

Monday, July 4<sup>th</sup>, 2011

Hello world!

Happy Birthday America.

I've noticed men incarcerated will fill their days with mundane tasks.

One will create an elaborate <sup>hour</sup> 3<sup>hour</sup> ritual of preparing a simple meal, then devour it in 10 minutes. Then savour the memory for an hour after, thinking of ways to improve it the next night.

Another will use the toilet 5 or 6 times a day, shower 3 times a day and shave 2 times a day and preen himself in the mirror 15 times a day.

Another will change clothes often, spending an hour a day methodically hand washing and drying all his T-shirts, socks and underwear.

Many will begin working out in the morning and continue to exercise 15 minutes every hour only interrupting this routine for chow, hopefully showers, and to watch T.V.

The 3 o'clock shift distributes the mail so 20 or so men will go out and linger until it gets distributed. Sometimes an hour later. If it's 3 or 4 hours later they will pace anxiously until that time. Just some observations.

The best part of today was the cool breeze and mild temperatures thanks to some rain instead of the scorching 95-103 of last week. Small blessings:

Tom P. Riley