes, no negative thoughts, motivated to do positive things. These are the first things that come to my mind first thing in the morning. Me & KG had a conversation yesterday about why we came here, how we came here and how we plan to never come back here. He 's been home for 30 days after doing 10 years and violated curfew twice and that's why he is here. We both had a bad case of the "fuck it's" and did what we wanted regardless of the consequences and we both agreed that we needed to take a-rest. But I tried to explain to him that once you remove the negative lifestyle you have to replace it with positive activity. I ask him what his strengths were and what do people say good about his character and how do you effect those around you. And he said all positive things like, his smile, his calm demeanor, very approachable. These are attributes of someone who will be good working with people. Assisting people. And I asked him would he mind being a nurse and he said no. But it was bit of hesitation in his response. I believe he doesn't believe he can acheive that. And I think that's what's missing from this program. We are being told in group about our negative lifestyle, why we do it , how we do it, but we aren't really being exposed to ways to replace it. Our strengths aren't being explored individually. The picture isn't being painted clear enough that we can be lawyers, doctor's or businessmen so we settle for construction work, social work, fast food which aren't consistant with our personalities and strengths. I hear it all the time. If one guy gets the message they feel I've done my job. How about if one guy doesn't get the message, I feel my job is incomplete. I understand no one is perfect but how can you be satisfied with those numbers, out of 100. As I said I'll also be speaking about the B.O.T.C. So the next chapter "rope of sand" exponded on how once the Americans were free of british rule, they struggled with becoming a nation (all colonies livinging in harmony) congressmen wanted to increase foreign trade but without the cooperation of the states who lived by seperate rules it was hard to raise money for armies and navies. It was alot more to it but the bottom line is the new American government in it's infant stage was described as a rope of sand (containing no substance) and the only way to gain stability, was for the states and the congressme to come to an agreement where both powers wouldn't be to much comprimised. I really wanted to shorten up my summary of chapter 2 so I could speak about my day working in the messhall. I had an officer who is known for having a bad attitude but she did't

Good morning young fella! It's abut 5:30 am october 4, 2015. Feling good except for a little tiny itch in my throat an my

Professor Mills

December 13, 2012

directly bring it my way. It was smooth. I was able to bring back a couple of items and share it with the guys on the unit I was hoping to get paid but I don't think that's happening I got my math work from upstairs. Sorry but this was typed on october 9 due to the ribbon running out of the typewriter and 1 never got to finish. So III finish this letter. That's it

for this session of "Live with Myself". Remeber stay true.

This is my redemption song

Of suffering through Pain

On my way to Glory

Sleep interrupted

Muffled thumps

Fistfights at night

Kids under the bed

Moms, I love you

Dreams never coming

Is the voice of a diseased person

From a husband & his wife

Hoping to stay out of sight

& though you did your best

Of you getting punched in the chest

Just shattered bone in the sleeve

At 9 I became the man of the house

Running back & forth from shelters

'Cause we were salvation starving

Do you know what I mean when I say We were poor & we were hungry?

Is what feed me & baby sis as kids then

& we aint had food in weeks

Going 2 Salvation Army

Stomach non-existing

Sugar water & biscuits

May baleen couldn't hide the blood I seen

Couldn't block the visions

No love in the screams

Anger infested

Chest getting heavy

When I put 2 in his back

& watched him fade out

Dark lonely nights

TE Placed in the Rosition of Simon, Thomastly do not know what to would do at that () moment. Forgiveness is a hard Pill to Swallow when it is fabre tormentor asking For Forgiveness. t believe & would have to expedis the Feelings t have in relation to being a formented U Prisoner, solely for the crime of treing born. not out of the sense of brow heating him, but to give him a fuller understanding of what it is he was asking of me.

t do feel and believe this individual was sincere and passionate about his Feelings of being tormented by his deeds. = also understand that he is only a Product of his time, the is only apart of the hand of the individual that devised this murderous they were born other than.

It truly would be hard under those conditions even to Squart a dising mans last wish. However, a common bond was Efected at that moment. the human feeling of compassion. As a result to realized that the horror one goes through is not enough to kill the human spirit. no matter about we as individuals may become, the human emotions are alot stronger than we give them credit for.

Scripted Interview

Today we are going to speak with Stephanie Ericcson about her latest

work: The Ways We Lie. Stephanie Ericcson (b. 1953) grew up in San

her own life. Shamefaced: The Road to Recovery and Women of AA:

Francisco and began writing as a teenager. She has been a screenwriter

and an advertising copywriter and has published several books based on

Recovering Together (both 1985) focus on her experiences with addiction;

Companion through the Darkness: Inner Dialogues on Grief (1993) deals

with the sudden death of her husband; and Companion into the Dawn:

LW: Hello Stephanie, it's surely a pleasure to have you for this interview

SE: Thanks for having me! I rarely get asked to do an interview, so at least

LW: Wow! That's very modest of you. Intelligent, and modest you are rae.

