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Daily  
Journal

May 12-18, 2014

Monday May 12, 2014 7:01 am. Been up since 5am. Made the bunk, cleaned up, ate cereal for breakfast watched some news. Now waiting to see if they call rec. until then, I'll do some writing.

10:06 am. Wrote a letter to mom, and did some art work as I watched RTM. Northside went out to rec. I hope we go out this afternoon. Need to get out of this cage for a while. Hate this cage so much! Wish I was out riding a motorcycle, woman holding on to me, as we ride down the beach. That's bliss. Guess I'll walk for a bit, or limp. Pain won't go away.

11:43 am. Just finished eating beans and cabbage and an orange. No rec has been called, stuck in this cell all day.

2:04 PM. Been working on some art listening to music. I think 4-wing went to rec. so we will probably go in the morning. I think I'm going to try exercising. I am in pain, but I really need to do something.

2:54 PM. Did some exercising, not that good,

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at least I got something done. I can't stand being caged in like this. I was sitting up on the sink looking out through the bars at the window's at the sun, feeling like a caged in animal. Human's aren't designed to be caged up like this. It's mentally destructive!

4:38 PM. Had beans & carrots for dinner. Fixing to wash some clothes and wait on showers.

7:16 PM. Just got back from showers, going to bed.

Tuesday May 13, 2014 4:34 am. Just got up. Need to wash up and clean the cell.

5:30 am. Washed up, made the bunk, fixed some oatmeal for breakfast. Not feeling very good. It's this cage. I hate this cage.

7:17 am. Waiting to see if they call rec. Didn't get any mail last night. Need to get something done about this pain. I turned in a sick call slip this morning.

7:29 am. Got a legal letter from the U.S. Dept of Justice. Also found out B-wing is going to rec. so stuck in this damn cage again all day today. We should be able to get out an hour a day.

8:08 am. Washing some clothes, towels. I really wanted to go outside.

8:39 am. Finished a card, officers just come through using the keys to open and check the doors. Not sure what I'll do next.

8:53 am. Making a soup with a tuna. Got hungry and board. Classification just

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Came thru picking up grievances. Didn't have any going out.

9:42 am. Watching R.T.M. (Right this minute) and their mowing grass out there. I can smell the fresh cut grass. Wish I was outside. Just sent a card to this old man, whose wife died. I use to write her.

11:31 am Ate beans and cabbage for lunch. Watching a movie Flatliners From 1990. seen it one time back in the mid 90s. Towels are washed.

12:04 PM. watching the news. I need to get some more out of cell time. Not sure what I'm going to do now.

1:07 PM. just spent about 10 minutes talking with some christian volunteers who came through. I've been in here 24 years, 3 months and 6 days. That was something we were talking about. I need to find something to do to pass some time. What an existence!"

4:20 PM. Eating beans for dinner. Tired of this diet.

7:13 PM. Going to bed. This has been a bad day.

Wednesday May 14, 2014 7:08 am. Been up since 5 am. Did not want to get up. still don't want to be up. I ate cereal, cleaned everything up. I get so tired of this place. and with the knee and back pain effecting my day, and these meals just being awful, and the mail declining, its effecting me in a

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negative way. Plus not getting out to rec. I did get one letter last night, so if they don't call us for rec this morning I'll write. 9:00am. wrote a letter, now watching RTM. Canteen is on 4-wing, so they'll be over here later.

9:28am. MP3 lady just picked up the players.

10:48am. mp3-lady just brought the players back waiting on canteen, lunch and then to call rec. Need out of this cage.

11:35am. Lunch just came and so did canteen. may not be any rec, heard staff is over at the work camp doing shake downs.

12:12pm. sure wanted to go outside. It's hot in here, and I wanted out of this cage.

12:24pm. It's raining, so maybe it's good they didn't call rec. I still would have went.

12:39pm. They just called rec.

3:41pm. just got back in, I'm tired, hot and sweaty. Played some volley Ball, shouldn't have. But I wanted to do something besides stand around. need to wash clothes now.

4:42pm. Ate a salad for dinner with fish in it. clothes are washed, now waiting on showers.

8:16pm. just got back from showers, going to watch survivor and go to bed.

Thursday May 15, 2014 5:08am. just got up. need to wash up and clean the cell. and write some grievances.

7:58am. wrote 3 formal grievances and an

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appeal to Tallahassee on being allowed to sell my art work. I have some sort of call out today, but the CO did not say what it is, or what time, so I hope to find out when they come through at 8am count.

8:06am. Sick call is what I'm going to. Trying to get an MRI done on this knee and back. Guess I'll walk for a bit and listen to music.

8:11am. They just picked up my grievances.

9:29am. Ate a PB&J sandwich, still waiting to go to sick call, as I wait I'm watching R.T.M.

9:55am. They just came through calling rec. It's probably going to rain, but I'm going out. Wish they would have called us for tomorrow. Still haven't went to sick call.

