

Daily Journal

October 1 - , 2013

Tuesday Oct 1, 2013 5:04 am. Execution day, Marshall Gore has 13 hours left to live, seen it on the news this

morning. Got up at 3:30, cleaned up, the bunks made and trying to decide what I'll do next. Breakfast will be down here shortly. My diet tray starts tomorrow. Bill has two weeks left to live, that's going to be a rough day. I know Gore, but never cared for him, Bill I liked. I'm sure Gore was probably driving him crazy. Gore is a nut case - and very hard to live around, still I hate to see him get killed.

6:45 am. just cleaned the cell bars, been walking and listening to music. Guess I'll workout about 8 am. Then do some art work and or write.

7:06 am Sgt just told me I've got a psychi Doctor call out this morning to get my prozac renewed, so I'll workout after I come back from that.

9:30 am. just got back from seeing the Doctor. Going to wash my shirt and then workout.

11:45 am. Finished working out. I had a good one. I'm fixing me something to eat, beans and rice. still need to wash clothes and bath.

2:42 PM just been sitting here messing with a tiger drawing. Gore has a little over 3 hours left to live. what a



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mess!" Kill to prove a point, that killing is wrong. Don't do as I do, do as I say!" That's America's bottom line!" The killing machine. When my mp3 gets back, I think I'll listen to some music and do some crunches, and maybe a 2nd workout. then wash clothes and bath.

5:44PM. just finished bathing. Gore has just a few minutes to live. I'm watching the news to see what they say.

6:28PM. Gore is probably dead by now. I won't know until I see the news.

Wednesday October 2, 2013 5:02am. Been up since 3am. Got my sheets ready to go to the laundry. just seen on the news that Gore was

executed at 6:12PM. yesterday. America is thrilled with killing people. well I'm going to do some writing. although I didn't get any mail last night. my breakfast should start my diet. I'll be glad to get away from these regular trays, and the nasty food they serve.

5:52PM. my diet tray started. no longer have to deal with nasty food trays and nasty food. The trays have mold under the bottom, but you can't get anything done about it. well I need to write a letter and get ready in the event they call



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recreation this morning

9:12am. They pulled 5-wing for recreation, so we will go tomorrow. so I'm going to set up and workout. 10:18am just did some pushups and crunches. I'm going to be working the chest, back, shoulders ect tomorrow on the yard. This afternoon I'm going to hit the arms legs and do cardio. I may do some more pushups. 12:00PM just finished eating chicken patty mixed veges and diced potatoes, not a bad meal. Got to workout again, still need to finish a letter.

3:18 PM. just finished up another workout. Feeling sweet, should be eating in about an hour, then I'll wash clothes and watch some T.V. until showers. Go outside tomorrow and hit the dip and pull up bar.

5:00PM finished eating. Fixing to call it a day.

Thursday October 3, 2013 5:34am. Got up at 4:45 washed up cleaned the cell. Got my breakfast which I'll eat later. which is a good thing about being on this diet, I don't get a tray, I get a bag. I need to write a letter and be ready for rec in

the event they call I'm still sore from yesterday. Time to

10:54am. just got

that one of

who retired

died last

night on his

motorcycle.

Heart sunk

when I

heard that.

it this morning.

working out

get going.

Canteen. Heard

the sqts here



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He was a really good sqt. He retired in 2011. you just never know when death will come, here one minute, gone the next.

