

Daily Journal

June 8-14, 2015

Monday June 8, 2015 5:22am. Laundry is here I'm changing a sheet. I got up at 4:20 washed zip had a cup of coffee and watched the news. I'll make the bunk shortly then write.

7:07am. Finished a letter. made the bunk, stood up at the bars and talked to my neighbor for 30 minutes or so. I'm hungry and will be glad when breakfast gets here. Pancakes this morning. I'll put jelly and peanut butter on them.

7:36am Breakfast is here. I've been watching the news.

7:54am. Finished eating. I have a 1PM call out to the Col area. I'm trying to find out who it is that's coming to see me, maybe my attorney. I'm going to walk for 30 minutes.

8:30am. Finished walking it's hot in here already. I need to exercise. I'll do that around 10am.

10:01am. Watched Right this minute, time to exercise.

11:35am. I worked out for an hour. then washed clothes, bathed and now laying back trying to stay cool. At 1PM I got a legal phone call.

12:22PM. Finished eating lunch. now just waiting on them to come get me.

1:07PM. Well I was told that someone had a heart attack and something else is going on. so it doesn't look like they will get me out there for the phone call.

1:46PM. I'm back, I cut it short because every one was running behind. Robert Tregse was rushed to the outside hospital. I need to lay under this fan and cool off. It is seriously hot in here.

3:32PM The MP3 guy just picked up the players

4:20PM. An assistant warden and white shirt just walked through. I didn't say anything other than

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said "How you doing?"

4:40 PM. Got my player back with 3 new songs. It is seriously hot in here. Being on this 3rd Floor is rough. I'd rather be down on the First Floor where it's cooler. I don't deal with heat all that well. I'd rather be cold than hot. I'm going to lay back down in front of this fan.
6:14 PM. Just finished eating dinner hot dogs, beans and potatoes. I'm going to lay back under this fan and try to stay cool. It's so hot in here. I'll be glad to see winter.

Tuesday June 9, 2015 5:59 am. Been up since 3:20 washed up cleaned the cell, made the bunk cleaned the locker out. Had 2 cups of coffee watched the news. I got a card in last night, so I need to write a letter.

7:41 am. Just finished eating breakfast sausage. I saved the grits and made a PBJ sandwich all of which I'll eat later. Now going to walk for 30 minutes.

8:23 am. Finished walking, it's so hot and humid in here.

10:01 am watched R.T.M. wrote one short letter and now not sure what I will do. May walk and listen to music.

11:11 am Canteen just shaved up. I was writing a letter to a company.

11:45 am. Canteen is put up. Now waiting on lunch and then recreation. I hope it doesn't rain on us.

12:31 PM. Finished eating lunch now just waiting on recreation.

4:01 PM. Back in from rec I did dips and talked to the guy in the cage next to me. Got back

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in and the OFFICERS were shaking down cell 2. Their still in there. I need to wash clothes and bath.

4:37 PM. Washed clothes, bathed, the OFFICERS have left, that guy in cell 2 is mad. Throwing things around. I need to lay under this Fan and cool OFF. It is hot!

6:37 PM just finished eating, chicken & rice. I'm going to bed now.

Wednesday June 10, 2015 5:23 AM. Been up since 2:50 they just came by with laundry. I need to make my bunk and clean the floor. I washed up this morning had 2 cups of coffee, watched the news. Didn't get a single letter last night.

6:22 AM. just finished a letter to Death Row support project to look for a friend. made my bunk, cleaned the cell. Not sure what I will do next.

7:28 AM finished eating breakfast cereal. I gave the tray away coffee cakes and oatmeal. I need to walk for 30 minutes.

10:03 AM. just finished watching R.T.M. going to exercise now.

11:08 AM. finished exercising I'm pouring sweat that was a good one.

11:52 AM washed clothes wiped the floor down bathed and now going to lay back under the fan and try to stay cool as possible. It is hot in here!

12:35 PM. It cooled down, it's raining. I'm watching reruns of Law and Order SVU on 17.1 WCWJ-HD as I wait on lunch. which I think is out there. I hear a lot of noise. I found out the guy in cell 2 cut the cords off his fan and T.V. that's why they shook him down yesterday. He's mentally

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ill. I recognized it a month ago. Florida puts a lot of mentally ill inmates on death row. 1:31 P.M. just finished eating lunch. I'm surprised how much better the food is here than UCI. over at UCI the food is nasty, meals that I wouldn't even touch over there, I can eat over here. over there it's poorly prepared.

6:45 P.M. just finished eating, the power fan, T.V. went off, be glad to get that fan going again. too hot and humid in here. I don't think the regular sgt. is working tonight.

8:03 P.M. The power just came back on. I got to remember how bad it was before we had fans. I'm going to bed now.

Thursday June 11, 2015 5:10 am. Been up since 3:28. I wish I could sleep until 5 or 5:30. no matter how late I stay up I just wake up too early. I've washed up, cleaned the cell made the bunk now I'm going to write a letter.

