



Daily Journal

July 22 - , 2013

Monday July 22, 2013 6:09am. Just watching the news. This is one sick world, so much hate, so much violence. I'm getting to where I'm tired of watching the news. Here I am trying to fight against capital punishment, and I watch the news seeing women and children killed, oh the death penalty won't stop it or deter it in any way shape or form. There's no good answer, I seen when that little 8 year old girl Cherish was murdered a couple of months ago, I was enraged. "IF I could have got my hands on that idiot that molested and killed her, well by the time I was done with him he would have wished he was dead!!" I see this senseless violence and it pisses me off so badly. so I can only imagine the public's anger. Beautiful 22 year old woman found dead in Georgia over the weekend. she had a 4 year old and 1 year old child to raise. Breaks my heart. And the idiot that killed her, I wouldn't kill him, I'd torture him. IF that was my daughter or girl friend, it would take an act of God to stop me. We humans are sick. People will say what about you? I'm nothing like those people. I made mistakes while on alcohol and



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drugs and being around the wrong person. Oh alcohol and drugs that's no excuse! The hell it aint!! Alcohol makes everyone who consumes it an idiot!! Cops judges mayors ect get behind the wheel driving, cause alcohol screwed their sense of judgment up!! I'd have never made these choices had I not been drinking doing drugs and hanging out with an idiot. People say, you have the choice, yeah, unless your father starts you off young, and by the time your in your teens your already addicted. I was a product of my environment, so much regret, so many would of, should of, could of's. Life is unforgiving, you have one life, one chance. Cherish it always. For today could be the last day of the rest of your life. Love always! Tell people what they mean to you. Guess I'll do some writing and see if they pull us for recreation.

8:03am. No rec for this morning. maybe this afternoon. We're just been walking listening to music. Need to write a few churches.



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10:24 am. Just finished working out. I'm pouring sweat. After I cool down I'm going to wash up and hope they call recreation. Wrote 2 churches this morning.

11:52 am. They did call rec, but the weather shows some major storms coming this way, so we may not make it out, and if we do, they may bring us in early do to lightening.

3:30 PM. They did not run rec because of the lightening. I washed clothes and I'm waiting on dinner then showers then bed.

Tuesday July 23, 2013 6:08 am. Hoping to go to rec today. Still looks like more rain. The news is just depressing lately. All this Zimmerman crap, people need to move on. He stalked that kid, he was wrong, but its over with. The white people didn't riot when O.J. got away with killing Nicole and Ron, some times things aren't fair. Hell life isn't fair! Its a waste of money to try to get a Federal trial. Cause the prosecution can never prove that Zimmerman stalked him because he was black. There's no evidence to support it. Although I like most people assumed he stalked him because he was black. But it's one another thing and there's no evidence to prove it. And I don't care for Zimmerman, so I'm not taking up



