

## Personal Journal

(1)

I am unable to sleep without my Jeannie's memory in my arms. Sometimes I hold on a little too tight but I'm afraid, afraid she might slip out of bed leaving me alone here in the darkness of an empty cell. I know she is always here in my heart, but crazy people have crazy thoughts and if I am nothing else I must be crazy how else would I get out of bed here where repetition is the act of the day and the day is only a repeat of yesterday. I hear her breathing next to me now lying here in bed on my side feeling her heart beat against my chest in perfect rhythm with mine.

3/9/19

SAT.

I've got this little pain in my lower back, it comes and goes - sometimes it will hurt like hell if I stand in one spot too long or if I'm sitting in the same position for long periods like I do when I'm drawing, painting, or writing. I can run it out most of the time. I've been using Capsaicin cream on it, heat rum made with Chile peppers. It works better than one would think. Down side: avoid contact with the eyes, nose, lips and other parts of the body. One learn to wash his hands well before taking a leak not just afterwards. That's right I did, have your laugh. I can now three days later. I finished the drawing of the girl I was doing, spot on. I was showing it around yesterday and I think I have another one - I have to see what the picture looks like - no half inch faces unless it's my Jeannie. I know her brown eyes, her turned up nose and the smirk on her lips. Right I'm going to finish painting me in the boat in the middle of the ocean. It looks like a nice day to go for a walk I don't see any rain clouds. No right now anyway, there is a cold wind blowing down from

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3/9/19

the snow covered mountains but I dressed for that when I got up. If I lose my way again how will I know when I get to where we're going? I've been thinking lately that I just might want to get out before I die. I don't see myself any "present dangerousness" to anyone from me. I won't be going back to the board for a few more years (6) and if they did let me out sometime after that I would be in my 80's - my moving around is slow now, I don't see it getting any better in the future, if I live so long.

3/13/19

Wed.

Dream: at a party - birthday party I think - someone's close friends and family. You got yourself a new sexy outfit for me, who am I trying to kid you made every outfit look sexy - back in the day.

Somewhere around midnight you and I made a run for alcohol - you because you were sober, you could sip a single glass of wine all night - me because you wanted me with you. We made love in the car in the alley, in back of the lacquer store. You like to wake up but you do and you can't get back to sleep and if you do you can't find the car or even remember what it looks like - the gear would help. I finish the selfie of me in the row boat - so I'm starting some stills mostly flowers. I have some 4'x8' silk covers - let's see what all I put on them - Right now my brain has slowed down - I heard that. I need to go eat, I don't even have a cookie and slice of bread in the cell - they've even cut

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How many of these do you think I've had happen to me in the last 50 some years? More than all your fingers + toes -

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our bread back here to 2 slices now.

3/14/19

Don't know - not sure - what happened yesterday. I started having some chest pains while I was writing so I took a Nitro after that my head went light and my stomach balled up then I balled up on the bed 😊 I was feeling better by breakfast (maybe I was just hungry 😊) after I eat my breakfast I was again having pains in my upper chest on the left side. I'm thinking it was just my lungs or maybe gas I did have gas all day bad gas, ask my celly 😊 A couple of friend wanted be to see medical then escorted me over there so I wouldn't walk around the track and back to my cell - they did an EKG it read alright so they put me down to see the doctor next week or so. I did go out and walk a couple of hours - it was a beautiful day sunshine, with a cool breeze - temps in the low 60's. I come back to the cell at ten and slept until two so got nothing done except rest. I feel good this morning and looking forward to another beautiful day. I'm always hungry now and I feel like I've lost a lot of weight - I'll weigh myself when I go over for the breathing treatment this morning - I do know I'm shorter under 5'11" from over 6' 😊 Today's Thursday so I'm going to get this today so it'll go out tomorrow if not it won't go out until Monday 😊 I would like to hear from someone more often - if not it's like talking to myself - not that I don't do that all the time - you should see me when I'm walking the track alone 😊 hey I'm not the only one here - half the population is doing it I know - that's where I find the best conversation 😊 Every take care

Happy Birthday Baby 3/15/67