

## STRIFE & STRIVE

The opportunities for education, enlightenment and skill building here at Lee Arrendale State Prison for women in Georgia are all but non-existent. I have personally requested entry multiple times for various courses offered and have received no replies, I was informed that most courses and opportunities are offered to those with life sentences, and that they are never required to rotate out. So, in essence the opportunities expressed as available are truly not. This leaves ample boredom and restless energy to abound,

The ways I have found to best combat this are yoga and meditation. If left to socializing and television watching I feel my i.g. dropping and irritability rising. I read & study whatever I happen to come across or borrow for from other inmates.

Our library is a joke. It is primarily mindless fiction and a large young adult percentage. I have a few books I downloaded on my tablet that are archaic texts found online at Project Gutenberg. From these I have begun to practice exercises in