



Daily Journal

#19

September 15-21, 2014

Monday Sept. 15, 2014 6:01 am. Finished eating, Breakfast was late, probably because of this ACA crap. They will be around here all week with these inspections. I've already seen officer's walking through that don't normally come through. I go to sick call this morning. I hope to go to rec today. I haven't been outside in over a month. McCray has been down there yelling all morning acting crazy, wish they would move him to a mental ward.

10:58 am. Just got back in from recreation. They come here at 7:30 saying you want to go to rec, I said absolutely! I hadn't been out in over a month, so it was good to get out of here for awhile. I needed that fresh air and sun.

11:26 am. Some guys just came by asking if everything in the cell works. Don't know who they were. I'm fixing a Beef stew and Beans and Rice for lunch.

1:14 PM. I had to fill out another sick call slip since I went to recreation this morning, so I just did that. I'm tired, was laying down when the nurse came up. I'm going to

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to lay back down right now.

4:39 PM. Finished eating just been laying down.
Fell asleep for about 30 minutes.

6:01 PM. waiting on the shower. Hope to get some
mail tonight. Was thinking about my appeals and
execution. Not sure if I'll put my man through
all that. After Clemency I may take my own
life. That way's she just gets a call from the
prison saying I'm dead. Cause having to count
down the days 30 days left to live, 29, 28, 27 ect.
That's just cruel and I don't want her to have
to deal with that stress, torture, that's going
to effect her mentally and physically.

6:57 PM. Back from the shower going to lay down.
Call it a day.

September 16, 2014 Tuesday 4:39 am. I've been up
since 3:15 couldn't go back to sleep. Got in a
few letters last night. so I'm going to start
writing here shortly. already washed up
and made the bunk.

10:37 am. Been working all morning. was going
through legal books and legal work. Earlier
the major, Lt and 3 sgt's came down to look
at cell P-4102. I'm so tired. I need more sleep.
Going to lay down until lunch gets here.

12:01 PM. Finished eating chili. I'm going to lay
down. my back hurts. I'm tired.

1:40 PM. I fell asleep for maybe 30 min. I'm
having a cup of coffee. I'm going to do

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some writing. Then watch TMZ at 2 PM.

2:04 PM Found out Chase is back from the hospital. Glad he's okay. I wrote mom now I need to lay down.

4:41 PM Finished eating, chicken, rice + tomatoes. also made 2 chicken burrito's. I'll eat them in a bit. I'm going to lay back down for now.

9:02 PM Finished watching big brother. mail came & didn't get anything. I'm going to lay down and try to get some sleep.

Wednesday Sept 17, 2014 4:01 am. Been up since 3 am. I'm just not sleeping good. I'm watching the news having a cup of coffee.

5:49 am. Breakfast came, I put it in a bowl and have it later. I need to write a letter.

8:57 am. was writing, now going to watch RTM. I guess the ACA inspector's are in the building, all the staff are running around.

10:04 am. My back is hurting so bad! I'm going to the law library later today. probably around 12 PM. I hope they don't call rec over here. IF they do, I've got to go to the law library. Right now I need to get back to a letter.

10:14 am. They just came told matt to pack it up that he's getting OFF DC. today.

11:58 am. Finished eating, that crap was nasty. I'm still waiting on the law library.

12:42 PM. still waiting on law library here they are. Got to go.

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1:59 PM. I'm back, need to lay down and rest for a bit. Lot of pain!

4:37 PM. Dinners coming down now. I fell asleep for a bit. I'm so tired. I think I got 15-20 minutes of sleep.

7:02 PM. Got back from the shower. Going to lay down and do some reading until Big Brother comes on.

Thursday, Sept. 18, 2014 6:30 am. I didn't get up until 5 am. Woke up several times last night.

7:31 am. They called rec, time for me to get ready.

8:04 am. They never came and got me. They got the guys up stairs and behind me, but not me since I'm over here on this DC wing by myself. Guess I'll get back to writing.

