

Personal Journal

3/4/20 (1)

Memories + dreams that's what gets me through the days - a man has to have something to hold on to, someone, family, friend, dreams, memories, something. So many of us have painted ourselves into a corner and everyone has back away, afraid they might get paint on the bottom of their shoes. Another beautiful morning - temperatures have been in the 70's nice for walking the track - kept a smile - If it looks like I'm talking to myself, I'm really not, I'm talking to you. Did I tell you they stopped giving cookies or any other treat in the ~~lunch~~ lunch. Pissing me off 😊 those were the only sweets I get anymore. I can't eat the bread - it's been frozen and when it thaws out the breads wet and when it sets it molds - you couldn't ^{pay} ~~pay~~ me to eat the lunchment, it pour an odor bad odor out of your skin. We have apples almost everyday - let me just say you wouldn't eat them, me, I eat two or three a day I love nothing else. I see my handwriting has gone from bad to worst - spelling to 😊

March 1, 2020

Sunday, a new week, a new month, and I like saying or writing down 2020 it sounds like the future 😊 Happy Birthday to my baby (Theresa) No matter how many years you are or how many grandkids you have - even great-grandkids - you are still my baby ♡ I've been working on this medical thing I have to force them to give me something,

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do something for my hands + finger or soon I won't be able to use them at all - it's getting that way now, I can't pick anything up with^{out} pain. I still get lost in the music - today on the prison radio station on the t.v. 😊 I have to have music my escape to yesterday - oldier playing 'When a man loves a woman', turn his back on his best friend if he puts her down'. I love this early morning peace, if only someone would paint some stars in my sky.

March 2nd 2020

I couldn't make a right turn here if my life depended on it - everything moves left - counter-clockwise, even the track has a left angle 15 to 30 degrees so I'm forced to lean left when I'm walking - even if I'm able to get to a flat surface somewhere my body is tilted left. My left leg carrying ~~the~~ weight, before long I will be left handed. I need to break away from here make a right turn - who is willing to help me? are you willing to help me? I went right once but I got scare, felt out of place. Is there a group that kidnaps left moving people and reprograms them to go right - somebody put my name on the list 😊 Try drinking a cup of coffee in the morning when you can barely hold on to the cup 😊

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We were locked down all day yesterday so the guards could go over and search

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12 building - someone was cut or stab over there Sunday. 12 building is the old dog (lock-up) It hold two hundred (it can hold up to 200 anyway) most people refuse a celly. You have to have stepped in some deep shit to get there - you won't even get locked up for a simple fight. Worked on a painting most of yesterday - some touch up work to do on it now. I want to finish it today and move on to something else as I've lost interest in it. I don't want to say the food here is bad but they can't get a guard to sit down and test it. Getting daylight out earlier now it won't be long before I'll be able to see the stars at night. Right now I would like to see a little rain out of the clouds overhead. Where are you? Days are long, nights are longer, food's still bad.