



march 30, - April 1, 2012

FRIDAY march 31, 2012 6:34 am. I've been zipped since 4:30 my stomach is messed up, so looks like I got that damn norovirus. 😞 Not at all happy about that. Other than the stomach and diarrhea I feel okay. I'm going to take some anti-diarrhea meds that I got from the nurse when I was sick several months back and see if that helps. Last night I got 2 letters and a card, and a letter from cellpals where this blog is now listed. I've got to get it put zip and listened in several other places. Well I need to clean my cell and then write a letter, so let me get to it.

8:24 am One wing is out on the recreation yard, so I'm not sure if they're doing new FDOC photos today or not. I'm going to start working out at 9 am if I don't hear anything by then, the nurse laundry and everyone just walked by at one time. I've been sitting here writing my mom. I need to finish that letter zip to her. I want to walk for a little bit and see how my stomach is going to do.

9:05 am They just did cell clean zip for the first time in about two weeks. We just found out there's 122 people over here infected. And that's just the cases they know about. I'm not sure if I got it or just had a messed up stomach this morning. I had a PB&J sandwich about 7:30 and I drank water and just ate some oat meal and peanut butter and my stomach's fine, too my vitamins and fixing to start my workout zip here shortly.

9:48 am Just spent the last 40 minutes sewing zip my T-shirts that I use to workout with. now I'm going

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to go ahead and set up for my workout

10:17am DB Press 7 bags 1st 12 2nd 7 3rd 6 4th 7, DB Presses
6 bags 1st 8 2nd 7 3rd 7 Flies Flat 5 bags 1st 15 2nd 12 3rd 9 4th 8
Decline Flies 5 bags 1st 9 2nd 7 Bent over rows 10 bags 1st 23 2nd 21
3rd 12 4th 13 military presses 10 bags 1st 12 2nd 10 3rd 8 4th 8.
Bench presses 16 bags 1st 13 2nd 12 3rd 9 4th 9 5th 7 Bent over rows
14 bags 1st 15 2nd 13 3rd 10 standing Rows 14 bags 1st 10 2nd 9 3rd 8
50 push ups. 15 minutes, step ups. 100 toe touches workout ends 12:37PM

12:45PM That was a pretty good workout. I'm making me
a beef stew to pour over ramen noodles. I feel pretty good.
I'm going to wash cloths and bath at about 3PM. These
guys are talking about superman, smallville and crap,
and one of them is in their 30s the other his 60s.
my, my, my! I haven't been on a real good wing in
about 4 years where guys have intelligent con-
versations about law and stuff that matters.
This is why I love my music to get away from
this stupidity.

1:40PM word is the CDC is in here investigating this
Nora Virus. And I heard that they had some one
in the kitchen who was sick as a dog working
around our food, and this individual was taken
to the outside hospital. Not sure how much of this
is true

2:51PM I was going through some legal stuff where
C.O. Lyach wrote me this b.s. D.R. on Aug 1. For 6-1 dis-
obeying a verbal order, stating I wasn't properly dressed.
Then I think of the other two D.R.s. by Ivey on sept 1,
and Stone on sept 9, All three were retaliatory D.R.
over my blog. Dishonorable no good, s.o.b. they
can stick this blog up their — "yeah you
get my point. This Administration is pure b*****!"
I can be shark bait, cause I fought a good fight.

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I fought with honor and integrity. something this punk a** administration knows nothing about. low life coward lying SOB. "my mom was down here ready for her visit, spent her hard earned money on this trip, when these a** holes, "lied," broke and violated their own rules and regulations, in Chapter 33-208.002 Rules of Professional Conduct, which is governed by Florida statute 944. a state law. And the stinking a** no good sorry institutional inspectors who are governed under F.S. 944.31 to make sure these rules and regulations are strictly observed and followed, wouldn't do a damn thing. I'm going to write and blog about their sorry a** and the fact that they wouldn't do their damn job. I'm pissed off reading through that, seeing, and remembering all the retaliation, these dumb inbred red necks was able to get away with. In the hands of my enemies who are dishonorable sorry xxx xxx!

4:08 PM just finished washing cloths, bathing and cleaned the floor. I'm fixing to lay down and do some reading in this law book. wait on dinner, mail call and sleep, just another day.

⚡ SATURDAY march 31, 2012 7:28 am Here we are, another day. David Gore has 12 more days of this hell before they murder him. I woke up last night at 12:42 am to find my mail sitting on the bars, not sure what time it came last night. I layed down and went to sleep at 7:30 had to get up at 9:30 PM. For that stupid ass master count where I have to give my D.C. #812974 every night. when I got up for that the mail wasn't there. I only got one letter. I need to answer that letter and then work out, or maybe

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workout first. I'm going to get up right now and pace back and forth and then decide what to do next.

8:36am starting workout, standing Tricep ext 3bags 1st 12 2nd 10 3rd 8 4th 7 5th 7 DB Kickbacks 1st 14 2nd 11 3rd 10 4th 10 5th 10 Laying tricep ext 5bags 1st 10 2nd 8 3rd 7 4th 6 DB curls 5bags 1st 10 2nd 10 3rd 8 4th 7 5th 7 Hammer curls 4bags 1st 11 2nd 10 3rd 9 4th 8 5th 8 Rev. grip curls 4bags 1st 7 2nd 7 3rd 7 Crunches 75 9:46am Finished.

