

## Personal Journal

(17)

Everytime we part from someone we must tell them we love them. Let that be the last words they hear from us. Let that be the words they will always remember us saying. Let them feel our love. I love you.

I received some books of poetry from the Prisoners Literature Project in S.F. I don't understand why, but books of poetry are hard to come by in this place (a lot of low IQ's) all the old prisons had some kind of poetry or writing groups with books to pass around. Anyway, thank you to the good people at PLP. I will enjoy the books and will make sure they get pass around to all that may be interested in them.

I received a letter from Prison Legal Network reaching out to inmates who may have had Excessive Force use on them. It is hard to from any attorneys to file against the state or the guards. I will send a copy of this letter with my blog. I feel it could help some prisoner here in California. We need some attorneys willing to go after medical - the CMO's doctor, R.N., N.P. etc. Once in awhile you get a doctor who will ~~do~~ do his best - like the doctor I have right now and they're told by the CMO not to do anything unless the inmate files paper work and they don't keep them long - most of medical (here anyway) follow the guidelines of custody.

1/23/18

We've had some rain coming down on us the last few days and we needed it to. Six A.M. right now and still raining - we've been dry around here for awhile - everything brown. The fire has knocked the smoke out of the air from the camp fire (for the most part anyway) I can still smell it it was so thick. So far they've recovered 83 bodies with