

APRIL 15, 2012  
Volume 2, Issue 2

# DEAR LISA NEWSLETTER

## Special Interest Articles:

A WORD FROM  
THE WISE

WHO GOT BIG  
THANGS POPPIN

A LOOK INTO  
THE  
ENTERTAINM-  
ENT WORLD

BACHELORETT  
BABE

DEAR LISA,  
"THE REALONE"

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## EXPRESSIONS FROM THE EDITOR

It's spring with summer fast approaching and I don't know about you but I'm looking forward to embracing new opportunities and new challenges this season. I would like to take this opening to encourage all of you to lift one another up. Network with one another and build new opportunities for yourself and others. Life doesn't stop for you there. Keep your self motivated to keep pushing forward and

making a difference in your life and the people around you lives. Prison is your home for now, the people that share a cell and unit with you are your family; treat them with love and respect. Know that there's nothing in the world a strong mind, soaring dedication and proper planning can't achieve. I would also like to take this time to apologize to the people that write me letters via mail. While every piece

of mail I get is valued, unfortunately I don't have a lot of time in my day to respond to the volume of mail that I get. I read all mail that comes to my PO BOX, I just can't respond to all. I know that some institutions don't have access to emails but I do respond to all emails, because it's quicker and easier for me. Again I apologize and hope to be of better assistance in the future. Blessings to each of you.

## A Word From The Wise

*"You are in college not in jail"*

Don't look at your time as a jail sentence. Look at it as an opportunity. Millions of people wish they had the opportunity to go to school and learn a new trade or further their knowledge in a specific area, but they just don't have the time to; we on the other hand have lots of it. You're in College not Jail is a state of mind you adopt. You tailor your whole bid around it. It doesn't matter if you never went to college or not. Just follow these instructions **Choose your major:** Take time out and think about what is it that you want to do when you are released from prison. The secret is to choose something that you'll love to do even if you didn't get paid for it. Once you have chosen, you don't just jump out there. Do the research on it, study it inside and out. Make sure this is what you really want to do. **Get your books:** Now the

way you obtain your books depends on your financial support. Some of us have strong financial support and can skip this section. For those who don't you can do the following: Pick up a jailhouse hustle (ironing, washing clothes, cleaning cells etc. .Instead of getting paid with stamps or store items, you can have them order your books and magazine subscriptions in your name. Some jails have the inter-library loan program which allows you to receive books from libraries on the street. If your jail offers this program **TAKE ADVANTAGE OF IT!** **Study, Study, Study:** You have to study at least five times a week for at least 2 to 4 hours a day. You can't let anything interrupt this time. This is your time to study. If you don't enforce it, it'll end up hurting you. **Associate with your**

**classmates:** Eventually you'll run into others with the same interest as you. You can share material, and help each other with your studies. The saying two heads are better than one is so true. **Tutor others:** Once you become knowledgeable you can teach others what you've learned. By teaching others you continuously shape your own skills. **Formulate a plan:** Take everything you learned and see how you are going to apply it upon your release. Make a step by step plan that you can follow. Make you goals reasonable and obtainable. **Graduation:** Study and study and teach and teach all the way up until you are released. Look at your release date as your graduation ceremony. Remember you are in college not in jail.

*Vashon Shaw*



"Top is a picture of Damon Amin Meadows. Bottom is a picture of his co-authored controversial novel "Convict's Candy"

## Who Got Big Thangs Poppin'?

**[Damon "Amin" Meadows]** is from the hard streets of South Philly. He was tried and sentenced to LIFE, without the possibility of parole, in 1993. Amin kept his trust in Allah while he continued to fight. He was blessed with two victories on an appeal and will be home soon. Amin co-authored the controversial novel "CONVICT'S CANDY", based on a true story. The edgy novel broke the prison's code of silence: **WHAT HAPPENS IN PRISON, STAYS IN PRISON**. Its soared! Being placed on **ESSENCE'S** Best Sellers List, featured

on **DON DIVA'S** Top 10 List and was a Wendy Williams' book club pick. Wendy's choice was just one of many celebrity endorsements. "I really loved **CONVICT'S CANDY**. The book is ill!" says Grammy award-winning Hip-Hop Icon Lil Kim, echoing the feeling of all who read it. These accolades served to fuel Amin's drive and creativity to generate novels and screenplays. He has partnered with the talented Sonya Taylor to open **EMBRACE PUBLISHING**. It's the new home where Amin will

debut his highly anticipated novel "BOY-TOY", with "FINDING PLATINUM: A Magic City Memoir" by Sonya Taylor shortly following. Together they're making **EMBRACE PUBLISHING** a powerhouse for themselves as well as other creative and unique authors to display their talent! They're accepting submissions!

