

# Daily Journal

## July 20-26, 2015

Monday July 20, 2015 6:08 am. Been up since 3:30 washed up had a cup of coffee, cleaned the cell. Just made the bunk laundry came through. I'm going to eat some cereal here shortly.

7:32 am. Breakfast came. pancakes, I gave it away. ate some cereal. waiting to hear if they're going to move me. It's already hot in here. and if I go down to a new cell I'll be cleaning for a couple of hours. I need to write a letter.

10:00 am. Watched R.T.M. Going to do some walking I don't want to be exercising and then get moved.

12:18 pm. Lunch is here. I gave it away. I'm going to eat some beans. I will not be getting moved, so I need to get my exercising in.

1:56 pm. Finished working out. Guy in cell 2313 fell out, so they've got medical and white shirts coming down. He's the same guy who fell out last week on the rec yard.

2:39 pm. Finished bathing and washed my shorts and T-shirt. They moved that guy in 2313 down stairs to 1201 Time to get under the fan.

3:29 pm. The assistant warden just came and talked to me. They're not giving me my regular recreation back. I'll wait about 6 months before asking again.

4:16 pm. Property room guy (sgt) just showed up with my T-shirts and socks that I ordered back in May. It's hot and humid in here. Time to lay back under this fan.

6:30 pm. Word is dinner trays were sent back to the kitchen cause food was spoiled.

8:13 pm. Dinner just came same spoiled food so we all rejected the trays. I'm going to sleep.

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Tuesday July 21, 2015 5:22 am. Been up since 3:30 washed up had a cup of coffee, watched the news, made the bunk cleaned the cell, now need to do some writing.

7:50 am. just ate breakfast sausage, saved the grits for later. wrote a letter. I need to write another one. and then watch RTM. then exercise. canteen will be here around noon.

9:24 am. watching RTM, but I'm ready to get to this workout.

10:46 am. Finished working out. canteen just showed up. I'm hot and sweaty.

11:23 am. canteen is put up. now waiting on yard.

12:03 pm. Lunch just showed up. I gave it away. I'm eating sardines. now just waiting on the yard. I'll go out and do dips and push ups. come back in, wash clothes bath and lay down and call it a day.

4:52 pm. Got back in from rec I bathed washed clothes now getting ready to eat some grits for dinner. we have chicken tonight, but I'm saving that.

7:14 pm. Dinner just came, I put the chicken in a bag I'm going to bed.

Wednesday July 22, 2015 5:20 am. Been up since 4:30 washed up, watched the news. I'm waiting on laundry.

5:49 am. Laundry just came through. I've got to make my bed and clean the cell.

6:04 am Nurse just come through. I'm cooking my chicken. It's already hot in here.

8:11 am. Just finished a letter. I ate some chicken. Breakfast still hasn't shown up.

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my blue pen dried out. well I need to start another letter.

9:59am. Finished a letter, now time to exercise.

11:32am Finished exercising. my back is hurting. This has me worried. Cause the pain is up there.

1:48 PM. Finished washing clothes and bathing. Going to lay under the Fan and relax. It's very hot in here. I got pain shooting through my lower back and right butt cheek. This is the way it was feeling when it put me down last year.

5:02 PM. Ate beans for dinner, we have hot dogs tonight, I'll give them away. It's still very hot in here.

7:08 PM. Dinner just came gave it away. It's just too late to be eating.

9:02 PM. Just watched Big Brother. I'm going to sleep.

Thursday July 23, 2015 5:30am Been up since 4am washed up, made the bunk, cleaned the cell. I need to do some writing.

7:03am. wrote mom, and one church. waiting on breakfast. Recreation will be about 8:30 I go out into another cage. so it's not as much fun. But, at least I get some sunshine and fresh air.

8:00am. Breakfast came I put it up for later.

8:41am still waiting on rec.

11:16am. Back in from rec. we were out there 2 1/2 hours. I'm going to workout.

2:08 PM. just finished bathing. I worked out for about an hour and a half. Time to lay under the Fan.

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5:03 PM Ate some beans, it is so damn hot in here! I hate this heat!

6:53 PM Dinner came, I gave it away. It's too late to be eating.

9:24 PM. Just got back from the shower. I'm watching Big Brother, then going to sleep.

Friday July 24, 2015 5:40 am. Been up since 4:08 am.

Washed up cleaned up, Laundry just came so I made the bunk now I'm going to write a letter.

7:38 am. Wrote a letter, Cleaned my locker out.

still waiting on breakfast.

8:02 am. Just got breakfast sausage and grits.

I've started a letter that I need to finish.

9:59 am. Just watched R.T.M. now time to exercise.

11:38 am Finished exercising, need to wait to bath and wash clothes. Their passing paint around to paint the cells.

3:30 PM. Was talking to a Christian volunteer for about an hour. Then painted the cell, now waiting for the nurse to come through once she comes through then I can bath.

4:53 PM. Nurse came through, I go to bathing, I'm butt naked soap all over me from head to toe, and they bring a female classification officer through. I hate that. I had to hurry up and put clothes on. Now I'm going to lay under the fan, eat my grits and cool off.

6:50 PM. Dinner came, I gave it to my neighbor. It's a tray that he likes, sausage. I'm going to lay under the fan listen to music until I fall asleep. My cell looks a lot better with this paint. Wish we had white to paint the roof, and tan to paint the bars.



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Saturday July 25, 2015 5:20 am. Got up at 4 am, washed up, had a cup of coffee ate some cereal. I need to make my bunk, I've got to do some writing, exercise this morning at 2 PM. Rally Racing comes on then Nascar at 3 PM, and there's an MMA UFC Fight tonight that I'm going to watch.  
7:22 am. Breakfast just came, coffee cakes I gave it away. I'll eat some peanuts or peanut butter before I workout.

8:12 am. Wrote 2 short letters. I'm going to start exercising here shortly.

12:02 PM I finished working out about 11:20 then I've been painting since. I painted the bars, foot locker, desk and shelf. I still need the lighter tan to paint the bunk. Cell looks really good. I'm waiting for stuff to dry so I can bath and wash clothes.

3:00 PM. Finished bathing and washing clothes. Going to lay back and relax now.

5:08 PM. Ate some beans and cabbage for dinner, watching the race waiting on the UFC.

10:22 PM. Going to bed. The fights just ended.

Sunday July 26, 2015 4:30 am. Been up since 3:50 washed up, made the bunk, I'm going to exercise.

6:18 am. Finished exercising need to bath and wash this shirt and shorts.

7:22 am. Bathed washed clothes, watching the news now.

8:32 am. Waiting on the visits.

3:21 PM. Back from the visit. Had a really good one, Susan came was great to see her. Got news that Alverta is down here seeing

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July 26, 2013

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Chase AKA Loyd Allen. He's dying and only has a few days left. I hated to hear that. I really liked the old man. Well I need to lay up under this fan, it's hot back here, not as hot as it has been.

5:23 PM. Ate 2 cereals, that will be my dinner. I'll give the tray away. I'm really tired. I didn't get enough sleep last night.

6:43 PM. Dinner just came, I gave it away. I'm going to lay down and go to sleep until cell check.

8:01 PM. They just did cell inspections and our weight. I'm going to bed now.