



Daily Journal

November 1-11, 2013

Friday November 1, 2013 6:30am.

seen on the news where the court has denied Timbroughs appeal.

I got up at 4am. Had a cup of coffee, washed up cleaned the cell made the bunk. now just trying to figure out what I'm going to do next. may do some walking and listen to music.

7:18am. Finished walking, I'm going to write a letter now and then go from there.

8:45am. Finished a letter, then cleaned the cell bars. Guess I'll work on a piece of art.

3:30 PM. just got back from rec. I was working on a piece of art when canteen showed up at 12:40 PM.

I stopped for that, and then the yard officers showed up. so I hurried up put everything away, then went out and played Basketball. Hurt my ankle. I've got to stay off that court. was it serious. Need to wash clothes and then wait on the slower.

Saturday November 2, 2013 8:16am
just finished bathing. waiting for them to come get me for visits.

3:15 PM. just got back from visits. seen some guys that I haven't seen for awhile. Guys that visit on sat and not sun. well I'm going



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to lay back and watch the Florida Georgia game and then go to sleep.

Sunday November 3, 2013 8:31 am. Just finished bathing. Got up at 3:27 looked at my watch that had 4:27. Then realized I hadn't set it back, so I went back to bed. Tomorrow I'm going to get back into a serious workout program. I've got some art that I need to catch up on. Probably won't get to that until tomorrow as well.

4:58 pm. Had a good visit, got back around 3:20 and just been watching football. I'm really tired and ready to call it a day.

Monday November 4, 2013 6:10 am. Still can't get use to this time change. Set the clocks and leave them alone!

I'm going to do some writing and see if they call rec. If not I'll workout this morning in here.

4:30 pm. Went to rec this morning and worked out. Came back in and got to work on a piece of art.

Just got it finished up. sending it out tonight.

Right now just listening to some music and waiting on showers. Which won't be until after 8 pm. Be glad when that's done, so I can go to sleep. Been a long day, as most every day in here is.



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Tuesday Nov 5, 2013 9:08 am. just been doing some art work, waiting for the property room to call me, to put some stuff on the front gate. They just had recount. I hope they don't call master count. I need to get back to this piece of art.

3:04 pm just finished working out. about time I had a good workout. up stairs event ^{out} to rec this afternoon. I went to the property room then came back and worked on a piece of art. need to wash some clothes, bath and relax.

Wednesday Nov. 6, 2013 7:42 am. No rec this morning. I heard our yard officers were sent some where else, probably to do shake downs. Not sure what all I'm going to do. write, draw or workout. Damn I hate this cage!!

9:49 am. just finished a nice little workout, just in time for master count. I see all the inmates going back to their dorms. I'm fixing to eat some boiled eggs, or make a tuna fish sandwich.

3:31 pm. No rec, today. I'm sitting here watching TMZ Live. It's on every day on FOX 51.



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Their talking about prison and food. I can relate. I'm looking forward to my shower and then sleep.

Thursday November 7, 2013 6:53am, sitting here watching the news. Hoping to go to rec today. I've got my cell cleaned and everything ready in the event they call rec this morning. Kimbrough has 5 days left to live unless he gets a stay.

10:02am, just finished working out. I hope to go outside this afternoon and do some pull ups, pushups and dips.

2:00pm. up stairs went to rec, we will go out in the morning. It's been a sorry day. I really wanted out of this damn cage. I hate this cage!!" I've got to wash clothes and bath.

* Friday NOV. 8, 2013 7:35am. I was up waiting on rec, but they (yard officers) went to the other end of the building, so they will come get us this afternoon. Two guys got DRS yesterday, one on 4-wing the other on the North side. I guess I'll work out.

10:03am. Did a cardio workout, canteen came. Now waiting to see if they call rec.

4:15 PM. Went to rec played some basketball like a real idiot, knees are now killing me. Fixing to wash clothes then relax until showers.

SATURDAY NOV 9, 2013 7:56 am. My knees are hurting. I'm an idiot!!" well Kimbrough has 3 days left to live.



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maybe he will get a stay due to these new drugs Florida is using to kill us. Not sure what I'm going to do this morning.

11:15 am. Been working on some art. Fixing to watch Fla. St. W.F.

1:28 P.M. I just finished working out. I really needed that. I've been listening to music working out and watching the game.

5:39 P.M. Fixing to call it a day. I'm tired.

Sunday Nov 10, 2013 8:47 am. Just finished bathing and getting ready for the visit. Heard that one of the sgt's got fired this week. It was one of those who set me up last year with bogus DR's. I'm glad he's gone.

5:40 P.M. Had a good visit. Came back been watching football. My knee and hip is hurting. I think there's something seriously wrong. Fixing to lay down watch some more football until I go to sleep.

Monday November 11, 2013 9:12 am. Wrote a piece for my blog. Where's the love? My knee and hip is killing me. I put in a sick call slip this morning.

Hopefully I'll see the doctor this week.

I'm going to do showers then ish anything.

6:02 P.M. waiting on sleep. Didn't accomplish just another day in this cage.

