

## Personal Journal

2-12-18,

2-5-18  
Mon

I woke up to a beautiful morning. Very little pain to speak of. Quiet, my kind of quiet, except for the vent blowing, the fan moving air, and ~~the~~ toilets flushing up & down the tier. Prison quiet ☺

A person needs someone there for them, mentally, emotionally, and spiritually. Do I still have you in my corner. A person needs communication skills. They're golden here, as well as showing empathy, understanding and availability. My celly is as dumb as a teenager<sup>19</sup> the boy can't even tell time. his grade point is about 3. or 4. No one ever showed <sup>told</sup> him how to do things. He's not stupid just nobody took the time to teach him. Yes I see Stevie in him so I'm trying to help trying to teach him but like a teenager in one ear out the other - hid the rocks from me

2-7-18  
Wed

I've never laugh so hard in my life as I did Monday night. My celly (the kid) brought home a lizard someone had given him, a dead lizard, dead as a door nail, stiff. They told him the lizard was in hibernation or just stiff from being cold and all he had to do was warm it up and it would start moving. The first thing I told him when he sit it on the deck is "that Lizard is dead." But, he went to work on trying to warm it up - he blew on it, sit it in warm water rub it until after more than an hour when he said "I think my lizard is dead" I was

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2-12-18

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2-7-18

rolling so much by then I couldn't answer. I  
laughed until it hurt. That was a mean thing  
they did to him but he got over it fast enough.  
It was funny and we did laugh all day yesterday.  
Now I have to get the kid up and make him brush  
his teeth and wash his face + hand. He wants to just  
jump up put on his boots and get dressed real fast and  
run out the door. Sitting down at the table without  
washing up or with dead mouth can get you beat up  
anywhere in prison. I didn't see the doctor yesterday.  
They had me down for some doctor I didn't know put  
me on the wrong list so I go today at 9:30.

2-8-18

Thurs.

I saw the doctor yesterday. He checked my hands  
out and told me I was already on a waiting list to see  
the rheumatologist and I'm on a list to see the  
Optometrist about getting some new eye glasses. I haven't  
seen one since Dec. 2015 and didn't need glasses then but  
I do need to upgrade my prescription now. He put  
me in to get treatment for the hep-C again. He  
said I should get it this time implementing a new  
policy to give the treatment to everyone who wants  
it. I have an appointment to see the Pulmonary doctor  
later this month. I see him every six months. He said  
as long as my lungs stay stable he didn't think I  
should do anything as the treatment could be worse  
than the problem. I'll get two shots Friday 0.5  
mL of Adacel & 0.5 mL pneumovax 23 - polyvalent vaccine