



# Daily Journal

#8

July 1 - 6, 2014

Tuesday July 1, 2014 6:11am. Another rough night, sleep spoke with the nurse earlier, said I should have seen the Doctor yesterday. There's a strong smell of smoke, some woods or something burning. I need to work on this memorandum on medical and get it ready to be sent out.

7:06am No law library call outs. Not for me any ways that ticks me off. Guess I'll get ready for rec, I may go out.

7:22am. They just called recreation. I'll go out sit in the wheel chair and watch them play basketball and talk to the guys.

11:06am, Back in, I'm hurting, but I enjoyed getting out of this cell, Lunch is here. I'll eat wash clothes and then write a letter.

11:27am. Just spoke to the nurse gave me more of this Pain OFF med's. Which I shouldn't be taking. She said, Corizon has this doctor's hands tied. Said I could put in another sick call, so won't be seeing the Doctor as I was told I would be. Just keep getting the run around

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on this.

1:12 PM. Finished a letter, Filling out another sick call slip.

3:02 PM sitting here hurting, watching TMZ waiting on the dinner tray. Probably will not be chicken tonight. They will probably serve it on Friday for the 4<sup>th</sup> of July. Did get some clothes washed. Need to bath once it cools down. It's hot in here. I have the fan blowing on me, and still sweating, and it's not even at its hottest point. That will be around 4 to 6 PM. Becomes a sweat box in here.

4:23 PM. Canteen just left. I'm surprised that it came today. I'm so tired I really need some sleep. I've still got to wash these shorts and then bath.

6:18 PM. Finished bathing, calling it a day. Going to lay down. No telling when I will get to sleep due to this pain.

Wednesday July 2, 2014 6:32 am. I've been up since 4 am. Didn't get to sleep until way after 10 PM. The grievance lady came by early and picked up the grievances. I have several more to write on medical. I haven't eat breakfast. I put it in a bowl, so I need to eat here in a few minutes. Then write some grievances. I didn't get any mail last night.

8:40 am. Grievances are written. I still don't have a law library call out. I hope

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they aren't trying to keep me out of the law library. They did that several years ago, so I wouldn't put it past them doing it again trying to stop me from filing these grievances and formal complaints.

11:02am. They called us for afternoon rec. I guess I'll go out and get some sun fresh air and conversation, waiting on lunch right now.

3:47 PM. Just got back in from rec. I'm sweating it's extremely hot, even in here. I'm going to have to wash clothes here shortly. Eat dinner and get ready for the shower. I'll watch Big Brother tonight.

4:19 PM. Just finished eating dinner. Spaghetti not very good. It's hot in here, so I'm going to get the clothes washed and wait for the shower's to get started.

7:13 PM. Back from the shower, that whole end of the hall smells like crap. Pook's crap bag busted, which seems to bust a lot, and it stinks!

Thursday July 3, 2014. 4:32am. Been up since 4 having a cup of coffee watching the news. This pain has had me up all night long. Didn't even fall asleep until after 11pm.

5:24am. Ate breakfast biscuits and gravy. Wasn't cooked right. Not sure what I'll do today.

Father Conrad is suppose to come visit. I hope he shows up. Need to clean up.

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6:56 am. I have a sick call, callout this morning, but no Father Conrad. OFFICER just come by with this list.

8:32 am. Grievance's have been picked up. Wrote a church, and just waiting to go to sick call.

9:49 am. Was going through my legal work trying to find document's to share with Blog Followers. My legal document's are a mess from warden Reddish who had his OFFICE's destroy them in 2011-2012. so it's hard to find things, some document's are torn in two pieces. They destroyed my trial transcripts, Deposition's, sworn statement's. I'll see what I can dig up later. Found the FDLE report showing the clothing. Found a Page 9 from Ms Bailey's Deposition proving that David lied about where he stole the gun from. This is just one of many lies that's easy to prove, and my attorney should have brought out in court. Back is hurt ing hoping to see that nurse.

10:50 am. Back from seeing the nurse, she said there's nothing that can be done Corizon will not pay for an MRI or surgery. Blood pressure was 150/84 Time to write grievance on medical.

11:42 am. Wrote two grievance's. Then the warden came through. I told her about the problem. she said, yes I seen your grievance on the medication. They no longer give that out. I said they just gave me a Renewal

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Monday, she said must be another medication. I let it go, she's not going to do anything. Damn I'm hurting!

3:22 PM. Been laying in bed hurting, this back is killing me!" Feel asleep for maybe ten minutes rolled over or moved, pain shot through the spine, woke right up.

4:32 PM. Dinner was nasty, cornbread pizza. It wasn't cooked good, and the way they make it, doesn't work.

Friday July 4, 2014 8:12 AM. I had a bad night, I did finally get some sleep, not enough, but some.

I felt like I was mentally falling apart the later it got the worse I felt. This pain will not let me sleep, I yell out in the middle of the night when I wake up.

I got up at 4:30 cleaned up washed up and wrote a 3 page memorandum to Heather Robinson of the Chief Inspector

General's Office. I'll have it posted on my blog in a week or so, I'm fighting to change the system, well I need to fix something to eat.

11:08 AM. Was just going through the legal locker throwing away old grievance's and paper work.

Run out of room. That was a lot of work. Waiting on lunch now. I did find some of the documents that I wanted to put on line.

11:34 AM. Ate a piece of chicken. wasn't too bad. 2 years ago on the 4th of July we got BBQ chicken a hotdog's a cheese burger and water melon. That'll never happen again. That

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was the 90's.

2:20 P.M. Feel asleep for maybe 30, 45 minutes. Turned over, pain shot through my spine and woke me up.

6:26 P.M. I'm tired, I need some sleep. Want get a shower until after 8 P.M. I'm going to take a few Benadril, see if that will help me sleep.

8:09 P.M. Back from the shower, see if I can go to sleep now.

Saturday July 5, 2014 7:38 a.m. sheets are washed. I'm hurting from doing them. I fell asleep I know it was after 11:30. That was the last time I looked at my watch. Officer actually woke me up for breakfast. That hasn't happened in years. Guess I'm going to write to a church and see what else I'll do maybe finish up some art I'm working on.

9:42 a.m. one sheet is dried, wrote one letter. Need to lay down for a bit.

11:40 a.m. just finished eating. Mac and cheese that I got out of the canteen. I'm going to do some art and listen to this soccer game.

4:33 P.M. Had hot dogs for dinner. Been working on a piece of art off and on. Can't work for very long due to this pain. I'm tired of hurting like this.

7:21 P.M. just finished bathing. I'm going to lay down and call it a day. Doubt I'll sleep due to this pain.

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Sunday July 6, 2014 7:31am. Been up since 4am.  
Another rough night's sleep. I had eggs, grits  
and biscuits for breakfast. Going to bath  
here in a few minutes and get ready for the  
visit.

8:25am. Finished bathing, now watching GMA as  
I wait, and started a letter.

2:43pm. Back from the visit, had a nice one.  
Always great to see mom. Cousin tried to  
visit, they wouldn't let him in. I'll file a  
grievance on that later. Need to write mom  
and then lay down for a bit. Back is hurting  
really bad!

4:49pm. Wrote a grievance finished a short letter.  
I'm going to tell it a day lay down and hope this  
pain eases up some. It's hot in here right now  
I'll be glad to see the winter return. Got a lot of  
time before that happens. Nov, Dec for this  
part of the country. Hope to have a good week  
for mail. This past week, wasn't good.