



Daily Journal

APRIL 1-6, 2014

Monday April 1, 2014 6:36am. Been up since 3:30am. Cleaning this cell. I've got so much more to do. Right now I'm going to eat breakfast and then write a letter.

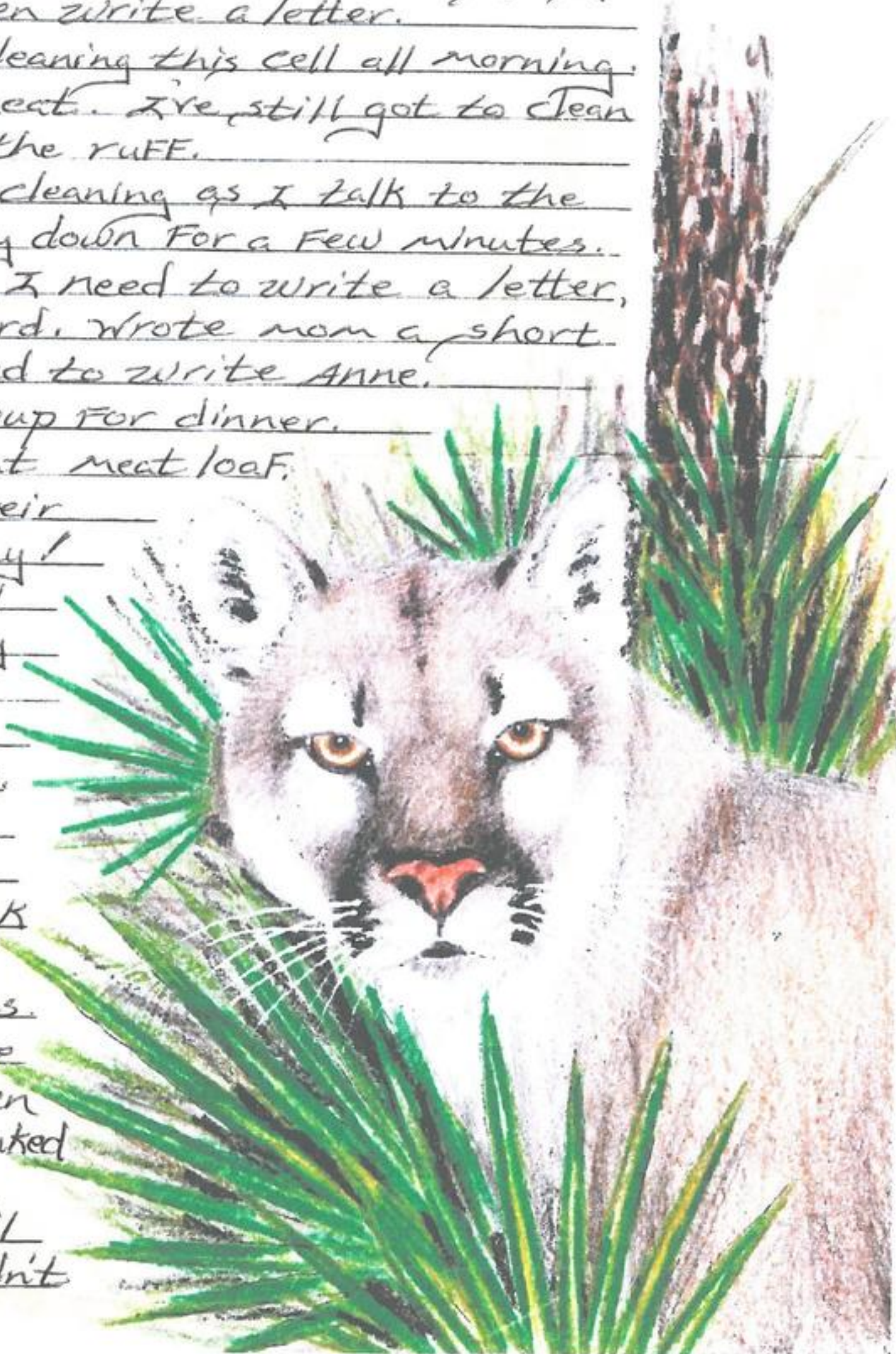
10:00am. Been cleaning this cell all morning. Just stopped to eat. I've still got to clean the walls and the ruff.

2:54 PM. Still been cleaning as I talk to the guys. Fixing to lay down for a few minutes. Watch some T.V. I need to write a letter, or at least a card. Wrote mom a short letter. But I need to write Anne.

4:40 PM. Had a soup for dinner. Couldn't eat that meat loaf.

