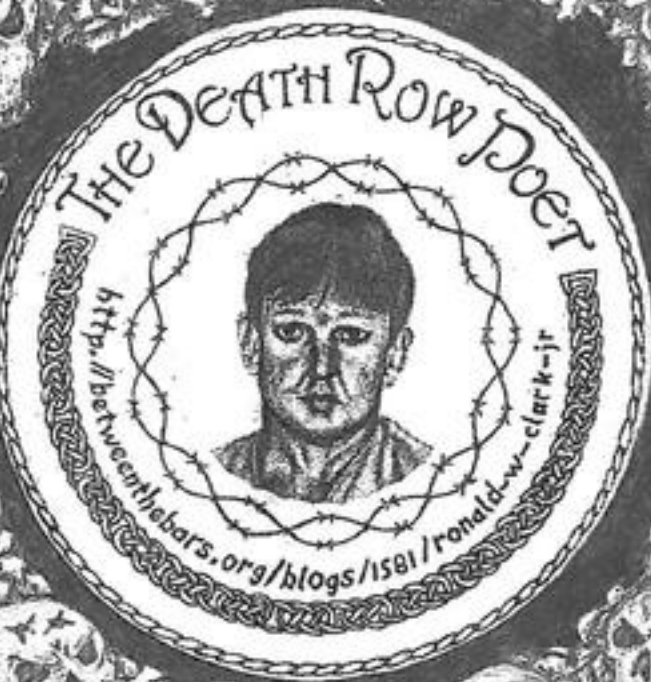


# Daily Journal



February 24-28, 2014

Monday Feb, 24, 2014 6:46am.

Got up at 4:30 washed up cleaned the cell ate cereal for breakfast and been watching the news. I went to sleep last night at 6:30 but when the officers woke me up at 9:30 PM for master count, I seen the race was on so I stayed up until 11:30 watching it. I was glad to see Dale JR. win. Only person I'd rather see win more than him is Danica Patrick. Paul Howell has two days to live. Henry has 24 days to live. Well I'm going to see if they call rec. if not I'll work out this morning.

7:43am. They called rec for up stairs, not down here. I was really hoping to go out today. I need some out of cage time.

8:24am. They didn't take up stairs out. It may be the fog, or something else is going on some where else. I need to walk for a bit and then go from there.

9:55am. Just wrote warehouse of death for my blog. I was walking can't seem to get motivated.

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10:40am Been walking, they just brought lunch. Having sardines. The rec was cancelled due to fog. Not sure who they will take out this afternoon. I really hope it's us, I need out of this cage.

12:42 P.M. They are now doing recount. some officer messed up the count. I've been sitting here talking to my neighbor. It was 14 years ago today that the state killed Tony Bryant. That's a day that I'll never forget. They killed him just pass 7am February 24, 2000.

1:33 P.M. They just did master count, so they still haven't got the count right.

2:20 P.M. Bad day, I just can not get motivated. I need to at least do some push ups.

3:22 P.M. just wrote a card. I'm going to walk for a while.

5:12 P.M. Ate a chili from the canteen over the potatoes. Couldn't eat that Patty. now just waiting on showers.

8:56 P.M. just got back from shower, going to sleep now.

Tuesday February 25, 2014 6:49am. Been up since 4:30 washed up, cleaned the cage, ate oatmeal and been watching the news. yesterday was not a productive day. I need to have a better day. Paul has one day left to live. Haven't seen anything new on his case in the news. Hoping they call rec so I can get out.

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OF this cage today. I hate this cage!

8:02am. just finished a letter, going to walk  
for now.

9:37am. just did push ups and crunches. Feeling  
sick to my stomach. so i'm going to walk  
for a while.

11:08am. stopped and was doing some read-  
ing in the bible. Fixing to eat sardines  
for lunch.

12:02pm. watching the news. I was reading.  
sure would like to go to rec and get out  
of this cage. I need rec, some out of cage  
time. I hate being pinned up like this.  
The humane mind and body is not made  
to endure this.

2:24pm. Did some more push ups. The sun  
is out, temp is nice and I'm stuck in  
this cage. I've been stuck in here four  
straight days without a break.

