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SOMETHING YOU CAN FEEL

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SOMETHING YOU CAN FEEL

Poetry Review

"I want to say that 'Jennifer's Letter' is one of the most powerful and beautiful thing that I have ever read in my life ... I can't stop reading."

-Correspondent from Minnesota (Jennifer)-

"Wow! I loved 'A Mother's Struggle', it is really good! It's really touching ..."

-Safe Street Art Foundation (Nancy)-

"Thank you for sending me a copy of 'Spade of Spades' ... I never really been into poetry, but I think you may be changing that for me. I really enjoy it ... What you write interest me."

-Correspondent from England (Kirstie)-

SOMETHING YOU CAN FEEL will touch you in an amazing way with poems written in style that you can visualize. Some poems are written in such a fashion that it will reach your core and tap on your sensitive side stirring up your emotion. Then there are poems gear towards meeting friends that will inspire you to meet someone new. There's a skit that shall have you laughing. Also some insightful information on the injustice of our system. SOMETHING YOU CAN FEEL will leave a heavy impression upon you.

Russell McCoy #99A0559; Green Haven Correctional Facility; P. O. Box 4000; Stormville, NY 12582

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SOMETHING YOU CAN FEEL

i

About Me

I was born in Brooklyn, New York on November 19, 1979. I was raised in Bedford-Stuyvesant (Bed-Stuy). I am the first born of my mother's children. Later on down the line I was bless with a brother (Jamel in 1986) and a sister (Janelle in 1987) who I love dearly. My mother is everything. She raised us as a single parent with the assistance of her mother (my granny, who will be love always) along the way.

I was arrested before I had the opportunity to finish school. I had received my education at the following schools: P.S. 46 [K-2nd grade, '84 to '87], P.S. 20 [3rd to 6th grade, '87 to '91], J.H.S. 57 then I transfer to I.S. 33 [7th and 8th grade, '91 to '93], Grover Cleveland H.S. ['93 tp '96] and Bushwick Outreach ['97]. I got arrested on October 22, 1997.

I have been charged and convicted of the three robberies and a murder. I was sentenced to 43 years to life, three terms of 6 to 12 years for each robbery and 25 to life for the murder with each sentence to be served consecutively to one another. Upon my appeal the sentence was modified for one of the robbery sentence to be ran concurrent with the sentence for murder. I am currently serving a sentence of 37 years to life.

While confined I acquired my G.E.D., certificate of merit for 'Basic Legal Research and Law Library Management' and a barber certificate. I have training in carpentry, welding and food service [and not just serving food] (Smile). I also completed the mandatory course of anger management for those with violent crimes.

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SOMETHING YOU CAN FEEL

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I pass my time by reading, writing, or listening to music while confined to the cell. When in the yard I do any of the following: workout, play cards, chess, Scrabble or just kick it with some of the guys, if I'm not doing any of what I have mentioned then I'm on the phone talking to a love one.

I enjoy learning new things. Right now I have an interest in the Science of Spirituality. They deal with meditation and will really like to bring about World Peace. I received a bit of information from pamphlet that was sent to me for some insight. I'm looking forward into learning more about this way of living. I love learning the culture of others living in different parts of the world. I like take my mind on a journey and acquiring knowledge on how people live in different places on this Earth of ours'.

As a man I now see things for what they are. I have a better understanding and appreciation for life. I believe in karma and am trying to focus on doing right. I thrive off of positive energy. That is how good things come into existence. Being confined really reformed my way of thinking and how I respond to negative situation. I really want to bring peace to all that is within my circumference with hopes of them trying to do the same within theirs'. It will be a beautiful world if we can live in harmony with one another. Before that can happen we must work on ourselves and that is what I am doing daily. I am working on myself in my strive to be better. I am working towards peace and will like for everyone to acquire it for themselves. If we all work on our inner self in trying to obtain peace we will all be living in a better environment, so it is on us to change our environment. With that said I wish you PEACE!! I hope you enjoy the pages that follow hereafter.

