

## Personal Journal

8/28/20

I've been getting up late for awhile now, ever since I broke my watch last month. It's still dark outside at 6 A.M. I have to turn my t.v. on to see what time it is and even that is five minutes fast. I'm awake, mostly anyway, I just don't want to be up in the middle of the night. We only have one cell left with a CTA sign on it and they should be getting off any day now as soon as the last test results come in assuming they're negative and there are no new cases. We won't be completely come off but be able to have dayroom a section at a time with showers + phones - more yard every couple of days and be going back to work. My celly will be out in the morning - I'll be out in the afternoon I go out every morning when they have yard but my celly goes to work at 6:30.

8/30/20

I'm getting lost on my days. Today is Sunday, I just rechecked it. All day Friday until about 2 in the afternoon I thought it was Sunday don't know when or how I lost my days 😊 Anyway in the afternoon Friday I was called over to C-med for telemeds - see the Pulmonary Doctor. I haven't been having a lot of trouble with my breathing this summer - not to say I don't still lose my breathe I do sometime just getting up or if I move to fast - the heat makes it worse but I've lost all this weight. I'm

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not getting much physical exercise (no even walking) and it's cooler in my cell. My lung are still only at 75% capacity with pulmonary fibrosis <sup>and</sup> scarred everywhere. I guess I should be happy I'm doing so well, now what did I do with those cigarettes? with my lupus in remission I'm feeling good right now.

8/31/20

Monday

The last day of the month, Summer is drawing toward the end. One of the guards said yesterday we might be coming off this lockdown back to the modified program to where we have day room and showers everyday. Hopefully my celly will be going back to work - me to of course. Happy Birthday to my brother James 9-2. I miss you my big brother. I weight 179 lbs so the boost protein shakes have stowed down my weight loss and hasn't put any back on. I can smell the smoke real bad this morning - they are starting to get some of the fires under control but they still have more then 20 fires going and some of them are pretty big. I'm having trouble getting up in the morning - being in the cell all day all the time I'm begining to nap all day can't keep my eyes open even when I'm doing some <sup>thing</sup> like sitting here writing and then I have trouble sleeping at night. I'm thinking about napping now until breakfast. and it's nice and cool in the cell. 6AM

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9/1/2020

Today starts the new month, September. We did get off quarantine at 12:30 P.M. yesterday - now we're on a modified program. We have dayroom and showers and more yard time - also we'll be working I was out working 😊 not that I was doing anything - but out of the cell. It's after breakfast - get up late again - back is aching & tight right now from laying up too much - no news to write about right now.

9/2/2020

My brother James would have been 75 today. I miss him. I went out to the Stockton hospital yesterday to get my throat ~~worked~~ worked on. Electroconvulsive treatment to the throat 😊 yes like Electroshock therapy to the throat. The A-hole guard chained me up way too tight where I were having trouble breathing and my oxygen it was already down below 94%. I'm feeling it this morning - I was feeling it all day yesterday I think I had a stroke last night was trying to talk and nothing but gibberish was coming out - no not the rambling I do 😊

9/3/20

I am feeling better today after be able to get out and move around. I want to get this out today. I'm well and hope everyone there is staying the same. I almost finished painting the house yesterday but my fingers tighten up. I don't eat the food anymore but I can still tell you it's bad 😊 Still no cake, ice cream and cookies. 😊