

Personal Journal

5/31/20

I saw a doctor Friday - one of those inmates Sunday don't deserve anything - don't know if he renewed my medication or not - he did cut down the amount of boost drink I get. I saw the Dietitian right after and she said she was going to continue me on the boost because I need the calories and she said she was going to set me up for some test to find out what foods I can and can't eat with choking. I see the RN on Tuesday hopefully she'll check my files for me and tell me what's going on this doctor was only filling in for my doctor. The weather here has been nice we had a couple of cool days now it's warming back up. Painting another old church - the building almost looks like it could be a jail sitting off by itself. I've added an outhouse behind it and a well in front.

6/1/20

Starting a new month - I'm in pain. It's just Monday after 5:30 AM and it's already daylight - a beautiful sight, colors starting to come into the sky, clouds are everywhere, a sky worth seeing. I fell off the parallel bars and hurt myself. I was doing isometrics where you just hang there and let your muscles tighten up. I stayed so long dropped hard on my feet fell back landing on my ass & shoulders - last night my right shoulder, and right buttock started hurting and both my knees they're

Personal journal

(21)

6/1/20 still hurting this morning. I didn't sleep a lot last night. It was a nice day with an overcast that kept it cool. I'll tell the R.N. when I see her Tuesday. I've got a whole lot to talk to her about this week. Its after six already my cell's up getting ready for work. It is hard for me to concentrate when someone is moving around me. I can do isometrics by just putting my body's weight against itself or anything else stupid of me getting upon the parallel bars.

6/2/20 Sitting here writing poetry for hours - the sun Tuesday has come up - not sure if the temperature is warm or cold. I see us as teenagers in the begining now here we are mostly wrinkles with hair as white as snow. I'm O.K. with where we're at as long as we're together until we can no longer keep our eyes open - stayed out in the afternoon yesterday - got a little red. I'm still a little sore - I won't be getting back on the bars anytime soon. The R.N. Morelli stated seeing me twice a week because of putting dressing on the open sore on my back - the sore has healed over but she still wants to see me once a week because of the cancer until I see the Dermatologist. They said its not Melanoma but it is a skin cancer. I think I'll paint today after breakfast, after I clean the cell, after I

(3)

Personal Journal

filled wash my clothes - dayroom in the afternoon today -
 6/3/20 It looks like we will have an art show at
 the Pier 5 Law Offices. I got the paper work to fill
 out this week. I've got until October 2nd to get
 the art to them so I'll put something together,
 I love showing my painting. The Pier 5 Law Offices
 are no longer at Pier 5 - the rent became to high
 a couple of years ago so they moved to an office
 on Harry. Harry Blackmon use to live right
 around there somewhere when that area was all horses.
 Harry Blackmon is a writer/poet he wrote some
 song for the Jefferson Airplanes.

6/7/20 Sunday Another week - time has slowed down - It
 slows down in the summer in prison, days are
 longer and people start dreaming about flowing
 down a river on a boat or a raft even an old
 inner tube - drinking cold beer enjoying the company
 of the ones you love. Don't know for sure how many
 people/prisoner have die from Covid 19 in Ca. prison at least
 9 prisoner have die at CIM with cases in 30 prisons
 over 500 have tested positive at CIM. Now they're transferring
 100 compromised or at-risk men to other prison from
 CIM to Covid free inmate populations - we've gotten
 4 in this building this week - Make sure everyone
 in California's prisons get a chance to get it.
 Stay well, If I tell you the bad food is getting
 worse I would not be lying :)