SOMETHING YOU CAN FEEL

A MOTHER'S STRUGGLE

I just listen to her story; All pain, No glory; No tears on her face but there stains from worry; She has a son Upstate doing over forty

Fifty to be exact; With life on the back

She got a lot on her mind; Her oldest son just got knocked for a crime; He's looking at time; The stress just double from them both being confined

She looking for a blessing; Asking the Lord to please free her of her stressing; Every Sunday now she getting up dressing

Heading for the church; Searching for something better because she's going through the worse; And I'm hoping that it work; Because I know how it hurt

I pray she find peace like I wish for my mother; Because I'm going through the same thing as them two brothers

With thirteen less than the one Upstate; Who in the hell said that life is great; It hurt me every time when I look my mother in her face; Not knowing will I ever leave this place; Or if she even made it home safe

But I front with a smile; Although I'm somewhat happy because I haven't seen her in a while; Despite that I'm grown I'm still my mother's child

And she always going to be my mom's; Our relationship have there little storms; Which be feeling more disastrous than a bomb; But I manage to stay calm; And bring a little charm; Hug her in my arms

And Kiss her on the cheek; Tell her that I love her and hope to see her next week; That will be sweet

But we can't get what we want; So chances are I may see her next month

A son's pain is a mother's struggle; So when one is in pain it's really double; So before you go insane know who really love you; I'm going to leave with one thing don't put them through that trouble; Mom I Love You!!

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SOMETHING YOU CAN FEEL

Page 2

WELCOME TO MY LIFE

This is something like a genocide; In prison millions of our people died; Whether with their souls or with their lives; Until I'm free I'm going to stay alive (Hook).

Verse

I'm in need in love; I need some hugs; The Court was wrong.
I did some stuff but this time is long; Please feel my song;
Inside there's pain; At first glance it may not be seen; It's novacaine;
I numbed it down; It is what it is I just got to hold it down;
I'm just releasing some stress; Without beating my chest;
In life I failed; I just cover it well; However, I have some goals
that I am trying to achieve; They can't take my soul, nor, will I let it leave;
If no one else believe, I believe in me; We're human we all do sin;
Just give me a chance at the streets again; I was a kid, so young and wild;
Is this is how you suppose to discipline a child; It's been a while I change for good;
My new self will be strange in the hood; I dream I would; Make it out;
I'm just doing what I have to do to make it come about; In my mind;
Victory is mine's; I can see the signs I'm just putting them in line;
And when the order is right; They going to order me right; Out of the cell and through the gates;
I've been through hell without losing my faith; They trying to break me down but I stand up straight;
I won't let this pain bitter me and turn into hate; Love is all I need and all I want;
Where's the hug I seek for that embrace I hunt. [go into the hook]

SOMETHING YOU CAN FEEL

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SPADE OF SPADES

I'm calling the spade of spades.
The hate I feel; The gates are steel
The pain will kill; The stains are real
The tears will shed; For years you dead
Friends are gone; Family are strangers
You did none of them wrong; So what you feeling is anger
You holding on strong; But you want to let go
The way you moving along; No one will know
All the let down and lies; That been told and repeated
And being around guys; That you don't want to be with
To keep from being alone; You sacrificing yourself
Everyone in that zone; They just keep it to self
I'm letting it out; This is what this [expletive] is about
I need it to be felt; So you can feel what I am feeling
I'm playing the hand that I was dealt; But I can use a new
dealing
If you shuffle up the deck; You just might love me to death

SOMETHING YOU CAN FEEL

REAL TALK

The grave is where slugs got a lot of thugs sent
Prison is a place where there's not a lot of love sent
It took me getting locked up to really know what love meant
I'm from a town of hard workers and good hustlers with poor
judgements
They don't give a [expletive] about the government
Poverty stricken the jungle is my resident
From child to man I'm in a whole new element
To continue my growth I find that to be the most relevant
Wearing a hood can get you killed even in gated resident
We not safe anywhere that much is evident
We in need of a better Justice system was even mentioned by our
President
Right after the acquittal of a killer
Which shocked the Nation like an unsuspecting thriller
He killed him in cold blood making a chill more chiller
He was killed due to the color of his skin like how they do with
chinchilla(s)
This is Real Talk and it can get much realer



SOMETHING YOU CAN FEEL

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YOUNG GIRL TRAPPED

At eight she's getting raped by her uncle not knowing what to do
At fourteen she get pregnant by a man just to stop going through
the abuse

At fifteen being a mother or a student is something that she has
to choose

A mother is what she choose to be

Sad to say but she get snatch up by truancy

Relative now care for her child, prior to that where was the
unity?

And for why was she thrown in jail?

You see how the system design us to fail?

Her life is hell

And who do she has to tell

That her uncle was raping her

For not going to school the system is taking her

She's shattered but they don't care about breaking her

She's in pain and they don't ask what's aching her

They looking for a gain and that's what they're going to make off
her.

I read an article on "Girl's Behind Bars" in a magazine that gripped me. This
is a warning for all parents to protect your children. Make them feel safe and
comfortable to the point that they can tell you anything!! This is a crisis
that need to be brought to light. 73% of the girls behind bars have been
sexually and physically abused: 40% have been raped according to the
Department of Justice. At Right4Girls, they are about creating changes and
helping the children. They can use your support in bringing forth a change.
There's power in numbers. Please show your support.

