

ANOTHER DAY LOCKED AWAY

*Guy Reford*

As I collected bands  
I unknowingly had an agency of fans  
Tracking and taking snapshots of me  
Filling their lives full of glee  
Why does our government watch our demise  
Their pockets are filled by stealing our lives  
They could have intervened and sent me to rehab  
Instead they waited  
Then suited up to grab  
Ten years they gave  
But forever their slave  
Keep your head up they say  
Another day locked away  
Reading books to pass the time  
No funding available to reprogram the mind  
Keep your head up they say  
Another day locked away  
Locked in a cell for 23 hours  
Let out for 1 hour to shower  
I'm sober now and ask myself how  
They watched me throw my life away  
Keep your head up they say  
Another day locked away  
Staying strong with my daughter to thank  
She filled my heart with her love tank  
The scars they left will never fade  
Most days I am still afraid  
The PTSD is here to stay  
Keep your head up they say  
For even after our release is yet  
Another day locked away.

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