

# Daily Journal

## July 13-19, 2015

Monday July 13, 2015 5:50 am. Got up at 5 am. I only got about 6 hours sleep last night. I washed up, made the bunk cleaned the cell going to eat cereal here in a few minutes. Laundry exchange already came by. I need to do some writing.

6:20 am. Nurse just came through. I ate some cereal had a cup of coffee.

9:00 am I'm getting ready to watch Right this minute. I wrote 2 short letters. I gave my breakfast tray (pancakes) away. I don't need to be eating pancakes. I'll work out at 10 am. then wash clothes bath and lay down.

12:00 pm. Finished exercising washed some clothes then bathed. Lunch came. I'll eat later. I need to get under this fan and stay cool.

2:32 pm. The warden just came by, I stopped him and talked to him. He said to put a request in to him tonight. so I'm doing that.

5:03 pm. It is so hot in here. I don't do well in this type of heat. I'd rather it be 20 or 30 degrees. I can put on clothing to warm up. I'm sitting here in front of the fan in nothing but my shorts and I'm still burning up. still got about two months of this heat.

6:47 pm. Dinner just came. I ate some beans earlier. so I gave the dinner tray away. It's still very hot in here. I'm going to lay under the fan until I fall asleep. mail also just came. I didn't get a thing.

Tuesday July 14, 2015 5:08 am. Been up since 3:30 it's already hot in here. Humidity is 96% the temp is 78° This heat is crazy! I've made the bunk cleaned the



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cell ate some cereal, had a cup of coffee. I need to do some writing, before it gets any hotter.

7:47 am. Breakfast just came sausage and grits. I've got to finish this letter I started. It's so hot in here already.

8:41 am. The mp3-guy just picked up the players. I ordered 5 songs several weeks ago. see if I get them.

9:32 am. mp3 guy is back, I got 4 songs. I'm watching T.T.M.

10:00 am. Time to workout.

11:21 am. Finished exercising, canteen is here now. soon as I put that up I'll need to get ready for recreation.

11:58 am. Lunch is here, canteen is put up. I'll eat the noodles off the tray.

12:45 PM. waiting on recreation now.

1:14 PM. still waiting on rec, maybe they cancelled.

4:03 PM. just got back in from rec. need to wash clothes and bath, one guy down in cell 2313 fell out on the yard from the heat. He's up in medical now.

5:00 PM. clothes are washed, bathed that guy just got back it's hot in here. I need to get under this fan.

6:58 PM. Dinner just came, chicken I'll be eating that in the morning. It's still very hot.

9:12 PM. just got back from the shower. I'm going to lay down and try to get some sleep.



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Wednesday July 15, 2015 5:30 am. Been up since 4:30 Laundry exchange came through so I've made the bunk, washed up cleaned the cell going to eat some cereal 6:18 am. Nurse just came through. I ate cereal, I have chicken cooking for later. I need to do some writing.

7:40 am. Breakfast came coffee cakes, I gave them away. I still haven't done any writing. It's hot in here already.

9:00 am. Finished a letter made a chicken sandwich, now watching R.T.M.

10:03 am. Time to exercise.

12:09 PM. Finished my workout, lunch came about 11:30 I gave it away. I'm going to eat some more chicken shortly.

1:00 PM. Just finished washing clothes and bathing. Going to lay under the fan and try to stay cool.

5:09 PM. Ate peanut butter and saltines for lunch. no dinner. I'll give my tray away tonight.

6:42 am. Dinner came, I kept my banana and gave the tray away. I'm ready to go to sleep. I am so very tired of this cage. 25<sup>th</sup> years of existing in these cages, warehouses for human beings. Just another day.

Thursday July 16, 2015 5:25 am, woke up at 4 am. I just laid there for 30 minutes. I didn't want to get up. I washed up, still need to make the bunk, and clean the cell, in fact I'm going to get to that right now.

7:28 am. Breakfast is being served on the 1300 side right now. They will be over here in about 10 minutes. I made the bunk, cleaned the floor and got my



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stuff ready **For** recreation. It's already hot and humid in here.

7:50 am. Finished eating potatoes and gravy. I'll eat grits and sardines later. Waiting on rec I'll workout come in and bath, at 2pm I'll see Father Conrad.