**EMBRACE PUBLISHING**  
Attn: Damon "Amin" Meadows  
3695 F. Cascade Rd. suite #101  
Atlanta, GA 30331

## A LOOK INTO THE ENTERTAINMENT WORLD

Today we are having a phone interview with Anthony Murray a man that has been in the music industry for 12 years. We are about to go behind the scene with him and find out what kind of advice he have for those incarcerated and thinking about joining that industry upon release.

**Hello Mr. Murray, how are you today?** Great.

**Could you tell us where you from?** Shreveport Louisiana

**How old are you now?** 40

**I was told that you did federal prison time is that true?** Yes

**How much time did you do?** I did 10 years for possession of cocaine with the intent to distribute and also for having a fire arm at the time of the offense.

**How old were you when you went to prison?** 21

**What do you do for a living Mr.**

**Murray?** I'm a National Artist Manager.

**Who are some of the Artists that you have managed?** I have managed 4 Artist in my time. I use to managed Souja Slim, BG, Hurricane Chris and briefly Jackie O.

**Were you in the music industry before your incarceration?** I

dabbled in the industry before my incarceration, just kinda like a favor to one of my lil hommies out of the hood, but then after my incarceration I picked it back up and made a career out of it.

**Who are you managing now?** I'm not doing management right now, I'm just doing bookings.

**What advice would you give to any one that was trying to enter into the music industry?** That's a very complex answer. It's a different approach to each area and it's a lot of different areas and there's no blue print to this industry for no one specific area. It's a lot of different fields in the industry and it depends on what field you trying to enter into. Its booking, its management, its engineers, its writers, its Artists it self, you have A&Rs. You have to be diligent. It's just a lot of hard work and you just need to be on it. What I did was, I had a lot of time on my hands and you hear it a lot, "use your time constructively." I knew I had to do something,

otherwise I was going to set myself up to come back, so I thought about what I wanted to do and when I thought about how much fun I had doing it before my incarceration I decide that I wanted to get back in to it. So I began to study my craft. I studied anything that had to do with my craft. I studied how to do contracts, I study the trade magazines I learned what they do and how they work, I learned how to read them, I watched video and learned what happens when the record climb the charts. I mean I studied all the areas I could study in my craft. That's what you have to do; you got to prepare yourself for your exit. You can't just wait until it's time to leave and try to figure out what you want to do; you need to be doing it now while you have the time to do it. I mean you can go to the weight pile and build all the muscles you want, but the biggest muscle is your brain and it the most powerful muscle you have in your body and that's the one you need to build.

## BACHLORETTE BABE (Meet Your Match)

I am a single white female; I am 5ft 2 in. I am considered by some to be a BBW; some would say I'm just thick. I have a large bootie and breast with big green eyes and short black hair. I have a fetish for Black men (the darker the better), I'm very sexual and size does matter. I have a submissive side with a dominate personality and big heart. I love good looking tall men 6ft and up

and between the ages of 35-55. Dreads are a must, I like dominate men with confidence... I am a one mans' woman and would expect the same from you. I want a man who is down to earth and real, no games, someone who enjoys kissing, talking and cuddling. Trust is very important to me, and so is communication. I love to cook and hang out at home cuddling on the couch and watching T.V. I

like to travel, road trips are always fun. I like the water, rather it be a beach or a lake. I like to dress up wear makeup, and heels even with jeans. I am a cosmetologist so I have to look my best and take care of my self, and I would expect the same from you.

**THERISA BAKER**  
518 MONTY LANE  
Jacksonville fl. 32225  
lavysjeezy@hotmail.com



Therisa Baker

## PRISON RECIPES

### Strawberry Cheesecake

1. Cut up some fresh strawberries and let them marinate in sugar on ice.
2. Prepare the crust with crushed graham crackers mixed with pats of margarine stolen from the dining hall. Bake it in a Tupperware bowl for

about a minute in the microwave, and allow it to cool and harden.

