JULY 14, 2016: 4:30pm: LISTENING TO:

HI EVERYONE, IT IS ONE HOT & HUMID DAY. I DID 90 MINUTES OF CARDIO (BURPEES, SQUATS, PUSH UPS, ETC) IN THIS HOT SUN & I AM EXHAUSTED. I DON'T HAVE COMPUTER ACCESS OR FACEBOOK OR ANY TYPE OF INTERNET. MY BROTHER PUT A FACEBOOK PAGE ON FOR ME. BUT I WAS WATCHING THE NEWS & SAW SOMETHING VERY DISTURBING. A WOMAN NAMED KALYN JAMES, SHE MADE A FACEBOOK VIDEO & SAID THAT THE DALLAS SNIPER, THE MAN WHO RACIALLY MURDERED 5 WHITE POLICE OFFICERS, THAT THE MURDERER WAS A "MARTYR". SHE ALSO SAID SHE DOES NOT FEEL SAD ABOUT THE MURDERED WHITE POLICE OFFICERS. WE ALL KNOW THIS STORY IS ABOUT RACE BUT SHE MADE IT ABOUT HER OWN RACIST HEART. I DESPISE PEOPLE LIKE KALYN JAMES & IT'S IDIOTS LIKE THIS WHO SHOULD NOT BE ALLOWED THE FREEDOM OF SPEECH. ALOT OF WHITE POLICE OFFICERS HAVE MURDERED BLACK HUMAN BEINGS. SOME OF THESE KILLINGS, I AM SURPRISED WHEN I SEE IT ON CNN. IF I'M RUNNING AWAY FROM A COP. THERE IS NO WAY ON EARTH HE CAN EVER BE JUSTIFIED FOR SHOOTING ME. FIREARMS SHOULD BE USED AS A LAST RESORT, NOT AS THE STANDARD NORM. I THINK ALOT OF COPS NEED TO BE RE-TRAINED, THEY NEED TO KNOW WHEN IT'S OKAY TO EVEN PULL THEIR WEAPON & WHEN IT'S NOT. I THINK IT'S A HORRIBLE THING TO WATCH SOMEONE YOU LOVE BEING MURDERED, BUT WHEN IT'S BY THE POLICE, IT'S EVEN HARDER. SO MY PRAYERS GO OUT TO THE FAMILIES AFFECTED BY THIS, THERE ARE TOO MANY TO NAME. BUT YOU CANNOT SOLVE A PROBLEM WITH VIOLENCE. BY GOING OUT & MURDERING WHITE COPS, YOU SPREAD YOUR RACIST BELIEFS & YOU CREATE MORE PROBLEMS, MORE VIOLENCE, MORE KILLINGS. I HAVE OVER 10 BI-RACIAL NIECES, NEPHEWS & COUSINS, & I HOPE TO GOD THAT THEY NEVER HAVE TO GO THROUGH THIS. RACISM IN PRISON IS SO ACCEPTED. THE MAJORITY OF THE YOUNGER BLACKS CALL ALL WHITE PEOPLE CRACKERS & THEIR GOAL IS TO FIND A WHITE WOMAN WHO WILL TAKE CARE OF THEM WHILE THEY'RE IN HERE & THEN DOG HER ONCE THEY GET OUT. I SEE IT EVERY DAY. & THE WHITES, EVERY OTHER WORD IS SOMETHING DEROGATORY ABOUT BLACKS. SO I STAY OUT OF IT & IF YOU HAVE A RACIST HEART, STAY AWAY FORM ME. I LOVE MY NIECES, NEPHEWS & COUSINS. & WHO KNOWS, IF MY DAUGHTER IS TELLING THE TRUTH, I MIGHT HAVE A GRANDBABY ON THE WAY. BUT I TRULY HOPE NOT. MY DAUGHTER IS NOWHERE NEAR READY TO BE A MOTHER. SHE STILL ACTS LIKE SHE'S 13. THERE IS SO MUCH HATE IN THIS WORLD, HOW DID WE COME TO HATE SO MUCH SO EASILY? IT WILL ALWAYS BAFFLE ME.

WHY AM I A "CRACKER"? WHY IS IT OKAY TO CALL ME A CRACKER? ONE, I'M ITALIAN, 2: MY FAMILY DIDN'T COME TO THIS COUNTRY UNTIL, THEY LEFT FROM NAPLES ITALY ON 4/5/1907, THEY ARRIVED AT ELLIS ISLAND 17 DAYS LATER ON 4/22/1907. RACISM IS BIG IN THIS WORLD BUT WHEN A BLACK PERSON OR HISPANIC PERSON CALLS SOMEONE A CRACKER, IT HELPS SPREAD MORE RACISM. IT'S OKAY FOR NON-WHITES TO CALL A WHITE A DEROGATORY NAME BUT IT BECOMES A CRIME FOR A WHITE TO CALL A BLACK OR HISPANIC A DEROGATORY NAME. IT'S A DOUBLE STANDARD. IF YOU HATE SOMEONE BECAUSE OF THE COLOR OF THEIR SKIN, YOU'RE AN IDIOT & YOU SHOULD KEEP YOUR IGNORANCE TO YOURSELF. THATS ALL I GOT FOR NOW. TAKE CARE, LETS TRY SPREADING SOME LOVE INSTEAD OF HATE. I HAVE ATLEAST 7 DAYS OF 90+ DEGREE WEATHER SO IT'LL BE SOME VERY UNCOMFORTABLE NIGHTS OF SLEEPING. ONLY THING THAT CAN TAKE AWAY HEAT & HUMIDITY IS A/C, & WE DON'T HAVE IT. WE'RE FORGOTTEN PRISONERS. GOD BLESS, CIAO.