10:50am. Sick call was cancelled, because there was no nurse in the building. It's dark outside with a lot of thunder. I doubt very seriously that they pull us for rec, still is about 3 hours away.

11:12am. Lunch just came, beans and cabbage, which I'm sick of eating.

12:11PM. Getting everything ready for rec. Still raining but not thundering.

1:21PM. They didn't run rec. The plumber is back there working on the hot water. Can't get him to work on my toilet, which he said he'd be back to fix last week.

2:37 PM. I haven't been doing anything.

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I really need to get something done, I just don't know what. I could wash some clothes.

3:31 PM. sitting here watching TMZ. waiting on dinner. They have this inmate runner O'Brien down here, this inmate has been fired last year for smuggling contraband in and out of death row, and yet they put him back over here in this position. security - just amazes me, but (he (the inmate) maybe doing sexual favors for an officer to get back over here. Cause O'Brien is a homosexual, so that might be how he got back over here. sexual favors for job positions. It happens, just shows how messed up security is.

4:22 PM. Dinner came, I'll eat tomatoes and beans and rice from the canteen. I'm currently working on a grievance on the food, and on the ink pens, so I'm going to get back to that while my food is heating up.

6:50 PM. Going to bed.

Friday May 16, 2014 7:12 AM. Been up since 5 ate cereal, waiting to see if they call rec. Not sure what I'll do today, yesterday was not productive. This cell just been getting to me. No mail again last night. Guess I'll walk and listen to some music.

8:03 AM. Grievance lady just picked them up. I have a formal going in on the pens and

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an informal on these lights not having protective coverings. Right now I'm going to highlight some grievances that I'm going to post on my blog.

8:38am. I'm working on a new stationary for my daily journal. The officer just called down and told Willie 6117 to pack it up, he's being moved which I like, cause he got on my nerves laughing at the TV all the time. Plus talking about his case, which he's in here for killing a 5 year old girl. And I don't want to hear about it. Well back to this art work.

10:56am. just set up a new playlist on my mp3. was doing art Willie still hasn't left. He's crying about he's got cancer and can't be moved up stairs. He's been saying that for 10 years. He doesn't have cancer, actually that's lying to staff 60 days on DC. Well back to this art.

2:04PM. just finished up some new stationary. I had started it along time ago. I washed T-shirts and towels. and was talking with Andy about our life outside. still waiting for Willie to leave.

2:19PM. Willie just left going to 6212.

2:37PM. chip just moved in, now he's got a lot of cleaning to do. Willie was dirty.

4:04PM. waiting on dinner. I'm hungry! Don't want no beans, but that's what we got.

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so I need to find something else to eat.

5:01 PM. Ate beans + rice. Now waiting on showers then bed.

8:07 PM. Back from the showers, going to bed.

Saturday May 17, 2014 7:16 am. Got the sheets washed and currently drying. Ate cereal for breakfast. Not sure what I'll do now.

9:11 am. Just finished exercising. I needed that, my back + knee hurts, but I really needed to do something. Watching Lucky Dog now.

9:58 am. Made my bunk. Having a cup of coffee trying to figure out what to do next.

11:50 am. Had a beef stew for lunch and some coffee cake.

4:30 PM. Ate beans and tomatoes for dinner.

6:48 PM. I'm going to bed, hasn't been a very productive day. I hate this cage, sitting in here day in and day out. For the rest of your life - it's a really bad existence!

Sunday May 18, 2014 7:54 am. Been up since 5 am. Did not want to get up. I ate cereal, cleaned up, bathed. Pretty sure I'm not getting a visit today. Not unless my cousin shows up.

8:39 am. Just cleaned the floor, watching GMA then Sunday morning. If Ken doesn't show by then, I'll do some writing.

10:28 am. Getting ready to write mom and go. From there my guess is Ken had to work today.



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11:29am. Finished a letter to mom, ate tomatoes.

Going to watch Indy 500 qualifying at 1 PM and the Miami Heat at 3:30 PM. The nurse brought around my knee and back brace.

5:03 PM. Ate a chili and Ramen noodle soup for dinner. I'm sick of beans and cabbage. Not sure how much longer that I can hang with this diet. I washed some clothes, but other than that I haven't done anything, just so tired of everything, same stuff day in and day out. And dealing with this pain, doesn't help, with copping with this cage. This is a very rough way to exist. This week there was very little out of cell time. We only got one rec, no visit. Right now I'm watching the Miami game but there's this guy Robert Gordon down in cell 6125, who makes me want to pull against my own team, cause he's that annoying. No one on this wing likes him. That's how annoying he is, well I'm fixing to lay down and call it a day.

5:40 PM. Just finished 2 grievances. one on the missed rec, the other on keyboards for the mp3 players. Now putting the mail on the door and calling it a day.