SOMETHING YOU CAN FEEL

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PAIN OF A MOTHER

Being that I know her aches; I'm trying to help her through her battles; Because I don't know if I can take it if she rattle; I wouldn't want to shake though I have to

I'm well aware of the strain and the burden; I can sense the pain from her hurting; She pray daily but the shatter of her dreams make it worsen; That's why I'm there so she can lean on a person; Pressures like this can make one pull the string on a curtain Not knowing will they ever free your son it's mind blowing whenever you that one; Suffering is ongoing weighting in by the ton

I try to lighten the load so she can feel about a feather; My goal is to make her feel a little better; I touch her soul from the things that I tell her; She rather talk than to read from my letters

Because she wants to know how I'm doing at the time; I tell her that I'm fine, even when I'm not, just to give her peace of mind; Due to pain and joy are separated by a very thin line

I ask her about her sons who I love like a brother; She tells me all leaving nothing undercover; I let her know that it's nothing like the support and love of a mother; I give her strength to pass and let her know that I love her; And before I go I tell her to give my love to the brothers; I send my energy to all who are in pain as a mother

HANG ON AND STAY STRONG!!

SOMETHING YOU CAN FEEL

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I CAN'T BELIEVE

Lies been told and repeated
Hope is a [expletive] even when you can't see it
You want to believe it
Knowing you may never see it
But you hold to that string
Hoping that it change
Joking and laughing to keep from crying
When inside you dying
Feeling like a fool for believing all the lying
Now that the hope for change have yet to come
You change hope
This is how you are able to cope
Believe none of what you hear and half of you see
And when that half don't become what it is suppose to be
It's hard to believe what you actually do see
And when truth be told and you receive it
You be like 'damn, I can't believe it'.

SOMETHING YOU CAN FEEL

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CAN I GET A FRIEND?

I have been on a few websites trying to find me a female that I can create a bond with and I keep coming up short. I know part of the reason to my problem. Let me take you back to 2003, I was on the visiting floor with my family one day and a female by the name of... let's say Melissa (who real name I will not disclose) was visiting her father. Her father inquired how old I was because Melissa was curious and had an interest in me. At the time I was 23 years in age and she was 19 years in age and she was a pretty Puerto Rican female. I told her my age and asked about her's. Later on we had got a chance to talk and everything was good but when I told her about the time that I was serving she was devastated and kept saying "damn, I'm a rider but..." Once I seen the effect it had on her I asked if we can be friends with us corresponing with one another. My friendship request was denied. She was not a writer, she don't even write her father. I mentioned that to say this... I know ~~that~~ ~~the~~ time I am serving is a disturbing factor, I'm even disturbed by it myself but why should that come in the way with us becoming friends? Melissa's situation is different because she's not a writer but if you are why not take the chance at meeting someone new? I'm single as of now with no kid(s) (I love the kids though) and looking to meet a person with a kind heart.

I have been getting support from people oversea(s) while the people in the states show me no mercy. Show me love at showbrooklynluv@yahoo.com or write me directly. I do not have direct access to the internet personally but I do receive all of my messages. In the pages that follow you will find poems gear for friend(s), one person in particular, an original ad, songs and a skit that shall make you laugh. Hope you enjoy. Keep reading please.

SOMETHING YOU CAN FEEL

FRIENDS WITH AN ANGEL

Friends (slash) People come and go but friends are there to stay
I'm dreaming for an angel to be sent my way
Someone that I can connect with in the mind
Spiritually with a heart that is loving and kind
Mentally taking things to different heights
Elevating like the soaring of a kite
Or a plane when it take off into flight
Reaching places one thought that they never might
Quite naturally
Landing on all type of possibilities that can come into reality
By becoming friends through the grace of your Angelic hospitality
I will like to make 'Friends With An Angel' become an actuality.

BE MY SUNSHINE

Right now I'm alone in the shadow of darkness
Trying to find light is a working process
And what will make my days bright is a friendly counterpart
I just need someone who is willing to play that part
By pulling me out that shade and letting me some rays
Tell me you'll be my friend and that you're willing to stay
Send me some energy by blessing my heart
And a friendship of beauty may begin to start
For us both, we can get that close
By creating a bond through our vibes
Expressing our feeling through our scribes
With each letter creating sparks
And me pulled away from the dark
Making me feel fine with your every line
What I will like to know is can and will you be my Sunshine?

