

Death Row  
Journal  
April 19, 2016  
Tuesday

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I am tired! I exercised for a couple of hours this morning. Then went to recreation and worked out, my knee is killing me!

That Doctor I seen last week. Her last day is Friday. I'm glad. I'll try to get seen by a new Doctor. Hopefully this new one will be better, and speak English.

We got shower's tonight. Hope to get some mail.

This is the most abhorrrish, backstabbing, gossiping wing that I have ever been on. 'Hand's down.' The only reason these pitches want to talk to you, is so they can find something to talk about. 'Gossip!'

mail came, was offered an interview. I'm not doing it, well I'm really undecided. Have to think about it some more.

my knee is throbbing!  
I'm back from shower's, and I'm going to bed.  
No mail this has got to change.