8:21 am. still no sign of the rec OFFICERS.

11:03 am. just got back in from rec. time to bath.

11:31 am Finished bathing, got my lunch on which is sardines and grits. It's hot, need to get **under** this Fan.

12:36 PM. something got all over my paper **OFF** that blanket. grease, oil, butter. not sure what this is. Lunch still hasn't shown up. It's so hot in here.

1:51 PM. Lunch came I gave it away. I'm going to eat beans and rice for dinner around 5 PM. I'll be giving the dinner tray away also. It's raining, maybe that will cool things down for a while.

1:28 PM. waiting for them to come get me for my visit with Father Conrad.

3:36 PM. just got back, had a good visit. I won't see him the next 2 weeks. He's going up to RA. on a trip. well I'm going to lay in front of the Fan.

5:08 PM. I ate some beans and rice and some cabbage for dinner.

6:50 PM. Dinner just came, I gave it away. I'm getting ready to call it a day. Get up under this Fan until I fall asleep.



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Friday July 17, 2015 4:20 am Been up since 3:30. Couldn't get back to sleep, so I washed up. Got to wait on laundry to make the bed. I'm going to eat some cereal here shortly.

6:11 am. still no sign of laundry, nurse still hasn't shown up. I ate some cereal. showers last night didn't start last night until after 11 PM. That shift is the only shift that does that. Well I need to do some writing today, exercise. and pull through another mundane day in a cage.

6:58 am. Nurse just left, laundry came about 15 minutes ago, I just finished making the bed. I've got to do some writing now.

7:56 am. just ate breakfast sausage, potatoes, grits and 2 slices of bread. I need to do some writing.

9:27 am. Watching RTM. wrote 2 letters. after RTM is over I'll exercise.

11:14 am Finished exercising need to wash clothes and bath. I heard B-wing is going crazy down there going to war with the officers. stupid.

12:03 PM. Finished bathing need to wash clothes later.

12:38 PM lunch just showed I'm eating beans and rice.

5:09 PM. just ate dinner, a PBJ sandwich. I'm just laying in front of this fan trying to stay cool.

6:50 PM. we had chicken for dinner, I'm saving mine until tomorrow. I'll make something in the morning. maybe burrito's. Right now I'm going to get up under this fan and go to sleep.



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saturday July 18, 2015 5:02 am. Got up at 3:30  
I just finished cooking burritos for later.  
They will be really good. I'm cooking for 4  
other guys, I've already made the bunk and  
cleaned the cell, I've got to write a letter.  
7:06 am. Breakfast just came coffee cakes I  
gave them away. still haven't done any writing.  
I need to do that.

9:45 am. Finished a letter. spoke with the  
Catholic volunteers just now that came through.  
I'm getting ready to start working out.

11:24 am. Finished exercising need to wash clothes  
and bath.

11:32 am lunch just showed up, I gave it away.  
I'm going to eat 2 burritos here shortly.

12:13 PM. Ate the burritos they were really good.  
I've washed clothes and bathed now going to  
lay under the fan and try to stay cool.

3:03 PM wrote a short letter, then made me  
a fish stew that's cooking right now. I'll  
have that for dinner. I'm going to watch  
Boxing here shortly.

6:24 PM. Dinner just came, I gave it away.

7:38 PM I'm going to exercise until showers.

Sgt. just started the showers up.

8:22 PM Finished exercising. Not sure how  
much longer until showers. It's thundering  
and lightning. They're still running showers.  
I can feel the cool breeze coming through  
the window.

9:13 PM just got back from the shower. It's  
hot in here. I'm tired going to try to go  
to sleep.



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Sunday July 19, 2015 6:28 am. Been up since 3:30 washed up, had a cup of coffee cleaned my cell made the bunk, ate some cereal, and have been watching the news.

8:00 am. Finished eating breakfast just now. Need to bath and get ready for the visit.

8:32 am. Finished bathing waiting on them to come get me.

2:46 PM just got back from the visit. Had a good one. Need to get under this fan. It is hot in here.

6:52 PM. Just finished eating hot dogs for dinner. It's so hot in here. I'm going to lay under the fan until they do weight and cell check. After that I'm going to sleep, I maybe moving to 2317 tomorrow.