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EMERGENCY E-ROOM

I'm in need of friend

So much that I'm letting my heart bleed through a pen

And at the rate that it is flowing it's about to cause a flood

Which can amount to a lost of blood

I mean ink

Let me think

And I don't want to sound like I'm pleading

But I need to stop the bleeding

You care I'm needing

And with that support I shall show my appreciation

For your consideration

By thanking you for your aid in such situation

That being crucial

My healing proving that you're beautiful

I guess that's what a friend will do

My thanks is what I want to send to you

Thank You!!

-This is something that I had written for a friend to put on the internet for a pen-pal. I'm not going to lie after I did this I had wanted for myself to put on a website to meet a pen-pal. He put it in and the site that he had used it on his ad expired.

SOMETHING YOU CAN FEEL

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JENNIFER'S LETTER [name changed]

It started out of care and concern, which was followed by frustration and pain; And all the things that she had learned added fuel to the flame; Now her heart burn without knowing who to blame; Hoping things don't stay the same, I let her know that things will probably soon change for better this is Jennifer's letter.

When it come to females I done wrote a few; Out of them all I never had one like you; Mind powerful; You got me feeling loose; You got me spilling truth; That's not something that I usually do.

Although I'm not with telling lies; You have me giving explanations to all your why(s); That's quite a surprise!! You say when you look into my eyes.

You can find no harm; You want to know why this time I have is long; When I was young I was too far gone; Now I'm paying the price for all my wrong.

And by corresponding by these letters; You're going to put everything together; And hopefully thing will soon change for better.

She addresses me as Mr. McCoy on the envelope; Every time she sends me mail she brings me hope; I feel connected to her even though we never spoke.

SOMETHING YOU CAN FEEL

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...Continue from Jennifer's letter

I can't wait 'til we finally speak; I have her number but she's hard to reach; I can't wait 'til the day we meet; Then she'll know that I'm not the same person that I was when I left them streets.

She may sense that by now; But it's still a lot of things that she toss around.

Curious and furious for what they have done to me; They gave me life while other was getting one to three(s); She look into my eyes and all she read from what she see is love and compassion coming from me; My ordeal hurt her heart because her passion is deep; And every time I hear from her I lose hours of sleep.

I be writing all night; I feel she's exactly what I need in my life; I'm looking at life like this can't be right; I look at her picture knowing this can't be right.

I shake my head trying to get it together; Tough times don't last the storm just part of the weather; Soon the sun going to shine and things will change for better; This is Jennifer's letter.

-From our corresponding with one another I was able to put this together. The response that I had received from her was "I want to say that 'Jennifer's letter' is one of the most powerful and beautiful thing that I have ever read in my life. Thank you so much I can't stop reading it."

SOMETHING YOU CAN FEEL

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STRAIGHT FROM THE HEART

She writing me letters, she entered my life; And she seem so sincere that the feeling is right

She seen me and my words and was in touch with my art; She was hesitant about writing but she went with heart; I went for her heart

I told her I dug her; It will be easy to love her; I gave her the scoop on my sister and brother; I gave her two pictures of me and my mother

I want it straight from your heart; I need it straight from your heart; Tell me how you feel about me straight from your heart

Each letter feels like its love that she sending me; I'm feeling her energy; She seems to be into me; I'm feeling her mentally; she befriend me despite the charges and penalty

I told her I like her that's straight from the heart; We want to be in each others' lives without breaking apart

We building a bond working on our relation; We laying the grounds to form our foundation

I want it, I need it; My ego she feed it

She said I think you amazing; And she's worthy of praising, She has three kids that she feeding and raising

She's beautiful, caring, pretty, sexy and smart; That's why I went straight for her heart; I like her that's straight from the heart

SOMETHING YOU CAN FEEL

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JUST ANOTHER PERSON

I thought she was a friend but she was just another person
Camouflage well, she wind up closing curtains
Her actions left me hurting
And it pain me deep
At times it was hard for me to even sleep
I thought she was an Angel someone who was going to stay
But for one reason or another she just turn and left away

A PART OF ME WAS TOOK [You Can Say You Know Me]

(song...)

