



Daily Journal

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June 23-30, 2014

Monday June 23, 2014 7:04 am. Been up since 5 am. ate 2 pantakes. I'll eat the oatmeal shortly. wrote 3 grievances. I'm going to put together a Formal Complaint about the Inspector General's Office and F.S. 944.31 which they do not comply with. so I'm going to get to that right now.

10:38 am. Been working on this Formal Complaint dealing with F.S. 944.31 and the ACA. A van just came in. see how long it stays. may just be returning from Lake Butler. or bring inmates over to the dentist. I need to lay down for a bit, my back is killing me.

11:22 am. That alas someone coming back from outside court. Lay back down.

2:33 PM. just finished this Formal Complaint. I'm hurting and need to lay down again.

4:14 PM. Finished eating. Trying to figure out what to do next. pass time until showers.

7:03 PM. Back from the shower. Back is hurting. I need to file another medical grievance. Probably want help just gets denied. mom was suppose to call Tallahassee today about this medical.

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I'm going to lay down and try to take some pressure OFF OF my spine.

9:08 PM. just got some mail, after I read it, counts should be finished, I'll try to go to bed.

Tuesday June 24, 2014 6:37 am. Hurting something Fierce! I go to the law library today, late today, I'm last on the list. I wrote two grievances. need to write a letter or two.

They will probably call rec today. I want be going, I've got to go to the law library. I'm going to start a letter before I start hurting to bad.

9:38 am, my Classification OFFicer just picked up my grievances, say oh more grievances. I'm writing a friend. I need to lay down here shortly. I'm hurting bad!

12:03 PM. Back From the law library, they came and got me early. my knees and back hurt.

I got enough material to keep me busy this week. surprisingly they did not call recreation. I've got to lay down for a few minutes. Then I've got alot of writing to do.

2:21 PM. I'm hurting so bad! I seen the nurse, she said put in another sick call. she said Corizon medical Inc. is not going to do anything. They don't want to spend any money. I've got to get into these rules over here, see if I can find some help some where.

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3:09 PM. just wrote another grievance on medical. Time to do some reading now.

4:27 PM. ate chicken and potatoes, that was a good meal, and it was prepared properly, just too bad they dont prepare all meals like that. I filled out another sick call that I'll turn in, in the morning, another \$5. and no doubt I will not get the treatment that I need.

6:33 PM. still hurting, need to lay down.

Wednesday June 25, 2014 6:44 am. Been up since 3 am, hurting. I cleaned the cell made the bunk read some mail, wrote a letter. Got a letter from Dad. Right now I need to lay down I'm hurting.

7:52 am. Legal mail lady just picked up my legal mail. Recreation is being pulled on the other side of the building. We should go out this after noon. I need to go out for fresh air and sun. all I can do is sit in the wheel chair. I got some legal no medical documents this morning. I've got to get them copied and sent off to an attorney. I've got to write now.

9:08 am. MP3 man just picked up the players. The woman doesn't work here any more. said they would deliver canteen tomorrow. I need to open a legal book and do some reading

11:17 am. They called after noon rec. I need a wheel chair, so I probably want get to go. I just wrote an attorney and

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the Health Dept.

3:56 PM. I didn't go out, wish I would have looks really nice out there. Hot in here, I was looking for the legal documents to post, so I've been cleaning out the legal locker. Found a few things I'll post on the blog. Need to lay down, I'm hurting and its very hot.

4:00 PM. Guy just brought the mp3-players, mine is messing up. This is not good. The guys only got about 2 hours on the yard. I've been laying here hurting. I miss being able to work out. I've got to get this back and knees fixed.

4:34 PM. Finished eating, hot dogs, they were okay. I'm hot, sleepy and hurting. Bad combinations.

6:39 PM. They just started showers. Front to back. I want get down there until after 8 PM. so tired, it has cooled off in here though.

8:16 PM. Back from the shower. Going to watch Big Brother and then try to go to sleep.

Thursday June 26, 2014 7:12 am. Hurting so bad, "I should see the nurse this morning. I didn't get to sleep until after 10:30 PM. Was woke back up at 11:13 with the Sgt asking about if I have paper work showing that's its approved for us to write. I was pissed! That's the mail room's job, not the wing staff. so I wrote a request and sent it out. I'm going to change this, I've

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got an idea, to try to change these rules. At 7:32 am, mail lady just picked up legal mail, I asked her about writing my dad, she said there's no change, no forms it's the way it's always been, the letters go to the mail room, if we're not approved, they will return the letters, it's not wing officer's duty to authorize mail, that's mail room. I asked her to write that in the request that I sent out last night, she said she would, messed up my sleep last night for nothing. And I'm getting very little sleep as it is. Canteen should be here today, got that to look forward to. Just wish I wasn't hurting so bad, didn't get any mail last night, I've got to figure out what to do to pass the day.

10:42 am. Wrote a letter, filed 2 grievances this morning, did some studying in the Bible.

11:39 am. Just got back from seeing the nurse blood pressure 150/100 still a bit high. I need to lay down, I'm hurting.

12:53 PM. Canteen just left. I went and ordered stuff that I wanted this week, not stuff that I needed. Got a few things for meals. Need to figure out how I'm going to pass the rest of the day, wish I could exercise.

