

Artist Name: _____

Red represents the bloodshed, Black represents the death, and green represents the new growth. The Gold is emblematic of the riches underground in the most mineral rich continent on this earth.

I am always working on 1 or 2 projects at once. With the slimmest of materials that are left available to us here in the MDOC, it allows me to mentally be removed from this environment and reminisce about being a machinist and engineer when I was still free. It keeps me focused on something positive and at the same time stops me from feeling Anxiety, Depression, Hopelessness, and Helplessness. Which in turn, stops me from lashing out in a negative manner and returning to segregation & Level 5.