9:56 am. Sgt. Blue came up and said he was going to have someone pull me for rec once count cleared. Never came back. Oh well I need

to finish a letter. I just watched R.T.M.

11:00 am Finished writing Ann, going to lay down now.

12:04 PM. Finished eating. Wasn't cooked great, but it was good enough to eat. Waiting on canteen to show up. I'm watching a movie "The Guardian" pretty good movie so far. Sure wish they would have taken me to recreation. Needed to get out of this cage for awhile.

2:57 PM. Canteen just left, they forgot about me because I'm over here by myself. The other 4 guys are mental. Need to put the stuff away.

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4:52 PM I laid down dozed OFF For about 15-20 minutes. That's happening more and more lately. Haven't received dinner yet. They're running a little late. I'm going to lay back down for now.

5:44 PM just finished eating, wasn't too bad. I'm going to lay back down now.

Friday, September 19, 2014 5:22 am. Been up since 4 am. Washed up, made the bunk and been watching the news as I wait on breakfast. Got in a card from Anne last night and a couple of letters. I need to do some writing this morning. My back is really hurting me this morning. I've got nothing for pain. Time to get going.

6:15 am Breakfast came, it was ice cold. A nurse said they couldn't serve the food because they didn't have hair nets. Back to writing. I'll see Father Conrad at 2 PM, till 3 PM.

7:43 am just got a letter from my attorney with a motion she filed. I need to eat that later on. My back and hip is killing me!

10:16 am just got back from seeing the nurse. My blood pressure was 156/98, still a bit high. Tried to get an MRI on this hip. I watched RTM. I need to do some writing. I finished the replies to the comments left on my blog.

11:44 am Lunch came bologna and grits, nasty meal. My back is killing me! I'll see Father Conrad at 2 PM. I'm going to lay back down.

3:14 PM just got back from seeing Father Conrad.

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I really enjoyed our visit, learned some things.

Always learn something new talking to him. Need to lay down. My back hurts.

4:23 PM. Ate dinner, sausage and potatoes. Going to lay back down and wait for showers.

7:31 PM. Went to the shower, pushed the button it worked, soaped up, water came off wouldn't come back on. I had to come back to my cell and rinse

off. These plumbers are idiots! "They screw up the stuff that's working and can't fix what's broke."

9:03 PM. No mail tonight. I'm watching Utopia then I'm going to bed.

Saturday Sept 20, 2014 6:23 AM. Dragging my feet this morning. Got a note from Chase, he's got cancer and his livers messed up. He asked me to get mom to call his wife and get her down here before he dies. She'll come down and stay with mom. We've all been friends since 1996-97.

At least they won't get to march him into their execution chamber and kill him. I need to eat breakfast. I put it all in a bowl. Bed's made I've got to wash some clothes and do some writing.

11:30 AM. Making some burritos for lunch and dinner. The lunch and dinner are then processed patties which are nasty. Going to watch some football. I feel tired, and just don't feel good.

8:30 PM. Still not feeling good, tired dizzy. I think there's something wrong. I'm going to lay down and call it a day.

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Sunday Sept 21, 2014 7:49 am. Still not feeling good.

Been up since 4:30. I just feel like crap! I've got to bath here shortly and get ready for visits.

8:53 am. Finished bathing and cleaning the floor.

It's so hard to clean the floor with my back hurting like this. I moved wrong and pain shot

through my back and right hip. I want to get this fixed so I can start exercising again.

2:37 PM. Back from the visit. We had a good time. Mom want be here next week. My cousin may

come to visit. Going to watch some foot ball 5:55 PM. watching the Dolphins, its half time. Talked

to mom about Chase today and the fact he may only have a month or so to live. she was in tears

several times. said she didn't think she would be able to handle it if it was me. she's going to

have to, because the state of Florida is going to kill me soon. I worry about her and how

she's going to deal with it.

7:35 PM. Dolphins lost. I'm going to lay down and try to get some sleep. I'm really tired.