3. Take one full laughing cow cheese, smash with a fork, and mix with a cup of vanilla pudding until smooth. Gradually mix in one whole container of Creamer, even though it seems gross. Beat

4. Pour the mixture into the bowl on top of the crust, and then spoon the marinated strawberries over the top. Put on ice in a cleaning bucket to chill until ready to eat.

## REAL TALK

"You can have everything in life you want if you will just help enough other people get what they want." (Zig Ziglar)  
While being imprisoned, we often find ourselves needing help from others. And, this is very hard for those of us who were independent in society and accustomed to doing things for ourselves. We need money for commissary, people to visit us, an address to be released from prison, and a helping hand to get on our feet in the real world. Constantly in need of so

much help sometimes leaves us feeling helpless. We all get what we give, reap what we sow, receive what our own hands have earned, KARMA! In life, we all want things, but rarely do we first seek to give to others what we want to receive from life. This is the key to being successful. You want to be rich and famous, comfortable, loved, given a second chance, then help someone else become rich and famous, love someone whom you would normally hate, and give another person a

second chance when everyone else around you has written them off as a lost cause. When you seek to give, do not get stuck on thinking tangible. Material possessions come and go but intellectual property remains forever inside of the hearts and minds of humanity. Give your time to help others think, speak, and live better, and the universe will bend everything in existence to make your life more better. KARMA!

**Halim Flowers**

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"You can have everything in life you want if you will just help enough other people get what they want."  
(Zig Ziglar)

## DID YOU KNOW?

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*“Women’s tears contain a chemical signal that reduces sexual desire in men.”*

**Did You Know** on April 11, 2012, Connecticut will become the 5th state in 5 years to abolish the death penalty. The Connecticut House passed (86-62) a bill to replace the death penalty with a sentence of life without parole for future offenses on April 11 after 9 hours of debate.

**Did You Know** in Louisiana, the odds of a death sentence were 97% higher for those whose victim was white than for those whose victim was black? (Pierce &

Radelet, Louisiana Law Review, 2011)

**Did You Know** about 200,000 people die from cigarette smoking every 6 months?

**Did You Know** over 2,500 left handed people are killed per year, from using products made for right handed people?

**Did You Know** at birth a Panda is smaller than a Mouse?

**Did You Know** that Researchers found that women’s tears contain a

chemical signal that reduces sexual desire in men? Researchers collected teardrops from the cheeks of women who were watching sad films and then wiped those excretions on the upper lips of male volunteers. Compared to men who whiffed a salt solution control, the tear-sniffers not only had a reduced sex drive but also lower testosterone levels and reduced brain activity.

## HEALTH AND FITNESS

In today’s society it is hard not to be affected by Stress in some form or another. The word stress was derived from the Latin word Stringere meaning to draw tight. This is how our body reacts when we are in a stressful situation. There are many causes of stress in our lives like relationship difficulties, major life changes, inability to accept uncertainty, negative self-talk, lack of assertiveness, and unrealistic expectations. Stress can affect you body in many different way. Some of the more common ways are heart disease,

cancer, lung ailments, liver cirrhosis, acne, and memory problems. Some effects that you my not be too familiar with is a lowered immune system, altered neurochemical makeup, lowered sex drive, altered blood sugar level, and it causes the blood to become stickier which can develop into a blood clot. Stress isn’t always bad. In small doses, it can help you perform under pressure and motivate you to do your best. Stress helps you to rise to meet challenges and keep you on your toes. Some helpful ways to deal

with stress is through laughter and breathing deeply. Laughing lowers cortisol, epinephrine, and adrenaline making it easy for your body to relax. Taking deep breaths increase oxygen flow and promote relaxation. Some foods that help you cope with stress are dark chocolate, blueberries, oranges, green vegetables, brown rice, whole grains, and low fat or skim milk. At the end of the day some stress is ok but for the most part don’t let stress get in your way.

*Charlette Jordan*

## LEGAL EASE

Re-entry can be a very trying time for those that are returning home to their families and loved ones. Upon release from prison, most people prefer independence, employment and stability. Many probation do not successfully complete their community

supervision/probation. According to the Bureau of Justice Statistics (BJS), 16 percent of probationers were incarcerated as the result of a new sentence or revocation of their current probation. Though the Second Chance Act makes funding available

for Smart Probation projects, there is additional hope for those looking for employment once released. A company entitled, Xamire, has a website filled with Felony Friendly Employer Listings. Upon your release visit: [www.xamire.com](http://www.xamire.com).

