

Season's Greetings

Tuesday, December 10, 2013

Very cold outside today!! I hated walking in that cold for a baloney sandwich, but I did it anyway, I survived! ☺ Then when I got back and looked inside the bag, the bread was hard. That's when I decided to eat a bowl of instant oatmeal. Sure glad I brought that oatmeal. A great big jar for \$1.92. I'll take oatmeal over baloney anyday. When I do get out, I will NEVER take "good food" for granted ever again. This will also help me to appreciate my freedom even more once I get out. All I have to do is think about that nasty, processed, unhealthy, baloney and hard bread. I've seen people lose their teeth trying to eat that bread. I can go on and on about the food in here. I'm just thankful that I will be out in a few years.

It's almost Christmas again. In 2001, when I was at another prison in Nevada, I woke up and found a bag of candy in my cell. I guess the night before, the officers gave everyone in the prison a brown paper bag of mixed candies. Although the candy was good, it still didn't seem like Christmas. It never does in here. I usually watch it come and go.

I had planned on going to the gym today, but it was canceled. So I had to use the pull-up

bar and do pull-ups. I don't mind the pull-ups at all. It's even gotten to a point where I can do 15-20 pull-ups in one set. Too cold to go outside to use the dip bar. Actually, I prefer using the dip bar over the pull-up bar and bench press. Seems like I get more of a muscle workout with the dip bar. Can anyone send me any information about the muscle supplement (creatine). Is it good or bad for you? I used to take it, but I stopped. I know you have to drink plenty of water when you're taking it. I was watching the DR. OZ show where he said a 40 year old man should be able to do 10-15 push-ups. I am almost 43 years old and I can do 50 push-ups. Can't tell you how good that makes me feel. ☺

I am also looking for a good penpal out of Philly. Of course, I will penpal with just about anyone, but would really like to penpal with someone from Philly - where I was born and lived for over 20 years. So if you're reading this, and you're from Philly, write me with your handle so we can penpal.

I am looking forward to the next Alternative to violence workshop. I have big respect for those outside volunteers that take the time out of their time to come inside the prison to share the Alternative to violence workshop with us. Thank you Reading Rita, Merry Mary, Reliable Rick,

Nifty Nancy and Terrific Terri. Wish you guys all the best this holiday season.

Not much on television tonight. I like watching frontline on the PBS channel. Other than that, not much on. I'll probably go to sleep early tonight and wake up early tomorrow and exercise. I'm guessing it will be cold tomorrow also. Guess that will mean more oatmeal for me. ☺

Does anyone out there have the same birthday as I do (February 18th)?

I can be emailed at: www.jpay.com - they will print out your email and send it to me. If you're looking for a response please remember to leave your address in the email, if you'd like me to write back to you. I can't email you back, but I can send you a letter.

Merry Christmas
And

Happy New Years Sincerely,

Philly Mike