9:53am I got me a good sweat in. That was a pretty good workout. Fixing to eat the other half of my peanut butter sandwich and cool down. I heard thunder earlier and it's dark outside, so dark that with the tinted windows, I can't see anything. My neighbor went out for a visit.

12:26PM just finished eating. I got one letter written earlier. There's nothing on T.V. until tonight with the NCAA Basketball games. I was thinking earlier that if Stoney was still alive he would be out there visiting Fran right now. That visiting park although it's only been there 20 year's, has seen a lot of guys who are now dead, some of natural cause's, other's who have been murdered in the death chamber. What a world! I'm going to have me a tea, and then decide what else to do.

3:04PM my neighbor just came back and said that they (staff) announced out in the visiting park for no one to drink the water, it's contaminated. With what, we don't know. Not sure what they will do about showers. Find out in a couple of hours.

4:16PM They came over the intercom about an hour ago, and said "Don't drink the water." I need to take some Tylenol for this headach, but can't drink the water. I've been getting a lot of headaches

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the past few weeks. I found a couple of poems that I'm going to place up on my blog to share with others. And some stuff I'm going to put up over on cell pals. There's no word on the shower's tonight. I want to get my shower so I can lay down. I just thought about my death. one day I'm going to die, I'm going to be a memory to few but forgotten by most. Life will continue on without me, as it does with everyone. strange how that thought crossed my mind as I was sitting here writing. maybe it's the headaches that made me think of that, along with the psychiatrist the other day saying my blood work is a little off. when death comes, it comes we can do nothing but embrace it.

5:02 PM word is, there's no shower's tonight. I'm fixing to wash up. wash cloths and lay back and watch some basketball.

7:32 PM calling it a night, going to sleep.

* SUNDAY APRIL 1, 2012 7:54 am. Rough night's sleep last night. I got out of bed at 4:50 am. They say the water is okay. I'm having a cup of coffee. I need to write a letter and workout. At 12:30 PM I'm going to watch NASCAR. and 3:30 PM I'm going to watch the Miami Heat. I'm so tired, I wake up too much during the night. David Gore has 11 days left to live. And Rick Scott will probably sign another death warrant around my birthday April 20. Can't believe I'm about to turn 44. :-)

9:04 am Finished a letter to Anne and cell pals. Fixing to walk for a bit before I workout.

9:24 am starting workout. Rock crunchs 50, 25, 25, 25,
100 Toetouch's jumping jacks 225 Cal Fraises. 40, 30, 35, 35

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Lunges 1st 25 and 15 Front Kicks 25, 20 squats 50 down and under 50 Finished 10:13 not the best workout.

10:18 am just cleaned the floor. I have a headache and my spine the back of my neck hurts. I don't know what's up with these headaches. I found an article where 4 nurses were fired and 7 guards were put under investigation for beating an inmate here at 21C1 the Lt. Bennett Killgore who tried to cover this officer on inmate assault up, is the same one that turned around and set that lying D.R. up on me on sept 9, 2011. All the officers in that beating that got 4 nurses fired were all brought back to work, under this corrupt administration. All the nurses did was what Lt. Killgore told them to do, not to report it. The staff officers did the assault yet continue to work in here. Like I said, there's no honor and integrity in the F.D.O.C. Lt. Killgore threatened me last year, when I was writing out in my letter's trying to find out why he wasn't fired. And the reason I started investigating that was because he lied and set me up with that bogus D.R. on sept 9, that messed my mom's visit up.

11:20 PM Finished washing cloths and bathing. Now eating some fish steak's and refried bean's and going to lay back and relax.

3:24 PM watching the Race Dale JR is looking pretty good. Not sure if they will do shower's tonight. Find out in about an hour. I'm fixing to flip over to watch the miami Heat. Two guys are back from visit's and they've been talking since they got back. Their talking about all the drama that's taking place out in the visiting park. Drama drama and more

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drama. But hell these men gossip more than the damn women out there do.

4:53PM Well JR. didn't win. 😞 I just finished eating. I ate a fish steak over grits. I can't eat that meat on the tray, just nasty. I'm fixing to lay back watch the rest of the Miami Heat game then the world news 60 minutes the Amazing Race then go to sleep. Doesn't look like their going to make zip the showers that they skipped last night. I don't care I like bathing in here. I get cleaner in here, I just hate having to clean zip the water. That's another day on Florida's death row. This coming week I'll send in that Miami Herald article on them 7 guards and 4 nurses involved in that assault. I hope to get some one on the street to get the Inspector General and FDLE Report on that officer on inmate assault. Cause I want Lt. Killgore for setting zip that b.s. Fraudulent ass DR. against me, that still has me on Hightened security. Assistant warden Jeffcoat stated "I earned this Hightened security". Yes I earned it, I under estimated the lack of honor and integrity of this stinking slim ball low life Administration. That's the only way I earned. And they earned this law suit!" so there, violate some more of my Constitutional Rights and I nail their punk ass with another law suit!" oh well call it a day.

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6:13PM, They ran showers I just got back calling it a day