*-Vikki Hankins-*



## DEAR LISA {THE REAL ONE}

Dear Lisa,  
I'm trying my best to change all of my ways and actions as a young black man before I get released to go back home to Omaha Nebraska to my pretty daughters by the age of 3 5 7 17. I call them "Daddy's Angels." I use them as motivation to stay on my square and not let others make me fall off it as a man because I don't want to let them down by not coming home. I've been with their mother for 7 yrs and we've been through it all. I been gone for 4 years and Lisa I want to be with her, but since the last time I spoke with her, she told me that she has a friend and it crushed my heart so bad I couldn't think straight. I let tears of sorrow run down the corners of my eyes because I'm already stressed out with 84 months to do for

conspiracy. So, I constantly write to her to gain contact but for the past 3 years I don't get responses from any letters or photos that I send and I'm lonely. What should I do on this situation Lisa?

Dear Young Black Man,  
Seven year is a long time invested in a relationship that just walked out of the door. Therefore I could definitely understand how this situation could bring you hardship especially with kids involve. Unfortunately you are in a situation that you have no control of. So do your self a favor and don't try to control it. As much as it may hurt to accept the fact that your woman have move on, accept it and gain strength from it. The things that hurt you the most in life are the things that make you the strongest. Do something with that

strength. Use this situation as fuel to ignite a fire within you that will intensely set your sole on fire with desire and passion to succeed in life. The best revenge is success. Do all that you could do to be the best that you can be, not for her, but for you and your kid? Set yourself up for a life that she will yearn to be apart. Make her remember why she once love you and then leave her with the man she's with because real friend don't turn their back on friend during hardship. So what, she got a friend! You were her friend, her lover and her baby daddy surely that must have been worth a response to at least one of your letters per year. It's not about the intimacy now it's a bout the moral support that you may or may not have deserved. How well did you treat her? Only you know rather you deserved what you got in end or not.



Dear Lisa

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*"You got questions, I got answers."*  
Write to:  
Dear Lisa  
PO BOX 7103  
Jacksonville, FL.  
32238  
dearlisa2008@gmail.com

## Social Awareness

The origin of AIDS and HIV has puzzled scientist ever since the illness came to light in the early 1980s. The first cases of AIDS were recognized in the USA in the early 1980s when many gay men in New York and California suddenly became sick, developing rare infections and cancers that were stubbornly resistant to any treatment. At this time AIDS did not have a name, but it was obvious that men were suffering from the same syndrome. The discovery of HIV, the Human Immunodeficiency Virus, was made soon after. The HIV is a lentivirus which attack the immune system.

The name lentivirus means 'slow virus' because it takes a long time to attack the body. The HIV is a descendant of a virus called the Simian Immunodeficiency Virus (SIV) that affects monkeys, which is believed to be 32,000 years old. In February 1999 researchers made a discovery during the course of a 10-year long study into the origins of the virus. They claimed that the samples taken from a member of the sub-group of chimpanzees which were once common in central Africa were the source of the HIV-1 and that the virus had at one point crossed species from chimps to humans. Since then

the number of people living with HIV rose from around 8 million in 1990 to 39 million by the end of 2010. Black/African Americans accounted for half of all new HIV cases in the U.S. Women are at greater risk of HIV infection through vaginal sex than men, although the virus can also be transmitted from women to men. Anal sex (whether male-male or male-female) poses a high risk mainly to the receptive partner, because the lining of the anus and rectum are extremely thin and filled with small blood vessels that can be easily injured during intercourse.

**Michelle Mitchell**

# "Shout It Out"

DEAR LISA  
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We're on the Web!

See us at:

[www.dearlisafoundation.org](http://www.dearlisafoundation.org)

**JOEMAIN CUMMINGS – SANDERSON FL.** EVEN THOUGH YOU ARE FAR AWAY RIGHT NOW, I KNOW THAT YOU ARE CLOSE TO ME IN OTHER WAYS. EACH TIME WE THINK OF EACH OTHER, WE CUT THROUGH THE DISTANCE. EACH TIME WE WRITE AND READ LETTERS WE ARE HUGGING EACH OTHER WITH WORDS. I HEAR YOUR VOICE ON THE PHONE, AND I CAN SEE YOUR SMILE. WE ARE BLESSED AND CURSED BY THIS DISTANCE BETWEEN US BUT MOST OF ALL I WANT TO SAY THAT I LOVE YOU AND I MISS YOU. *(LATOSHA KENNEDY)*

