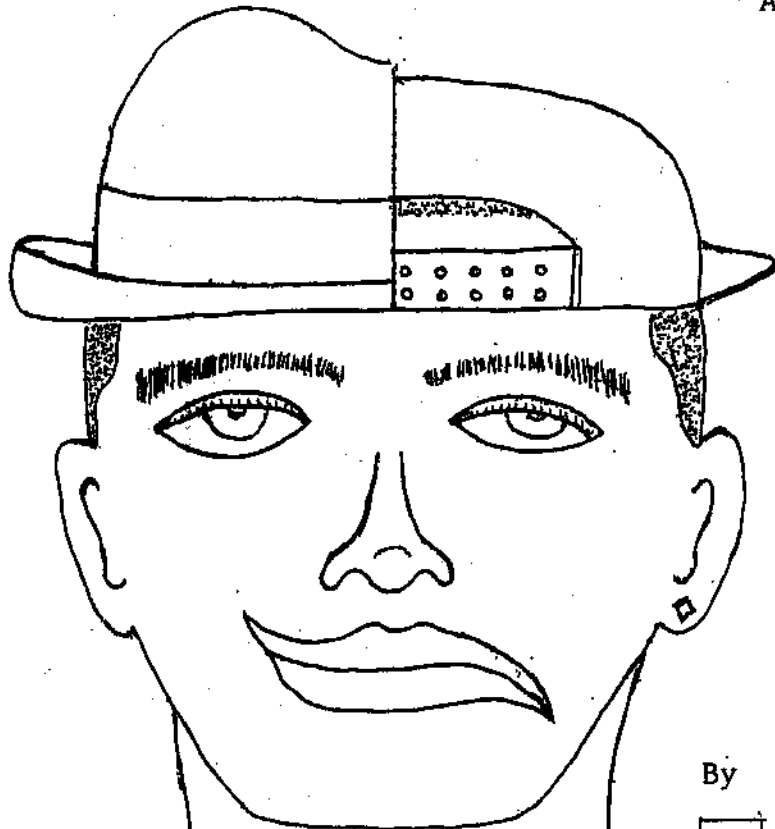


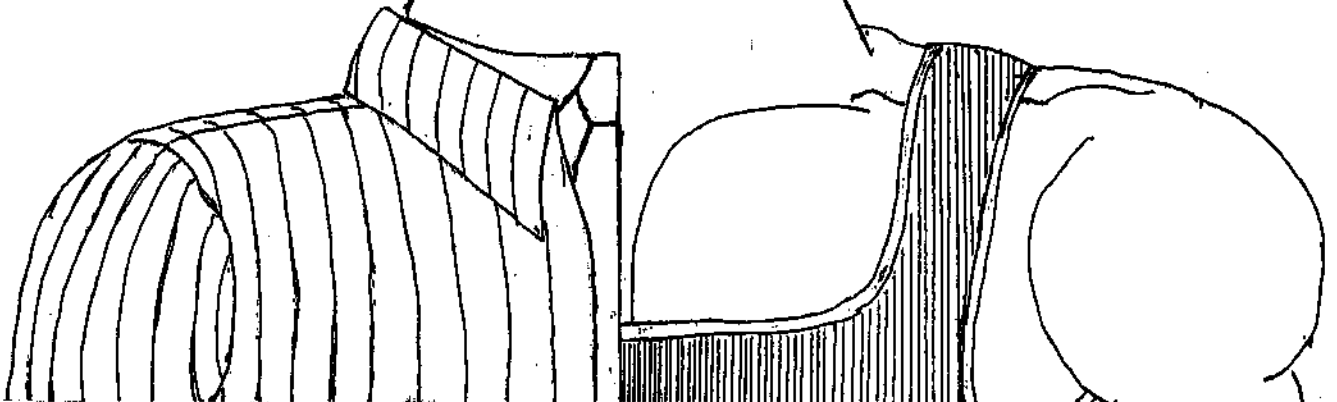
NEW MANN

And Other Spoken Words



This book includes
the two award winning
poems: I LOVE PRISON and
MAMA'S BABY

By
T.E.
SAMPSON



NEW MAN

AND Other Spoken Words

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Poetry

New Man: and Other Spoken Words is a book of poetry that reflects some of the vibrant and creative spirit of love and rehabilitation emerging out of an imprisoned author. New Man captures the authors unrelenting spirit within a semingly hopeless condition to continue striving for rehabilitation.

Thomas C. Sampson
G 07350
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To my Kinfolk

and those willing to say

"...go, and sin no more."

