



Daily Journal

MARCH 16-22, 2015

Monday March 16, 2015, 5:00am
woke up late 3:50am. washed
up, cleaned the cell made

the bunk. watched some news, that's always
so depressing. This rib cage is hurting, I hope to
see the Doctor today, if not then at least the
nurse. I'm going to push past this and at least
do some push ups today. well I'm going to
walk until breakfast gets here.

5:20am Finished eating breakfast, need to do some
reading in the Bible and Catechism.

6:36am. an Lt. and OFFICER just walked by.
I know the Lt since he was a C.O. when he
was a Sgt. he assisted in 2012 when they set
me up with a DR. in cell 4102. so he's a really
slimy nasty unethical individual. I hope
he's not assigned to this building.

7:33am. Legal mail lady just came through no
mail for me. Looks like they are calling rec
on the north end of the building. I was
hoping to go out this morning.

8:23am Finished a letter to Paul, a man in a
ministry in Ca I'm going to exercise now.



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9:59am. Been doing pushups. I was doing cardio during R.T.M. when a commercial came on I'd do pushups. Not sure how many I done. 500, 600 not sure. Ribcage is feeling much better, maybe the Ibuprofen I hope it was just a muscle. My back is feeling good this morning. I'm going to exercise some more.

10:59am. Did some more pushups cooked a soup with fish in it for my lunch, and now talking law with several guy's dealing with Ring vs. Arizona, and Hurst vs. Fla. which could send a bunch of us back for resentencing.

12:31pm. Gave my lunch tray away. They didn't call us for rec. I wrote a letter to a pastor. Now I'm going to lay down and relax for a bit.

2:08pm. Went to exercising and sharp pains shot through my right knee. I can now barely stand on it. I keep trying, but this is not looking good.

4:40pm. Just ate a piece of chicken for dinner. Knee is killing me. pains shooting all through my right leg. Going to lay down.

7:02pm. Back from the shower. Sgt. changed it up, was suppose to start at the back. I'm glad he started at the front. Now I can go to sleep.

Tuesday March 17, 2015 4:50 am. Got up at 3:07. washed up, made the bunk cleaned the cell. My knee is still hurting bad. I have analgesic



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balm on it. and it's wrapped up, at least I can stand. yesterday when it happened I couldn't walk. I have pain shooting from the right hip to the Calve. I'm falling apart. I'm going to try to listen to some music and walk.

5:34 am Finished eating breakfast. Nurse just brought my meds. I'm done with the Physical Therapy. This is my luck, the P.T. ends now the knee goes out the next week. well I need to write another letter

7:11 am. They just called recreation. I wrote a letter and then did some walking. my knee is seriously hurting. I'm going to push past it. I'm not going to surrender to this pain. I need to get everything ready for rec.

11:08 am just got back in from recreation. and here's lunch.

11:17 am. I didn't eat it, couldn't give it away. my knee hurts, I did alot of walking out there. I also did clips and pull ups. I'm going to relax for awhile and then wash some clothes

1:57 PM. Canteen just showed up. I need to put some stuff up. Didn't get anything good.

2:13 PM. just put everything up. Now watching TMZ then I'll wash clothes.

4:32 PM. Dinner just came. we had chicken. I had three pieces. I'm going to relax for awhile. This knee hurts.

6:39 PM. Going to bed now. Hope this pain doesn't keep me up.



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wednesday march 18, 2015 4:17am. Been up since 2:00 washed up, cleaned the cell, made the bunk. ate some oatmeal about 20 minutes ago. we have coffee cakes for breakfast. I'll give that away. I'm going to do some pushups this morning. This knee's hurting, my back hurts and my ribcage hurts and I can't get on sick call to see the nurse or doctor. Didn't get any mail last night.

5:33am Breakfast just came. I got me some eggs. Wish I could get that every day.

6:42am. wrote two legal letters to attorneys. my attorney Linda and another attorney.

7:04am. Legal mail lady just picked up the legal mail. I've been walking, my knee is seriously hurting. I'm going to get me another sick call slip.

11:02 am. just got back in from recreation. They took me out on a yard make up. Knee is killing me!" I did dips pull ups and some pushups. I've got to wash some clothes and eat something.

11:33am. just finished eating some meat off the trays. No telling what it is. It's not very good at all.

2:39pm. wrote a legal letter that I'm going to mail out in the morning. I'm going to write a grievance now, that I'm going to file on this sorry medical company.



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4:29 P.M. Finished eating I ate ham OFF the canteen. Gave the tray away. That's some nasty food.

6:02 P.M. Got the clothes washed now going to lay back and wait on the showers.

7:06 P.M. just got back from the showers. I'm going to stay up and watch survivor

7:53 P.M. Changed my mind I'm tired, I'm going to sleep. I don't want to force myself to stay up until 10 P.M. watching T.V.

Thursday march 19, 2015 4:25 a.m. Got up at 3am washed up, made the bunk cleaned the cell. Asked the officer for a sick call he brought it at 4am. I just filled it out. I've got to get some Ibuprofen, my knee is hurting really bad. It woke me up several times last night. I'm going to walk now. I've got to make sure I don't wind up in that wheel chair again.

