

Date: 11/29/2020 9:51:44 AM

Subject: Reply Id:ug24

GN22

Big ups 4 transcription my post.

Delighted 2 know that U found em cool 2 read n that U really liked em.

Far as "staying safe n healthy"

Found myself eating words from the poem U commented on

" He cares bout every ounce of Ur health

No matter the "scare" He can make it alright

God wants 2 help U with Ur "self"

....

Already posted the long version

But the short is...

Found myself officially having tested positive 4 Covid 19!!!

Hit me with lazyness n no taste n no smell n minor headaches n even flashbacks of the swab test! Ouch!

Worse was the emotional turmoil n anxiety of just having it n not knowing how exactly its gone effect me. Or when its gone b over,when I'm getting off quarantine (just so I can use the phone!). Then there was just the nuances of being in prison n reminded that no one here gets paid 2 care whether u live or die. Covid is the new Leprosy!!! So that's how I was treated. 4 starters got thrown in the Hole,on the floor no less! Couldn't really sleep,factor in the night light I had 2 sleep under! Like the rest of the prison got fed bag meals. Take it from me Bologna sandwiches or sandwiches of any kind do nothing 2 bring "get well" sentiments. Just the opposite! Most of the calories were contained in a cookie or cake or bar! Know something up when u get 2 desserts n its not Xmas! Sugar doesn't help the immune system fight viruses, nor does cold food! Neither helps 2 loosen mucus or help u feel better or open up the sinuses. Feel me?

Course there was more h8 displayed as several times fellows in here with me would yell as I went 2 see the nurse,"them n-----'s got that sh--!" N other taunts that pretty much wished me death,which 4 them would alleviate their fear of getting it!

What R the odds this place had an outbreak,now its over 200 cases amongst 510 people (google it)

Anyway

God is good

Got off quarantine on November 16

(Good able 2 call home after 2 weeks MIA!

N even got 2 catch my fave show 4 life a couple days later!)

Road 2 recovery still ensuing

Energy back up,

But still can't taste or smell

Praying on it

Lord knows I miss tasting chocolate,tea,bananas,brownies,pb n jelly ,juice...

Can't wait 2 get back 2 normal

Got Parole in a few weeks

That's if they even doing it

Still ain't heard of em doing it 4 this month!!!

Which means I could get pushed back 2 January

Lord knows

But through it all I ever remain

Spiritually Healthy

Amen

Walk on water

Antoine