3:38pm. They just moved Ray over to 4127  
and Low over here to 6127. I think be-  
cause Ray needed to be closer to medical.

5:30pm. Ate a beef stew. just washed clothes  
and getting ready to bath. watch the news  
and go to bed.

5:56pm. just finished bathing & feel so  
much better. Paul has 24 hours left to  
live. They moved him to the left

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side of Q-Wing today, to the side the execution Chamber is on. 24 hours left of existing in this cage. Well I'm laying down and calling it a day.

**Execution Day** February 26, 2014 Wed. 5:45am.

Paul Howell has just over 12 hours to live.

seen on the news that he's still set for tonight. Feel for his mother and loved ones.

I been up since 4:30 ate out meal currently having a cup of coffee watching the news.

7:14am, just wrote my Dad. Now waiting to see if they call rec.

9:12am just finished a work out. They called rec on the North side, so they will probably be over here this afternoon. And it's pouring rain right now, and will more than likely be raining all day. I don't care. I'll go out and stand in the rain. I need out of this cage. I hate this cage! In 9 hours Paul will be in the death chamber dying.

11:42am. They called rec, so I will get out of this cage for awhile.

12:06pm. News still has Paul with six hours left to live.

4:02pm. just got back in from rec. it just sprinkled. I was glad to get out of this cage. Fixing to eat, then wash clothes.

Paul has 2 hours to live.

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5:52 PM. waiting on showers, watching the news to see if there's anything new on Paul. I'd like to hear that he got a stay.

8:17 PM. just got back from the shower, they were running behind. Paul is dead, seen on 25 News at 7 PM. they were going through with his killing. so who will be signed up next? Going to watch some survivor and go to sleep.

Thursday February 27, 2014 6:55 am. I didn't go to sleep until 9:45 got up at 5:19. ate oatmeal for breakfast. Got in a letter last night, hate mail, I'm going to write him back. It's a waste of life to spend it hating others. Everyone gets angry, but to spend it swallowing in hate, that's a different story. I got law library this afternoon. I need to work out this morning.

7:32 am. just finished that letter, going to walk now.

8:10 am. Been walking and doing crunches but I noticed all the officer's leaving the building meeting in the visiting park so something's going on. I'm going to walk some more, then do push ups.

10:03 am. I workout, did push ups. I need to wipe the floor down. Try to figure out what else to do.

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11:01 am. Canteen just came. Didn't get much of anything. Lunch came. I'm eating sardines.

1:04 PM, sitting waiting to go to the law library. Hope to make it down there.

3:13 PM. Just got back from the law library. Got a case that I needed to get and some rules.

4:34 PM. Just ate dinner. Made some Rice and beans out of the canteen and put the state food with it. Wasn't too bad.

5:14 PM. Getting ready to wash clothes and bath. So far no warrants have been signed. Doesn't mean one of the guys at ESP has it been signed, or one won't be signed tomorrow.

6:22 PM. Going to bed.

FRIDAY February 28, 2014 5:02 am. Been up since 3:30. Door was being slammed all night long. Already cleaned up. Going to have oatmeal for breakfast. Should go to rec this morning. a chance to get out of this cage for 3 hours.

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12:28 PM Well got out on the yard and  
got into a fight. A guy come up and swing  
on me, he had landed a few nice punches.  
we should have never been on the rec yard  
to begin with, so i've been moved to cell  
4111 on disciplinary confinement. I only  
have limited property. I went to medical  
I have a knot on the head behind my  
left ear. It wasn't much of a fight. I'm  
too old to be fighting anyway. My back  
is hurting my hip hurts my knee hurts.  
And this is one nasty cell. Got to go  
back up to medical for X-rays. Mom's  
going to be disappointed about this, some  
one will call her today and let her know.

2:20 PM just got back from X-ray. My neck  
and head hurts, so if its hurting now,  
then its really going to be sore tomorrow.

I'm writing mom, so back to that.

3:12 PM I'm going to lay down. I have a  
headache.

4:16 PM just finished eating, that's a nasty  
dinner. Processed turkey. I'm ready to get  
a shower and go to bed.

6:50 PM just got back from the shower. Going  
to bed now.