

Personal Journal

6/19/18 They say that an accidental nuclear war is far more plausible than our leaders pushing the button - they don't know today's leaders very well 😊 Don't fear difficult moments. The best come from them. I've been doing a lot of reading this year to keep my mind busy as painting and writing has become very difficult because of the arthritis in my hands. Mostly magazine like Psychology Today, Scientific American, Scientific Mind, Economics, and others. You would think I would be smarter by now 😊 Remember the old Stones song 'you can't always get what you want, but if you try you can always get what you need'?. I was reading this article in Scientific Mind (When your first choice is unavailable) It starts off, "You can't always get what you want - the car is too expensive, the restaurant full, your favorite snail sold out so make a second choice, you might end up happier with something completely different." If I can't have a Ford, maybe a Chevy, if not a Datsun, I'll take a Day Day. If I can't be there with my Jennie then I will hold her here in my heart 🍷

6/20/18 I saw the Rheumatologist yesterday (what a waste of time) he said I didn't have rheumatoid arthritis but osteoarthritis that comes with age like that makes a difference to me yesterday the pain was bad in all the joints on my right side from my foot to my shoulder couldn't move my index finger it hurt so bad and couldn't close my hands. He told me to get my Hepatitis C taken care of and the swelling + pain will go down - that's nice I've been trying to get that taken care of for a couple of years - I know there's something for arthritis joint swelling + pain rheumatoid and osteo anyway I'll see another doctor within two weeks. At least it's a beautiful morning outside. It

Personal Journal

2

6/20/18

hasn't touch the 100° mark here yet but you can feel the heat by 10 o'clock - this bottom tier cell I'm in now stays pretty cool - people on the second tier are sweating and complaining; I remember that ☺ I'm feeling better today with the swelling down enough that I can almost close my hands - less swelling, less pain - the spurs in my right foot are acting up but all I need to do is put weight on it. If my hands stay like this I might be able to paint when I come back in. Jimmy has said to me that he's noticed that I'm not doing much painting since we've moved down here. He just turned 20 and has no ideal about continuous pain from old age. At the heart of wisdom lies a paradox. On one hand our homegrown instincts about the world can be deeply flawed. On the other wisdom proceeds directly from personal lived experiences.

6/21/18

Jimmy & my celly) fan went out at 3:30 this morning with a bang. It sounded like something dropped to the floor hard - hopefully it's something simple like a blow fuse we can get fixed ^{easy} if not it'll take 2 months to get a new one and that's about all the time the kid has left to do. The good thing is the cell we've moved into downstairs has stayed cool even as temps have been in the high 90's. They're very little afternoon sun hitting our wall and none in the evening. As a matter of fact the early morning in the cell has me keeping my fan on low and turned away from me and I put a sweater on until I've moved around a little to warm up my blood. They've been moving a lot of people around here - taking their bottom bucks because they didn't get them renewed even though they're permanent they have to be renewed here every year my is permanent until Dec 31 2009 but I still have to get it renewed every year - The biggest

Personal Journal

3

6/21/18

problem for some is getting in to see a doctor. I don't have that problem I see the doctor almost every month now - high risk chronic care (heart, lung, hep-C). They're also kicking people out of the hole - I hope it's not the ones from the roits on the one yard. The COC loves to miss turds when there's nothing happening :-)

6/24/18

I have noticed that I repeat myself a lot. I believe are important to me and I'm just trying to remind myself of them. One of the things that I know is important to me is that beautiful sunrise coming up over the distant hills. I wonder how much more beautiful it would be coming up over a lake, the ocean, my city or to be anywhere with my Jeanne in my arms staring it. It takes me all morning now just to write a few lines - not just because I stop to watch a beautiful sunrise but because my fingers cramp up and I have to slow down and run them out. I don't get to see the sun set from where I'm at right now as it's on the other side of the building and we're locked up just before 9 P.M. and the sunset is right after that. Bright the sunrise is early here before 5 A.M. and sunset is after 9 P.M. Friday was the longest day of the year. I love the long days of summer just wish I was somewhere else being lazy and sipping on something cold with the woman I love smiling at me? I think I'll paint me a bunch of Roses & Violets on my wall around my window - I wonder how long I could get away with that - maybe not - it would be a lot of work for Jimmy to remove them - I got arthritis in my hand :-), it has been over one handed the last couple of days and I still stayed on the yard until noon to I'm making the ten o'clock in line :-). It stays cool in my cell even with one fan - I've got it on low

Personal Journal

4
6/28/18

right now pointed at the wall. Maybe I'll get something done today besides crossword + reading. I have been working on a little painting of the old World Theater on 10th street. It has been gone forever but I still remember what it looks like in my mind's eye. Older people get sleepy earlier and wake up earlier than younger adults and may need a little less sleep to remain alert during the day - but a little nap in the afternoon won't hurt.