



Daily Journal

February 1-9, 2014

saturday February 1, 2014. 5:58am. Got up at 4:30. washed up, made the bunk, Got one letter last night, so I need to write him and put together two of my poems for him to use with his art. At least my shoulder is not hurting, I still have this cold, it's not too bad. I'm fixing to eat some oatmeal for breakfast.

8:40am. just finished a workout, not a very good one. I may do some more later. I still have a slight pain in my shoulder. I did find the two poems that this artist wants to use. I started a letter to him this morning, fixing to get back to it right now.

11:03am. well I got the poems wrote down, letter finished and been back to working on this dog, as I wait for lunch.

4:00pm. fixing to watch the Florida Gators play Texas A&M. I've been working on this bull dog all day. I don't really like the way it's turning out.

6:30pm. The game was a blowout, so I went back to this piece of art. fixing to lay

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down and call it a day.

Sunday February 2, 2014. 6:32am. I have a headache. I got up at 5:05am. I washed up made the bunk, ate some oatmeal for breakfast. This cold just hasn't went away. I hope I don't give it to mom. I need to workout, just don't feel good.

7:54am. Just finished working out. I'm going to bath now and get ready for visit.

8:40am. waiting on mom. watch GMA.

2:43PM. just got back from visits had a good one. Fixing to write a piece for my blog about my mom. Need to get a card sent out to Dina about Mike. and I'm going to work on this piece of art until the football game comes on.

6:14PM. Finished this piece of art. Fixing to lay back and watch the super bowl.

8:32PM. The game is a blow out. Going to bed.

Monday February 3, 2014 5:57am. Been up since 4:30 my head is pounding!" The nurse picked up my sick call slip a few minutes ago. I haven't eat breakfast. I'm going to lay back down.

9:05am. Finally got up. Wrote my Dad and this pastor. Now watch the Florida Supreme Court's oral Arguments over on PBS 5.2.

9:13am. They stopped showing it. due

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to audio problems, so I'm writing a letter
10:31am. Just finished OFF 500 push ups. It
was everything I could do to get them done
my head is hurting. They didn't run rec this
morning due to fog, so have to see if they
go to the north side or come over here this
afternoon.

11:50am. Got lunch, didn't eat. Fixing to lay down.

6:48 PM. Been laying down all day, just got back
from showers, I'm going to bed.

Tuesday February 4, 2014. 5:48am. still not feeling
good. Got up at 4:30 washed up cleaned the cell
made the bunk. Going to eat some oatmeal
here shortly.

7:49am. washed clothes. They called rec for
4 and 5 wing, but there's restricted move-
ment because of the fog, so they probably
want go out until this afternoon. I'm on
the sick call list, so I'll be going out to
see the nurse this morning. I need to
exercise and write a letter. For now I'm
going to walk.

8:05am. Cleaned the cell bars and floor, now I'll
walk for awhile.

9:33am. just got back from seeing the nurse.
she gave me some IBuprophen and sinus
pills. I just ate some sardines and going
to work out now.

10:50am. just finished working out, and

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it was a good one. I may do more later.
12:14 PM. Just finished a letter to a friend.
Need to walk for a bit. I'm eating tuna for
lunch.

3:22 PM. Did some pushups and crunches. and
wrote mom. mp3-Lady came by. I didn't
get any music.

4:48 PM. Ate the meat loaf patty and a
couple of oranges. Currently watching
DR. Phil about a 16 year old girl who had
her family killed. Sad story. I can't believe
— man that's a messed up story, she's
21 now, doing 2 life sentences. I got to
watching this yesterday and caught up in
the story. just unbelievably traumatic. It's
messed up.

6:52 PM Going to bed. maybe tomorrow will
hold something better.

Wednesday February 5, 2014 7:10 am. They
just called rec. I've been up since 3am. tried
to go back to sleep. Didn't work out. Finally
got up washed up made the bunk. watched
some news now just waiting to go out.

11:02 am. just got back in, Played basketball won 6-
7 games last one. Had a good exercise playing
need to wash clothes.

