



Daily Journal

April 21-30, 2014

Monday April 21, 2014 6:21 am. Been up since 5:00
Took me forever to get going. Back's hurting. Hope
these pain pills kick in soon. Ate a little oat meal
before taking them. They're still serving us matzo
and sardines. I stopped eating that several
days ago. Not sure what I'm going to do today.
Guess it'll depend on how this back feels.

7:19 am. Been walking and listening to music. The
pain pills have kicked in, but I'm already taking
way too many of them. So I've got to get this
back fixed. Going to walk some more and see if
they call us for recreation.

9:44 am. Wrote a short letter to mom. I've got to
lay down, these pain pills have me sick to my
stomach and still feeling some pain.

2:11 PM. Just wrote a grievance and a card. Back is
still hurting. They've had recount twice today. So no
recreation. I'm washing a shirt and towel. Wish I could
sit here longer and write.

3:40 PM. Making a Beef stew and beans + rice for
my dinner. Can't eat sardines and matzo.

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I'm sick of that, washed my shirt and towel and have them drying right now. It's hot in here. They have the heat on. Crazy.

6:02 P.M. Ate beef stew for dinner. Right now I'm waiting on the showers and then bed.

8:15 P.M. just got back from the shower. Going to bed now.

Tuesday April 22, 2014 7:14 am. Been up since 5 am. Back's hurting, and I'm dragging my feet. Waiting to see if they call rec.

7:34 am. MP3 lady just came through picking up the players. Never seen her come through this early. Captain also came through in his class A uniform, so something maybe going on.

8:37 am. she just brought the mp3 players back. I got 3 songs. I ate some sardines in refried beans. Had to find a way to eat them. Still serving sardines and matzo.

9:49 am. Finished a letter. my back is killing me.

10:55 am. They just called rec. so I'll get out of this cage for a few hours.

3:48 P.M. just got back in from rec. washing clothes then going to bath, fix something to eat and then lay down.

6:08 P.M. Bathed, now I'm going to bed.

I ate a beef stew over ramen noodles for dinner. Big Rob has 24 hours to live.

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Wednesday April 23, 2014 7:09 am Execution day. Rob has 11 hours to live. I've been up since 5am. Hurting bad, back and knee. I've got some writing to do. Guess I'll get to it. 9:38am. Wrote 2 letters, now watching RTM (Right this minute) Back and knee is really hurting. Pain pills aren't even helping.

12:50PM. Ate a chili for lunch, finished a letter to Dad. Going to lay down for a while.

2:13PM. Can't believe I'm hurting so bad. These pain pills aren't putting a dint in this pain.

Rob has 4 hours to live. Wonder what he's doing and thinking right now? Think I'm going to lay back down and listen to music.

4:15PM. Just finished eating a Beef stew, mixed with the beans they served, 2 slices of bread and a banana.

Rob's down to 2 hours left to live. I'm going to lay back and relax, then watch some news.

6:09PM. Seen on the news that Rob had Pork chops and chocolate cake for his last meal. He's probably in the death chamber right now dying. I'm going to lay back and wait on showers.

7:14PM. Just got back from shower. Going to lay down and watch TV. Until I go to sleep.

Thursday April 24, 2014 5:51am. Seen on the news that Rob was pronounced dead.

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at 6:21 P.M. wonder who will be next to die. I didn't get to sleep until after 9 P.M. just got up at 5 a.m. washed up made the bunk, now not sure what I'll do, my back and knee is hurting, not sure if I'll go out this morning. 7:48 a.m. well they didn't call recreation over here. Kind of glad, my back and knee hurts. I really didn't need to go out. Not sure what I'm going to do. Looks like the fog is why they didn't call rec.

10:41 a.m. I haven't done anything today. Listened to music, tried walking, knee's hurting too bad. There was no rec any where this morning. Restricted movement due to the fog. There's still no word on any warrants being signed. which has all of us surprised.

12:11 P.M. Ate lunch, PB&J sandwich, cereal and beans. at least they didn't have matzo and sardines. Can't believe how bad I'm hurting. I'm going to lay back down.

2:03 P.M. just been laying down, be glad when this day is over. about 4 more hours I'll go to sleep. I need to write a letter. But that's not going to happen.

3:03 P.M. Carteen just showed up. Got food to make meals with.

3:31 P.M. Sgt. just brought my new I.D. card. Going to lay back down now.

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4:40 P.M. Had a beef stew for lunch. I'm so tired of eating the same thing over and over every day. This is a hard place to exist day in and day out.

6:30 P.M. Fixing to lay down and go to sleep. So far, so good. No warrants have been signed.