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Part I

Soul

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WRITER'S BLOCK

by

T.C. Sampson

Burning inside
a pit of anxiety
full of mourning
for untold stories.
Reveries that continue
to die in my mind
from lack of expression.

Come out
be born
unto a blank page.
Live
live through scanning eyes
and from lips to ears.
Live in the fertile minds
of those
that reason about you.

Come out
be born
scripted words
unto a blank page.
Ever looming
never seen.
Aborted by the dregs
of my nine to five.

Come out
be born
cries this writer.

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Page 4

KINFOLK

by

T.C. Sampson

They've hoarded all the money
and controll all the stores
they portray us as less than
ever willing to whore.

Few avenue's for potential
without perpetuating their means
but we are a community of peoples
kinfolk

wanting integrity not green.

We are lead by our hearts
love being the salve for our souls
we are careful with our words
ever mindful of its toll.

We are tuned for happiness
love spackled in our bones
we smile all day
and sometimes cry all night long.

Wanting not to afflict any
we keep our negative bound within
we ignore the hate
refuse to participate
and still call them brother and friend.
There is more than one way
of this be confident and sure
because those that are not a "they"
are kinfolk
keeping our hands pure.
If from this you get but one thing
know that you are not alone
my beloved
you are kinfolk
and you must never change
but continue to carry on

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Page 6

JANE DOE

by

T.C. Sampson

Sweet woman

strong woman

intelligent and proud

Arch your back

hold your head up

speak your wisdom loud

The world acclaims your body

but you are so much more

when you lead with your mind

Unshackle from ideology

revel in your rebirth

be intuned with your divine

Decendant of rich cultures

child of enduring ancestors

imbued in you is their name

Mother of my universe
be confident in who you are
it's okay not to be the same

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Page 8

MAMA'S BABY

by

T.C. Sampson

I used to be mama's baby
the youngest of her two
I came unexpectedly after Tula
so mama tied her tubes and was through.
I have a daddy somewhere
but who he is I do not know
mama can't keep a man
so she dresses old and walks real slow.
My sibling and I did everything together
she was wild and I was uncouth
we frolicked day in and day out
up until one day in our youth.
The day it changed I was quarrelsome
so I hid and began to plot
I was gonna ambush Tula
until mama caught me and said I could not.
Your such a foolish child, poor thing
when you gone learn to use your mind
real life is easy to see
you should pay more attention next time.

Henceforth no more roughhousing
keeping your sister acting wild
Tula's a woman now
in her belly is our child.
But mama, I cried in protest
how could I possibly have known
Tula ain't a bit of thirteen
how did she become grown.
Mama's frown of concern tensed hard
first to meanness then to hate
mama spat at me through clenched teeth
I better shut my mouth before it's too late.
Mama made my fear arise
and commingle with the love inside of me
but forgiving mama whispered
all that happened and what was to be.
Child, you know ol' mr. miller
that comes by only when rents due
well he's always eyeballing my Tula
before the money counting is through.
Your mama used to be beautiful like Tula
ol' mr. miller didn't know
I connived he wait inside
yonder to get his money I feigned to go.
Earnestly I rushed off
your mama fooled him - child, yes I did

did not even go outside
I slammed the front door loud and hid.
I let sweet time pass
and waited for his murmurings to die out
then I made my presence known
I began to scream and shout.
Good ol' mr. miller begged me calm
even got on his knees - child, yes he did
he pleaded I think up some way
to keep this secret hid.
Now every month mama gets a receipt
but child we don't pay no rent
ol' mr. miller thinks we gone raise the baby
with all the money not spent.
Your sister has duties now
she not fit for a playmate no more
and when ol' mr. miller comes by
you keep yourself away from their door.
Henceforth child don't meddle
let mama politic a ring for her hand
things are going to get better now
cause mama's baby has brought us a man.
Frightened I ran off
mama's mystery was puzzling me
if I'm not mama's baby
who else in the world could it be.

Part II

Body

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Page 12

CAN, WILL, MUST

by

T.C. Sampson

Can a lion be king without a jungle,
will he still roar?

Must a child have a nurturing home
to reach their potential?

I did not.

And I can never know then what I know now,
so I study for my future.

I will stop explaining my ideas and plans,
and start building and doing.

I must let education be my panacea.

I can learn that recognizing my problem is only my first step
towards a solution.

My second step is to ponder and reverse engineer it back to its
source

I will correct the source of my problem until it ceases to be one.

I must seek long-term (worthwhile) goals.

And because action births success

I can keep striving.

I will let integrity be my compass.