LW: Okay, now I have the arduous task of conducting an interview with a

LW: Not at all. You are making this all worthwhile. Plus, I'm at a perfect

SE: I wouldn't necessarily use inspiration as the reason, I just felt that it

would be interesting to explore what we actually think after we "bend the

Inner Dialogues on Loving (1994) is a collection of essays.

now I know somebody's reading this stuff.

SE: That sounds like one of my essays.

SE: I'm terribly sorry! I hope that I didn't offend you?

angle to admire your lovely scarf; what is that velvet?

LW: What inspired you to write, "The Ways We lie?"

LW: Very well stated. However, a lie is still a lie. Right?

LW: How so? Which one?

comedic genius.

SE: (smirking)

SE: The Ways We Lie. (laughing)

truth," void of any actual malice.

Corruptions are engraved into every

Society. In all cultides there are Estain corrultions that People Land to turn

a blind eye to because For whatever

reasons they benefit the individuals goals

those forms of corrollions DE believe

that, in those byles of Stuntions everyones

goals are being todal. So as long as no oble

is being misused or taken advanatage

corruptions are outright a violation to

kinds of corruptions are the worst

good forms of anything, there has to

GRES. However, Just like there are

the the opposited of W. to helieve that

there needs to been both types so

we as human beings can ready: ze

what is good and what is not!

Peoples human and word rights. Those

on the other hand some Forms of

of than Its fair Play.

I would appreciate it if you could read and grade me on

this paper which is more presentable. I wish that you consider the way the

computer lab is set up and my wish to be an At Student.

or objectives. Are they wrong to accept

Blank Spaces With butterflies that carry graces Black bodies with white faces No country for alienation Hatred is a mere imagination That ruins the art of procrastination That inhibits the vastness of preservation Inclined to be a better nation

The Void

Bondage of tangibles, even our bodies to our souls Even our framework to our mold

> No stars, spangles on this banner A dream we wish to flatter What's a Declaration of Independence?

While worldly desires hinder our growth

A child with hand-me-down shoes Orphans of a sphere we once knew American strain, animalistic in a zoo Where tranquility ensues Time to perceive a better view



May 3, 2012

Professor Dreisinger,

I am deeply appreciative of the Disport that you and the entire Prism-to-College Pipeline has afforded me and my family. Like you, I was tremendoristy disappointed with my denial of release but I refuse to Decome discouraged or lose hope. This educational opportunity has allowed me to intellectualize as well as internalize My lefe. I'm referring to any actions, between or Thoughts is muy have in the future, because today i realize the full impact of those

Therefore please confusive to have furth as I have it. I am not leaving school but plan to accomplish all that I can while I'm here so there will be less to do when i get out. If there is cong capacity that i can ases assist the PLEP please let

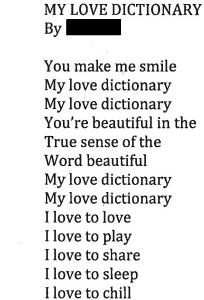
Thank you again,

Exogenous is about anti-dogmatic transformative psychology and philosophy. In prison many people find religion as a band-aid for the bullet hole, the aspirin for the poison they create. The other aspect of religion is That faith is beautiful, and keeps our hopes and dreams form. This s entire poem reminds me that I could never ask anyone to love my beliefs or my God, it useless. Love is voluntary and hate is arbitrary as much as you find Winter in January.

FRANCHESCA

Your eyes are like 2 golden suns, Born from the lustful kisses of 2 golden tongues, These golden orbs are a holy grail, Like fallen stars crying as gravity sets sail, Gemini symbols carry on the vestige the lovers carry, As Hades attempts to destroy the message of the lover's marriage, Your white skin is elegant and constellated like the Milky Way, Burning fire in my essence, every hour of dawn, night and day, Your lips and kisses are sweet like Angel's tears, Full of godly love devotion and fear, Your beauty is goddess, Venus, Anthena, Madonna Your breath is heroin, introvenous, intoxicated-Nirvana

Franchesca is a woman met 5 times through serendipity. Each time we met, it was a stand-off of who would speak first. It was like the cartoon Pepe Le Pue and him chasing the cat, and vise versa. We never spoke. It is funny how we all different things in courting. Furthermore we always aspire what we admire or love to something higher, something archetypical.