FRIDAY April 25, 2014 6:19 a.m. Been up since 5:00. Knee and back is hurting. Hard to get motivated in this pain. We should go to rec this morning. I haven't eat anything, they served that matzo for breakfast. I'm sick of matzo. Didn't get any mail in last night, or the night before. Need to fix some out meal.

8:29 a.m. They didn't call rec. Was hoping to get out of this cage for awhile. We could go this afternoon. Being confined to a cage - it wears on your mind. It takes down the mind and body. Humans - no, life is not meant to be kept in cages. I've got an idea, in order to bring some change. I just need to get some information and implement it.

9:50 a.m. Officer just came through calling rec, so we will be going out this afternoon. I'm writing large companies looking for legal help, and that's not against the rules.

11:41 a.m. Ate beans and carrots for lunch and ramen noodle soup. Now going to get ready for rec and watch the news.

3:46 P.M. just got back in. I had fun. Was

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good to get out of here. Need to wash clothes and wash up. I won't get down to the shower until after 8 PM.

8:06 PM. just got back from the shower. Going to sleep now.

SATURDAY April 26, 2014 7:00 am. Been up since 5 am. Been washing sheets. Back and knee is hurting. Glad to be done with the sheets. Those are the hardest to do. I've got to get this back and knee fixed. Guess I'll do some writing today.
8:56 am. wrote a reply to Marlieke who left a comment. washed my towels. But I've still got sheets drying.

12:12 PM. just ate a banana sandwich lunch came late. sheets are dry. went through some paper work and threw a bunch away. I'm posting another letter from a pastor whose using his ministry to con people out of money. so much of that's going on. Not sure what else I'm going to do today.

3:13 PM. Been watching programs on the NFL Draft. making me a Ramen noodle soup, and maybe put a tuna in it. For dinner. Guess I'll write a card out.

5:34 PM. Ate tuna, tomatoes and beans for dinner. It's been a long day. my back hurts, my knee hurts. I've got to get medical treatment. with Carizon running medical, I'm going to have problems getting an MRI. Going to lay down for a bit.

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Sunday April 27, 2014 6:30 am. Dragging my feet this morning. I'm tired, I did not get a good night's sleep. I've got to bath and get ready for visit here shortly. Already made the bunk, I need to clean the floor.

8:40 am. Bathed, watching GMA waiting for them to come get me for visits.

2:14 PM. Just got back from the visit. We don't have any power, in these last seven cells, a fuse has blown. I'm going to lay down for a bit. Then decide what to do next.

4:49 PM. Sgt. got us a new fuse. Thankfully. I just ate beans and tomatoes for dinner. Going to lay back down now, back is killing me.

7:18 PM. Going to bed now.

Monday April 28, 2014 6:51 am. Been up since 5 am was a rough night's sleep. I've cleaned the cell made the bunk, now waiting to see if they call rec. Got out of this cage for a while. I hate this cage!

7:33 am. Sgt. just told me that I'm #8 on the law library. So I'll be going there this afternoon. I hope they don't call us for after noon rec. That's something that needs to be changed. Having to sacrifice law library or rec. I'm going to listen to music and walk for a while.

9:17 am. Walked, then stopped and ate a PB&J and watching R.T.M. Wish this

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pain would ease up.

10:12 am. Listening to music, got the TV over on the Legislature. There should be a law anyone who earns over \$75,000 a year can't be a senator or House Rep. Removing these Rich people from power is the key to a better Government. It'll never happen. Money is power, and power and money is corruption. Our Government is beyond repair, the corruption is just imbedded into this Government. I sure hope they don't call us for recreation this afternoon. It'll take everything that I got not to go out. The sun is shining, but I've got to go to the Law Library and talk law.

11:2 am. They just called recreation. I really want to go out, but I need to go to the law library.

12:39 PM. They're pulling for rec, and I'm stuck not going. I don't like that one bit. Oh well - I need to take care of this.

2:48 P.M. They still haven't come and got me for the law library. Should have went to rec. so nice outside.

4:30 P.M. Ate Ramen Noodles and Tuna for dinner. Never did get to the law library. And lost my rec. Now wait on showers.

9:02 P.M. just got back from showers.

got stuck down there in the shower

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For 40 minutes. This was a bad day. I'm going to sleep, and glad it's behind me.

Tuesday April 29, 2014 7:45am. It's Dina's birthday. I'm dragging my feet again. Can't seem to get motivated. I'm tired. Knee hurts back hurts.

