

Personal Journal

- 1-29-18
Mon
Woke up from my afternoon nap yesterday with a bad case of the blues, remembering about be a little kid - all the times we were left sitting in the car at all the bars. I had forgotten about all those times but it shouldn't have made me sad to remember. I was with all my brothers and sisters, cousins and friends. I ~~wrote~~ ^{wrote} a poem about my sister. I think it's going to be a nice day.
- 1-31-18
WED
Last day of January, February - I like February when love is in the air. January is always a cold lonely month. I've been thinking about the old mans home on Florin & Franklin when I was a younger. Old man sitting on the corner waving to all the cars. A place for old cowboys, wore out with no place to go. or a family to look to - that's me, nothing, no one. But that place is gone and the old cowboy has no place to go, no place to hang his hat, no place to call home, no family of his own; no one to wave to. I think the home came down in the early 60's. It may be time for me to be moving on; hell I've been in this cell for more than ten years - I've never gone ten years without going to the hole - if no one cares why should I! I'm trying my best but times like these without anyone to talk to to call friend I just want to sit down and close my eyes to hide. I miss smiling.
- 2-1-18
THUS
just want to write a couple of words for the first day of February. Can't hardly hold the pen. My index finger won't bend on my right hand and my wrist

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still hurts. My finger is hurting so much it don't hurt anymore to write. Ibuprofen the same as nothing for arthritis pain. My eye infection came back yesterday in the afternoon. This time in my right eye. I do have the DOXYCYCLINE HYCLATE for this one and eye drops, also I have an ointment for nighttime eye relief. I did do some painting in the morning yesterday. A van going down a country highway, I think with James and Tim in it, if they're waiting for me they've got awhile. I was working on a crossword puzzle from the San Quentin News when my eye started hurting. My brain giving me an excuse to put it down - I couldn't even remember the first names of actor + actresses I know. Wish I had something to really write about but nothing ever happens here. The food still bad, the beds are hard, medical is a crap shoot and I'm still old + fat.

2.2-18

Friday

I ended up having a good day yesterday. I finished the painting of the van on the highway. I think I'll call it James + Tim somewhere in N.M. a long long time ago or just "somewhere in N.M." I walked for a couple of hours, I sure have slow down from the pace I was doing only a few years back. I finished the SQ cross words I was working on got easier as I went and my mind cleared up, some anyway. Also do a draft for a short story 1 1/2 pages. I have a doctor's appointment for the 6th this time I have everything wrote down. Its a lot - I was to see a rheumatologist for my arthritis. I should not

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2-2-18

have this much pain in my joints when there are good medication for arthritis. I want to see the Ophthalmist for glasses and the infection I keep getting in my eyes. I want the treatment for hip C now not after L.I.M. stage III, I want all my Chronos Renewed. I want all this done in the next 90 days. I've already got the paper work started with help from my friends. The ACLU said as soon as we complete the 602 process they will take it up.

2-3-18

Sat.

Have I mentioned before that we have a dog program here, they do and it's here in 11 building. There are 16 cells on top of B section with about 7 or 8 dogs right now. I can't be in the program because you have to take the top bunk and stay out of trouble, right? They're being trained to be companion dogs. They take them to the chow hall so they can learn to stay down and they want them to be around other people so we get a chance to pet them and play with them somewhat I like having them around, they're good for mind + soul. I don't care for most of their trainer - a lot of such a-- and type I won't even deal with. This kid I've got for a celly don't even take time for a breath - he goes from 8 o'clock in the morning until 8 or 9 at night and eats everything off two or three trays. I've had to tell him that we have people who's job it is to clean the trays. He's a good kid.

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dumb as a teenager 19. He listens to everything you say then forgets it all" He's going to school already working on his GED - he gets 90 days off his time if he gets it - hell his out date is Sept. now ☺

2-4-18

Sun

Happy Valentine my love. You have always been my Valentine every day of the year. I don't remember what I wanted to say now. Something about love, something about happiness, something about all our tomorrows, something about waking up alone on these cold nights. I started drawing out a picture of an old country church to paint, got a doozy to put in the field beside it. You ever seen Eastwoods movies "Lightfoot + Thunder Bolt", at the beginning he is in this old church, you can picture it if you look real hard ☺ It is said that every child is an artist. To remain an artist once we grow up we must find our inner child, one who believes in everything. "me amor" thank you.

I want to feel
the wind
the rain
blowing on my face

are you out there?
is anyone out there?
can anyone hear me?
are your days
as long as mine?

I want to feel
the music of
my heart pounding
within yours 2-5-18

are your nights
as lovely as mine?