

Prison Rap: Stories from the Inside, is a book written by an author who shares his prison experiences with his readers. He's very candid about what led him to a life that ended him in the penal system for over 20 years.

Prison Rap

By Arthur Lee Hall, Jr.

Order the book from the publisher Booklocker.com

<https://www.booklocker.com/p/books/13192.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**

He was young. He was troubled.

Only in prison did Arthur Lee Hall, Jr. gain wisdom and maturity. Arthur died in prison after 20 years of incarceration, but his experiences and knowledge live on in his collection of essays—sometimes humorous, always grateful—many of them from his popular newspaper column in his hometown, Miami, Florida.



PRISON RAP

ARTHUR LEE HALL, JR.

Copyright © 2024 Arthur Lee Hall, Jr.

Print ISBN: 978-1-64719-975-3

Ebook ISBN: 978-1-64719-976-0

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., Trenton, Georgia.

BookLocker.com, Inc.

2024

First Edition

Contents

Introduction: A Son’s Legacy; A Mother’s Promise.....	1
Author’s Note.....	5
Learning The Hard Way Is Never Easy	7
The Power Of Forgiveness.....	9
A Calling To Correct.....	11
Where Is The Love?	15
Count Your Blessings	19
Striving To Reach Comeback Kid Status.....	23
HIV/AIDS Prevention: A Personal Responsibility	25
Two People In Love Who Are Two Worlds Apart	29
Always Put Your Trust In The Lord	31
Trayvon’s Father Reminds Me Of Mine	35
Achieving Personal Goodness.....	39
It Is What It Is	43
FDOC: A Warehouse Of Wasted Talent.....	45
Good Brothers In The Community Mentoring Prisoners	49
The Devil Is Toiling To Shame Your Name	53
Tomorrow Will Be Better Than Today	57
We Never Know When Our Time Will Come.....	59
Just Like My Daddy	61
Black Folks In Brown Uniforms	65
True Life Stories Can Touch The Heart.....	67
Hi-Tech Communication: An Elusive Trend For FDOC	69
One Man Doing His Own Time	73

Understanding The Young Thug Mentality	77
Lord, Please Give Me One More Chance	81
With Determination To Succeed, Anything Is Possible.....	85
Inmates Gain From Smoke-Free Environment	89
Things To Do, Places To Go, And People To See.....	93
Dreams Can Certainly Come True	97
Drifting On A Memory	101
Prison Rape: A Reality For Some Inmates	105
If I Should Die Before I Wake	109
Moving On With Life	111
Traveling Down The Road Again.....	115
Every Day, I Make A Wish For My Mother.....	119
See No Evil, Hear No Evil, Speak No Evil.....	125
The Funny Business Of Sick-Call Is No Joke.....	129
Heal Thyself.....	133
Recognition Of Rising Number Of Gangs In FDOC	137
Welcome To The Department Of Corruptions.....	141
Misspelled Words Of Love	145
In Every Bad Scenario, You Can Find Some Good.....	147
Who Are We To Decide That A Man Should Die?	151
Cameras Are Watching Every Move We Make.....	155
We Make The Beds That We Lie In	157
Four Months After The Smoke Has Cleared.....	161
Storms, Blackouts, And Restored Power	165
Theft In A Prison Community In A Nutshell.....	169
Ready Or Not, The Shake Down Squad Is Coming.....	171

Prison Rap

Applying Plenty Of Resilience To Your Life	175
Learning To Count Your Blessings.....	177
Old School, New School, I’m Still Cool!.....	179
A Word For Our Youth: If I Could Turn Back The Hands Of Time.....	181
Over-Incarceration Is Not Justice Being Served.....	183
Prisoners Support The Idea Of Self- Empowerment.....	185
Freed From An Unfree Will.....	187
Free Your Mind, And The “Rest” Will Follow.....	189
Lonely Holidays Have Come To Visit Us Again.....	191
Play A Clean Game In Order To Win Big.....	193
Life Is Navigated By Difficult Decisions.....	195
Who Scared? You Scared? Check In Then!.....	197
Success Is Brewed With Perfect Patience.....	199
Thinking About The Future.....	201
Pray For Me As I Will Pray For You.....	203
Be Happy While You Can.....	205
Seek The Truth In A World Full Of Lies.....	207
Incarceration Is For The Birds.....	209
Which Way Will Your Pressure Meter Blow?.....	211
Like The “Terrible” Frog, We Are What We Eat.....	213
A Serpent Is Waiting For Wandering Wolves.....	215
Prisoners Second–But Human Beings First.....	217
Inmates Need “Real Rehabilitation” Before Returning To Society.....	221
Tapping Into The Awesome Power Of God.....	223
Maybe One Day I’ll Hit The Dance Floor Again.....	225

Without Hope, We Have Nothing To Live For.....	227
We Must Learn To Move On With Our Lives.....	229
Attempt To Shine From The Inside Out	231
Press On, And Never Lose Sight Of Your Goals.....	233
It Was A Blessing To See My Mother Again	237
Here's My Message To The World Before I Die.....	239
Conclusion	241
Acknowledgments.....	243
About The Author	245

“A man who succeeds in life must not only know where he is going, but must settle within his mind, with unshakable faith, that he is indeed capable of reaching any port, no matter how rough the seas or how distant the destination.”

