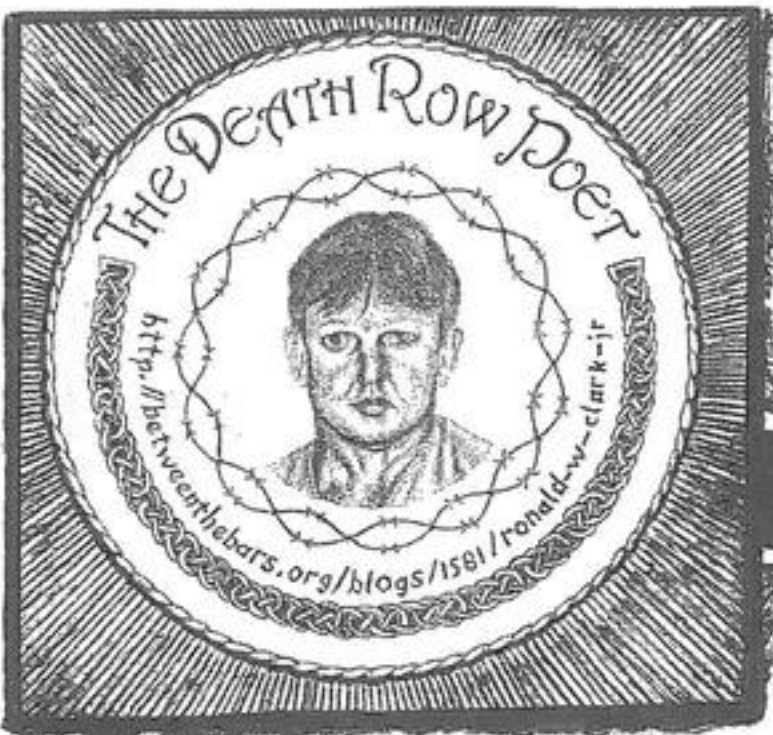


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3-28-31-2014



Friday March 28, 2014 6:08am This Gary McCray has been going on and on all night long. He's even wearing on Evans. I been up since 4:30. had to wait for the lights to come on at 5am. I'm fixing to eat my P.B.j. sandwich and cereal. And then do some writing.

8:16am. Just finished a letter. Going to do some walking now. Troy will be leaving this morning.

11:05am. Troy still hasn't left. I just wrote a letter to a friend of Evans, sounded like a bunch of non-sense. Well here's lunch.

11:11am. Ate sardines for lunch. Now going to do some reading.

2:17pm. Been sitting back reading. Classification just come by, but I didn't speak. We've got nothing else to talk about. I heard the officers are or was up stairs about an hour ago, targeting the cells of all the guys on this religious diet.

2:46pm. Troy just moved. Not sure where they moved him to. I'm writing a letter to the Dept of Justice about this Religious Diet program and the retaliation.

4:23pm. We had Salisbury again. I didn't eat it. I ate the bread potatoes and beans. Just been laying back reading. I'll be glad to get my shower and go to sleep. and put another day behind me.

6:03pm. Been reading. Sgt. just come by. They should start the showers in about 30 minutes.

7:24pm. Just got back from the shower. Fixing to get in bed, do some reading, go to sleep and hope to get woke up at mail call.



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Saturday March 29, 2014 6:39am. Did not get a good night's sleep. McCray's been zip yelling all night long. "We're screwed!" so I didn't get a lot of sleep. Fixing to eat my PB+j and cereal, and do some reading.

10:56am. Finished eating lunch working on a few letters which it's time to get back to.

12:03pm. just finished another letter. Trying to get a bill proposed in the Fla. senate or House as well as trying to find some help for Evans. so I got someone to e-mail the warden about his situation. Hope it works.

3:00pm just finished a letter. And trying to figure out what to do next.

4:14pm Had a PB+j sandwich and a bag of chips for dinner. was doing some reading.

I'm about ready to go to sleep. washed clothes earlier, there taking forever to dry.

