

## Personal Journal

5/23/19

I got both your messages last night my love, one of them you posted around the 15<sup>th</sup> of April ☺. The second one around the end of April ☺ ♥ damn Pony Express.... I love you and I feel you in my heart always. I remember Angels Camp like it was just the other day - I remember every moment we ever spent together and I keep them all safe in my heart along with more than a half century of our love. It doesn't seem like it's been that long but good things never do. ♥ I mailed a letter to you yesterday - I'm going to try to get this post out before the end of next week - you're right I need to make them shorter so people don't get bored while reading them, maybe not make such a mess, maybe check my spelling ☺ Part of me is working slowing than other parts ☺ I'm not sure if it's my hands working slower than my brain or my brain working slower than my hands. I'm trying to stay positive but right now I'm working on filing paper work on medical about seeing the lung doctor, the rheumatologist, the hip-C doctor, eye doctor, foot doctor - they keep cancelling my appointment and I'm having to file paper work to have them rescheduled. Positive side I am getting a little painting done in the afternoons - working on a jester right now - silk is hard to paint ☺

5/24/19

Friday

I finished the jester. Now I'm started one of Indians t-pies and houses. One for my celly for the art supplier his mother has ordered for me. Midnight Auto Supply: when I was in my teens and early 20's I thought midnight auto meant going out late at night and appropriating whatever parts we needed imagine my surprise when in my early 20's I learned that Midnight Auto Supply was a 24hr part store on

## Personal Journal

2

Broadway ☺☺

5/25/19

SAT

I was reading "A Family Guide to Prison" by Scott Zirus. Here's a couple of excerpts: Keep in contact with your loved one. It is important that they still feel connected to family and friends. Not receiving a letter during mail call can be a huge downer. Often mail call is the only thing to look forward to. Be understanding that your incarcerated loved one may experience anxiety, fear and frustration. Remember that prison officials might NOT always tell the truth or follow the rules/law. If you are angry or disappointed at your loved one's actions which landed them in prison, remember that there is a significant difference between inevitable and unforgivable. Forgive them. From Advice to family: Advice to new prisoners: Never burn a bridge (I wish I would have had that advice when I was younger). Remember that free-world people are busy and their pockets are not lined with gold. They cannot always drop everything to attend to you every demand. Be grateful for their support because one day it may not be there (ain't that the real) I'll write more on this another time.

I'm not feeling well right now - light-headed and an upset stomach and my right hip is hurting all the way to my knee - don't know what's happening there it just started last night and seemed to be better when I got up now I can't stand on it and it hurts to sit and lean right.

5/28/19

I haven't been able to sit up to write or do anything else for a few days. I couldn't sit up, couldn't lay on either side or walk without pain - I had to lie flat on my back and I can't sleep on my back. I was hobbling round here like an old mule with a bad leg that never healed, Bunions, bonespur a bad hip, arthritis, a bad hip. Only God knows. Then it went away as suddenly as it had appeared.

## Personal Journal

3

5/28/19  
Tuesday

For a man who is discomobulated most of the time anyway I did nothing but lay on my back and watch T.V. - believe me when I say there's nothing on T.V. - what ever happened to all the old PBS shows I like to watch? Today I will go out to walk. I've already get a lay out for the tee-pee I'm going to paint. I have to do some laundry today - I have all my whites soaking in a bucket - I can rinse the soap out I just need someone to help me ring them out.

5/30/19  
Thursday

Another month coming to a close Friday and a new month begins Saturday. Our weather person here said our summer will be starting early, in the 90's + by Sunday. Right now our mornings are still starting off cool enough for a jacket with a cloud cover up close to eighty in the afternoon. I got a couple of days walking in and feel better for it. Yesterday I finished a card for someone and worked on the Native American ~~scene~~ scene I'm doing for my cello. It's 5:30 AM - the sky is lite up and there are no clouds this morning. Another tornado watch in your area, over 500 in the last month - my heart goes out to these people and don't blame me if I worry about you a little. I'm going to close off today so I can get this out this week - no mail goes out here from ~~Sunday~~ Thursday night until Monday. Looking forward to hearing from all of you. For you my Jeannie - I'll be there with you in our dreams were we're always together.