From *Think and Grow Rich: A Black Choice*
by Denise Kimbro and Napoleon Hill

Dreams Can Certainly Come True

Because I have been diagnosed with depression and a bipolar disorder for many years now, the institutional mental health services have provided me with an opportunity to receive counseling every thirty days (and sometimes every two weeks) from a psych specialist as part of my mental health treatment. At some point during one of those monthly callouts to see my specialist, a young white woman who we'll just call Ms. Sandin, I was calmly asked by her to share what some of my goals in life were. After listening to me explain all the most relevant things that I am striving to achieve in life, to my surprise, she concluded in a very professional way that I was being unrealistic.

Although Ms. Sandin was rather kind in her delivery, that still does not lessen the feeling of my being slightly offended by her unfavorable analysis of my aspirations. It was so foolish of me in the first place, I thought, to even disclose what my dreams and ambitions were, essentially opening myself up to the criticism of a stranger. Not wanting to appear insecure, though, I had to force myself to suppress any defense that I could possibly offer with regard to my personal visions of success. So instead, I decided to simply sit across from her cluttered desk and look as if I were undaunted by her so-called professional opinion, while further challenging her to explain how she was able to reach that conclusion.

According to Ms. Sandin, after already spending nearly twenty years incarcerated and possibly many more in the future if my legal situation does not change, it is very unlikely that I'll ever reach the status of a rich man. This, of course, was her response to me revealing my desire to amass an enormous amount of wealth before I leave this world. Without really looking for a response, she even went on to question how I would achieve that goal. "Just think about it Arthur," she stated, leaning back comfortably in her high-back leather chair. "How many people do you personally know who have become multimillionaires?"

If not for all the motivational books I've read religiously, at all the goal-setting classes I've attended while in prison, I probably would have been defeated by Ms. Sandin's relentless attack on my ability to dream when I finally strolled out of her office that day. If it were not for all the success stories, I have familiarized myself with about others who have experienced setbacks in life just as I have, yet have managed to beat the odds, I probably would have been forever adversely affected by the pessimism of a professional mental health service worker.

My good guess is that maybe Ms. Sandin's words were as innocuous as those spoken by a former slave to a young black child ten times younger than they are, warning the child to stop believing that his eyes will ever see a Black president.

Understandably, though, at times, when a dream is fashioned in the mind of a dreamer, a normal observer may not be able to make sense of the dream that has been conjured up. For the dreamer that is to be expected. On the other hand, what needs to be avoided is the danger in allowing negative forces to quell the imagination. For everyone has the right to dream, but no one has the right to even suggest to another what the limitations of their dreams should be.

Prison Rap

Truly, I appreciate the services that I received from the institutional mental health department; however, being able to look far beyond these prison gates is really what has kept me halfway sane all these years. For that reason, I must make it a point to remain steadfast and carefully guarding my dreams—perhaps with the help of Earth, Wind and Fire when they beautifully harmonized the words “Keep Your Head to the Sky.”

Why? Because dreams can certainly come true.

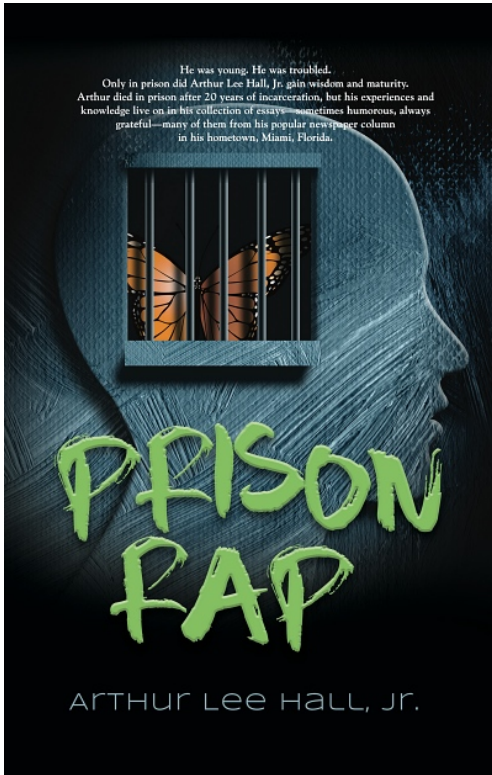
About The Author

In 2010, Arthur Lee Hall, Jr., a Florida prisoner, had decided that he wanted to write a weekly column for the *Miami Times*. To his surprise, the senior editor at the newspaper felt that Hall should be given a chance to express his views and opinions and share narratives about his troubled life with readers. So, the paper made space for his weekly column, “Prison Rap,” which ran until 2013.

While many of Hall’s weekly discussions centered around prison life, a large portion had also touched on various parts of his past. He spoke about love. He spoke about others. He chatted about a wide spectrum of matters pertaining to life in general.

After three wonderful years went by, his tenure of writing for the paper had finally reached its end, and although he never wrote for the paper again, at some point, he decided to publish a compilation of several of his most well-received columns.

Since most of his work that appeared in the *Miami Times* was written with having a positive impact on lives of others in mind, Hall decided that it would be of good service to society if copies of his book could not only be sold to the public for personal use, but also be included in the educational curriculum in churches, schools, and prisons around the country. Imagine if his book could reach beyond the general public’s hands and fall into the hands of millions of at-risk youths, who could then read about the adverse effects of making the wrong decisions in life. Or, if thousands of those who trouble has already found could be influenced by the pages of a book that had the potential to change their lives.



Prison Rap: Stories from the Inside, is a book written by an author who shares his prison experiences with his readers. He's very candid about what led him to a life that ended him in the penal system for over 20 years.

Prison Rap

By Arthur Lee Hall, Jr.

Order the book from the publisher Booklocker.com

<https://www.booklocker.com/p/books/13192.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**