

Personal Journal

(11)

8/12/2020

I woke up just before four this morning - wide awake 😊 no headache for the first time in a week bones aren't hurting right now, hell I don't even feel 50 😊 the sink is stopped up - I hope we can get someone over here to fix it today. I've been doing a lot of reading someone gave me a stack of National Geographic, I've been traveling around the world. Moving through the universe looking for new life I know there's more life out there. God doubled down there I believe he created life on hundred of places we may have been ~~born~~^{here} from somewhere else what we think of as a great distance is no more than a step for God. The sun is up and it is a beautiful day out there - maybe this will be our day for an hours yard time. I think I'm putting on weight not enough you can really see it yet but some. I do want to put a little back on but I don't want to get to fat 😊

8/13/2020

Thursday

We had 45 minutes of yard yesterday afternoon, one section at a time - no positive cases could go out they're all housed in 'C' section. Some of them are suppose to be coming off quarantine - don't know how that works or how it's going to work here. Started phone calls again last night - I'll try to call my love if I get the change but they change things up twice a day here. What they need to change is this shower program, every

Personal Journal

2

8/13/2020

three days is not working. I know I don't stink but my celly that's another story :-

8/15/2020

One day they will have showers, phone, + yard and the next they'll bring the trays to our cells it all depends on what guards are working.

8/16/2020

Sunday

I'm gasping for every breath the morning. The guard in the 11 building tower (control) has cut the air vents off again. Our window do not open and the vents are our only way of getting oxygen. When the weather gets warm I have trouble breathing and now were in the middle of a heat wave with 100 plus temperatures. He said he wants to cool down the dayroom and the control tower. Prisoners are not allowed in the control tower right now we're not allowed in the dayroom - no showers, no phone, no nothing all I want is a continuous supply of oxygen to breathe. Cutting off ones air supply is a form of torture and a violation of the Geneva Convention and I'll bet money it's against the law in all 50 states. As I was saying earlier we're in the middle of a heat wave. It has been over a hundred all last week 109° yesterday :- and the weather map shows 100°+ for the next 7 days with the high temps. being 110°. I've been sitting under the fan reading about the south pole and remembering the time we took the bus up to Tahoe

Personal Journal

3

8/16/2020

during a ~~short~~ snow storm " the heater didn't work and we had only the warmth of one another. Cookies I can still feel the cold when I think of it. " Happy Birthday my love.

8/18/2020

It was 110° here yesterday. I'm not going to complain it was 130° in the Mojave over the week-end - there were fools out there hiking in it. Me, I would have found an air conditioning bar and practices my nine ball games. " But 110° is hot to so I just laid on the bed under the fan couldn't even read. " I got up with a headache it's already warm in here and I'm clammy. I'm drinking plenty of water until I feel bloated can't even enjoy my coffee I'm so full. " drinking it anyway. Underwear is soaked again not wearing anything else. " these cells never cool off even with the overnight cool down outside at least they didn't turn the vents off this morning. They even have the yard doors open trying to let in the cooler air. I told you they're not all A holes. "

8/20/2020

The heats starting to wear me down, clothes are staying wet from sweating. it seems like I'm changing sheets twice a day. They're doing laundry this week. it has been over a month. " I just want to get this into today's mail. To my love 'Happy Birthday' I love you. To everyone else, thank you for caring, I love you. I well, how are you? " fools bad. "