

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. Everyday 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 bone in my step yesterday as I walked the track. I was moving fast feeling my bones 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 its hot in the cell or if its the heat from I've been putting on my back and left leg. I've taken off my sweat shirt. I don't know what time I wake up anymore - I know its early. I wake up coughing & gagging from the fluids draining from my lungs it coats the inside my mouth.

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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. I 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 its 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

Last day of the month and its shaping up to be a nice one. Its suppose to reach 70's today, it got close yesterday and felt warm ^{80°} after all the rain. The Veterans had a ^{bingo} spread on the yard Saturday, ~~bingo~~, chips, soda & stuff. Of course there free food I never going to stop in and get some. A lot of people there give 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/hate for a lot of the people here anyway but at one time there were a few people here I felt comfortable to hang

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out with - maybe even a couple of them had my back - I must be getting old. I have to remember to take these allergy pills with my other pills in the morning - my eyes are watering, my nose runny and I just woke my celly up with a bad sneeze :> Spring - beautiful - allergy. My allergies don't last long and they're not bad because I've got pills :)

4/1/19

Some kind of holiday here - the only thing I can think of is April Fools :). I had to tell my celly to get back on his rack this morning - standing around staring at nothing like he's on some kind of high power psych. med. I may have said something about putting these up 12 quadruple E's on his ass. I let him upset me now I'm upset at myself I should have more control of myself. Discombobulated.

4/4/19

A light rain going outside - it started raining wed. Thursday just after 10 and rained some the day before, none of it enough to keep me inside - soft walking in rain : I finished the still of the clair & roses - got another clown to do but first I want to paint this bus 'Florin School Bus' I have to picture one from the back one from the side - not ~~sure~~ which one I want to do - maybe I'll do both of them : If anyone sees any pictures you think I might enjoy painting here's my address. I feel like I've been beat up this morning like that time I fell off the truck, got run over by the hay bailer, rolled off into the canal, James threw a bucket tied to a rope hitting me in the head - Allen said I was lucky because I didn't drown. Of course - once I was out of the canal no one could stop laughing except me - who's laughing now : I miss my brothers - leave a message, a song & dance - a joke to make me laugh with you. :)))

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