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July 6-12, 2015

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Monday July 6, 2015. 6:30 am. I didn't get up until 5:40 I was tired. Finally washed up, made the bunk, cleaned the cell. Laundry didn't come through. I know Friday was a holiday, but they should have been here this morning. 7:51 AM Laundry came through at 7:40 I just remade my bed. Breakfast is on the other side and will be over here in about 5 minutes.

8:07 am. Ate pancakes, was told I have a dental call out at 9 am.

8:23 am. Now they say it's a medical call out. I'm trying to find out if it's for medical records or to see the doctor. I'm not going to medical records.

8:59 am, still haven't heard, my guess is it was medical records. I'm going to watch RTM.


11:42 am. Finished exercising, lunch just came I gave away the bread and cake. ate the patty and potatoes.

12:12 PM. I'm going to work out again.

2:30 PM. washed clothes bathed now going to eat some beans that I've been cooking and lay back and try to stay cool. I hurt my left elbow again during this 2nd workout.

6:14 PM dinner just came, I ate the hot dogs with no bread, gave the rest away. I'm going to lay back down, it's hot in here.

7:08 PM. Going to sleep.

 Tuesday July 7, 2015 6:58 am. Didn't get up until 5:08 washed up, cleaned the cell, made the bunk had a cup of coffee ate some cereal, my left arm is hurting, so I put analgesic balm on it and wrapped it.

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up. Last night they gave me two other people's mail. They do that regularly around here.

7:17 am. Breakfast is here, I'm eating sausage saving grits for later. I have 3 oranges for my workout, and a PB&J sandwich. I hope this elbow doesn't give me a fit.

8:06 am. Signed up for afternoon recreation. Was told I had a medical call out, I'm trying to find out what that's for, I need to see the doctor, but I don't want to go up there for medical records.

8:50 am. The call out was for medical records, I'm not going, some inmate on Q-wing is screaming and hollering. I'm going to watch R.T.M. then workout.

11:23 am. Finished exercising, and then talked with a Christian volunteer. Going to eat some grits and fish.

11:48 am. Lunch came, I took the beans and rice and put it in my bowl. I'll eat something when I come in from recreation. Canteen still hasn't shown up.

12:59 PM. Waiting on recreation. Canteen did not show up.

4:03 PM. Back in from rec, time to wash clothes and bath and heat my dinner up.

4:49 PM. Clothes are washed, bathed now lay under the fan to cool down, then eat.

6:16 PM. Dinner just came, we had chicken I'm putting it in a bowl, and I'm going to lay down until I fall asleep.

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wednesday July 8, 2015 5:32 am. They just did laundry exchange. I made my bunk. I've been up since 4:30 washed up, I'm going to eat some cereal here in a few minutes. some chicken later on before my workout. I need to write a couple of letters.

10:43 am. wrote 2 letters watched R.T.M. going to workout now.

11:13 am. Finished exercising, could have been better. Need to cool down.

12:22 PM Canteen came, I didn't get a thing that I wanted. I need to put it up and bath, and wash clothes.

1:46 PM. washed my clothes, bathed and I have a stew cooking for my dinner. I'll eat about 5 PM.

5:13 PM Finished eating, stew came out really good. It's very hot in here right now.

6:52 PM Dinner just came, I gave it away. I've been laying here under the fan, which I'm going back to until I fall asleep.



Thursday July 9, 2015 6:02 am. Got up at 4:31 washed up. Had a cup of coffee watched the news I still need to make my bunk and clean the cell.

6:58 am. Beds made cell's cleaned, waiting on breakfast then yard.

7:33 am. The Assistant warden just came through. I said good morning, but that's it. sitting here watching Decades a program going back in time. Breakfast still hasn't shown up.

8:10 am. Finished eating breakfast. time to hurry up and wait on the yard.

8:32 am still waiting on yard.

11:04 am Back in from recreation. we never get

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the Full 3 hours. I've got to wash clothes and bath. I see Father Conrad at 2 P.M.

12:01 P.M. I've washed clothes and bathed now waiting on lunch trying to stay cool.

12:39 P.M. Lunch just came. I gave it away. I'll eat some beans later on. I've got to do some writing, but it's really too hot to do that. I didn't get a single piece of mail last night.

3:52 P.M. I'm back from seeing Father Conrad. Now need to lay under the fan and try to stay cool. It's so hot right now.

6:51 P.M. Dinner just came. I ate the hot dogs and gave the rest of it away. Now waiting on mail call and showers.

9:33 P.M. Back from the shower, I didn't get any mail tonight. I'm going to finish watching Big Brother 17 then go to sleep.

Friday July 10, 2015 5:38 am. Been up since 4:30 washed up had a cup of coffee watched some news. waiting on laundry to make my bed.

6:21 am. Laundry came beds made cells cleaned up I need to do some writing.

7:18 am Breakfast came, sausage is all I ate. I've saved the grits for later.

8:25 am. Going to medical once again I'm on the list.

10:39 am. Well that was medical records I just got back. I sat down stairs and talked with this young kid for 45 minutes Cheetos is his name. He's getting out of prison at the end of the month. I hope he stays out. Well I'm behind on my workout, so I need to eat

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something then get to exercising.

11:21am. Ate some sardines over rice. I'll give the lunch tray away. Time to workout.

1:10PM Finished exercising, lunch came around 11:45 or so, I gave it away. I've got to wash some clothes and bath.

2:08PM clothes are washed & bathed cleaned the floor now going to lay back and try to stay cool. It's hot in here.

5:00PM I ate my dinner, beans & fell asleep for 20-30 minutes.

6:39PM Dinner just came, I gave it away. I'm going to lay under this fan until I fall asleep.

Saturday July 11, 2015 5:02am. I got up at 4:09 made the bunk washed up, cleaned the cell and ate cereal for breakfast. They have coffee cakes this morning, I don't eat coffee cakes. I got one letter last night, that was from mom she didn't get to see my dad last week. He was sent back to Columbia: Corr. Inst. I need to write a letter that I started yesterday. I'll work out later on.

7:48am. Breakfast just came, gave it to my neighbor.

wrote one letter and a request to classification. I'm going to do some walking.

8:18am. Time to workout.

11:24am. Finished exercising washed clothes and bathed. It's so hot in here.

12:00PM. Here's lunch. I'm eating tuna.

5:04PM. I just ate my dinner, some oranges and beans. It's been really hot in here today. I'm tired and ready to go to sleep.

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6:31 P.M. Dinner came, I gave it away. I'm putting in a request to the kitchen to get on the vegan diet, because I'm staying away from bread. Well I'm going to lay back down and go to sleep soon.

Sunday July 12, 2015 5:00 am. Got up at 4:30 washed up, made the bunk, cleaned the cell. I'm going to eat some cereal here in a minute. You get so tired of waking up in this place. Same view every morning for decades.

7:46 am. Breakfast just came I ate 2 sausages I've got to bath and get ready for the visit.

8:29 am. Finished bathing cleaned the floor, now going to lay back and watch GMA until they come get me.

3:31 P.M. just got back from the visit. Had a good time. Mom was up and my cousin and his wife. We played a game called Phase 10, (cards) was a lot of fun. Donna won. I hope they come up again some time. Right now I need to lay in front of this fan and cool off. It is hot!"

10:56 P.M. They are just now coming down for cell checks and to do weight. I watched Big Brother then Battle Bots. I'm really tired. They could do this weight and cell inspections a whole lot earlier. Well I'm going to bed.