

Date: 8/18/2018 09:55 AM CDT

Subject: Stung by a bee

Learned recently that running barefoot has many health benefits. About 5 or 6 vets here have been running barefoot for years. I'm just starting out but have been stung by 3 bees in two weeks. Any suggestions? The most obvious is don't run barefoot, right... but I will continue. The second obvious point is - stop stepping on the bees. That one, I hope to get better at in time.

*

Meanwhile, many of us are prepping for the 5K/10K next month. A few are going to run the 10K barefoot! I've already seen them do it during practice runs! Not me... maybe down the road. I will be content with the 5K for now.

*

This has only been possible due to the generosity of some friends. By their gifts on my commissary has permitted me to supplement my diet with Tuna, milk and peanuts. The chow hall meals may contain 30g of protein in a day. Only if you work in the kitchen or run some hustle can you obtain enough food to get past bare survival and gain strength. Of course the gangs supply money for the young kids to thrive. Sadly, there is no incentive for these young men to turn away from the gangs. They've taken away any real salary jobs in the Illinois prisons. So you either starve, be a criminal or be affiliated with a gang to get enough money to eat. Very few have family's that can afford to give money. I am very grateful and feel blessed to have the help from family and friends over the years. May God bless you all. Maybe I'll stop stepping on bees in the meantime. Honey is healthy... any benefits from bee venom?

Until next time, David