**ERIC WALKER (FSP), MARC BROWN (SANTA ROSA).** E-BOE WHAT THEY DO? MARC WHAT'S REALLY GOOD? WE ALL KNOW THAT OUR BLOOD LINE IS STRONG AND WE ARE BUILT TO LAST BUT WE MUST FEED OUR TEMPLE, MIND, BODY & SOUL SO WE CAN BREAK THIS MENTAL CHAINS AT LAST! *(KEN JARVIS)*

**LENNIS BARNES AKA CHUCK – JESUP GA.** I HAVEN'T FORGOTTEN ABOUT YOU PARTNER, THINGS IS JUST MOVING FAST FOR ME, BUT I'LL SEE YOU SOON *(SPUDD FROM J-VILLE FL)*

**ERNEST WALKER, VARNADOR AKA TRUCKDRIVER, ROME, POP AKA BOSS -COLEMAN LOW,** HOLD IT DOWN YOUR TIME IS COMING SOON. *(GLENN)*

**DESHAWN SIMMONS AKA DEZZY HARVEY WATSON AKA PIG CHING BING FROM THE BRONX DAMON WILKINS AKA BEAST RONALD ADAMS AKA LIL RON REGGIE MCLEAN ALI JAMAD AKA SOUP KARLTON SMITH AKA YUNG JIT RICHARD GARRETT AKA LA TRAVIS SIMMONS AKA JEL JONES CRAIG PETTIES AKA LIL DUDE MARCO LOPEZ AKA CORA DEMETRIUS FLENORY AKA BIG MEECH BEN SMITH AKA BEEN GET IT CHAD BROWN AKA J-BO FLEMING DANIELS AKA LIL ILL THOMAS ARRINGTON AKA DC TOM "POLLOCK" JASON AKA TWIN FORTDICKS AKA TWIN FROM THE BRONX** TO THE HUSTLERS OUT THERE LIVING "HUSTLER DREAMS" GET IN AND GET OUT SO YOU WON'T END UP LIVING THA HUSTLERS NIGHTMARE. TO ALL THE ONES WHO LIVING THE NIGHTMARE KEEP YOUR HEAD UP. *(MYRON ARMSTRONG AKA BG)*

**TYRONE WELLS CENTURY FL** I LOVE YOU AND I MISS YOU AND YOUR KIDS MISS AND LOVE YOU AS WELL. *(YOUR MOTHER MICKY)*

**DAMON AMIN MEADOWS FCI ALLENWOOD STAY** ENCOURAGED AND KEEP YOUR HEAD UP. *(JAMES ROUNDS)*

**KEVIN BROWN-COLUMBIA INST.** I LOVE YOU BROTHER. *(YOUR SISTER)*

**ARTHUR PLESS AKA PLEX COLEMAN PENN,** EVEN THOUGH YOU ARE FAR AWAY YOU'RE STILL CLOSE TO MY HEART, MY LOVE FOR YOU WILL NEVER CHANGE, WITH YOU I'VE LEARNED ANYTHING IS POSSIBLE AND TO ALWAYS, ALWAYS, ALWAYS FOLLOW MY DREAMS NO MATTER WHAT, I LOVE YOU DADDY –LOVE YOUR WIFE, LIFE, DAUGHTER, AND SOUL, YOUR EVERYTHING S/N WE BELONG TOGETHER. *(YOUR DAUGHTER ARTORIA)*

**DERRICK SPANN, AMP SMITH** I LOVE YALL BOTH, HANG IN THERE AND THINGS ARE GOING TO GET BETTER. WHEN EVERYTHING AROUND YOUR SEEM BAD THING ARE NEVER AS BAD AS IT SEEM. JUST PRAY, PRAYER CHANGES THINGS. *(YOUR MOTHER)*

**SHAWN ROBINSON SANDERS FL.** MUCH LOVE AND RESPECT. HANG IN THERE BUDDY. *(LISA)*

**MYRON ARMSTRONG AKA BGEE ESTILL S.C.** CAN'T WAIT TO MAKE YOU SOMETHING ICEE...!!!!!! *(DAVE THE JEWELER)*

**ROBERT COLLIER -SANTA ROSA** KEEP YOUR HEAD AND THOUGHTS ON THE HILLS FROM WHERE WE GET OUR HELP. I WILL BE WITH ALL THE WAY HOME *(LOVE DAD)*

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By Hitasha Stewart