



Daily Journal
APRIL 6-8 2012

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FRIDAY April 6, 2012 7:15 am. It's pouring rain outside. Hope they don't call me for recreation. We

should get canteen this morning. I got letters from my mom, Dad and two others last night. so I have some writing to do. also got to do my workout. I'm sore from doing all them pull ups dips and push ups yesterday. wish I had a pull up and dip bar in this cell to workout on.

I'm fixing to eat my P-B and J sandwich and drink my powdered soy milk from breakfast and take my vitamin and then walk for a while before deciding whether to write or work out.

9:04 am just finished a letter and canteen just came on the floor. nurse Cunningham came through with C.O. Norman who was picking up grievances and legal mail.

10:07 am I had a chicken sandwich. that's the best deal on the canteen. fixing to do some walking and then I'll decide what to do next, probably write mom or Anne.

11:31 am I've been going through paper work throwing some of it away. sorting out the rest. I've got some more work to do later on. I took my hot dogs off the tray. I'll eat them later. I'm going to walk some more and then get this work out done "if" they don't call me for recreation.

12:39 PM I was working out. was having a good leg workout. I felt something tear in my right knee, so I shut it down. I tried to work through it, but the pain was just too much. I hope it's nothing serious. I've had two surgeries on this knee already. one in 1985 and another one in 2006 or 07 I can't remember.

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I'm pouring sweat. I may wait a little bit and see if I can work out some more. maybe not. just sitting here at the table I pushed up on the ball of my foot I can feel pain on the inside of the knee.

1:20 PM Looks like they screwed me out of my 2nd recreation. I'm going to file a grievance if I have to and try to make sure I get 3 rec's next week.

1:37 PM Mrs. Mahoney just came by. I asked her if she heard anything about me, she said, "no your doing great!" I said, "I was just wondering about that incident Tuesday with Lt. Killgore." she said "nope nothing". Sgt. Smith was making the rounds with her. I'm writing my Dad right now.

5:22 PM At 2:30 PM till 5:00 I watched a movie called Mr. and Mrs. Loving which was based on a true story about an interracial couple in Va. in the 1960s. It was a really good movie. Right now I'm fixing to wash cloths, bath and then eat the meal I just made with refried beans and that meat patty from the tray. Then I'll do some reading, watch the news, a little T.V. and call it a day. Hopefully I'll get some mail tonight.

* SATURDAY APRIL 7, 2012 Today is Tracy's birthday she will be 41. Wow, she was 18, and I was 21 when we were together. For got to put the time down. Its 7:45 am. I just took my vitamin and I'm fixing to walk for a few minutes and then start my workout. I need to shave, I'll do that while I'm walking. Metallica is on my mp3-player. And Justice for All. I only received one letter last night. Better than no letters at all. Let me get up and get going.

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9:00am passing out cleaning supplies cell cleanup. I'm in the middle of my workout.

9:42am just finished working out. Was it a bad workout. There's something wrong inside my right knee, as I was walking I felt something tear. I don't know if I feel the same pain as others. I broke bones an ankle, wrist and knuckle in my hand and went about my business, it hurt, but it didn't stop me. When I broke my ankle I thought it was a sprang, I was walking on it, the nurse come up to my cell, she yelled no no no you got to get OFF that it's broke. Well I need to write a couple of letters.

11:40am I finished one letter and then got to working on something else that I spent over an hour on. I'm going to hook my lunch up here shortly. I still got to write mom, Annie and finish a letter to my Dad.

1:26PM just watching a program on Titanoboa, the largest snake in the world. I need to be writing a letter.

2:59PM my damn Fan just burned up. It's called a "massey". It's garbage of garbage. That's the sorriest company I've ever seen. Their products suck!!

7:25PM Finished my shower, and washed cloths fixing to lay back and watch TV, untill I go to sleep. I ate a soup for dinner.

✱ SUNDAY April 8, 2012 7:06am I'm dragging ass this morning. I just didn't feel like getting up. As I wrote down that date, I thought of Lisa and I. We got married 24 years ago, 4/8/88 in Savannah, Ga. seems like another life. I just don't feel good this morning. I wish my Fan was working, it's a little chilly this morning, I used my Fan as a way to cut out some of the other noises around here, just

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hope I can get a new Fan before it gets hot. I still need to finish a letter to Dad and write Anne. And I've got this chest, shoulder and back work out to do this morning. I need to get going, already made my bed but I need to clean the floor, sink and toilet.

8:54am one of the guys just went out for a visit. sure wish I had a woman to come see me every week. I got a work out in, not a very good one. I seen on the news where they caught the two guys in Tulsa Oklahoma who were killing people. I was glad to see that. I'm fixing to make me a cup of coffee and finish writing Anne. and then my Dad.

11:06am I got one letter finished, and then was going through some paper work. I'm trying to find my Dad's address. I miss placed it. we got chili-mac for lunch. I'm going to put it up and eat it later.

1:00pm watching basketball and fixing to write a grievance on this tightened security.

1:31pm I wrote the grievance to Col. Godwin which I will post up over on the blog when I get a response. I did 150 push up and now I'm going to lay back and watch the game. I'll wash cloths and bath at about 3:30.

4:09pm The basketball game was pretty good. went in to overtime and came down to a last second shot. I still haven't washed cloths or bathed. I'll probably wait till after dinner. The issue I grieved was being kept on tightened security without any kind of review and the fact that my cell door being opened on Tuesday March 27, 2012 at around 1pm.

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And me telling OFFICER McClain to shut it at 1:33pm shows that this Hightened security is not at all justified. This is pure B.S.!" An inmate who is truly Hightened security is not going to stop an OFFICER like I did OFFICER McClain and tell him to shut the cell door. IF I was the threat that this corrupt ass Administration claims I am, that could have been a very dangerous situation for C.O. McClain. Fact is, this a retaliation status, for writing about the D.U.I. Rumors of this warden, and Sheriff Whitehead covering them up. And because they can't controll my blog or this pen, they want to retaliate act like idiots. oh well idiots they are. Just waiting on dinner, after I eat, I'll bath, wash cloth's and kick back and watch some T.V. and call it a day.

5:05PM just finished bathing and washing cloth's fixing to sit back have a hot tea peanutbutter sandwich and call it a day. see what tomorrow hold. Till next time.

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