That's what they're serving every day! I've got the cell cleaned up pretty good. I need to get a scrub brush for these walls. These walls are in really bad shape. Doesn't look like they've been washed in decades.

5:19 PM. Well I wrote the assistant warden a request and thanked him for looking at the website and all the facts. He didn't



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have to, yet he did, which showed me that he's a fair man. I also started scrubbing these bricks one at a time. Once all of them are scrubbed I'll wash them all off. This project will take a few days. Right now I'm going to wash some clothes. 7:02 PM, going to sleep. Hope to get woke up at mail call.

Wednesday April 2, 2014 5:50 am. Woke up at 4:20 nurse came to take blood. I washed up, read my mail. I'm going to eat here in a few minutes, oatmeal. And then do some writing.

7:22 am. They called yard up stairs. I was hoping to go out, but they didn't call down here. I was back to cleaning this cell. I need to do some writing. I've got several letters to write.

10:49 am. Just finished a letter. Need to write another one. Right now I'm going to do some more cleaning.

2:13 PM. Been doing some cleaning, and messing with some art work, something I was suppose to do back in February and got busy and didn't get to. I still have more bricks to scrub, and at least one letter to write.

4:17 PM. Just ate dinner. I gave the meat loaf eat it. Right is here, so their passing that out.

I'm listening to music, was cleaning, which I'll

Chili and potatoes, away. I can't now Canteen



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be doing more of here in a few. I just scrubbed six more blocks.

6:05 PM, Been scrubbing these bricks. I got one whole wall done. I'll get to work on the back wall tomorrow. I need to wash clothes before the showers.

8:56 PM, just got back from the shower. Fixing to lay down and call it a day.

Thursday April 3, 2014 5:45 am. just finished cleaning the cell up. washed up. breakfast still hasn't shown up. I need to do some writing, scrub some more walls, which I should be done with by tomorrow.

6:41 am. Breakfast just came. I ate oat meal. Tired of P.B.J. sandwiches. Getting ready for recreation, which I haven't had since February 28. I need out of this cage. Been pinned in way too long. Right now I'm listening to music and walking.

10:52 am. just got back in from rec. That was nice to get out of this cage after a month. I just walked around and talked. my knee will not hold up for basket ball. I've got to work on this cell.

Clean this back wall. I'm waiting on lunch right now.

1:39 PM. Finished scrubbing both walls. Cell looks good. I washed the ceiling, but it needs to be scrubbed. Not today.

2:56 PM. Classification walked by. I didn't even look at her. I'm leaving her completely alone. I got to figure out what I'm going to eat tonight.

4:32 PM. just finished eating. chili with potatoes. Better.



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than that meatloaf, which we've had every night for what - two weeks. Wish they would hurry up and run out of that. I've got to wash clothes and bath. Other than cleaning this cell and doing some art, I haven't got much done.

7:02 PM, wash clothes bathed, and going to bed.

Friday April 4, 2014 4:50 am. Been up for an hour, washed up, made the bunk, read my mail. Think I'll have cereal for breakfast.