You can say you know me; You can say you know me; You're the only
one that can say they knew me
I done told you truth; When it came to you, I was really loose;
You was like a drug that I didn't want to loose
I loved your style and looks; You had me on a hook; When you left
away a part of was took.
I was feeling hurt; I was in the dirt; She don't know how much
she is really worth
I was feeling broke losing sense of hope; I felt like I was
sliding down a slope; I need her to cope
I had wanted her in my life; She was really my type; Not hearing
from her you can't imagine what it was like; She's beautiful and
smart, everything is right
She go to work and college; I even gave her knowledge; I guess
that's something that she failed to acknowledge
She had wanted to know why I got all this time; I broke it down
from the penalty to each crime; To give her peace of mind
Somewhere along the line I said something wrong; The last letter
was as beautiful as a song; Now when I write there is no response

SOMETHING YOU CAN FEEL

...continue from page 14

And it's messing with my head; I don't know what I could have said; She just turned her back and left me out for dead; And it really hurt because she's the only one that knew me like I said.

MAYBE MORE NOTHING LESS

Friends maybe more, nothing less
Of... we shall become the very best
Sharing feelings of our caring nature
We shall be each other inspirer
Being a team and at times a coach
We shall stimulate each other mind for intellectual growth
Showing support where one really needs it
We shall always show our concern to one who is feeling defeated
Being affectionate and devoted to one another
We shall court a friendship like no other
Friends maybe more, nothing less
Of... we shall become the very best.

SOMETHING YOU CAN FEEL

THE ORIGINAL PIG

[There was a conversation amongst a few prisoners while being locked in about eating pork. Some say they eat it and other saying they don't]

Andy: Yall come to jail and stop eating pork, I'm going to always eat pork.

Barry: The pig is filthy they don't sweat and eat anything.

Andy: You eat chicken and chicken eat their own feces pig don't.

Charlie: Pigs are filthy and poisonous, if venomous snake bite a pig the pig won't even die. Actual fact!

Derrick: You eating pork without even knowing how the pig was raised nor fed, I'm going to grow a pig farm for all you pork eaters.

Barry: Here's something I bet yall didn't know... [people shouting 'what']... The original pig is black. [laughter broke out and someone said 'what' another said 'you bugging'] The original pig is black that's a fact. [someone said 'where did you get that from'] The pig yall eat now has been drafted [laughter broke out] that's why it's pink, it lost it pigmentation [more laughing] nobody eat the original.

Andy: Why? Because it's black.

Barry: The original pig get busy it have tusk, its a warrior, they don't mess with the original pig [someone said 'you talking about a wild boar'] Yeah, that's the original pig. [everybody started laughing]

-He applied the lesson of the original man to the pig being black. Those lessons comes from the Nation of Gods and Earth, as well as the Nation Of Islam (N.O.I.).

SOMETHING YOU CAN FEEL

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MY APPRECIATION

Your presence make me light I be feeling like I'm floating
You're so hot when we make contact I be feeling like I'm smoking
You bring me joy relieving me of my pain
You fill me up when I really be feeling drain
When I be feeling down you be the reason why I rise
I appreciate you so you can see it in my eyes
You're like a gift a beautiful prize
Every time I wake you should say 'surprise'
(sing)
Lovely lady, you're my baby
I can't think of what I will do without you
I am grateful of you
And I adore you
I'm just showing my appreciation (repeat this line 2'xs)
You're so beautiful
With a heart so kind
I just love being with you
And glad you're mine's
Lovely lady, you're my baby
I'm just showing my appreciation (repeat until the music stop)

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SOMETHING YOU CAN FEEL

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TO THAT SPECIAL SOMEONE (GET AT ME)

Hello:

I come in peace wishing you well. I'm seeking the attention of a woman whom mind, heart and soul gives character to her personality of that being a beautiful person.

If you will like to meet someone who ...

- 1) changed for better and will make a good friend get at me.
- 2) will be happy to hear from you and can put a smile on your face get at me.
- 3) is honest, spiritually incline and believe in karma get at me.
- 4) can put words into beautiful writing and keep you from being lonesome get at me. [we can be each other company]
- 5) is passionate, kind hearted and [see picture] handsome in your eyes get at me. (smile)
- 6) who you will be glad that you met and is just different from the other guys get at me. This my dear have to be the most unique ad that has been written and if I did not bring a smile to your face I definitely held your attention and for that you should... (you already know)... get at me. (smile). Bless me with your beauty. Take care!

-This was originally meant for a site in which to meet a prisoner for a pen-pal. I chose this route for the moment and you can respond at the e-mail address above or @ evenmoretowhatuc@yahoo.com-

SOMETHING YOU CAN FEEL

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MAKE IT BACK HOME (BONUS)

I can't take this pain anymore (*) [let it echo]

They trying to take every ounce of blood up out me

But I got keep it moving forward (*)

I got people who say that they proud of me

They want to see me make back home (*)

I've been away for so cot damn long

I'm doing what I have to do to make it up out of here

I done cry so much I can't shed another tear

This time here is rough and it's getting harder with every year

I don't want to do another day

But I reflect on what my peoples' say

Which keep me moving straight

There have to be an another way

This pain I swear I hate

You don't know how much it ache (*)

It's really getting to my bones

I got make it back (*)

Home!!

