

Personal Journal

I know I keep saying I'm going to write less about my health, all my ailments 😊, except to say I'm still alive today and I was able to get out of bed on my own 😊. The other thing is the weather, mostly I love the weather. Every day I can get up is a beautiful day. I love the rain when the winds not blowing it in my face. I love listening to the rain and watching it outside my window, I love driving in it on tree line streets. I love parking in it with my lady and listening to its music. I love a cool summer breeze and the spray of the water hose to cool me down. I love the sounds of the birds singing on cool spring morning as they continually work to build their nest. I put things like this, the weather don't seem so bad to talk about. I had a bounce in ~~my~~ step yesterday as I walked the track. I was moving fast feeling my love walking with me keeping a smile on my face. I write things like this writing about my health it don't sound so bad. Now I could write about the food here but even thinking about that turns my stomach 😊. I will say something about the food - a joke really 😊 "The food here is so bad that no one hardly touches it - overflowing the garbage cans most nights. The warden took one look at it and decided we were getting more than we could eat so he cut the rations in half. 😊😊😊😊"

3/29/19

Friday

I don't know if it's hot in the cell or if it's the heat room I've been putting on my ^{lower} back and left leg I've taken off my sweat shirt. I don't know what time I wake up anymore - I know it's early. I wake up coughing + gagging from the fluids draining from my lungs it coats the inside my mouth

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Personal Journal

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3/28/19

and throat. I didn't get out of bed until 4:25 and it took me 40 minutes to get cleaned up with coffee in hand ready to write. And now that I'm ready I'm not sure I have anything interesting to say "who am I kidding I've always got something to say" interesting "maybe" to someone "if I can get a smile or even a what "that's interesting" am I evening spelling interesting right. "looked it up interesting " "So it wasn't that funny. I did get a couple of blog messages from my heart this week (56 years) seems like just yesterday we were just two teenagers hanging out downtown & I have been feeling like doing a lot more lately. Painting & drawing a lot more. Of course it's a lot more fun (easier) to paint something someone has ask for. Right now I'm doing a little 3x6 still of a chair with a vase with roses. This last letter got here on the 25th and I got it on the 26th - that's fast for here - it was in the U.S. mail for about a week " I have a series of clowns to do - just need to find the right clown "

3/31/19
Sunday
Monday

Last day of the month and it's shaping up to be a nice one. It's suppose to reach 70's today, it got close yesterday and felt warm ^{8.08} after all the rain. The Veterans had a spread on the yard Saturday, ^{burritos} ~~burritos~~, chips, sodas stuff. Of course there free food Steve going to stop in and get some. A lot of people there gave me the creeps. A man can't look you in the eye when he's talking to you (no matter what he done in the past) I can't trust him and don't want him to get anywhere near my back. I know I don't like here for a lot of the people here anyway but at one time there were a few people here I felt comfortable to hang