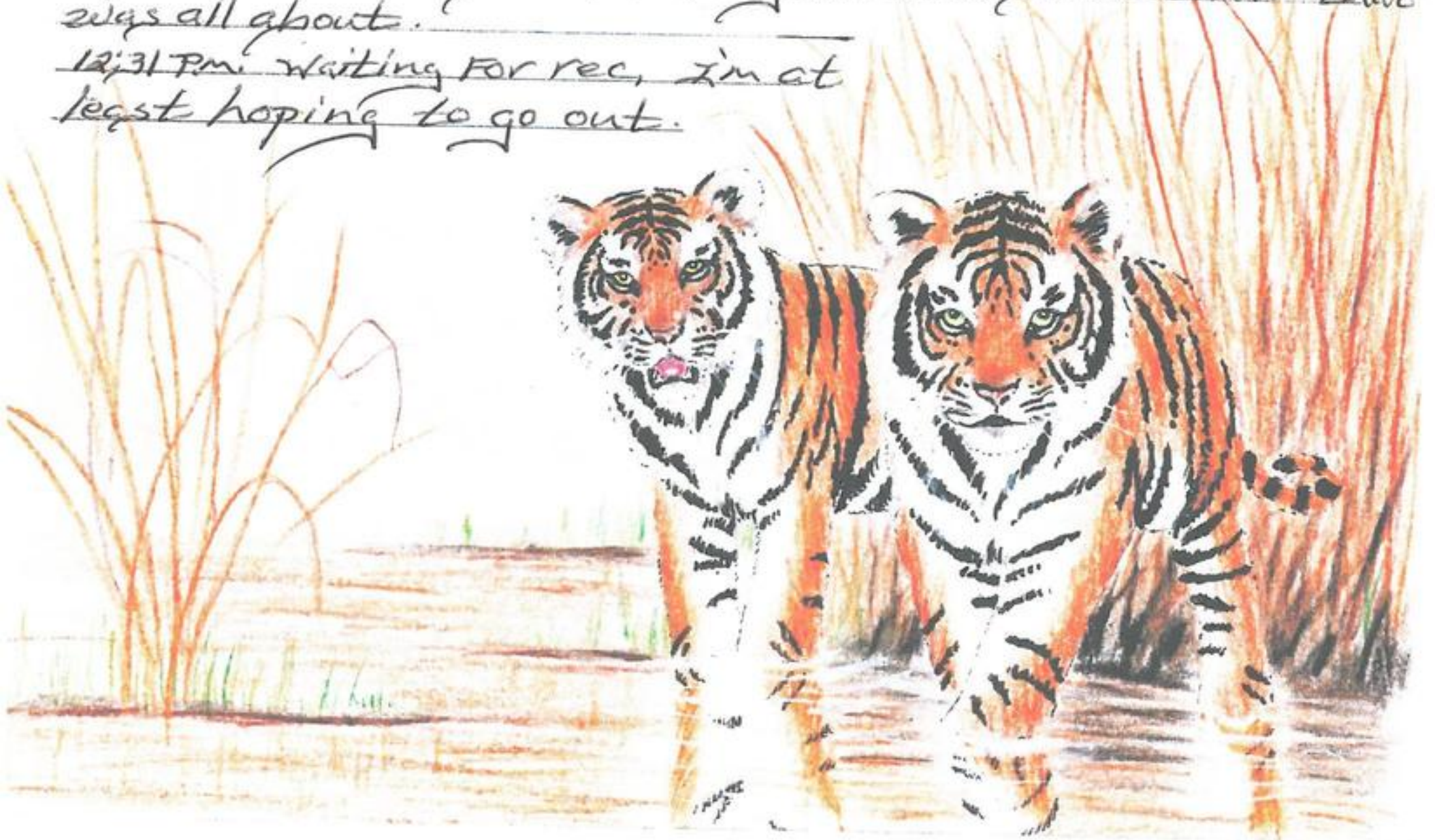
6:02 am. Breakfast just came. ate cereal. It was late again today. They are under staffed right now. They have been short an officer down here all night.

7:09 am just finished washing the cell bars down and floor as well as the sink and toilet. Not feeling good, getting dizzy. Was having headaches this morning.

10:02 am. just ate a soup and tuna, but something's wrong. I've got the shakes. my hands are shaking. never had this happen before. I'm going to walk and hope it goes away. It started before I ate.

11:03 am. Well the shakes are gone. Not sure what that was all about.

12:31 PM. Waiting for rec, I'm at least hoping to go out.