No, I am no king

but I must roar.

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Page 14

HEAD DOWN

by

T.C. Sampson

Caught up in the system
uninstitutionalized
keeping my head down
Convicts lurking
poking, prodding
trying to get me to fight
I keep my head down
there is no victory in penitentiary battles
They say
you should not let others treat you like this
They say
you should not let others do you like that
They say
you should not let others push you around
They say
you should not let others walk all over you

They say
you should do something!
Head down
I do not bother looking around
I know that there is no help to be found
Then they all gather in the distance clamoring
"You must entertain us with your retaliatory schemes"
politely I ignore them
Head down, heart bleeding
partly in perseverance
partly in shame
It's my own fault I'm behind these walls
and now whenever I walk
my head is down.

Part III

Mind

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Page 17

I LOVE PRISON

by

T.C. Sampson

Normally I hate prison
but now
it is a place I have come to love.
Since a child
prison has been the caved dragon
being fed the souls of men
hunted by law.
Fathers, brothers, sons,
the men of my community
all gone
forgotton in the belly of the beast.
Everyone used to say
"you will end up dead or in prison."
I never cared for statistics
and I do not fit the stereotypes
but here I am
in prison

and I love it!

Not because my housing is subsidized;

not because I get two FREE hot meals a day;

not because, albeit thirteen cents, I can actually get a job;

not because I have more time to invest in my education;

not because the people in our church actually admit that they too
are sinners;

not because the people in here tend to work together;

and not because volunteers come and tell me there is more to life.

You see

prison is not a beast

it is my stone savior,

and I love it

because

I was born into a life that gave me only two options.

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Page 19

PARADIGM SHIFT

by

T.C. Sampson

Rehabilitation!

Rehabilitation is what I hear you say

but you reject solutions,

citing that forever I have

and forever I must stay.

Your thunder shatters my marrow

my forethought, my plans, my ambitions.

It mires my mind in blame

in propaganda, denial, and omissions.

Yet my scraggy reason holds out

reverberating in whispers that grow loud

"There is always a reason to continue

a reason to live and be proud!"

If suffering could make me better

then there would be some day that my sentence could end.

If good behavior really counted

then someone could release me from this pen.

There would be some path to demonstrate

my ability to live a good life again.

And even though they seperated church and state
someone would be willing to consider forgiving my sin.
Shackled to a thirteenth amendment
I pine for some way to be free.
In my mind - another echo
independance of thought is liberty.
Introversion - my mind turns
when no other path can be seen.
Staying steadfast to integrity
watchful - keeping my mind clean.
Meditating on ways to capture
that elusive freedom in knowledge.
A coastline double major
foregoing degradation with college.
Oh to know the joy of understanding
the clutches of wisdom guiding me.
Oh to know what a sated mind feels like
being raptured in every ology.
Herein lies my freedom
to which an unrelenting hope drives me
so what if I am imprisoned
I can still choose who I want to be.

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Page 21

NEW MAN

by

T.C. Sampson

I'm a new man
my old way of living was cursed
being parasite minded
I made lives worse.
Unbridled uncouth
molested - no protection
I was raised by the ghetto
and roused by rejection.
Moral compass on prove
so I was acting a fool
gung ho to survive
so I was toting a tool.
Chaos was normal / no excuses
abuse was education
sating on women
relieved the frustration.
Downward spiral / no groove
my life could be better
feeling alone / cause me and them streets
we're no longer together.

I needed help
a crew that could see my vision
being a square in the ghetto
is a suicide mission.
Old friends gathered
but they laughed at my talk
some said I was crazy
and the rest just balked.
These streets are vicious
people living like predator and prey
show no teeth in the ghetto
your life is taken away.
Getting out
man, a tricky situation
success ain't my kin
only knew frustration.
Cause I'm a fool
at sixteen I dropped out of school
can't play the game
cause I never even learned the rules.
Negative vector / I'm disgusted
one tragic mistake
Life Without stymie
for lives I helped take.

Changing my ways
trying to figure out what to do
dumping out the old me
like it's a number two.
I know now
was ignorant, but now I see
how my life affects others
it's not only me.
Laws can change
pray my Life Without gets reduced
so I'm loading up on skills
that can see me through.
Saving for college
know the classes that I have to take
A.A. double major
to get my mind awake.
Hope my doors open
cause now I have my plan
rehabilitation works
cause I'm a new man.