SOMETHING YOU CAN FEEL

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YOUNG LIFE GONE (Look At Me)

I'm in a four corner room staring at walls and bars
While people trying to figure out my life by watching Oz

Believe me my life is much more hard

And complicated

You can't picture my life from what's been viewed and rated

This [expletive] will have you go insane no matter how highly you educated

I give it to you uncut

My life is '[expletive] up'

You got to be strong to go through pain for years

This here is the thing to fear

It should have you horrified

Never to be glorified

I came in petrified

Look At Me!



SOMETHING YOU CAN FEEL

Page 2

An Interview With Russell McCoy

1) What made you write "A Mother's Struggle"?

I had wanted to paint a picture on how we hurt our mothers' when we get ourselves into trouble. I felt their pain need to be recognize so that there will be less infliction upon them. Nine out of ten they going to be the only one there for you and not your "friends". Your mother is the one that love you throughout any situation and if you love your mother you should not want to put her through any kind of pain or suffering once you have awareness. As I said in "Real Talk" it took me getting locked up to really know what love meant, and that's the truth. As kids we take love for granted not knowing truly what it is.

2) In the hook to "Welcome To My Life" what propel you to say what you said?

It's true. You have a lot of our people that are locked up. I wrote this in 2011, you had judges sentencing kids to natural 'life' in prison and that just recently got changed in a recent decision from the United States Supreme Court with Miller v Alabama. If you go to Smithsonian.com there's an article called 'New Life' that was publish in their December 2012 magazine showing the comparison of prison and slavery. In the Essence magazine September 2013 issue 'Girl Behind Bars' [Essence.com] girls of color account for nearly two thirds of the female juvenile justice population. A poet said 'the cell block replaced the auction block'.

3) Do you feel that kids are getting mistreated in the criminal justice system?

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That's a fact! For one they are not getting proper representation and for the way they sentencing kids as adults is overwhelming. Right now, they trying to create a change in the law to have juveniles recognize as juveniles rather than adults within New York. New York and North Carolina are the only two states within the Nation that charge 16 and 17 years old as adults in criminal proceeding. Giving no child a second chance to do better. A child's mind is not even fully developed at that age. A child cannot do many things because of his age such as voting, purchase cigarettes and alcohol, buying a lottery ticket and ect., however he can be sentenced as an adult. Where is the fairness in that?

A bill was proposed under number 3658 (January 28, 2013) for the revision of the law which permits juveniles (ages 16 and 17) to be try as adults. (See: THE NEW YORK AMSTERDAM NEWS; July 18 to July 24, 2013; page 3, Advocates push to stop trying juveniles as adults) (Also See: NEW YORK LAW JOURNAL; June 26, 2012; page 1; col. 3; Lippman Vows Changes to Confront Doubt About Youth Reform Bill). Support for the bill can create a change. Please show your support.

4) Spade of Spades?

Do I need to say more? [laugh] Right now I'm feeling like I have been dealt a bad hand. Out of everyone that I know family and friends I have done no one wrong and for me to feel a lost of love is to me sad and unfair. I don't believe I deserve this. My hands really calls for something better. I have relatives and 'friends' that when they see my family that come see me they ask them about me, is that really love? Of course not. Why not write a letter and find out how one is doing personally? That's why I say 'if you shuffle up the deck you just might love me to death' I got to reset and start anew. Giving a chance to be known you just might love me (smile). Who knows what one letter may produce?

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5) What was your intent with 'Real Talk'?

I wanted every line to have an impact. I wanted to give you something to feel that's real. I probably can elaborate on each line. How sad is our government when you have our President (Obama) saying we're in need of a better Justice system? Treyvon Martin situation devastated the Nation.

6) 'Young Girl Trapped' that was deep and touching what made you want to write about that?

It was something that was sad to read. When I read the story and seen the statistic on this problem I felt it need to be expose even more. It is something that parents need to be aware of.

7) In 'A Part of Me Was Took' - 'she don't know how much she is really worth' what made you say that?