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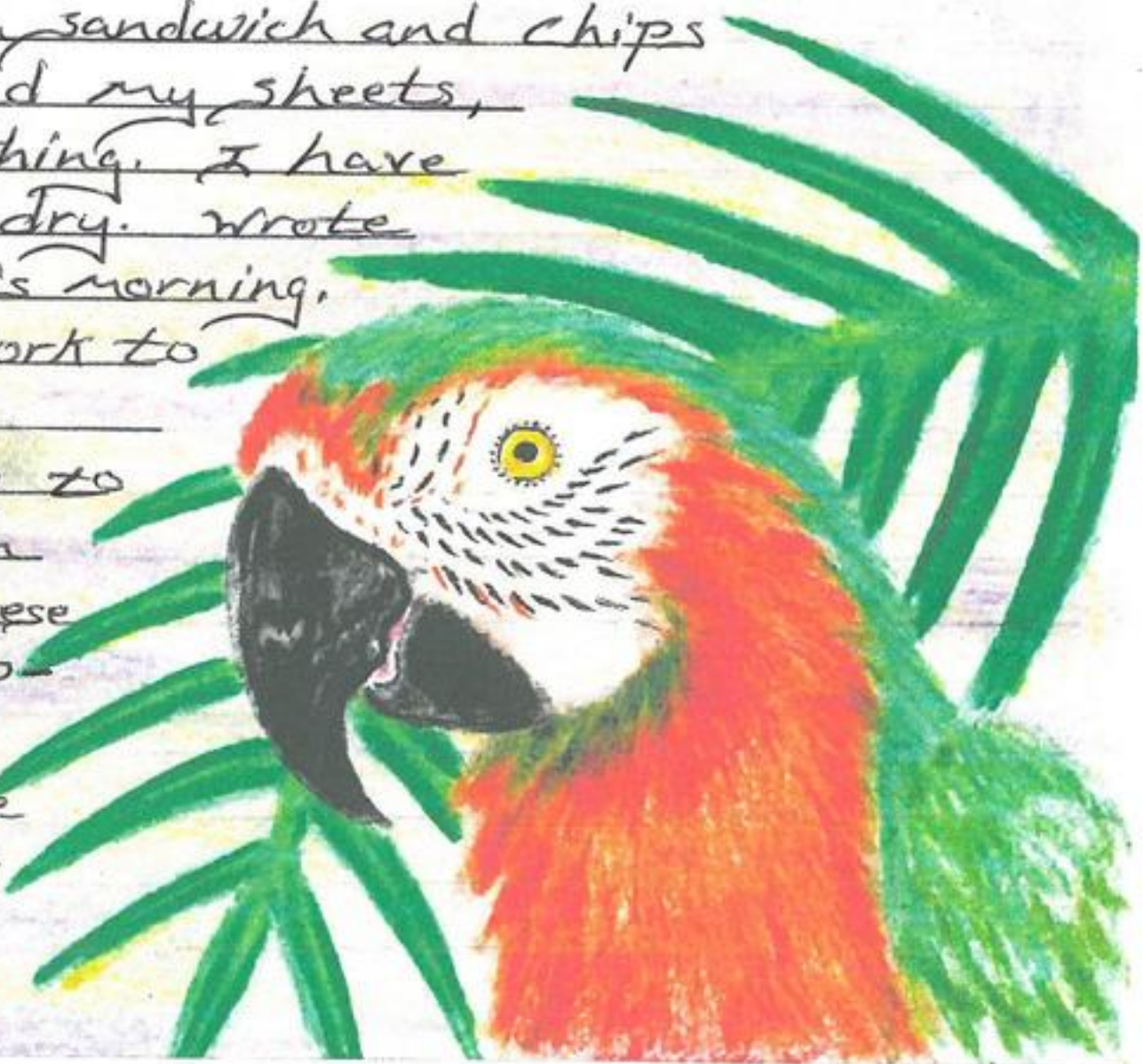
Find out in about 30 minutes or so.

5:12 PM. Went to rec, which was a mistake. Cause I came back in to my cell being destroyed. about \$4.00 in Food soap's stoppped. I haven't even eaten. I had to go right to cleaning. I got one locker cleaned. Legal Locker, I just dumped everything back in there and closed the lid. I need to eat something.

7:12 PM Got back from the shower, going to sleep now.
* Saturday April 5, 2014, 7:05 am. Got up at 5 am. Not a good night's sleep. Woke up 3 times with cramps in my legs had to put Ben Gay on them. Woke up and went to cleaning this legal locker out. I've got some art project's to finish today. some letter's to write. and I need to workout and try to get myself in shape in the event of another fight/attack. you never know when that's going to happen, and I was out with 5-wing yesterday, and felt some hostility. so I've got to be careful around certain people. I had oat meal for breakfast. I need to get to work. First with a letter.

11:50 am. just ate tuna sandwich and chips for lunch. I've washed my sheets, pillow case and clothing. I have them hanging up to dry. Wrote one short letter this morning. I've got some art work to get on right now.

12:51 PM. wrote a reply to a comment, then an appeal grievance on these leg iron's, and bump-ped off some push ups. need to do some more then get back to this drawing.



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1:13 PM. Just put together another appeal. all of which I'll place up on my blog. I'm Fixing to Fight For Change.
6:25 PM. Got the art Finished, bathed washed clothes, now going to sleep.

Sunday April 6, 2014 6:08 am. Got up at 5 am. ate cereal cleaned the cell, made the bunk, still got to wipe the Floor down. seen my trial attorney Current Judge Henry Davis on the News. I need to wipe the Floor down. and then write a letter and get ready For Visit.
8:24 am. Just Finished bathing. now watching GMA and waiting For them to come get me.

3:21 PM. Back From visits, had a nice visit with mom watching the game now Miami Heat & NY. then going to watch the race.

5:54 PM. just wrote a blog, Public safety. I really hope to make this happen. The race was delayed. I'm Fixing to wash up and lay back, watch some news, and go to bed. see what tomorrow holds.

