

- Wednesday, October 2, 2013 -

Before I start this entry I want to say thank you to the people who left positive comments about my ticket scalping experience. To the people who left negative or disrespectful comments, sorry, I can't respond to your comments and go back and forth fighting on the internet, I don't get down like that. After being in prison for 15 years I'm sort of used to dealing with ~~things~~ ^{things} face to face and not behind a computer keyboard. ~~So sorry~~
Just being honest.

My day is going really well. I'm a bit sore from the ~~bench~~ bench press I did yesterday. I did 10 sets of 15 reps of 400 pounds on the bench press. Then I went to the dip bar where I did 10 sets of 25 reps each set. Then me and my buddy from Boston did 10 sets of pull ups on the pull-up bar, 12 reps each set. Today I will run the yard, probably 20 laps, for my cardio. I weigh 240 pounds, 6 feet 1 inch tall, so I love doing pull ups and dips because I'm lifting my own body weight and I get a good workout.

I will catch DR. OZ show at 4:00 and see if he has a few good health tips I can use. I will hit the gym hard again tomorrow doing leg press and shoulders. Legs aren't my favorite, but I try to get them in because they make the rest of the body stronger. On Friday I will rest. On Saturday I will do an all arms routine working my biceps and triceps. On Sunday I will take off and watch football. Here is my voice mail #, seriously! Leave a 30 second message. (☺)

↑ 702-262-6140

PAGE [2]

On Monday I will work my traps, shoulders again, and do squats. On Tuesday I will be back on the bench press, the incline bench, and the decline bench. I want to get out in 3 years and be healthy. I will be 45 years old when I'm released. I feel a lot younger and sometimes I have to get on these 22 and 23 year old guys to keep up with me when we're working out.

I watch a lot of sports on television. We get the lifetime channel, ESPN, tbs, TNT, TLC, BET, Univision, This, METV and all the local channels. We also get a station out of San Francisco Bay Area. I usually watch the news and it gives me a ~~ret~~ reality check when I see all the things that's happening out there, that weren't happening when I was free. It reminds me just how long I've been in prison. I always wonder why no one came up with a reality prison show yet. If we could have iPhones in here I would be rich, because people wouldn't believe the things that go on in here, you would have to record it and show it to them. I'm not saying prison is fun, nor do I support a person deciding to come here, I just try to make the best of it.

Why do I have a super crush on Rebel Wilson, is what I've been asking myself lately. First it was the ~~girl~~ girl from Drop Dead Diva on Lifetime, and now it's Rebel Wilson. 😊

Am I the only person who watched the Mermaid

documentary on Discovery channel and thought it was fake, until they came out with that newly discovered evidence? I had to watch it twice, then a third time so I could see what those fisherman pulled out of that net, or how did a fish get speared in the deep ocean as if someone ^{were} hunting under water.

I watched Chelsea lately on USA a while back and I think Chelsea ^{is} so funny because she is so blunt. Seems as if she isn't afraid to say whatever it is she wants to say. She is so Gangsta! 😊

Ohio state will be playing Northwestern on the road this Saturday. I still like Ohio state to win by more than a touchdown. I like Notre Dame to win at home against Arizona State. I like Notre Dame by a field goal. I'm also looking for LSU to beat Mississippi state after their loss to Georgia last week. Miss State likes to hold the ball on offense so the other team will have less time on offense and their defense is pretty good too. It will be a low scoring game (under 50 points). Ole miss will beat Auburn after being crushed by Alabama last week. Louisville will beat Temple. Florida state will beat Maryland. UTAH will have problems with UCLA and I even think UCLA will win on the road. Even though Florida is missing their starting QB and wide receiver, they will still beat Arkansas. The Ducks! Oregon will definitely beat Colorado. Clemson has to be very careful with Syracuse, this may be an upset game.

South Carolina will beat Kentucky. Clowney will have a good game at home. miA will beat GA Tech. Those are my picks as of October 2, 2013, these games don't start until Saturday. I think I picked them all right except for maybe one or two games. Also, Michigan will have problems with Minnesota. This will be a close game, over 54 points.

Here are my NFL picks. Denver will beat Dallas by 13 points. Carolina will beat Arizona. Sea will lose their first game to the Colts. Kansas City will beat Tennessee, will also be low scoring game under 43 points.

Tonight's baseball game is Tampa Bay @ Cleveland Indians. Cobb is pitching for Tampa Bay and Salazar is Pitching for Cleveland. I'm taking Tampa Bay because of the better experience between the ~~pitch~~ pitchers. Tampa Bay will win by 2 runs.

In women's Basketball (WNBA). Elana Dela Donn, is the real deal! By far my best female basketball player. She should win the rookie of the year!

Boston Red Sox will win the world series. Denver Broncos will win the superbowl, in fact, they may as well give them the trophy right now! The miami heat will not repeat and LeBron will go and play for another team. The Brooklyn Nets will win their first franchise NBA championship. Floyd Mayweather will ~~lose~~ end up losing a fight before he retires. I love him and he's incredible as a fighter, but for some reason I always like the underdogs better!