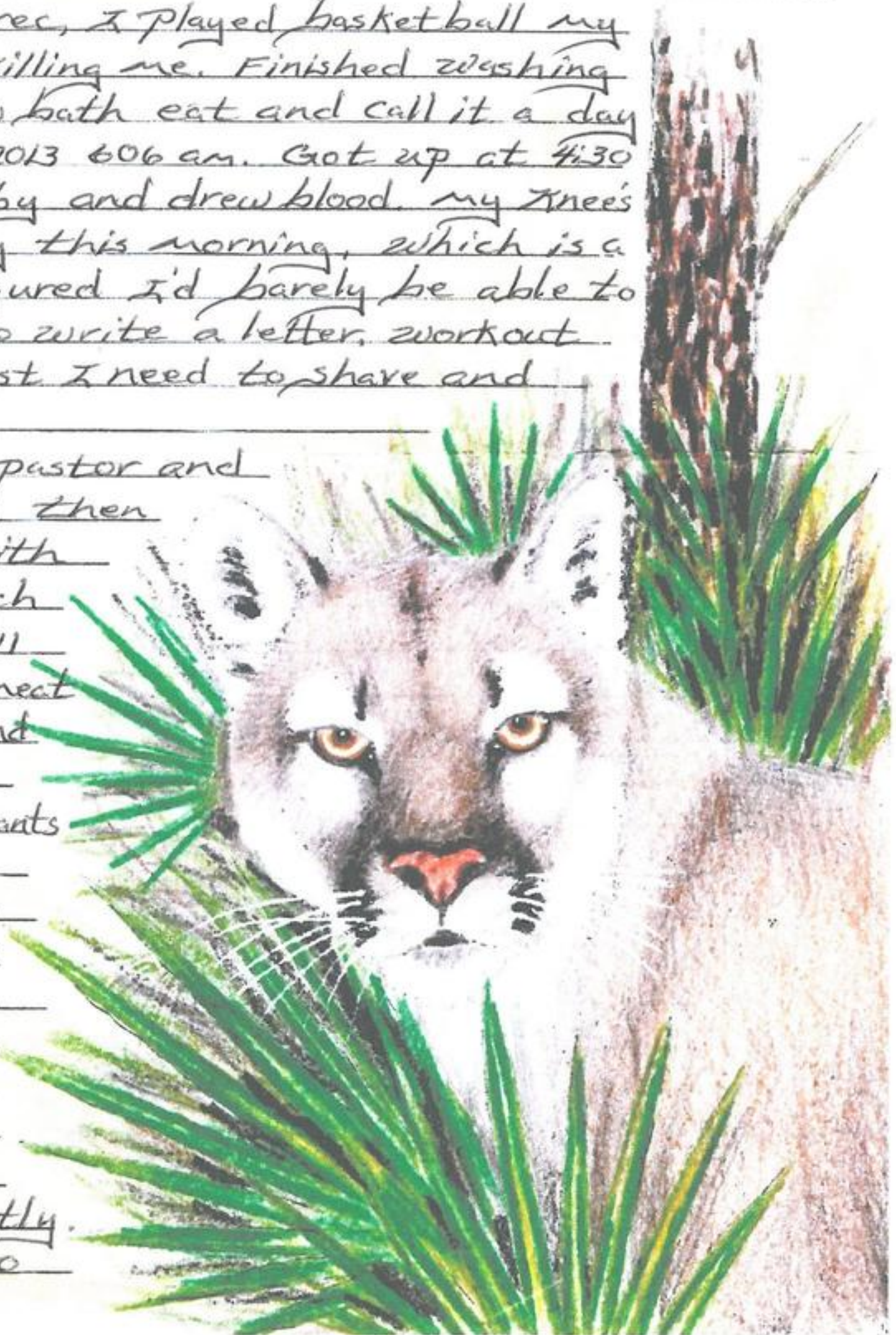
12:16 PM They called rec, so I'm getting ready to go out and exercise.

4:30 PM. Went to rec, I played basketball my knees are now killing me. Finished washing clothes, fixing to bath eat and call it a day

Friday October 4, 2013 6:06 am. Got up at 4:30 The nurse came by and drew blood. My knees actually feel okay this morning, which is a surprise. I figured I'd barely be able to walk. I need to write a letter, workout do some art. First I need to shave and clean my cell.

11:01 am. Wrote a pastor and one other letter, then was messing with some art. Lunch is here, but I'll eat later. It's meat loaf potatoes and mixed veges.

3:45 PM. Two warrants have just been signed. Two vans just left out of here. one was Mark Timbrough. haven't got the other name yet. Hoping to find out here shortly. This has got to



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be stopped and soon

4:28 PM only one warrant was signed Kimbrough, which is bad enough. I was just on the yard with him about 3 weeks ago.

5:58 PM. just finished cutting my hair. Now waiting on the showers. some one seen on capital update that theres a list of 134 guys that can be signed up and executed. their appeals are finished.

Saturday October 5, 2013. 1:02 PM. Got up this morning at 4:30 watched a 1970s movie Walking Tall, which I had not seen since the 70s, after that I worked out, washed clothes bathed and then was watching some foot ball. I'm not interested in any of these games, so I'm going to write a letter.

5:50 PM. just been doing art as I glance up at the foot ball games. Fixing to call

it a day. Kimbrough was the only warrant signed yesterday. We always get bad information around here.

Sunday October 6, 2013 4:35 AM

Been up since 3:30 got everything cleaned up. I'm going to exercise here shortly soon as I eat breakfast.

Then I'll wash clothes bath and get ready for my visit.

7:09 AM. just finished my workout, soon as I stop

sweating, I'll wash clothes and bath. eat my sandwiches

brush my teeth and go to the visiting park.

8:33 AM. just finished bathing and all, now just waiting for



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them to call me. Going to lay back and watch Good Morning America until then.

3:05 PM. Had a nice visit. Laying back now watching some Foot ball. Need to write at least one letter. I've got to try to get some of these organizations together for this law suit. Can't sit here and keep watching guys die, and not do anything.

5:30 PM. Wrote a couple of short letters. Fixing to go ahead and call it a day, maybe I'll get a little more done tomorrow.

