

Death Row
Journal
APRIL 22, 2016
FRIDAY

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Got up at 3am. Cooked a good meal for my neighbor and I, and made some chocolate covered apples. None of which is healthy. Then wrote the grievance appeal on Informal #205-1603-0740 Formal log #1604-205-114 which was picked up by Mrs. Padgett at 9:21am, with C.O. Palmer escorting her. After that I wrote a 2 page letter to Florida Dept of corrections secretary Julie L. Jones. I'll be sending my copy out to have numerous copies made, for which I'll be sending out to lawyer's, media and anyone who I can get to listen.

Right now it's almost 1200 noon. I need to do some walking and then exercising shortly. Probably do legs and cardio, everything else is sore.

Did legs today, then did two sets of step ups, over 30 minutes each time. I was drenched with sweat by the time I was done. Washed clothes, bathed then cooked a wrap for dinner, wasn't very good. Not up to my standards. I'm going to lay down, do some reading and then go to sleep. I really should do some writing, but I'm tired, so the bed is where I'm headed to.