

- HELP! -

As a child not knowing how to speak those strong adult words - PLEASE HELP! When my innocence was snatched away at night. So much pain in my mind and heart. I quickly learn getting in trouble and acting vicious was a easy way to keep the boogeyman away.

Then growing in my teenage years I had the same mindset, act out and no boogeyman can ever harm you. This line of thinking landed me a virtual life sentence in my adolescent years. Prison life I soon realize was full of weak men who never spoke these mighty words - HELP! Is it pride, honor, fear, or insecurity that makes us not ask for this four letter word?

Nonetheless sitting in a silent cell 23 hrs a day makes you face all wounds. And looking in the mirror with tears running down my face I realize in horror I became multiple peoples boogymen. The person I was convicted of killing. His family, my city, state, and even country. I rob them all of safety and trust.

I even became cognizant of the fact that in a de facto way I became a boogeyman to the ones I love and cherish most, my family. I victimize them by robbing them of memories, love and trust. And being there as a honorable

Son, grandson, brother, and friend.

Looking at myself in that prison mirror that day I said no more! It's time after all these years to change my mindset. An I finally spoke those words loud and wildly - HELP! Mom, Dad, Brothers, Sisters, Friends, ANYONE, HELP! HELP! HELP! I was then free of my childhood boogymen, he had no more power. I, Shatter my mask of silence. And stated help I was molested as a child.

Now I am free and understand I still owe my debt to society. So in the meantime I will try to assist as many men and women as possible break free, shattering their mask, knowing its ok to speak those strengthening freeing words - HELP.

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