

Daily Journal

May 25 - 31, 2015

Monday May 25, 2015 6:49 am. Got up at 5am washed up made the bunk cleaned the cell. Wrote a letter to my attorney. Med's came, this guy in cell 2303 the officer and nurse couldn't get him out of bed. They were really patient and professional, at ZICCI he would have got cussed out by the officer and put on D.C. Well I'm going to do some writing and wait on breakfast.

7:23 am. Just finished eating breakfast, pancakes and oatmeal. I was going to write, but got to talking to my neighbor. I'm going to put the music on and walk for 30 minutes.

8:00 am. Finished a 30 minute walk, going to write a letter now.

9:01 am. Finished a letter, now watching Right This minute.

10:59 am. Got an hour exercise session in. I need to do some more later. I've found away to do curls without setting up a weight bag. I can hear people going to visits. Two guys on this floor went out to visit. There's a lot of people trying to get the 3 day visits. I'm hungry. Be glad when lunch gets here.

12:17 pm. Lunch is here, their serving the other side right now.

12:42 pm. I had a P.B.J. sandwich, beans and a salad. I'm going to lay back for a bit, then exercise some more.

3:26 pm. The guys just come back from visit. I haven't done anything. I'm actually tired.

5:56 pm. They just fed us, that's the earliest I've eaten since I've been over here. I washed

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up. I'm getting ready to go to bed. I'm very tired.

Tuesday May 26, 2015 6:10am. Got up at 5:11 I woke up several times 2:43 3:50 but just laid there until I fell back asleep. I got up washed made the bunk cleaned the cell just got my meds from the nurse. I don't take them until breakfast comes, I can't take them on an empty stomach. Should get rec this afternoon, I'll work out. I guess I'll do some writing this morning.

7:19am. Finished eating breakfast sausage and grits wrote one letter. Now going to do some walking.

7:55am. Just finished walking, it's hot and very humid in here. I'm going to write a letter now.

8:31am. Finished a letter, ate a PB&J sandwich. They called recreation a few minutes ago. I hope it doesn't rain this afternoon. I also washed my T-shirt.

10:01am. Watched RTM and wrote a letter now going to walk.

10:52am. Canteen just showed up. I've been exercising. Canteen man hasn't placed a bag in front of my cell. That doesn't look good. may not get anything today.

11:37am just finished eating lunch, didn't get my canteen. Not sure what happened with that. I really needed some batteries for my mp3 player.

12:05pm just put my canteen up, they brought my bag back. need to get my stuff ready for recreation. Looks really nice outside. I'll get some sun and a workout in.

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3:56 PM. Back in from rec. I got a good workout in my 9x18 foot cage. Now I've got to wash clothes.

5:01 PM. Clothes are washed, I've bathed now just waiting on dinner.

7:13 PM. Just ate chicken rice & tomatoes, now going to lay down and go to bed.

Wednesday May 26, 2015 6:58 AM. Woke up at 5 went through my routine, med's came at 5:50 Laundry change at 6:30 I made the bunk, just finished eating oatmeal. Now I'm going to walk. It's very hot in here. It's hotter up here on the 3rd floor than it is at rec.

7:49 AM. Breakfast just showed up. I gave it away. COFFEE Cakes which I don't really care for.

8:58 AM. Wrote a card. I'm getting ready to watch R.T.M. I'm so sore from all this exercising. I'll probably do something this afternoon. Don't think Father Conrad's coming today.

11:30 AM. Just finished a really good workout. I've now got to wash clothes and bath.

12:38 PM. Just finished eating lunch. Father Conrad's visit got rescheduled till tomorrow. I'm going to workout again.

2:02 PM. Finished washing clothes and bathing. Going to lay under the fan.

6:51 PM. Just finished eating. I'm ready to go to sleep. I'm tired.

11:59 PM. Got woke up with officers running up and down the hall. A guy down the hall hung his self. They just took him by on a stretcher. Guy's down the hall said they hadn't heard him

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talk in a couple of hours.

Thursday May 28, 2015 5:01am. Been up since 3:30
OFFicer's and I believe FDLE coming in and
out going into that cell down there where the
guy hung his self. They took all of his property
but about 4am, they gone now. I'm pretty
sure the guy died. There's no telling how long
he was hanging there before they found him.
5:29am. The guy did die Greg Zarkiss he was in
Cell G2313 said a prayer for him.

