

Personal Journal

11/13/2020

We got off CTQ yesterday so I was able to move around - I started putting on some weight I can feel some maybe 180-185 haven't weighed myself yet I try to get into the clinic today after group - I have groups between 7 and 9 a.m. I'll come back and try to clean the cell later in the day while my celly is at work - these cells are not big enough for two people to move around in at the same time. One of the reasons I'm not able to get a lot done is because I need the light to work by can't paint without it for sure. If I turn the ^{bright} light on its right in my cellys eyes and the static electricity messes up both t.v.s his worse as it is sitting right next to the light - I might be able to do some painting now that he has gone back to work.

11/13/2020

I went back out for throat therapist yesterday, (Stockton) I have to start that all over again because it has been so long since I had a treatment - that's ok at least I'm getting something. I went to the Mat group early it's between 7-9 a.m.. I don't know how much it will help me but it won't hurt much. Mail here is running late. A letter from my home took 17 days Post mark 21 oct received 13 nov. I've been getting message on the blog from a lot of the caring people. The last one was dated Oct 13th and I got it on Oct 29th there was one blog on there from Homergumpson 22 that had been on there for 4 weeks, 1 day. There was 10 message on that one. Anyway today I'm feeling

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good both physically and mentally so I want to write a few words. I already wrote a love note. I'm going to start a love letter today. I have dayroom between 9-12 today so this afternoon. I also understand that my plans change from one hour to the next. I have been putting on a few lbs. I don't want to get fat but losing it the way I was with no reason is not something I want to start up again.

11/16/2020

I got up early today - sometime before 4:30. My neighbor in cell 119 works in the mess and he's back on the 4A.M. wake up call. When his door pops open I pop up out of bed like it was my own door. Just one of those safety habits you pick up in prison like standing in a position where no one can come up behind you. You don't have to be doing anything wrong it could be for something that went down years ago or mistaken identity. There's not much going on here on the week-end, not much going on here at all now with this covid lockdown, no visits, no in school, very few work programs. We shouldn't complain we've only had one person die here at this prison; it just happened to be in 11 building. I did get a couple of hours of yard Sunday just none of my friends are out there to ~~walk~~ walk with. They are in another building or move on to another prison. I have had a couple of friends get out but not that many - most of my old friends are what you call in trouble. I'm trying to change myself.

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11/16/2020 right now - just getting to old for this and everyone is leaving/dying. I did get started on a love note in the middle of writing my Jeannie a love letter - I read some poetry and watch some football. I have to start getting ready for breakfast early at 6 up from there escorted to pill-call and escorted to group. I have a lap desk early then a duat for my PCP right after group :)

11/17/2020 It was raining yesterday when I got up so I didn't get much done. I enjoy the rain enjoy watching it, everything in the cell is still damp even with me running the fan all night; I've got it off right it's cold enough for me to have a blanket wrapped around my shoulders. We get escorted to group between 6:30 and 7 but first we have to all go as a group to take our meds that's when the rain really starting coming down. I had a duat for 7:30 but I still had to be escorted to PIA with my group ^{delin} and walk back to the clinic. The guard there got someone to take my temperature and let me sit in the tank - I think they might like me there. I'm there almost everyday for a couple of years now and I'm always respectful. I go by old school rule treat other how you would like them to treat you. But I still got ~~sweat~~ swabbed on my way to group and didn't try out during the hour & a half I was there. I'm going to close off for now and get this in the mail. Everyone stay well and I hope to hear from you soon I'll love all the notes everyone thank you for caring. I love you old women!