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Page 24

LIFE WITHOUT PAROLE

by

T.C. Sampson

LWOP's the notion
I can never get out
no means of restitution
all hope dashed out.
Life is in vain
culture shock behind these walls
trapped with fiends
I was trying to avoid
Overcrowded population
there is no peace
darkness and depression
won't let me be
Mind steady wandering
aimlessly
for purpose in a concrete society
Institutionalization
there is no cure
its built to punish
and I must endure

Tough on crime
the politician claims
nails in my coffin
fifteen of fame
Political schemes
I'll tell you what it means
loss of personhood
dashed hopes and dreams
Life Without Parole

It's hopeless
I can never get out
the system's in motion
and change takes clout
Apartheid
I'm blocked out
It's my sentence
but I can't shout
Reformation
must come about
one felony
my votes cast out
California prisons
making dollars not sense
Inmate propaganda
always showing deviance

It's complex
not happenstance
disenfranchised
LWOP
without a chance
Life Without Parole

Gee oh seven
three five oh
becoming a number
relegates controll
Being myopic minded
makes my future loom
with no ambition
living to consume
And using dope
guaranties I fail
Stereotypes
I avoid as well
I am mindful
some lives are staged
I'm human too
just living in a cage
P.P.F. Yard's
a different community
progressive programs
expressions of humanity

But some will say
that it's hard to tell
if you let me go
will I fail
LWOP we know
is low to recidivate
let me go
I'm ready to habilitate
Life Without Parole

Help Support My Rehabilitative Process

I have read that increased access to rehabilitative programs can reduce recidivism by better preparing prisoners to be a productive member of society. And it has been shown that career technical education programs are both effective at reducing recidivism and cost effective to the State.

(Source, 2013, Assembly Bills 494 and 1019.)

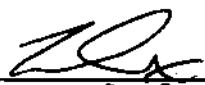
Facts like the above mentioned have wholeheartedly convinced me that by increasing my access to rehabilitative programs, I can learn how to be a productive member of society. But due to my lengthy mandatory minimum sentence of life without parole, access to most of the State funded, Department of Corrections, rehabilitative programs are prohibitive (not available) to me.

With great hope I still seek to participate in the rehabilitative process. And using the resources available to me I compiled a mimicing plan of rehabilitative milestones that can be implimented as soon as sufficient funding is available.

If you are willing and able, please send letters of encouragement (You Must Express Permission If You Want To Be Written Back.) to:

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If you are willing and able to gift financial support you can send it through www.jpays.com or by mailing it directly to my Inmate Account at the address above.

Thank You In Advance, 
Thomas C. Sampson

The Following Rehabilitative Milestones Can Be Implimented
When Ever Sufficient Funding Becomes Available

- ° Purchasing textbooks, stationery, scantron sheets, etc., to acquire an A.A. Degree, with emphasis in Sociology & Science and Math, from Coastline College.

- ° Purchasing enrollment into Prisoner Assistance Scholastic Service (P.A.S.S.)
(www.passprogram.org) (passprogram@passprogram.org)

- ° Purchasing a guitar and taking peer taught guitar lessons

- ° Purchasing instructional music books.
(To aid in playing, reading, and writing music.)

- ° Purchasing language C.D.'s and learning additional languages. (Type of language learned is subject to availability)

- ° Purchasing a media device (Tablet) to aid in acquiring neo-vanguard educational information.

- ° Purchasing nutritional suppliments, health books, and Yoga books.

Coastline Community College Plan

Basic Subjects	
3	Mass Communications - 100 Introduction to Mass Communications
3	English - 135 Business Writing
0	Math Competency - Placement Test
Natural Sciences	
3	Geology - 105 General Geology
Arts & Humanities	
3	Philosophy - 120 Ethics
Social Sciences	
3	Psychology - 116 Child Growth and Development
Self Development	
3	Counseling - 105 Strategies for College Success
Area of Emphasis	
3	Sociology - 100 Introduction to Sociology
4	Math - 160 Introduction to Statistics
3	Anthropology - 100 Cultural Anthropology
3	Sociology - 110 Marriage and Family
3	Sociology - 120 Introduction to Gerontology
5	Spanish - 180 Elementary Spanish
Electives	
3	Astronomy - 100 Introduction to Astronomy
3	Biology - 100 Introduction to Biology
3	Ecology - 100 Human Ecology
3	Marine Science - 100 Introduction to Marine Science
4	Math - 115 College Algebra
3	Business - 150 Marketing In The New Economy
3	Business - 222 Small Business Operations & Marketing
3	Health - 100 Personal Health
<u>Total</u>	
Units	64

Goal: Obtain an A.A. degree with emphasis in both
Sociology and Science & Math.