4:38 PM. Ate dinner, waffles very good. Just been laying down, I'm hurting so damn

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bad. This is ridiculous!" I need to lay back
down.

6:48 PM I'm going to take a cold bath/shower in
the sink, just sit there and pour water over
myself. It's hot in here. Like an oven. Fans on,
all its doing is blowing hot air.

8:13 PM. Cooled down in that cold water. mail just
came didn't get a single letter.

Friday June 27, 2014 6:46 am. Been up since 4:30
didn't get to sleep until after 11 am. Don't
have any call outs today. I was hoping to see
Father Conrad. They will probably run rec this
morning. Wish I could go out and play basket
ball. Never get to play again.

7:25 am. They just called rec. I want to go
out. But just can't move. and they want
bring the wheel chair. I may try.

11:07 am just got back in from rec. I was glad
to get out of here for a while. sat in the
wheel chair and talked. Two other guys was
in wheel chairs. Victor Farr has been moved to
5-wing, he's in a 2 wheel chair, dying of cancer.
just found out his wife Jo Jo whose a very
sweet woman has cancer, and maybe six
months to live. sad situation.

1:52 PM. Been doing some reading. I'm tired. I
hope I can get some sleep tonight.

4:31 PM. Finished eating, sausage and potatoes
Fell asleep about 30 minutes until my

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neighbor bumped his locker against my wall and woke me up.

6:38 PM. It's like an oven in here!" They just started showers, so I'm next. Can't wait to get down there, run some hot water on my back. That always feels good. Need a hot water bottle.

7:08 PM. Back from the showers, going to lay down and call it a day.

Saturday June 28, 2014 6:51 AM. Washed the sheets. That's the hardest time I've ever had with that. I had tears welling up in my eyes, so much pain, and I'm still hurting. Got to wash clothes, I can't use that laundry stuff come's back dirtier than when you send it. I've been up since 3:55 AM. Got to sleep at after 10:30. Woke up several times. I got 2 letters last night, Father Conrad and Mom. I need to lay back down for a bit.

This pain is just "excruciating!"

8:53 AM. Wrote a letter. I'm hurting which makes me mad real easy. Some Col. or some one walked by telling guys to take their clothes lines down, so I'm going to put a request in, and then a grievance. We can't use that laundry, the clothes come back filthy, sometime's smelling like urine. Like the inmates down there urinated on the clothes and threw it in the dryer. This place is scum, filthy, nasty, dirty, only time

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it's truly cleaned, is when they know the American Correctional Association is coming in for their ANNOUNCED inspection. This place has to be changed.

10:49am. sheets are dried, bunk's made. wrote up a formal complaint on the mail. Need to get this changed back to the way it was.

3:36PM. Been trying to do some art work. Hard to stay focused with all of this pain. Between that and this heat, it's hard to work.

6:17PM. just got out from under the water. It's very hot in here. feel like temperature is over 100°, and that's what it is in these cells. The fans blowing hot air. I'm going to get back in the water again shortly. I did get some art work done today. I ate burrito's for lunch and dinner that my neighbor made. They were really good.

Sunday June 29, 2014 6:32am. Been up since 4am, another rough night. The pain and the heat is difficult for sleep.

8:31am. Finished bathing, now watching GMA as I wait for them to come get me for visit.

2:43 PM. Back from visits. It is hot back here. I'm talking "ridiculously hot!" "Feels like you stepped inside a car that's been sitting in the hot sun all day." I've got to write a letter to this org.

4:28PM. Trying to do some art work, it is hot in here!" wrote that letter. I've got

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alot to do tomorrow. Right now, I need to
lay down, I'm hurting bad.

Monday June 30, 2014 6:00 am. Another bad
night. I'm hurting so bad. In fact I'm going
to write another grievance on medical right
now.

8:26 am. Got those grievance's sent out. That
grievance lady hates coming down here. Wrote
a letter to mom. Trying to figure out how
to change this rule. Just can't figure out
how it can be done. I filed another griev-
ance on medical, and I'm going to file one
on medical every single morning until I
get proper medical treatment. This is rough
suffering in this kind of pain. It's going to
take a law suit to get my back & knee's fixed.
I need to go in my legal locker and find some
document's and throw stuff away that I don't
need. Go get to that right now.

10:38 am. Been working shredding paper's and
looking for documents. I'm hurting really bad
and need to lay down.

11:14 am. They called rec. I'm not sure if I'm going out
or not. I hurt like hell. I've got to get this stuff
fixed. Damn I'm hurting!

12:19 PM. I'm going to go out, just so I can get out
of this cage for awhile.

1:16 PM. They canceled our yard, took 4 wing
out, said they would come for us in the

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morning, not sure what I'll do to pass the day, I could try to do some art, I'm really struggling with that. Hard to sit and focus when your hurting so bad. Guess I'll give it a try.

5:31 PM Did some art, then some work on a legal memorandum that I'll be using to try to get medical treatment. Right now its too hot to do anything else. Like an over in here. This heat is rough. Shower's will be around 8, 8:15 PM seems hotter the past few days, than it was all last summer. July and August is always the hottest months. It starts cooling down in Oct.

7:18 PM. Didn't get to go to the shower tonight. They didn't want to get a wheel chair. I'll bath in here once it cools off.

9:18 PM. Finished bathing going to call it a day. Hope to get some medical treatment soon