

Daily Journal  
July 27 - 31, 2015

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Monday July 27, 2015 5:00 am. Been up for an hour. Washed up had a cup of coffee cleaned the cell, now time to do some writing.

6:08 am. Laundry came through my bunks made. Need to get back to some writing. I've got a hard exercise schedule ahead of me today.

8:28 am Finished another letter. I've got so much more to do. I'm going to walk for 30 minutes. I ate some cereal a few minutes ago. I gave the pancakes away this morning.

9:00 am watching RTM.

10:02 am Time to exercise.

11:42 am Finished exercising, my new fan just came in. I'm giving my old fan to a guy down the hall who doesn't have one. It's too hot in here with a fan. My neighbor's T.V. and fan just came in also. Been thinking about Chase this morning. I hope Alverta got to see him today.

12:17 PM. Lunch came, I gave it away I'm having beans. I need to wash clothes and bath.

1:38 PM. Clothes are washed, I bathed now going to lay up under the fan and relax.

5:01 PM. Just ate cereal for dinner. I'll give my tray away. I'm tired and ready for bed.

6:41 PM. Dinner just came, gave it away. Wonder how Chase is doing. I hope Alverta got to see him today.

7:16 PM. I'm going to sleep.

Tuesday July 28, 2015 4:00 am. Been up since 3 am. Wish I could have slept in. I washed up had a cup of coffee. No mail last night, but I'm going to do some writing to churches this morning.

7:48 am. Breakfast came, I ate sausage, I need to get back to writing.

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9:38 am. watched R.T.M. started breaking up, so I'm going to work out.

10:38 am just stopped to talk to Deacon Roy. Need to get back to my workout.

11:25 am. Canteen is here, then I need to get ready for the yard.

12:17 pm. Canteen is put up, I'm eating grits and sardines. I'm going to go out, and work out some more.

1:21 pm. still no sign of the rec officers.

4:30 pm. just got back in from recreation. need to wash clothes and bath.

5:13 pm. Finished bathing clothes are washed now going to lay under the fan and try to stay cool.

6:00 pm. Ate beans for dinner. I'll put the chicken up tonight and cook it tomorrow.

6:40 pm. Dinner came, I'm going to lay down and wait for the showers. I'm really tired.

Wednesday July 29, 2015 5:39 am. Been up since 4 am. washed up, had a cup of coffee. Ate some cereal, waiting on laundry exchange so I can make my bed. I need to do some writing, and get that exercise in this morning.

5:52 am. Laundry came bed is made, now I'll do some writing I need to write a Bishop and the Florida Conference of Catholic Bishops.

7:46 am. Breakfast just came. I gave it away. I'm eating chicken. Right now I need to get back to writing.

12:40 pm. Finished exercising washed clothes and bathed. I gave the lunch tray away.

It's really hot in here. Time to lay under the fan.

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5:05 PM. Ate some beans for dinner. I'm so tired, going to lay back down.

6:59 PM. Dinner just came, I gave it away. I'm going to lay back down.

9:02 PM. Watched Big Brother, I'm going to sleep.

Thursday July 30, 2015 7:42 am. Finished eating. Gravy and potatoes. I've got a PBJ and banana sandwich for my lunch. I got up at 4 am.

Washed up, had a cup of decaffeinated coffee. I'm going to stop drinking coffee.

I wrote one letter, and now just waiting for recreation. I'm going to go out and work out. Dips push ups and pull ups. I'm going to walk for now.

8:30 am. still no yard officers.

11:16 am Back in from rec. I'm going to exercise some more.

4:28 PM. I just finished bathing and washing clothes. I had a really good workout. My back is hurting. I need to get this knee fixed, I gave the lunch tray away. I ate some beans for dinner. I'll give the dinner tray away.

7:23 PM Dinner just showed up, I'm going to bed.

Friday July 31, 2015 5:00 am. Been up since 3:50 washed up had a cup of coffee ate an orange. waiting on the laundry. I need to do some writing.

6:03 am. Laundry come, bed's made floors cleaned back to writing.

7:41 am. Ate breakfast, sausage grits + potatoes. wrote 2 churches. I've got a hard workout ahead of me. I'm going to do some walking.

9:24 am. watching RTM as I finish a letter.

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11:39 am. Finished exercising, I gave the lunch tray away.

12:18 pm. They just picked up trays and passed out a notice to inmates on the food menu changing for the better, starting August 16. so that's good news. I need to wash the floor bath and wash clothes.

1:02 P.M. Clothes are washed, I bathed cleaned the floor, now watch some TV, as I lay here in front of this fan. It is hot in here.

5:08 P.M. Ate some cereal for dinner. wrote another letter to Amnesty International.

6:53 P.M. Dinner came, I gave it away I'm going to bed.