11:58 am. Finished washing clothes, don't have
any cold water. Hopefully they come back and
fix it. The Plumbers shouldn't have messed

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with it, it worked fine. I need to relax for a bit, then decide what to do next.

2:03 PM. The plumbers came back and fixed the sink. I'm tired.

4:34 PM. Ate spaghetti for dinner. I haven't accomplished anything. I really should do some push ups.

5:45 PM. Still haven't done anything. I'm tired from the basketball games won't get showers until 8:30. I hate these late night showers.

6:17 PM. Just did 200-300 push ups. Not sure how many. At least I did something. I need to get up in the morning and have a really good workout.

8:39 PM. Just got back from the show, going to bed now.

Thursday February 6, 2014 4:42 AM. Got up at 4:30 washed up. Having a cup of coffee watching the news.

6:30 AM. Ate oatmeal for breakfast. Going to do some walking.

9:09 AM. Just finished working out, and it was a good one. We will probably go to rec this afternoon.

10:32 AM. Wrote a reply to a comment I got in on the blog.

12:08 PM. Ate some sardines and tuna for lunch. They called rec on 4-Wing. Canteen will probably be here around 1 to 2 PM.

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2:15 PM. Canteen just left. I'm looking up a
a stew for dinner.

3:59 PM just finished eating. Guess I'll wash
clothes and bath.

6:20 PM. Going to sleep.

Friday February 7, 2014. 7:17 AM. Did not have a
good night's sleep. Got up at 5:12 cleaned
up, breakfast, showed up at 5:30. Now I'm
waiting on rec, which I hope they pull
this morning. I'm suppose to see Father
Conrad at 1 PM til 2 PM. Right now I'm going
to walk and see if they call rec.

7:40 AM. They called me for rec need to get
ready.

11:07 AM just got back in. played some
basketball. Came out on the winning end.
I need to bath and wash clothes. I'll do
that as soon as they feed us.

2:12 PM. Just got back from seeing Father
Conrad, he's a really great guy. Hope to
see him again in a few weeks. I need to do
some push ups before showers. First I need
to wash clothes.

3:31 PM. Washed clothes, knocked out 500 push
ups. Glad I did them. sure didn't feel up to
it. Need to figure out what I'm going to
eat for dinner. It will not be that nasty
turkey they serve.

5:01 PM I ate a chili over potatoes. Now

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waiting on the shower and bed.

6:50 PM, just got back from the shower, now going to sleep.

SATURDAY February 8, 2014 6:00 am. Got up at 3:36. Cleaned up, I'm washing sheets right now, by hand with a bar of soap and shampoo.

After I get done with this other sheet, I will do some writing. Then I need to work out. I just ate oatmeal for breakfast.

6:58 am. Wrote a comment/reply to Glitter, washed the sheets which are now drying. I'm going to walk for a bit and listen to music.

9:13 am, sheets are dry, bunk's made. I've been working out listening to music, which I'm fixing to get back to.

10:21 am. Finished exercising, making a soup.

12:04 PM. Fixing to watch some basketball. Ate my soup. Need to do some writing.

6:07 PM. Finished bathing, now going to bed. I did some art work earlier. Didn't really get anything done.

SUNDAY February 9, 2014 7:21 am. Got up at 4:30. Cleaned up, cleaned the cell. Now watching the news. I'm going to do a couple hundred push ups then bath, and wait for the officers to pull me for visits.

8:16 am. Finished bathing, now watching GMA waiting on visits.

2:41 PM. Just got back from the visit.

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Had a nice time. I need to do some writing now.

4:13 PM. Just finished writing my Dad and Anne. Now I'm going to eat my dinner Fish, and then decide what to do next.

6:01 PM. Getting ready to go to bed. I was going through some of these old letters preacher after preacher trying to get me to send them money. I'm on death row, I don't have any money. I rely on my mother and a few of my friends. These American ministries are something else. Well this wraps up another week on death row. 24 years of incarceration.