I'm so tired of hurting. I found out that Co. who destroyed my cell on April 4, got fired, not for that, for something else. I'm just glad he's gone, so is everyone else. He was not liked. Well I've eat oat meal for

breakfast, which I'm getting tired of. Now I guess I'll try to walk for a bit, and then write. I did get a letter in last night.

10:09am. Finished a letter earlier. did a bit of walking. Clothing exchange just came through with our orange pants and shirts. The population inmates are cutting grass right outside the window. I can smell the fresh cut

grass and hear the lawn mowers, and weed eaters. I've got some mac and cheese that I'm looking for my lunch heating in a bowl in the sink. I'll eat around 11, 11:30 not sure what I'll do now. Walk and listen to music. This is a lonely existence. Surviving in this cage is no easy task.

10:51am. It's getting hot in here, and this is only April, so this could turn out to be a really hot summer. I don't care for the heat. I'm hot even in the cold weather, so summer

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temperatures are hard for me to deal with.

I go to sleep with the fan sitting on my desk blowing on my head. I turn and sleep with my head right at the desk. Most guys aren't even using their fans. My mom will hold my arm just to warm her hands up. That's how hot I get. Wish I didn't get hot like this.

12:03 PM. Ate my mac & cheese, came out really good. Was reading a USA Today news paper that came down the hall. I need to wash some clothes. Finish up some art, file a couple of grievances, one on medical.

12:56 PM. Just finished 2 appeal grievances that I'll get mailed tomorrow. Time for some art.

4:00 PM. I did some exercises and then was sitting here talking. waiting on dinner. It was pouring rain a few minutes ago.

4:42 PM. Just finished eating. Runner is trying to sell three pieces of chicken he stole out of the kitchen for a can of dip that he will sell out in Population Fort #20. I'm not doing it. I don't like this runner. Wish the FDOC would stop selling this tobacco (dip) death row is the only one who can buy it, so every inmate that comes to work back here wants to trade for it. It's ridiculous to sell it to us, and not them. Makes it black market desirable. Well I'm going to wash some clothes, bath and then watch some news and go to bed.

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6:05 PM. Finished bathing, washed clothes and was watching this TV show called Bikini USA. A lot of beautiful girls on there. When they went to saying their age 22, 23, 24 I was thinking these girls weren't even born when I got here. I'm old. I grew old in this cage. Going to lay down and call it a day.

Wednesday April 30, 2014 6:29 AM. I'm up, that's about all I can say. Took my pain pills and Prozac. Made the bunk, ate cereal for breakfast. Now watching the news.

7:52 AM They did not call rec was hoping to go out. It's going to rain this afternoon. I guess I'll do some writing.

9:30 AM. Wrote a letter to this Pastor. and been watching RTM. Hot water in the sink isn't working very well.

12:04 PM. MP3-Lady picked up our players. Watching the news. Fixing to storm in the next hour or so. Canteen is said to be coming. My back and knee hurts. Really need something done about this.

2:59 PM. Canteen showed up at 2 PM. The MP3 Lady also showed up, so I've been listening to music. I'm tired, ready to get me a shower and go to sleep. We don't have any hot water. I hope they get it fixed before showers. The Sgt. just come by, and sound's like a piece is broke, so we maybe in

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trouble, until they can order a part. Right now I'm going to watch TMZ, and see what to do next.

4:03 PM. Just wrote a short letter, and then a request to the property room. Waiting on dinner and then showers. I hope they start back to front.

5:14 PM. Ate a beef stew, beans & rice for dinner with 2 slices of bread. The hot water is fixed, which is how I was able to do that. I'm so tired, I could go to sleep right now. Just be glad to get my shower and get in bed.

I've not been productive for awhile, I really need to change and start doing things, ART, exercise just something. Can't keep going on like this. Very rough existence in this cage. Welcome to my hell.

6:29 PM. Watching the news. These tornado's have killed over 35 people. And one guy was executed in a botched execution. Floods. This world is just a mess. Life is difficult. Seen two Sgt. Pass by awhile ago. So we have two Sgt's down here tonight. Hope they hurry up and start these showers. I'm ready to go to sleep. Wish I could go to sleep and sleep forever. Never have to deal with this life and world again.

6:57 PM. They started showers front to back. So I won't shower until 8 PM. or after. I'll then watch survivor and go to sleep.

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Hope to get awake up with some mail.

8:26 P.M. just got back from the shower, spent over 30 minutes down there. Was talking about being 46 years old, over 24 years of it spent here in this cage. Long time, almost a quarter of a century. Well I'm going to lay down watch survivor and go to bed, just another lonely boring day on death row.