

Personal Journal

People here are using the words discombobulated a lot, so I looked it up. Discombobulate: upset, lost, confused, unable to hold two thoughts together. Now that sounds like just a regular day for me " " I'm discombobulated now.

6/1/19
Sat.

I've started the new month off right - I slept in until after five. I couldn't get to sleep last night because of an upset stomach I got from the scraps they feed us for dinner. It's already daylight out. I'm looking for the sun to break up over the hills at any minute now. My cell (the back window) is facing East so I'm able to see the sun rise almost every morning when the skies are clear but not the sun set. I can see the sun set if a stay out on the yard until 9 p.m. but that's past my bed time - I'll wait until the fall when sunsets happen right around six. We're starting an early summer this week-end with temp in the 90's. It is coming upon us fast since it was raining only last week. No matter, whatever the weather this broken down old mule will be out there, on the yard most mornings walking in circles around the track mile after mile - daydreaming with a smile on my face - Georgia landscape on my ~~mind~~ mind. If you're smiling looking out your window you just might see me walking by your place. A day on the plains - sitting around the teepee - fish drying in the sun - horses grazing on the grass under a blue sky. I'll be working on this painting this afternoon - it's coming along great - I love the blues in the sky - the greens in the grass. It's time to get up, get busy and move forward, begin the day. Just sitting around daydreaming, wishing and hoping ain't getting much done. The five core senses shape our world. We can see, smell, taste

Personal Journal

(2)

hear, and feel enabling us to be able to do everything from tasting chocolate to feeling a fuzzy sweater to smelling one another's odor.

6/4/19
Tuesday

This is not just another day but a Tuesday, the first Tuesday of June 2019 and I woke up smiling I'm still here and I'm alive. The Sun is rising, the distant hills look like they're on fire. If I could only paint such beautiful skies. I paint beautiful skies but I cannot capture the beauty God has painted. There will never be another first Tuesday of June 2019 again so let me enjoy this one. I walk around the track in the sunshine - maybe a cool breeze for 8 miles. Talk about sports, politics, religion, and women as if we know anything about any of them.

6-6-19
Thursday

It was 102° here yesterday. I know I felt it warming up at 11 A.M. when I was coming back from a medical appointment at central health and on the walk to dinner and back. I've been in this bottom tier cell now since the beginning of last year the back wall is painted east so I don't get any direct sun in the afternoon + evening. It warms up in here a little in the evenings but I have my fan blowing over the top of me hitting the wall and bouncing back on me :- I can't complain but I will anyway that's just what we do here. I did walk a few miles in the morning between 8 and 9:30 - not enough to sweat. It's suppose to cool down into the 80's for a couple of days then go back up into the 90's with 100's following again next week we should be use to it by then :- My arthritis hurts a little less with the heat but it still bother me. My hands are still numb and I can't make a fist :- I think maybe the heat

Personal Journal

(3)

makes ones brain freeze up - short tempers and those who were already mentally challenged become even more stupid. Of course that's most of the inmates here in the mental institution except for me and my friends - we're just smart asses and at times I'm not sure about any of them. 😊 The 'N' street bridge is now the '1' street bridge, front street is still skid row up to '3'rd. 😊

Sunday
6/9/19

My skies are filled with black clouds - it may just be smoke - that would be a big fire - it has been warm here - they say we're dropping to 97° today up to 103° Monday; no sweat 😊 I'll be back inside at 10 hasn't been that hot with the fans moving the air around. I finished the painting of the native american scenery yesterday it came out nice. I've got a picture of a house that looks like I remember my grandma's house looking like when I was a kid or maybe the old church I cut out the other day - I'll see when I get started after while, you know how us geniuses about making up our minds. 😊 Nothing going on here but time and even that's going slow. Flies are starting to come out; that will give a person something to do anyway chasing them around the cell. You ever notice how they're never around when you're waiting for them but as soon as you get comfortable, get a pen or paint brush in your hand they're all over you. 😊 With that have a good summer - dress for the sun and the heat - drink a lot of water and keep your feet wet. Wear a big hat, use a lot of Coppertone 30. Listening to music can make me dance, laugh, & cry; it has the power to excite me, give me goosebumps. It makes me smarter improving my brain's executive function. It's a key part of creative thinking.

Listening to music strengthens my capacity to consider multiple tasks at once and as walking and thinking. 😊