



# Daily Journal

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October 13-19, 2014

Monday October 13, 2014 6:04am. just ate breakfast 2 pancakes. Got up at 4:30 cleaned the cell washed up. I need to write at least one letter. I hope they call me for recreation today. I'm still sick, and have one bad headache. Guess I'll lay down.

8:41am. I'm writing a letter. The sgt come down and checked the water in cell #5 one of the guys got a DR. and is coming down. I was wondering why he wasn't in the visiting park yesterday. now I know.

9:24am. They just brought Wade down. He will be here for ten days. I'm watching RTM.

11:56am. Here's lunch. I'm working on a letter to churches and Christians to try to abolish the Death penalty. I'm going to eat and get back to it.

4:01PM. Back to working on this letter, but I feel sick to my stomach.

4:35PM. Finished that letter now I've got to get it typed up. Dinners coming down the hall way fight now. It's that nasty patty. Hope to make something maybe a soup.

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4:43 PM. I ate the potatoe salad. I'll eat something else later. I need to lay down for a bit. I think this is my gallblader that's hurting and causing me to feel sick to my stomach.

6:21 PM. They just started showers McCray didn't go, so I'll be next in the shower. Cause Martin next to me hasn't showered in over a month. It's a closed in cell, so I can't smell him.

6:54 PM. Back from the shower. I'm going to lay down and call it a day. Hope for a more productive tomorrow.

Tuesday October 14, 2014 5:31 am. Cleaned everything up made the bunk, the officers just come through opening cell doors with keys. They do it every Tuesday morning. Breakfast should be here any minute. I got one letter in last night. I've got a law library call out today, and need to go to the property room to mail something.

6:02 am. Ate breakfast a little sausage patty at least it was burnt. I'd rather it be burnt, than under cooked and gray.

7:33 am. Just got a legal letter from Linda, with the judges order to deny my appeal. I knew it was going to happen. so it's no surprise. I'll post the order on my blog for everyone to see. Jack Ass judges and their stinking American judicial system!

11:03 am. Back from the law library, stopped by the property room and mailed out a gift.

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now I need to get some legal letters ready to go out.

12:01 PM. Got 15 OF these letters ready to go out in the morning. They served lunch, it was ice cold, I placed it in a bowl and have it heating up. I'll eat here shortly. I need to lay down. I'm in a lot of pain.

2:27 PM. Damn my back hurts. I'm trying to get some more legal stuff done.

4:43 PM. Ate chicken rice and tomatoes. Need to lay back down, my back is killing me.

7:36 PM. I'm going to sleep.

Wednesday October 15, 2014 5:15 am. Been up since 4:30 cleaned up and all. Sgt just came down and checked the water in cell 4110 to see if it's all working so someone is coming down.

5:46 am. I put my oatmeal and coffee cakes in a bowl. I don't like that breakfast. Mike Lambrix came down to D.C. for mail violation writing a book, 30 days on D.C. so there's 7 OF us down here on this wing now. I got one letter in last night, so I'll write that. I need to find some attorney addresses, which Mike might be able to help me with. He's heavily into the law.

7:29 am. Legal mail lady just picked up 15 OF my legal letters I need to write a grievance on the canteen.

10:27 am. Been doing some writing got 3 short letters out. I need to write another one here shortly. I'm hungry and need to

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Figure out what I'll eat for lunch. I filed a grievance on Keefe raising the canteen prices in violation of the contract.

1:24 PM. Sgt. and Female C.O. come around asking about the plumbing ect. I showed them how the walls need to be fixed. Rec was ran over on 6-wing. I've been laying down. Back has been hurting. Got the notice to the court, back typed up. Has two mistakes, so I need to send it back for corrections. I'll mail it out next week. Going to lay back down.

4:56 PM. Just finished eating hot dogs that didn't even look or taste like they were cooked. Wish we had hot pots in our cells to cook food in, but we don't. Guess I'll lay back and watch some news. At 7 PM. The Governor's debate is on after that I'll watch survivor.

6:43 PM. Back from the showers. Going to lay down watch the debate, survivor then go to bed.

Thursday October 16, 2014 6:42 am. Been up since 5 am. I ate breakfast at 5:45 Biscuits and gravy. Wasn't cooked proper. My lungs are burning. Been coughing all night long. I've got 3 legal letters going out this morning. Got 2 letters in last night so I need to write them. And they should call recreation this morning, so I need to be ready for that. Right now I'm going to start a letter.

6:54 am. Legal mail man just picked up my mail. I'm getting back to this letter.

