

Death Row  
JOURNAL  
April 14, 2016  
Thursday

Just got back in from recreation. Washed clothes. I had my mp3-player on, and exercised. I even ran in this tiny cage. I don't know how my knee is going to hold up to doing that. Already sore. Have to see, but I'm tightening down on this diet, and going to start pushing myself in these work outs.

I received in two letters last night. I need to write, and respond to them. Also need to get into this GED book. And the education dept also sent me three books that I received last night. I also got in Florida statutes dealing with the education. There's nothing in there that keeps me from getting a GED so I'm going to wait until next week, then I'll start pushing out letters asking for senators help. I will get in this educational programing.

Let me go pop these books open and get to it.  
my knee is hurting! " pain is shooting all through my knee from running!" Need to get it fixed.

I exercised a bit more. Got into these GED books. I'll be staying up late for showers. Hope the water is not cold. Tuesday it was cold.

Saturday, that was the best shower that I've had since I've been over here.

One have two pieces of mail going out. One letter to mom, and a birthday card to my cousin whose birthday is April 18<sup>th</sup>. Should have written another letter. I'll do it over the weekend.