



# Daily Journal

Dec 1, - 8 2013

Sunday Dec 1, 2013 5:01 am.

Got up at 4:30 Fixing to clean the cell up and then bath and get ready for my

visit. watch some news.

8:14 am, just finished bathing, watching Good Morning America.

3:27 PM, Back From the visit, just filed a grievance to try to get the spinners put back into the microwaves. Some idiots keep removing them, then the food doesn't cook evenly. Well I'm going to watch some football now and after that go to sleep.

Monday Dec 2, 2013 6:17 am, just finished cleaning my cell ate cereal for breakfast. I need to work out. I just can't find the motivation or energy. I'm going to get up and pace for a bit and see if they call recreation.

8:28 am, Grievance lady just picked up my grievance on the microwaves. I wrote Anne and did some walking. I really need to workout.

9:54 am I just finished working out. I really needed that. I've got to get back into this. They had recourt at 9:00 am, but it's clear now. They pulled rec on the north side, so they will be down here this afternoon. I just hope they call us, and not 4 and 5 wing.

11:09 am. They just called us for afternoon rec.

3:50 PM, just got back in from rec. I did some dips then played basketball like an idiot. I've got to give this up, Guy's joke about that basketball to me, is like a bone and a dog.



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The dog's going to go straight for the bone, and I'm going straight for the basketball. I've got to stop, not productive my left knee is skint up and my right elbow.

6:30 PM. were last in the showers again. another 9 PM. shower. oh well. less sleep.

Tuesday Dec 3, 2013 8:01 am. Didnt get up until after 5 am. Cleaned the cell watched the news, and now I'm starting my workout. sit ups and crunches

8:47 am. I did my abs then stopped to write a blog about "Fake Christians" I got a letter last night from one. It burns me up that these pastors are so fake. I'm trying to help guys in here and I can't find help out there. just a lot of hollow meaning-less words. From these so called men of God.

10:01 am. just got back from the property room. Now watching oral arguments in the Florida Supreme Court. on 5.2 PBS.

11:54 am. just finished watching those oral arguments. It's a mumbo jumbo garbage. America's justice system is just that garbage! Well I need to workout.

12:57 PM. just finished an hour workout. My knee is killing me. I'm able to push past it and get a workout done. Bill's death is what threw me off my workouts. I hate thinking about his death, and the ones that's going to come next year. Cause there's some guys that I'm close to that's on that list.

3:06 PM. just finished working out again. This was a good exercise day. Got to wash clothes here in a few and then bath. just filled out a sick call slip.

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I need an MRI and this knee fixed.

5:05 PM. Finished eating & washing clothes, now I'm fixing to bath and call it a day.

I turned in the sick call slip. I need to see the Doctor, the pain is just extremely bad. Well got to get my bath.

Wednesday Dec 4, 2013 6:24 AM. Got up at 4 AM. Officer's slamming this back door all night long, so I didn't get a lot of sleep. I wrote a letter earlier, cleaned up. Going to eat a bowl of cereal here shortly and then do some sit ups and then see if they call rec.

2:55 PM. Just finished a 2nd workout up. I did one this morning. Then wrote a letter. They didn't call rec over here today. Canteen didn't come either. I think they've got something against us over here on G-wing. Oh well it'll come tomorrow and if not, it'll come Friday. I'm pouring sweat so I need to cool down, then wash some clothes and hope to get showers first tonight.

4:39 PM. Washed clothes ate, now waiting on showers.

Thursday Dec 5, 2013 6:18 AM. Another rough night of sleep, doors being slammed all night long. And this door is 4 foot from my bunk. I got up at 5 cleaned up. Now got to figure out what I'm going to do next. Guess I'll have to listen to music and walk. 7:14 AM. They just called rec, I don't know if they coming for us this morning or this afternoon. But I need to get ready.

8:53 AM. They brought us back in from rec. said something about master count, but then we heard for all admin officers to report to the southwest unit.

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so somethings going on some where.  
I did some pull ups and dips outside.  
I'm going to do some sit ups here in  
a few minutes. Then I need to finish  
up this piece of art. I've been working  
on.

9:16am. They just came by doing master  
count.

11:44am just got back from sick call and  
seeing the nurse about this knee, she  
said they only have 2 doctors here  
and their not doing any consultations  
to outside doctors, so this doesnt  
look good. I'm going to be stuck  
in this pain. And I've got to give  
this basket ball up.

1:28 PM. Canteen just left off the wing.

I've got to workout here shortly.

3:46 PM. just finished eating a fish stew.

Did some sit ups before that. I'm going  
to wash clothes, bath and lay down  
here shortly.

5:14 PM. finished bathing fixing to lay down  
and call it a day.

Friday Dec 6, 2013 6:11am. just finished  
writing a letter to an artist who wants  
to use my poetry in some of his art.  
I need to do some art work today, work-  
out and write a letter or two.

9:52am. Cleaned the cell bars, walls, floor then  
wrote a piece hollow words. I hate telling  
people what I do for others. But people  
need to see the difference between action  
and talk. many talk the talk, few walk the  
walk. I got my cell light fixed, I'm so glad to  
have it fixed. They fixed it yesterday. I can  
actually see to read and to write. I  
see my hand writing above that's done

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in the dark, and it doesn't look neat. I've got to do some art work.

3:22 PM. Got me a workout in. Did some art before that. May do some crunches and then wash clothes eat dinner and wait on showers.

SATURDAY Dec 7, 2013 7:58 am. Got started late this morning. Didn't get showers until after 9 PM. So I did some art until then. Got up at 5:10 am. When they brought breakfast around. Just finished getting everything cleaned up. Didn't get any mail the past two days. Need to workout, write a letter or two, do some more work on this piece of art. and watch some football this afternoon.

10:10 am. just finished a nice workout. still have to do some sit ups and crunches. Fixing to eat a couple of oranges and go from there.

10:40 am. just finished the ABS, sit ups and crunches.

1:26 PM. just did 30 minutes of cardio. Now I'm going to wash clothes bath and lay back and watch football.

SUNDAY Dec 8, 2013 7:46 am. just finished working out. Had a good one. Now I'm going to bath and get ready for the visit.

8:49 am. just sitting here waiting for them to call me for visit.

4:48 PM. Got back from visit at 2:30. just been sitting here watching football. The Miami Dolphins won and it was a really good game. I need to get a card out.

I may wait until tomorrow. This is a short week due to the holiday

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party this Friday. Which isn't that big of a deal any more. Back in the 90s we use to go to the visiting park and stay out there for 15, 20 minutes eating real chicken and vege's chips ect, now the people come back on the wing, sing Christmas songs, they pass out some cookies and junk food, alot of guys really look forward to this. They don't have anything else, well I'm fixing to lay down and call it a day.