My love dictionary

My love dictionary

he chose to leave that woman with his son and not look back hurty her the same way he hurt his other Nice character analysis here

Majestic Strengths of Mothers The Eyes of God

[Dedicated to the nameless women who gave their lives over to the struggle in the Civil Rights movement]

She is more than 9 months; she is a nurturer, bearer of life, free from slavery, God's gift to humanity; first teachers, they are struggle manifested, Her-Story is strength, she is a child's refuge, protectors, selfish less, symbols of creation, partners of humanity, exalted Queens, powerfully regal, their headstones reveal infinity, demonstrable character. Revere them, for they are the epitome of sacrifice, the other half of God, genuine educators of Love, confidence builders, their status is infinite, they are unity in diversity and color. They were THEN, they are NOW, they will live FOREVER!!!

The above was created by participants in the Tribeca Film Institute Screening Series workshop "Freedom Summer." The activity was "Who Will Write My Epithet." Their efforts

December 2014

I am pursuing a college education at this point in my life for a multitude of reasons. The most important is simply: knowledge. My end goal is not recognition, as to have a wall plastered with paper accolades from this or that college. The only recognition, if any, that I feel is most important for me, is not what I have done in the past, regardless what kind of paper it is written on and by who. Rather, it is what I am doing in the present, with what I have learned from the past, and what sets of possible futures I am creating or can choose to create that can benefit not

Submitted: June 8th, 2011

There is another reason for the continuation of my formal education and it deals with one of my most favorite subjects that I have studied through-out my life, a subject I am frequently consulted on by others to help them with. That subject is: Dreams. I have had recurring dreams for the past 13 years that may be considered 'nightmares' per se, which involve school. Specifically, the dreams are about not finishing a semester, or a certain class. These dreams I feel stem initially from my academic performance in high school, which was poor because of my attendance issues. Back then I resolved this attendance issue by dropping out of public school and enrolling in a correspondence school, which I graduated from. I then attended a local community college but did not finish my first semester due to personal problems I was having that I did not handle effectively enough. Those problems kept me distracted from my educational pursuits and to this day I am still disappointed with this part of my past, apparently enough that I have recurring dreams about it in some form or fashion. Certainly I want to challenge myself and pursue a formal education, an academic

redemption', per se. If anything, my subconscious wants me to, if it feels the need to throw fear in my dreams of not finishing classes. I have realized one of my issues is adapting to someone else's agenda, timelines, and deadlines, which makes me feel unmotivated, uninspired, and even lackadaisical to the point where I put deadlines off until the last minute, excusing myself the whole way with 'I have enough time left, don't sweat it'. My professional background is that I usually have done poorly at jobs where I worked for someone else, and barely lasted at any job for more than 4 months. Working self-employed, however, I had much success with and have owned and operated several businesses. Yet I have matured enough during my incarceration to more apply the old adage, "Don't put off until tomorrow what you can do today", especially when the 'what' part is dictated by someone other than myself. Professionally speaking, I know a college education will help diversify my knowledge base

and help solidify what I learn, since my informal educational pursuits are not being tested in an academic setting. I enjoy studying religious and occult history and symbology, coupled with modern sciences, arts, music, literature and a mixture of contemporary and ancient philosophy. I have kept a list of every non-fiction book-I have read (nearly 200), categorized by its subject matter, since being incarcerated in August 2007. I enjoy writing poems, short stories, music, and doing various arts and crafts. In the future I plan to publish many of my works of both fiction and non-fiction, as well as my art and music. I feel I need more academic grounding, however, on both personal and professional levels.

My thirst for an academic atmosphere will probably never be quenched, and my educational pursuits will continue through-out my life. I truly believe my literary and artistic endeavors will make a positive impact on many people in the future, just as they have done in the past and present. I also believe I would make a great teacher on the subjects I am most passionate about, for I have been told I have a unique and charismatic style of teaching that is magnetic and attractive, facilitating a great atmosphere for learning. Even if that is so, I'd rather take the teaching route starting through books I author whether they are fiction are non-fiction. If in the future I happen to be invited to speak at a school or convention about a subject I am familiar with, that would be great. Because honestly, the truest joy of learning, is when you get a chance to share your knowledge with others... especially when you are lucky enough to witness the positive effects you helped create in someone's life. Perhaps then, they too will share that knowledge, and keep the chain of education cascading for generations to come.

thank you, your for this honest, is syntful, wanted response.

arresting a loved one in order to capture the true perpetrator is a common wethod used. At times it works and at times it doesn't. The inistreatment of the officers

towards prisoners is an outcome of the loss of humanity that takes place due to the desensitizing experience of prison. And lastly, people who come to

prison that start off with only a time to do sometimes end up doing a majority of their life in prison. They end up doing somethy to protect themselves or another and fend up physically hurt with another 15 years to do Personally, I'm so tired of

this whole show. I did not allow myself to get involved interprison mentality and jail politics. I just want a piece of normaley.

Thank you for the opportunity to how this program has given me to give that normalcy a greater chance.