

MAY 25, 2013 (SATURDAY)

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Hi phyllis!

Updated my visitor list if that still works out in your travel plans with Sis.

Great to hear from you again! Thanks for the interesting info on the water testing and positive influences. I've never heard that before.

With Summer here getting more exercise, but all the rain keeps the yard too muddy for running. Only 1 or 2 chances a week to get in some miles.

The #1 Warden retired yesterday. So this will be the third Warden in a year. The first month is always stressful as rules change, searches change and guards tend to be more rigid to prove themselves. It's not the hardship, but the inconsistency that causes stress. One day you can walk to the Library unmolested, but the next day your "surprised" with a full shakedown and you don't know whether or not you'll end up in seg because your shoelaces are tied wrong ...

Until next time ... David