This female that I was writing I was feeling her a lot. We carry a good vibe with one another. She was sensitive to my situation and she always say how beautiful and talented I was[smile]. I had scored some high points with her when I sent her daughter and her a birthday card that a guy made for me to send her, the cards were both beautiful (her words) and she seen me as amazing. She was someone that I found to be attractive. So, with the kind words going back and forth I asked her if we can take our friendship to another level, if she wants, without it disturbing our friendship even if she decline. She accepted my invitation and said she was surprise that someone like me seen her in that type of way. Her response caught me by surprise because she's a pretty woman. However, she had an issue that she was self conscious about that I became aware of too late. Her insecurity I believe is what led to our separation although I never said anything in regard to her about what she felt insecure about with herself. She was really my type! That's why I say that line because unconsciously she had decrease the value of herself when she said that she is surprise that a person like me found her attractive. Later I believe I know why she stated what she said although I never saw anything wrong with her 'problem'.

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8) 'To That Someone Special' are you showing off your creative skill as a writer or are you really looking for someone to meet?

[LOL] I'm really looking for someone special, that's for real!! Do you know someone for me? (Laughing)

9) 'Young Life Gone' is very sad to see and read, your words and that picture create a very panicking scene, was that your aim?

That's what it is! What you see is real, whatever feeling came over you by seeing that, is what it is. That child can easily be one of ours' (I don't have any kids now but whose to say that can't be mine in the future or yours?). We have to be more active in the law making processing. I say it again with enough support we can make a change. American Bar Association, "Juvenile Justice Center" (www.abanet.org/crimjust/juvjus) [advocates for improving juveniles justice system]; Nation Justice Network (www.njjn.org) [Organization supporting juveniles justice issues].

10) What's going on with you and your life at this moment? What path are you on?

Right now I have a novel in the making and I'm working on my spiritual growth. I'm in communication with a beautiful person (when I say beautiful I'm talking about the soul of this person, I do not know how this person look). She's very inspiring and helping me with my spiritual journey. In two different letters she told me a quote, one being "every saint has a past; and every sinner have a future" and the second was "The wall which separate man from man will gradually crumble and we will create a world in which every individual - no matter how humble - is respected and care for". She practice under 'Science of Spirituality' and I'm gravitating towards that same practice.

I'm in the law library researching looking for anything new that may help me get out of here sooner than the date set for. And I'm on a prison pen-pal site looking friendship and someone special. (smile)

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Questions

- 1) Did you or did you not enjoyed the book? [a] What did you enjoy most about the book?
- 2) If you could have title the book yourself what would you have name it?
- 3) Were you touched by any of the material that you have read? If so, which and how?
- 4) Were you able to relate to anything that you have read? If so, which and how?
- 5) If you had a subject for the author to write about what would it be?
- 6) Is there anything in the book that you will like to share with other(s)? If so, which and why?
- 7) What is your take on the song writing materials 'A Part Of Me Was Took' and 'My Appreciation'?
- 8) Which material(s) do you find to be unique? And what made it stand out in your opinion?
- 9)-What is your opinion on the skit 'The Original Pig'?
- 10) What is your opinion on the ad title as 'To That Special Someone'? What was was going through your mind when you were reading it? Is it worthy of a response?
- 11) Did this book bring you any insight? If so, how?
- 12) Did you download this book for yourself?
- 13) Would you make recommendation to other(s) to download this book?

Please let me know your answer to the questions @ showbrooklynluv@yahoo.com or write me directly letting me know. It will be appreciated. Thank you for reading and your support.

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Conclusion

I want to let you know how this book came about. I write poems and songs based on the energy that I get from others, the way that I am feeling at the moment or by adding my own version to a song that I may hear or heard. I may write something to a pen-pal friend and their response to what I write give me the fuel that keep my motor running to continue to write more. I happen to come across a magazine that had 'Safe Street Art' in their publication saying that they post creative artwork by prisoners (poems, books, drawings, ect.). Seeing this as an outlet to have my work view by many, I submitted two poems "A Mother's Struggle" was one and I believe "Welcome To My Life" was the other. They wrote me back giving me the details on how they operate and gave me a compliment for what I wrote with "A Mother's Struggle" which gave birth to "Something You Can Feel".

What made me want to do this? I have been incarcerated as of now for sixteen years and prison really reformed me. My way of thinking is not the same as when I came in here. At seventeen I would not have been able to put these kind of words together. At seventeen I lacked conscience of the overall consequences of my action. Now, I have a greater focus and know the reality of any deed and misdeed that is performed by me. I feel in my heart that I am offering something good with this book that will be here when I am no longer in the flesh. The material that I have selected for this book were to serve many purpose: to give insight, entertain and inspire you to meet someone new. My whole motive was to give you what the title offer literally.