7:33 am. They're calling recreation. The officer

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said he doesn't know if they will get me or not.

10:40 am. just got back from rec I had a good time getting to talk to guys. I really wish I could play Basketball. I so miss being able to play. Canteen should be down today. I need to lay down and rest my back then do some writing.

12:03 PM. just ate lunch Fried Rice + Beans. Guess I'll lay down and listen to some music.

4:39 PM. Finished eating a soup, that dinner tray is nasty. I'm going to lay down and watch the news.

7:26 PM. Well time to go to sleep, nothing on T.V. and I'm really sleepy. Wish this back wasn't hurting so bad.

8:31 PM. mail came, I got 2 letters. I'm going back to bed.

Friday October 17, 2014 5:01 AM. Been up since 4. waiting on breakfast. then I'll do some writing. Nice and cool in here this morning. I enjoy these cooler temperatures.

7:28 am. just mailed a letter out to a law school. I'm now preparing a letter to try to find some legal help in another manner.

8:53 am. just finished this letter. Can't anyone say that I'm not trying to abolish the death penalty. Going to lay back and watch RTM ([Right.this.minute.com](http://Right.this.minute.com))

10:37 am. I'm hurting so bad. earlier it had me in tears. This back problem has got to get fixed. I'm making some mac and cheese for my lunch. Canteen should be here today. I'm going to have to

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see the nurse. This is the worst that it has hurt in awhile. I'm on the verge of screaming in pain. I need to lay back down for a bit.

10:59 am. The generator just came on and will run for the next 30 minutes. Damn I'm hurting!"

11:29 am. Generator just went OFF, got to breath diesel fumes for 30 minutes.

2:26 PM. I'm back from seeing Father Conrad. I wasn't even on the list. Got back canteen is here, so I need to put things up. Back is hurting me, I really need to lay down.

4:22 PM. Dinner came sausage, they've changed brands and it's not good. My back has not hurt this bad in awhile. Need to lay down.

5:49 PM. Washed a T-shirt and pair of socks. Going to lay down now and wait for showers. I'll watch Ztopia tonight then go to sleep. Hope to get some mail in.

7:03 PM. Just got back from the shower. I'm going to lay down and call it a day.

9:06 PM. Got a card and 2 letters. Guy I've been writing for 3 1/2 years. His wife of 42 1/2 years died. Very sad. He's staying with his kids in Va. I've got to lay down my back hurts.

Saturday October 18, 2014 6:57 am. Been up since 3 am. My back and right hip is hurting me so bad. My stomach is messed up again. At least I have these anti diarrheal pills. I've cleaned the cell made the bunk, I need to lay back down. Serious pain.

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9:28am. I laid back down. Fell asleep for a few minutes. Damn, back hurts. I need to write a letter.

10:49am. wrote one letter. Going to cook stuffed chicken and rice meal for lunch. I like them, just don't like the price \$6.75

12:34PM. Finished eating, it was really good. We had that processed soy patty for lunch, and we have it for dinner. I don't eat it. Going to lay back now and watch some football.

4:29pm. making a Beef Stew over bread for my dinner. I was trying to watch football, but both games are garbage. I'll eat then see if the news is on.

7:50 PM. I'm going to bed. Back hurts was a very unproductive day.

Sunday October 19, 2014 5:43am. just finished eating breakfast made the bunk, cleaned up I got up at 4:30am. I went to bed early, but got up and watched the end of the Florida state game. That was a really good finish. I'm going to watch the news here, shortly it comes on at 6am. then I'll get ready for the visit.

8:35am. Finished bathing. watching GMA (Good Morning America) and waiting for them to call me for visits, which will probably be another hour.

1:23PM. just got back from the visit. mom wanted to go to a fair in St. Augustine, so I suggested she leave early. Hope she has a nice time. we had a good visit. I'm hurting and need to lay

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down.

3:17 PM. Finished writing Ann. I have several other letters to write. Not sure I'll get them done today. Back hurts sitting here. Miami Dolphins are winning 24 to 7. Wish I could watch that game. They have the 0-6 jag's on. Wish they would move that team to L.A. I can't stand that city.

3:55 pm. Finished a card to Father Conrad and wrote out a poem that he liked that I recited to him Friday and he requested that I write out. I need to lay down for awhile.

6:06 PM. Been watching Football Giants and Dallas. I'm tired. When I told mom today that the court denied my latest motion, she said, Don't tell me something that's going to make me sick. I played it off as not being that serious, when in fact it is serious. My appeals are basically over, other than some routine motions and filings. Well I'm going to call it a day. Lay back watch the rest of this game and then go to bed.