

## A Rocky Journey (pg. 1)

Well hello again from the great State of Minnesota. Y'all have not heard from me in a year now and no I didn't fall into one of the beautiful 10,000 lakes we have up here. But I do sadly have to report that I did fall back into the Minnesota Department of Corrections on a parole violation. My parole was revoked on June 15, 2021 from the State run treatment facility I was in.

After doing twenty one years behind these prison walls then being released into a state run treatment program where there was a lot more freedom a was laid back than prison life and now returning a year later to prison on a violation is shameful.

As I sit here writing you from the Max Custody prison in an unit called Administrative Control Unit or ACU or better known as Supermax Segregation Unit. It's total isolation from others and you have no contact with others. If you meet with staff which is rare, unless you see medical nurses, doctors, and mental health in which they stand in your sallyport with a door between you and talk. ACU is designed to make one go crazy and some do. For me I like the solitude.

So I sit here in this dungeon, I ask myself how did I get here and what is it that I have to offer all of you reading this publication (The Beat Within; where I'm also published in [www.thebeatwithin.org](http://www.thebeatwithin.org)) but to be able to answer all these questions I'll have to take you back to last year (2021) to the parole revoke hearing and move forward from there and the events that transpired between June 15, 2021 and now (2023) and the rocky journey I've been on.

My parole was revoked on June 15, 2021 at 1:30 pm. from the State run treatment facility I was in. Was my revoke fair or necessary?

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In my opinion? No. But that's my opinion and in life everyone is entitled to their own opinion. This is one of life's hardest lessons to learn because we always want our opinion to be the only opinion but this is not how life works.

Now with my parole revoke, the treatment facility had their opinion of what should or shouldn't be done regarding my parole as did my parole agent. We all presented our opinions to the Minnesota Department of Corrections Hearing Officer who was actually I was told he was one of the better ones and I then seen for myself he was. When we all presented our opinions to him he took into serious consideration of everything, (which he really did)

He then made the final judgement, his own opinion which was confusing when he wrote the final disposition up because now the treatment facility now claims they were not aware of such agreement but it's all recorded so it's all good.

However due to my own behavior behind these walls since then it could become an issue moving forward. But I'm working weekly in a program called the Step Down Management Program (SDMP) and working weekly with my mental health therapist among other things but no one is perfect.

To best describe my past year in 10 words I would use these: victimized, powerless, vulnerable, disrespected, ignored, frustrated, provoked, judgemental, angry, and reacted.

So it's time to take y'all on my last year's rocky journey. This is as far as I got for now. So stay tune for part 2.

So until pen meets paper again, keep expressing yourself keep writing and keep being you.

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