

## Personal Journal

I tell myself I don't fear anything but when I look back the truth is I've fear everything - bumps in the road

4/10/20

I saw the R.N. Weds. about my weight loss; over 70 lbs - yesterday I started on a nutritional drink - Boost - 360 calories, 14g protein, vanilla flavor. Great coffee coffee creamer. I don't want to put weight back on but I need to stop taking it off and I need to get some energy back.

4/12/20  
Sunday  
morning

The temperature is warm - not cold anyway  $\approx 50^\circ$  maybe. I put on a clean set of sweats after I birdbathed this morning - had to, I had night sweats again last night. Had to change my sheets - I keep a couple of extra sets in my clothes box. My celly said I was laughing in my sleep - that's a good thing - I'm usually fighting - I end up waking myself up when I start hitting the walls or kicking the desk (that hurts). Had to take a break, can't write without making a mess. A second cup of coffee seem to be working. I can't close my hands but they don't hurt unless I try to force them. I think it's going to be a good day - no clouds in my sky. The word is that someone on B yard when out to court and came back with the C-virus. We were told that there would be no one coming into the prisons from jail and no movement between prison - maybe it's just another rumor but

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4/12/20

did shut down the vocational shops. Only P.F.A and K.P workers, yard worker, office workers; if we need you to do our job for us workers; and on yes building porters - like I'm able to do any work " now if I could just figure out a way to get paid " I did finish another painting - the windmill and the horse pond " I think it looks good - They took peoples cords to there C-pat Friday said they could ~~spread~~ <sup>spread</sup> the C-virus. they also stop breathing treatments for everyone until this thing has past.

4/13/20

The mails coming a little faster here on my end now. It seems there is less people working in the mail room because of the C-virus - they're taking less breaks " cutting them back to what they're suppose to be " cutting out some steps to handle the mail less - anyway we're getting it two or three days from the post mark down from 10 or 12 days " I don't know why but it's cold in the cell this morning. Looking out the window the sky is clear and we're looking forward to a warm day - not that my building will be going out - we're not on the new rotation for today. They have the four buildings in our rotation one morning, one afternoon, one evening so every fourth day we off the rotation better than the other two yards - they have fine building "

4/14/20

Wed

It's confirmed we have our first case of the Coronavirus. The one from B-yard. They

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brought him over here and put him in the hole because he refused to wear a mask (one of the building on this yard is used for backup - the hole!) A friend of mine is making mask - nice ones - he said he would have one one <sup>made</sup> here by Friday - right now I've got a couple of dollars to pay for it. I'm making a card with cartoon character almost every day now. Rules I've set myself for Love Notes: No more than a page - just a line or two will do - No crying or complaining - Talk about love, dreams, friend & family good things that are happening - Can be to any love ones with us or not. If I want to complain I'll put it in my journal. I seem to have time on my hands since this virus program has started. I never miss a yard call - morning - afternoon - night - the same with dayroom and I still feel like I'm spending more time in the cell; getting a little bit done - starting drawing something out to paint yesterday from an ad I saw on t.v. a line <sup>two</sup> of apartment windows with people in all of them like on the news - I think I'll call it sheltering at home.

4/15/20

Just want to close off and get this in the mail today - I'm doing fine and hope everyone else is alright - thank everyone for the time they're giving us. Foods Bad.