8:00am. Just finished eating. I'm ready for recreation
when ever they come. I'll go out get some sun and
get in a good workout.

8:28am. Still waiting to go to rec.

11:08am. Back in from rec, we didn't even get 2 hours.
I was complaining at DCI because we didn't get our
full 6 hours, over here it's even worse. I need
to wash clothes and bath.

11:33am. Finished washing clothes and bathing.
It's hot so I need to get under this fan.

11:58am. Just finished talking with a Christian
volunteer that I've known for 15 years, Ben, I
need to get back under this fan.

1:12pm. Just finished eating lunch. Now waiting for
them to come get me to see Father Conrad.

4:36pm. Just got back from seeing Father Conrad.
Bad news he's retired after Sept 1, 2015. I really
hated to hear that. I did confession and then Holy
Communion. Right now I'm going to lay down and
relax.

6:49pm. Finished eating dinner. Now waiting on
the showers then bed.

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8:38 The showers are going they started on the other side. I'm next.

8:52 PM Back from the showers. I'm going to bed.
Friday May 29, 2015 6:20 am. Got up at 5:05 washed up. I made the bunk at 5:40 right after laundry exchange came through. Waiting on breakfast now. I guess I'll write a letter until it arrives.

7:31 am. Just finished eating breakfast. Now going to walk for an hour.

8:15 am. Just finished walking. Now going to write a letter.

8:56 am Finished a letter. Now going to watch RTM.

10:03 am. Watched RTM now going to exercise.

11:27 am Lunch is here. I'll going to eat a salad, squash, sardines and beans. I've been working out. Something in my left elbow is hurting. My back is also hurting.

11:59 am. Just finished exercising. Word is the Sgt and a Officers that was on wed. night got fired. I hated to hear that. I liked that Sgt.

12:38 pm. Two women just walked down to look at cell G-23/3 where Larkins committed suicide. I'm going to exercise some more. I'll bump off some push ups, then wash clothes and bath.

1:29 pm Washed clothes, bathed ate some sardines and now going to lay back and relax. I'm tired.

7:02 pm. Finished eating dinner. My back is killing me! I'm going to try to go to sleep. Maybe they will wake me up with some mail.

Saturday May 30, 2015 5:24 am. Just ate some oatmeal. I've been up since 3:30 I couldn't get back to sleep so I got up cleaned up and got my day started. I'm going to write a couple of letters and workout later this

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morning. my back hurts, my arm hurts my knees hurt. Getting old sucks!

7:00 am. just filled out a sick call slip. Breakfast is on the other side of 3, so it's coming over here in about 5 minutes. I'll give it away. I wrote one letter and did a lot of walking.

8:30 am. just finished up some curls. I'm going to do a little more, later on.

11:38 am. just finished bathing, time to lay down in front of the fan.

12:03 pm. just ate lunch, wasn't bad, processed patty but it was cooked really good.

6:16 pm. They just served dinner. I've spent the day watching T.V. Racing I'm going to bed. I can't stay up 4 more hours waiting on showers.

Sunday May 31, 2015 5:39 am. Got up at 4:30 washed up had a cup of coffee, watched R.T.N. Cleaned the cell. I woke up at 11:17 pm. and they were just getting to the showers over here. That's just crazy. I'll bath in my cell and only hit the shower on the other shift I think mom will be here today. I'll prepare as if she is going to be here.

my back is hurting, my knee hurts my arm hurts. This exercising is causing more pain. I'll stick with it. I hope I have a good week for mail. I need some letters to write. Now that I lost my art supplies writing is all I have left to pass the time.

7:00 am. washed the floor, made the bunk, watched Catholic mass, now waiting on breakfast.

7:22 am. Breakfast is being served on the other side. Be over here in 3 to 5 minutes.

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7:46 am. Ate eggs and potatoes, gave the biscuits away.
Saved the grits for later tonight. I need to bath
and get ready for the visit.

8:38 am. Bathed, now watching Good morning America and
seeing if they call me for visit.

3:02 PM. Back from the visit, had a nice one. Got
up dated on everything that took place, mom being
sick, Susan's sister passing. It is very hot. I need to
get under this fan.

6:32 PM. They just served dinner. I'm not eating it.
I was trying to watch this movie called The Client,
but there's too much digital break up. They do cell
inspection and weight tonight. So I've got to
stay up for that.

7:97 PM. I'm going to sleep, they can wake me up
for weight and cell inspection.

