

Irish Soup Journal

Notes - Rambling - Poetry - Short Stories - Love Note - Art - Bull - Steve

6-26-17 If you're lucky, you'll find one person who brightens your day, lends an ear, and inspires you to do the things you love to do. Your very own Jeanne D. ☺

Sometimes we do cry over spilled milk. Crying helps us recover from disappointments. ☺

More on doodling. Seriously. I grab a pencil and sketch, doodle something peaceful like a field of flowers or something funny - such as a caricature of my friends and love ones. Recalling good memories for just a little bit each day can make people feel more cheerful - it works for... of course you are all my memories. ☺

The Governor granted 72 pardons and 7 commutations of sentence last year. All the pardons were granted to people not currently incarcerated whom were off parole. The commutations didn't let anyone out but lowered their median. 3 LWOP inmates now have 25 to life with the possibility - life in Ca is now just about that. ☺

It was 110° here yesterday - I can feel it here in the cell this morning - going to be in the 100's all week - hot box ☺ Maybe I'll sweat off that 10lb the Dr. told me to lose. ☺

Read a poem out loud. Now let the cadence, words and images soothe your soul. Close your eyes and hear me reading it (the poem) back to you ☺ Don't pick a long one ☺

People who don't exercise regularly are twice as likely to develop Alzheimer's. Exercise both body & mind. Read, write, draw, paint, walk, play - a good diet helps ☺

Talk to a man about himself and he will listen for hours ☺