5:36 a.m. Finished eating breakfast, grits + gravy. Nurse Cohen picked up my sick call slip. I did 50 push ups. I'll do some more later. I hope we go outside this afternoon.

6:12 a.m. They just passed out cleaning supplies. I'm going to do some walking and listening to some music.

7:31 a.m. They just called rec, so I need to get ready.

8:04 a.m. They never came and got us. They took 6-wing to rec. I sure wanted to go out.

8:42 a.m. just came back from sick call. They

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didn't do anything. I hope that will get me to see the Doctor and get me the Zupro Fen. I can hear all the guys on the yard. Wish I was out there. I got that legal letter out this morning.

10:33 am. Was watching RTM and doing pushups. Hard to get up OFF the Floor with this knee hurting like this. I need the surgery done.

11:55 am. Getting ready to watch Basketball, March Madness is here.

5:13 PM. I gave the tray away. I ate some rice and chopped up meat for dinner. I need to wash clothes and then bath.

6:23 PM. Just finished bathing. I washed clothes and now I'm going to sleep.

Friday March 20, 2015 4:27 am. Been up since 3 am washed up made the bunk, cleaned the cell. Was watching the news. I haven't been watching the news as much lately. Too depressing, the Boston Bombing trial, murder's death's Racial assaults. I'm going to get up and walk, try to work some pain out of this knee.

5:48 am. Just finished eating, before that I was walking, then I stopped to clean the locker out, which I was doing when breakfast showed up. I need to get back to the locker.

7:20 am. They just called recreation, but it's very foggy there's restricted movement because of the fog, which means they will not be



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taking us out this morning. I'm number nine on the law library list. And at 1 PM I'm going to see Father Conrad.

8:23 am was doing a Bible study. I need to do some walking.

9:43 am. Been exercising and watching RTM. I did curls and some military presses. They just lifted restricted movement. I'm going to do some push ups.

10:38 am. Wrote a request dealing with this C.O. we have working on our floor. I don't talk to him other than saying good morning, because he's got a smart mouth and disrespects inmates. I was asking another officer something about the law library, when he yelled out down the hall and disrespected me. I'm now writing the assistant warden about it. They just pulled the first three inmates for the law library at 10:15. So I will not get down there any time soon.

12:15 PM. Lunch still hasn't come. I'm going to watch some Basketball until Father Conrad shows up. Numbers 4, 5 and 6 are in the law library right now. After I see Father Conrad, I'll more than likely be going in there.

2:13 PM. Back from seeing Father Conrad. Never made it to the law library. I really needed to go down there. Right now I'm watching basketball. I need to write a note.

5:29 PM, just finished exercising again. I got the pineapples and rindabagger off my tray, gave the rest of it away. Time to wash some clothes. 6:39 PM, clothes are washed, floors cleaned now waiting on showers.

8:08 PM, Back from the shower, Chase fell, he sat down in that home made handy cap chair and it collapsed. I hope he's okay. I'm going to bed.

Saturday March 21, 2015 5:33 AM, just got my tray, I gave the coffee cakes away. I'll eat some oatmeal in a little bit. I've already washed the sheets and pillow case, that's drying. I cleaned the floor, I got one card in the mail last night. I need to answer that, write the other letters and exercise. Later on I'll write some basketball.

7:32 AM finished watching Lucky Dog, a show about a dog trainer who rescues dogs and trains them and finds them a new home. I'm going to exercise now. I just ate my oatmeal. 8:53 AM. That was a really good exercise session. I put the weight bag up. I've got to wash clothes and bath. I wrote one letter before lucky dog came on. I've got to find something eat. I'm is what I'll eat.

10:45 AM finished washing clothes and bathing. I'm going to lay down for awhile.

11:10 AM. Lunch came. I ate the carrots & salad

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I'm going to lay back down
11:59am. Getting ready to watch some basketball.
4:23PM. just ate dinner, some meat and potatoes
I messed with a piece of art for about an hour. I'm about ready to go to sleep.

6:39 P.M. Going to bed.

Sunday March 22, 2015. 4:25 am. Been up since
2:53 I washed up made the bunk cleaned
the cell. I'm going to do some walking
here in a minute. I need to write a
letter.

6:11 am. Just finished eating breakfast. Currently
writing a letter that I need to finish.
7:00 am. just finished watching Sunday mass
I almost forgot it was on. I need to clean
the sink, toilet then walk, at 8 bath and
get ready for visits.

8:27 am. Just finished bathing, cleaning the water
off the floor, put on deodorant, lotion and now
just going to sit back and wait on them to come
get me as I watch Good Morning America.

2:43 P.M. Back from the visit. Had a good
visit with mom. mom's dog is sick. I hope
she's going to be okay, she loves that dog. I'm
going to write a card and then watch this
race.

3:40 P.M. Got a letter out of the way. Going to
lay back and watch this race.

6:45 P.M. Was a pretty good race. I'm getting

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ready to go to bed. Gett up in the morning and
exercise. Hope for recreation.

