

Personal Journal

7/12/18

People coping with the misery of chronic pain face an increase risk of disability, depression and sleep disorders, drug & alcohol addiction and suicide. Those ~~bad~~ days - I try to mark them off my calendar the way a convict marks his days on a life sentence.

7/13/18

Jimmy got a new television yesterday so now it's even going to be harder to get him out of bed in the mornings for breakfast and his classes. Today is Friday - he can sleep in on Fri, Sat, Sun - no classes. I try to tell him he's no longer a teenager 😊 but sometimes he acts (most of the time) like a 6 or 12 year old 😊

7/16/18

It's already staying dark longer here - dawn not breaking until about 5:12 - it is still a beautiful thing - I remember years back I was in a hole with no windows, another where the windows were painted over and then there were the years I couldn't see the beauty of the dawn or the sunrise for all the madness & hate & fear that enveloped me like a shell. I finally received some medication for my arthritis yesterday HYDROXYCHLOROQUINE, neither if I wasn't looking at it I couldn't spell it. They gave me no information on it - only take it twice a day. The doctor bum rushed me out when I seen him last week just said the rheumatologist recommended it. If anyone has any information on it and wants to share it with me it would be appreciated. Another

| again |

lockdown day ~~again~~ ^{again} yesterday - short on staff. It started with no dayroom because one of the guards in the building left - they opened the yard at 8 just to close it before I even walked a lap around the tract 😊 They have way to many guards working here to begin with - look for more of the same today. Or maybe they'll just want to redirect some guards to another part of the prison to help search for

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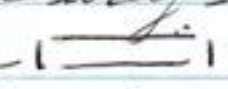
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some cell phones. Then there is the training time - I've never been to a prison where they train so much at least 3 or 4 times a week - every Sat, morning between 8 AM some time until noon. They have fence training here so much the fence should be able to guard the prison without any guards. I got a dust last night to work as a PM Porter in the building - at long as they understand I can do every little with my hands maybe wipe tables - I think the doctor will medically unassign me when I see him on 8/6 - we'll see how it works out. When I'm writing I find I have trouble with the spelling of the most simple words. It's not that I don't know the spelling it just goes down wrong on paper must be something in the brain/hand message.

7/21/18

I was right about the job all they want be to do is wipe some tables and some phones once a day. No big deal these people just want everyone to have a job. The good thing is I'm out after dinner before the unlock and can shower without waiting in line and I can get on the phone without arguing about who's in line next - they don't have a phone list here so you have some people jumping on/off the phone all day - must be nice to have that kind of money - rates have gone down some here but the \$ still add up fast.

It is hot here now a hundred in the shade days as if we allowed to stand in the shade. Of course the guards are allowed to stand in the shade of the buildings but then they're holding the building up aren't they? It is a little cooler in the mornings, between 8-10, when I go out there. It rarely gets to 90° before 10. The way the buildings are set up in a parallel type box . At one time there were openings between the buildings to let the air flow but they've built more buildings

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between the old buildings (all of them) to effectively cut the flow off. As I was saying I go out between 8+10 and walk the tract for the two hours - some days I keep a good pace and some days I have to go real slow but I go as this is just about the only exercise I get ☺

7/24/18

I've been taking these Hydroxychloroquine for a week now and I notice no difference except my fingers haven't locked up but they only locked up once the week before I started these meds - my fingers + toes are still numb all the time and the pain wakes me up in the night. Locked down again yesterday - short staff or some excuse ☺ I did finish the portrait of my sister Linda - I did a good job on it considering the pictures I worked from where the largest shot of the head was only $\frac{1}{2}$ inch by $\frac{3}{4}$ inch. 6 A.M. It's daylight out but the sun itself has not made it over the hills - people are moving around across the road from my window guards are coming and going. Don't be afraid to leave a message - let me know that my notes are getting out there and someone is reading them

A lot more people are in love today but they don't share the same domicile - thought they are definitely couples. In the future we will see more people going back and forth between assisted living facilities.

I sure would like for someone to put down a few words on the blog - make an old man's heart sing in key.