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monday November 19, 2012 6:30 am.

Just drinking a cup of coffee and watching the world news. More chaos in Gaza. Seen on the news this morning where a Jacksonville Sheriff's Officer was fired for threats against the president. It's good to see that I'm not the only one captivated by stupidity. And then just look at Petraeus and then two crazy women, fighting over a married man, when they're also married. I mean - damn - they make me look smart. I'm going to do some painting this morning. Listen to some music and just pass some time. There's still been no word on Manny Pardo's execution date. I don't understand that. Usually someone has heard something. And it's on Capital Update. Let me watch the news and get to cleaning the floor.

8:02 am Just seen on Capital Update that Secretary Kenneth Tucker is stepping down as the Florida Dept of Corrections secretary. About damn time. That's far over due. He was a sorry secretary. Not sure what date is his last. I need to get someone to go on the FDCC website and find out more.

3:42 pm Canteen came about an hour ago. I wasn't able to get a lot. I'm down to \$7.62. I've stocked up on batteries, so I don't have to work about that for awhile. I was messing around with a card for a couple of hours. But I've been walking back and forth, pacing like a tiger in a cage, while I listen to my music. This is one hell of an existence that I'm in. This damn depression - sometimes it just hits really hard and all at once. Dark cloud just drops in and falls over the top of you. Loneliness

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hopelessness despair. This is one hell of a place to have to deal with such feelings. And the simplest things such as receiving no mail can send you into a downward spiral. I guess that's just the loneliness. I'm going to get up and do some more pacing. Walk until dinner. We got showers tonight.

4:54PM I wrote a blog frightened security. Cause every time I think about being on this crap I think about what they did to me. Strip cell's assault's ect. And it make's me want to show this blog straight up Warden Reddish's a***. Cause he's a punk! "a low life unethical lying b****!" And I don't give a damn who doesn't like what I've got to say. They don't like it - tough sht*!

Tuesday November 20, 2012 6:22am I've been up since 4am. Watched the ABC News, seen one of the guy's name Glen on the TV. Confessing that he killed O.J. Simpson's wife and friend for O.J. He's crazy as hell. I'm fixing to watch the CBS news and then start a letter to a new friend. I also have to get my mom's birthday card out and write Anne. I'll do some painting later on and finish up this card that I'm working on. The guy's on this floor will go to recreation today. I don't get to go - cause former warden Reddish is a jack a**. Punk a** b****. "unethical low life M.F.!" And I could keep on and on. I got every right in the world to be mad, they stinking low life coward had me assaulted, not once, but twice, placed in strip cells, destroyed my property suspend my mother's visits. Cause he's a coward a** b****! screwing with me is one thing, messing with my mother, well that was

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just hard core proof that he's a b****! Had his STAFF jump on me while I'm handcuffed and shackled. A real man would have opened the cell door and said, "you got a problem? we can talk about it and work it out, other wise there's nothing stopping you but air and opportunity." Of course he wouldn't do that, cause he's a coward that has his hench men jump on and victimize helpless prisoners who are restrained and can't defend themselves. I'll never let that go. I hold a grudge. Pisses me OFF every time I think about those two assaults. Let me shave, clean the floor and then get to writing.

1:43 PM Well I was just pacing. I wrote a couple of letters. Everyone went to recreation this morning. Guy's have been talking all morning about Glen Rogers being on the new's. That's crazy. I seen more of the story on Good morning America. That stunt has just cost him to get his death warrant signed quicker than it would have. I lived next to him in 2004. He was in cell 1110 I was in 1111. I had no idea that he was a serial killer. You can't tell, look at B.T.K. Denise Radar, no one suspected him to be B.T.K.

Well I think I'm going to do some more walking and then I may take out my paints. I've been paranoid this morning cause one of the officers that set me up and falsified a DR. last year, made eye contact with me this morning, and he doesn't do that. so when some one does something out of the ordinary, I get paranoid.

7:01 PM I just finished a blog Human Right violations. Then I smashed this ink pen and got ink all over the place, cause I got mad cause the damn thing would

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not write, I'm fixing to lay down and call it a day.
I'm really tired and don't feel like doing anything
else.