5:23pm. Fixing to lay down and read until I go to sleep. I'm tired so it probably will not be long. I just hope McCray doesn't do this screaming tonight.

Sunday March 30, 2014 5:54am. Another rough night. McCray started about 11:30pm. and went all night. I don't even know how much sleep I got. I know I'm tired. McCray's still down there talking and answering the voices in his head. Evans is a mental case as well.

He was talking yesterday before I went to sleep, "dillusional, paranoid craziness." I have no one to talk to except the officers when they come through.

8:51am. just finished a letter. Going to walk for a while and then go from there. Try to find away to pass the day.

9:28am. just wrote another grievance dealing with this recreation. Going to walk some more.

10:25am. Been walking. Not sure what else.

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to do at the moment, I need to get back to exercising. Especially with these media interviews coming up this summer. I'm tired of reading.

11:18am. Lunch came, it's meat loaf, potatoes and mixed veges, can't deal with it. I'm eating buttered bread. They could have kept this, and gave me bread and water.

2:32pm. I've been laying down. I'm hungry. Got about 2 more hours until we eat. Evans started talking earlier, but it was delusional and I can't have them type of conversation. McCray's down here felling his imaginary friend to get from in front of him.

This is pure madness. I just hope to get some sleep tonight.

4:15pm. Meat loaf again. I hope this is the last time I see it. I didn't eat it. Got lucky and got something else to eat. Now I feel sick. I was reading before the food showed up. May go back to it here in a few minutes.

5:49pm. Going to sleep, hope to get some sleep tonight.

* Monday March 31, 2014 6:10am. Another rough night of sleep. I did not want to get out of bed.

McCray was up talking most of the night. I had a crazy dream. I was at a friend Paul's house and in the middle of the dream I'm in Scott's house. Both were childhood friends at different times in my life. It was 17 years ago today that I found out Connie had been killed. I was on this very wing. That was a very bad day. She had been dead a week, and no one told me. I guess I'll do some writing, see if I can get back to exercising. Right now I'm going to eat.

7:08am. Just sent out the legal letter to the Dept. of Justice. Going to write now.

9:48am. Finished a letter to a death penalty org. I'm hoping to get this idea off.

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the ground. wrote another letter earlier. Now I guess I'll walk for a while.

11:18am. Been reading. I hear the chow cart up stairs, so our Food should be here shortly. I hope the new menu is starting. I need a break from this other stuff. This won't be much of a break, cause it's basically the same thing day in and day out. P.B.J. sandwiches, Sardines and beans, Beans and Cabbage. At least there will be no more meat loaf. Rob has 23 days left to life. I wonder if the Governor will sign another warrant for next month? Right now he's on pace to break the records of executions for any Governors, and the most executions in a year. I'm so tired. I wish I could lay down, close my eyes and never wake up again. No more life, no more worries, no more problems. Oh well!

11:47am. Had sardines again, but we had a small cup of cherry tomatoes that were really good. That's a nice addition. Going to walk now.

1:25pm. just finished a legal letter. Going to walk some more.

2:18pm. I found some stuff in the legal book on the ADA. their violating Evans rights. I started to write some grievances on it, he said no. you can lead a blind man to water, but you can't make him drink, so you can't help those who do not want help. Evans is just messed up mentally and physically. I can not deal with him. I've got to get away from him as soon as possible. Cause I hate to see someone like this, and can't do anything to help them. I tried, I was writing the grievances out and he said no. Guess I'll do some walking. I heard Pooh on the other side, has the whole wing stinking and medical won't

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get him a diaper. And he's pooping all over his self. Can't control anything. Guys over there are trying to get moved because it smells so bad. I do not want to move over there.

4:32 PM. just got OFF DC. Got to clean this cell. Not sure how or why, they just told me to pack up, I was being moved OFF DC.

7:25 PM. just got back from the shower. Fixing to lay down and call it a day. I've got more cleaning to do tomorrow. This cell was nasty. OFF DC.