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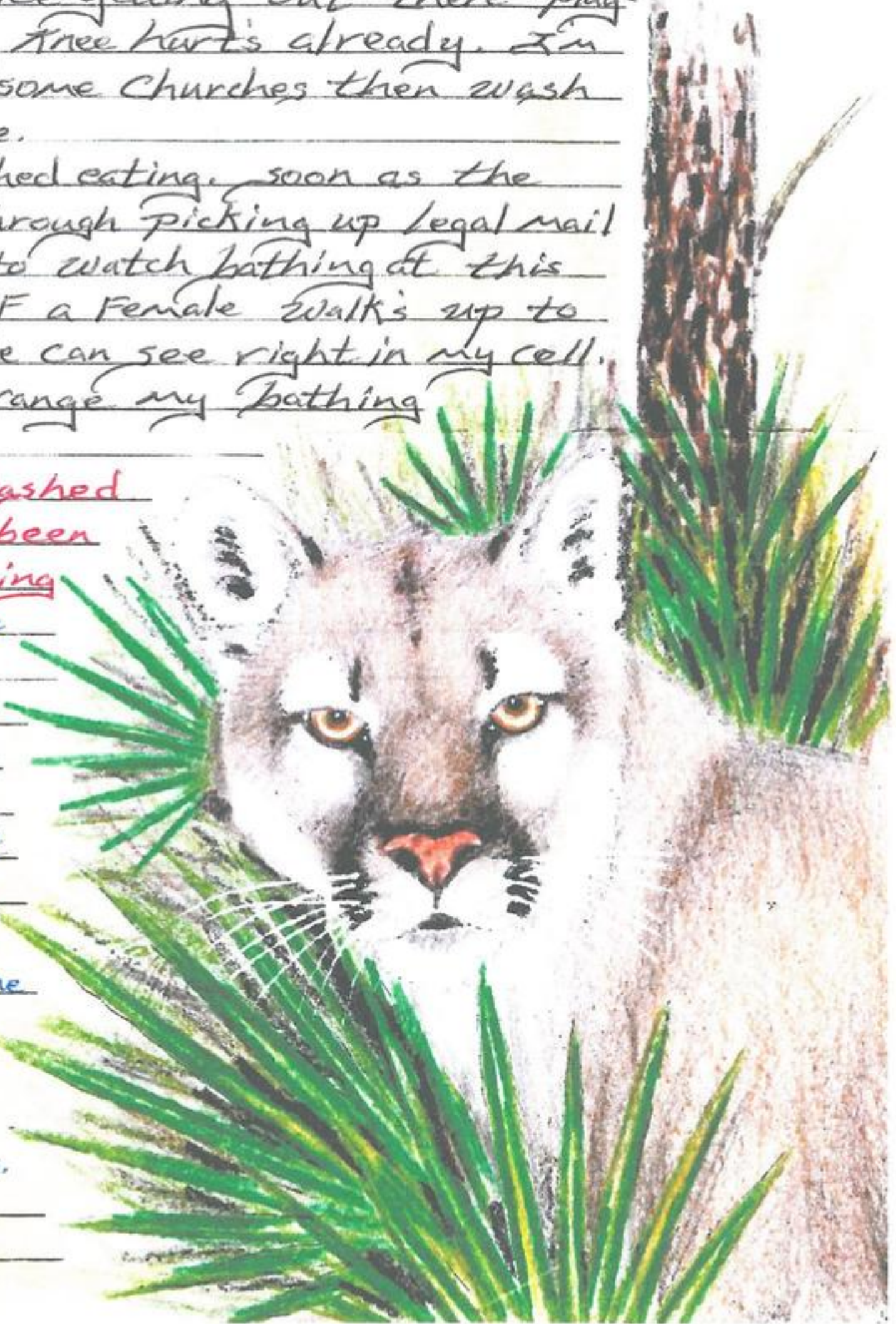
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For him. But the Facts are the Facts. Guess I'll do some writing.

10:44am. just got back in from rec. worked out. Then played one game of basketball. Was out there with guys from 5-Top who I hadn't seen in a long time. It was nice getting out there playing basketball. My knee hurts already. I'm going to eat do some chores then wash clothes and bathe.

11:38am. just finished eating. soon as the mail lady comes through picking up legal mail I'll bathe. Have to watch bathing at this back door. Cause if a female walks up to the back door she can see right in my cell. so I've got to arrange my bathing around that.

3:00 PM Bathed, washed clothes, and just been laying back listening to my music. Got a couple of new pens. so just trying them out. My thigh hurts where I got hit on the basketball court. It hurts all the way to the bone. Hope we get recreation on Thursday. I need a days rest. Go out and do some more dips



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and pull ups. That blue pen doesn't work to good. I'm going to lay down until dinner gets here.

Wednesday July 24, 2013 6:24am. Rough night's sleep last night. I woke up alot. mainly because of this back door getting slammed.

9:57am just been doing some writing. It's been raining. so it's cool in here. I think I'm going to workout here shortly.

11:01am just been walking, my leg is seriously hurting. I took IB. Prophen and put Analgesic Balm on it. Can't get the soreness out of it. Hope they don't call rec, but if they do, I'm going.

1:54PM. Just finished working out. Wasn't too bad. Could have been better.

Thursday July 25, 2013 5:54am.

No mail last night, seen on the news this morning where they set another date Aug 5.

For Ferguson, still haven't heard any more on Gore. Guess I'll write a church or two this morning. Then work-out. I hope we get afternoon rec but got to be ready just in case they show up this morning.



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11:01 am just got back from recreation. I played ~~Basketball~~.
won about 10 games lost one. But my knees are hurting.
I don't know if I'll play any more basketball. I also
got to talk to some people that I haven't seen in a long
time, I'm fixing to wash clothes.

3:59 pm. just been laying here, I can't hardly
walk. My knees are shot. I'm too old to play
basketball. Right now I'm just waiting on dinner.
After that I'll lay back down until I go to sleep.

Hope to get woke up with some mail.

4:49 pm. Finished eating and I'm calling it a
day.

