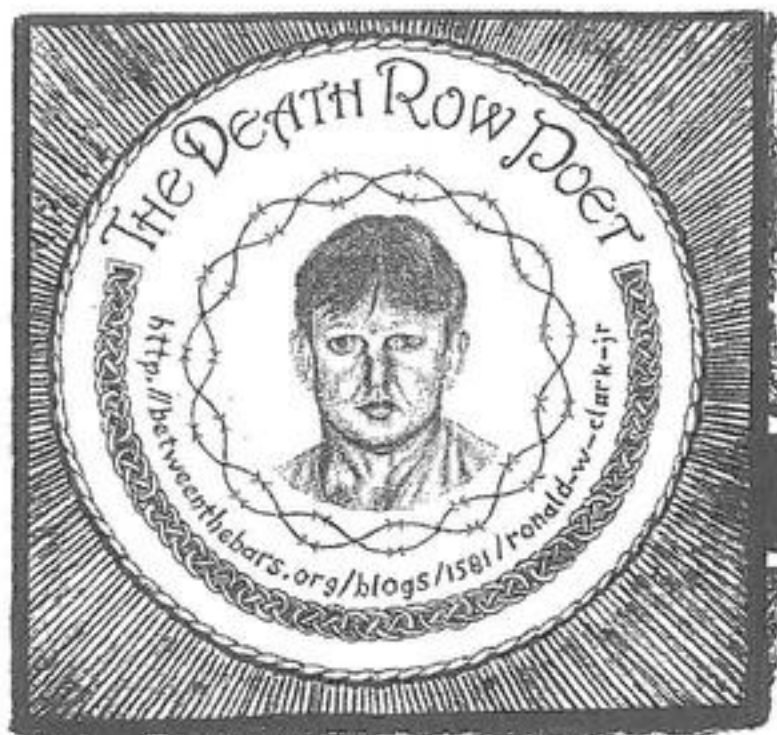


# Daily Journal

March 22-24, 2013



FRIDAY March 22, 2013 5:54am Been up since 3am. Bad nights, sleep went to sleep at 8pm. woke up at 9:30 For master count, when I got

back to sleep mail showed up about 10:10pm. I might have got back to sleep by 11pm, so I'm tired. I ate breakfast at 5:30 I've made the bunk, cleaned the sink and toilet. I've got to wash the floor here in a minute.

And then I'll do some writing. I got 4 letters in last night. I'm prepared if they do a major shake down.

8:30am. just finished a letter to mom, wrote 2 cards I've got some other letters to write. They didn't call Recreation, things are pretty quite. I have a dental call out at 1pm. Fixing to make a soup then do some more writing.

10:24am. I've been getting some writing done. I have two more letters to write Anne and Crystal. would like to start exercising, but I don't want to go to the dentist all sweaty, so got to wait until this evening

Back to writing, no I'm going to walk for 30 minutes

12:05pm. just finished eating going to watch some basketball and wait to go to the dentist.

2:10pm. I just got back, all they did was take X-Rays. I talked to several guys that I haven't seen in quite some time. We talked about attorneys and our appeals. Right now I need to set up for an exercise session.

Also heard out there that one of the officers got fired last Friday for failing a drug test.

3:51pm. I just did a cardio, I'm just too sore to do anything else. I'll do chest, shoulders and back tomorrow. Plus I'm really tired, soon as I get back from showers I'm going to sleep. some one else moved into cell 6123



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so we are full down here. The guy they got down there Greg i've known him for 20 years. I'm waiting on dinner, which will be here in the next 20 minutes. I'm watching the games and listening to music.

4:42 PM. Finished eating. it was nasty. I'm going to sit back watch the news and wait on the shower. Right now I'm fixing to wash clothes.

Saturday March 23, 5:08 am. Been up since 4 am. Got a good night's sleep. waiting on breakfast. after which I'll write a letter. I got one letter in last night. Christian whose been writing me off and on for years. I'm going to exercise this morning and work on some stationary. This afternoon I'll watch some basket ball, and just see what else today may hold. I'm still sore. I'll work past it. I've made the bunk cleaned up. I'm going to start this letter.

9:24 am. I wrote one letter this morning. Then just before 8 am I started exercising. just finished up. That was a good one. I got a blister Wednesday exercising on my right hand. just tore all the skin off of it. Hurt's like hell and it's right where the pen lay's at the top of the thumb and finger. oh well. Time to wash some clothes, bath and then do some art.

12:12 PM, still haven't washed clothes. I've been doing some new stationary, and doing it in black and white. Fixing to watch one of the games, not that I care. Team's I like don't play today. I'm going to finish up this stationary and then bath and lay back and relax.

3:49 PM. just sitting here waiting on dinner. I washed clothes, bathed and laid down. The game was bad so I listened to music and dozed off. I need to write a couple of letters I may do that after dinner.

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6:56 PM. I ate dinner wrote a letter watched market warriors just finished watching the news and now I'm going to sleep. Get up in the morning write a letter exercise and have a productive day.

sunday march 24, 5:02 am. Been up since 3:30, just waiting on breakfast, should be here any minute. Eggs, grits, potatoes and biscuits. Need to start a letter and then go from there. It was 16 years ago that my Dad killed Connie.

8:54 am. Just finished exercising and busted that blister open again. I wrote two letters this morning. One to a pastor I seen on TV. One Anne. Now I'm going to do some art work, then wash clothes and bath before 12 PM, and lay back and watch basketball and then the race and see what else today holds.

11:50 am. Can't do any art work. The paper is damp from this rain and humidity. Maybe I can get something done tomorrow. Still haven't bathed or washed clothes. Fixing to see what game's are coming on.

3:32 PM. I washed clothes and bathed. It stopped raining and the dampness has went down. I still won't be doing any art work until tomorrow. I did write one more letter. Now I'm just watching the race. Danica is not doing good, she's in 34th place.

4:34 PM. Just finished eating, it was nasty. processed meat, and who ever invented that crap should have to eat it the rest of their life. That is some nasty crap. None of the food on the tray was cooked proper.

6:27 PM. It was a pretty good finish to the race. I'm fixing to call it a day. Larry has 18 days to live.