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What I am looking to achieve with this book? I am looking to create a networking system by meeting new people whom are in support of my work or who will simply like to befriend me. I will like those who have gain insight on the injustice of our system to be involve in the law making decision. I will like the quality of being humane to be place in the heart of everyone who read this book. If this book manage to have an effect on you by changing your perspective and providing you with a greater outlook to perform a good deed then I made an accomplishment. [I will like to hear from you too]

I also will like parents to share this with their child(ren). I will like to speak to kids and let them know that there are better ways. When I was young, my mother bought me a KRS-ONE cassette tape that have 'Love Gonna Getcha' on it, when she heard what he was saying on it she felt the need for me to listen to what he was saying. He was expressing a hard way of living growing up in a poor household. What he was saying was real. What I am saying is real.

When you get locked up you lose a lot. Freedom become a must. Freedom is something that is hard to achieve. Why risk your freedom and then have to fight for it? It don't add up! You lose the liberty to do the things that you like to do. You lose family and friends. While I was fighting my case I had three friends that came to visit me and my immediate family (mother, brother and sister). While being Upstate since 1999 all I have is my immediate family that come to see me. After fifteen years I met a female off the internet from another state who came to see me a few times. It hurt when you have relatives who live right here

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where you at and have not made it possible to see you at least one time. Some may not even know what prison you are in. This is a reality! Some people do not receive a visit at all. You lose all around the board when you get incarcerated. You will be feeling like you lost. The system can swallow you alive. Don't be a statistic!!

There are so many opportunities for success that it is amazing. You have people in prison who have talent and are crafty but discovered their art too late or did not take advantage of it when they had the opportunity. You have guys in prison that cook so well that they can be chef, you have writers, artists, musicians, singers, rappers, people who are good with their hands like repairing audio equipment, electrician, plumbing, etc. The ability to become successful without having to commit a crime is available to you. Whatever it is that you are good at chances are you may be able to get paid off of it. An idea brought to life (creation) can bring about success. No matter how old you are. Example: Courtney Allegra at sixteen year-old established a clothing line that is being worn by celebrities. She turned a fun hobby into a business while being a student in high school. See courtneyallegra.com.

Whatever skill you may have use it to your advantage and prosper off of it. The internet gives you access to the world. So, you can market yourself to the world on your own. Right now, I'm still listening to music that are on cassette tapes. I am in a place where the world is passing me by. This is something you should not want for yourself nor put your family through. Take advantage of the unlimited opportunities that is available to you. Make a contribution to the world that you will be recognize for in a positive way. To live your life free of criminal

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activity is one of the greatest contribution to humanity. And for that you will gain recognition. When face with negative temptation and peer pressure, recite the following in your mind and have your conscience speak to you.

The truth is hidden, they will feed you lies;
To get you to do what look sweet to eyes;
They'll tell you anything but it's more to what meets the eye;
Life goes on;
You don't want to be a 'Young Life Gone';
I already told you who love you;
Don't leave your mother to struggle;
If you do you're going to regret everyday by day;
Real talk I'm calling the spade of spades;
Don't Do It!!

I hope this book brought you insight, enjoyment and inspired you to meet someone new. Thank you for taking the time out to read it. I wish you all well and peace!! (Listed below are quotes and their author for selected titles.)

1) Can You Be My Sunshine- Those who bring sunshine into the lives of others cannot keep it from themselves. (Sir J M Bonnie)
What sunshine is to flowers, smiles are to humanity. They are but trifles, but scattered along life's pathway the good they do is inconceivable. (Joseph Addison)

2) To That Special Someone- A moment's insight is sometimes worth a life's experience. (Oliver Wendall Holmes)

Russell McCoy Bonus

SEEKING FREEDOM, JUSTICE AND EQUALITY

I can give you the facts and laws but what I really need is for you to grasp my story

The prosecutor made an impact on flaws and what I really need is someone to have some passion for me

Here it is robbery while armed with a deadly weapon was deemed dismissed; Now I need you to check out the twist

I'm convicted of felony murder and robbery with what appear to be a weapon; This is a prosecution that actually came second

Do you get my drift? Or am I moving too swift? Please understand where I am coming from with this?

Double Jeopardy Clause precludes consecutive prosecution; Which mean my conviction is in violation of the U.S. Constitution

How? "the lesser offense requires no proof beyond that which is required for the greater"

In order to commit murder there must be an element of weaponry

This is what happen when they assign you with a litigator

They allow you to get convicted without protecting your right against double jeopardy

If I caught your attention then you'll know that my detention is due to an unlawful conviction

For a long while I have been forced to represent myself (pro se); However, I'm not ashamed to admit that I am need of help

I'M SEEKING FREEDOM, JUSTICE AND EQUALITY!!!