

Daily Journal

Sept. 13-17, 2013



Friday Sept 13, 2013 6:36am Got up at 4:40 ate breakfast at 5:05 Cleaned the cell made the bunk Nurse came through at 5:20 and said I'd be seeing her this morning. I got woke up at 9PM last night for a cell search which is ridiculous! My cell got searched Sunday when I went out to visit. Mon & Wed during showers and Tuesday when I went to the property room, so there's no reason to wake people up at night for cell searches. Oh well, got more things to worry about than cell searches. First thought this morning was OF Bill. I hope something that I'm doing works. Well I need to write a letter or two, I haven't received any mail in 3 days. Maybe I'll get something tonight.

8:51am. I'm sitting here writing a letter and they came down and took the mattress out of cell 6116 next to me to move someone in there.

9:21am. They moved someone in Bill's cell. I've heard his name around for years, but never met him. Seems like an okay guy. I need to get back to writing.

9:46am Can't keep my mind on these letters, all I can think about is what Bill's going through. I'm going to walk for a while and listen to music.

10:47am. Just got back from seeing the nurse. I got some Ibuprofen and Analgesic balm. I'm hoping to go to rec this afternoon. My neighbor is good guy. I know who he is now that I've seen him.

4:39PM. I went to rec and played some basket ball. Just 2 on 2. It was nice outside. There was only 6 or 7 of us on the yard. My shoes



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Fell apart. I should have worked out. Just finished eating, fixing to polish my boots, and wash clothes. Got showers tonight.

5:47 PM. Just finished washing clothes. Got a nice shine on my boots. Now just waiting on showers, which I probably want get until 9 PM. Sure hope Bill is doing okay.

→ Saturday Sept 14, 2013 8:03 AM. Got up late. 5:12 Knees are killing me!! I got some cleaning supplies this morning, cleaned the cell, made the bunk, shined my boots again, wrote a note (Note) to a guy on another wing, and now I really need to workout. I'm going to watch Foot ball later today.

10:09 AM. Just finished working out. Mind was on Bill the whole time. He use to wash his sheets every Saturday morning. I can only imagine the sick feeling that his sister and nephew and neices have. I wonder if they will come see him. This is a sick system. Well I need to wash clothes and bath.

6:02 PM. I spent the day watching Foot ball. Bill still on my mind. Pitt was playing and that's Bills team. I'm going to lay down now and call it a day.

Sunday Sept 15, 2013 7:06 AM. I've been up since 3:50. I'm still tired. I need to work out, bathe and get ready for a visit. I was watching this David C. Pack a preacher on TV. I think I'll start trying to catch him every week. May even drop him a letter. Well if I don't work out now, I'm not going to.

8:35 AM. Just finished bathing. I worked out ab's arms and calves. Now wait -

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ing on my visit. Get out of this cage for 5-6 hours. I'll come back watch some football and write a letter right now I need to put everything in the locker and get my cell ready to leave it.

3:13 PM. Just got back from the visit. Going to lay back now and watch some football.

7:02 PM. There was some good games on. I'm getting ready to crash. See what tomorrow holds.

Monday September 16, 2013 5:58 am. Got up at 4:14. Cleaned up, cleaned the cell ate breakfast at 5:20 and got my stuff ready in the event they call recreation this morning.

7:28 am. I've got to snap out of the way I'm feeling. Bill - and this Governor signing him up has really effected me. I can only imagine what his sister and them are going through.

10:56 am just finished working out. I'm not feeling good, depression is creeping in. This warrant... its effecting my mental well being.

11:05 am. They just called recreation, so I'll get out of this cage this evening.

5:20 PM. Had a nice rec. Came back in washed clothes, we had real chicken for dinner. That's the first time they've served real chicken in 8 years. waiting on the shower now and then bed.

Tuesday Sept 17, 2013 6:38 am. Got up at 4:45. Cleaned up watched the news, sad situation in DC. where that guy killed 12 people. What's wrong with people. Well its obvious theres alot of mentally ill people in this world. I need to do some writing

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today. my knees are killing me!

9:57 am. Wrote a letter and replied to a couple of comments. Fixing to write up a piece for the blog, then workout.

11:16 am just finished stop the madness of capital punishment.

9:05 PM. Just finished working out. wasn't too bad. Get to wash clothes, bathe then eat dinner watch the news and go to bed. I made some burritos for lunch for my neighbor and I. they were pretty good. I don't know what I'll eat at dinner. Be glad when they put me on this diet.

5:50 PM Finished bathing, about to lay down and call it a day. Hope Bill is doing okay, and hope his family is okay. I'm sure their not knowing he will die in 28 days. 28 days to live.