6:10 am. Finished walking for about 40 minutes. I looked at doing some writing, but I don't have any writing to do.

7:19 am. Waiting on breakfast, I think I hear it out there. I'm hungry. I do hear it, their on the 13 hundred side. I live on the 23 hundred side. We also got rec this morning. I'll probably be seeing Father Conrad at 2 P.M.

7:48 am. Finished eating meat gravy and potatoes now waiting on rec.

11:03 am. Back in from rec. we got out there about

8:20 I've got to wash clothes and bath.

11:40 am. Clothes are washed, I bathed now waiting on lunch.

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12:41 PM. Just finished eating lunch. at 1:30 I go see Father Conrad. I seen a little yellow flower outside the fence by my cage. It was in full bloom. I started to pick it, or I was thinking about it, but by the time I was coming back in, the flower had closed up. Amazing. The flower is alive. Well I need to get ready to go see Father Conrad.

2:25 PM. Found out it's a 3 PM call out not 1:30 I'm sitting here waiting on them to come get me.

4:37 PM. Back from visiting with Father Conrad. We had a really nice visit. said the prayed the Chaplet of Divine Mercy. I need to lay under this fan and cool down.

6:39 PM. Finished eating dinner going to lay down until showers.

9:40 PM. Just got back from the showers. I'm going to sleep now.

Friday June 12, 2015 5:25 am. Got up at 3:58 washed up had one cup of coffee watched the news. waiting for laundry exchange so I can make the bunk. No mail last night. Not sure what all I will do today.

5:54 am. Laundry came, my bunk is made. nurse also came through. I have to wait on breakfast before I take my meds. I've got to find someone to write this morning. I just haven't been getting any mail lately.

7:33 am Here's breakfast.

9:01 am. Finished eating sausage and grits, going to walk for 30 minutes or so.

9:06 am. Watching RTM wrote a letter. I'm going to exercise in an hour.

9:59 am RMT's over time to workout.

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11:08 am. Finished exercising I'm pouring sweat. I need to cool down.

11:36 am. Washed clothes bathed, cleaned the water off the floor, now lay back and stay cool, or try.

11:49 am. Just finished eating, I could eat everything on that tray, which I could not do at UC, I. Food over there is bad.

6:36 PM. Just finished dinner, I've just been laying in front of this fan trying to stay cool. It is so hot in here. I'm about to lay down and go to sleep.

Saturday June 13, 2015 5:29 am. Been up since 2:53 washed up made the bunk, cleaned the cell, ate some oat meal for breakfast. I didn't get one single letter last night, I only received two letters all week. I hope next week is better. I'll exercise this morning. Find some organization to write

6:13 am. Nurse came through. I just finished writing a letter. I've got a couple of places that I'm going to write. I'm going to listen to some music and walk for now.

7:22 am. Breakfast is here, coffee cakes which I give away. I've been walking doing some leg exercises which I'll really get down with in an hour or so. I'm going to continue to walk for a bit.

9:12 am. Finished a good leg, Ab and cardio workout.

9:40 am. Washed the clothes bathed now going to lay back and try to cool down. I was told by my neighbors that the mail officer had something for me last night, but didn't give it to me, he called me several times. I was asleep and didn't wake up, so they kept my mail. I need to put that on the blog so everyone knows in the event I'm not answering a

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missing letters. I hated to hear this, cause this could very easily turn into a battle.
12:21 P.M. Lunch is here. I'll eat the pasta and salad. I had some sardines earlier. That was a really good workout.

2:27 P.M. Just ate a PBJ sandwich, watching a movie. The sentinel Michael Douglas McEffer, Sutherland. It's very hot in here. I'll be glad when the summer is over and winter has begun.

6:38 P.M. Dinner came, I gave the tray away, I'm going to sleep.

Sunday June 14, 2015 6:35 am. I woke up at 2:40 the power was out, so I laid there until I fell back asleep. Got up at 5 am. Washed up, made the bunk cleaned the cell, the power finally came back on at 5:30. Nurse showed up shortly after that with meds, I have to wait on breakfast before taking them.

7:40 am. Here's breakfast.

8:29 am. Just finished bathing, can't get ABC so no good morning America. Just sitting back waiting on them to come get me for visit.

3:21 P.M. Just got back from visit, I had a good one. It's hot out there, it's hot back here. It's just extremely hot. I'm going to get under this fan and try to cool down.

5:37 P.M. It is smoking hot in here! I wrote a letter and 3 request slips. Just laying here in front of this fan trying to stay as cool as possible.

6:24 P.M. Finished eating dinner, going to lay back watch TV. and wait on them to do these cell inspections and take our weight. They don't do cell inspections at UCI or check the cell bars.

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9:33 P.M. They just did the weights and cell inspection I'm going to bed now.