

## Personal journal

(i)

12/31/2020

This will be the first post of the year. May my writing make some kind of sense this year. May all my old friends come closer and may I add new ones to their numbers. Last year was a hard year for everyone 2020. It's going to take a little time but 2021 will be a good year before it's over. I've had some years that were a lot worse than 2020. The years I spend alone enough to drive anyone mad. I took some time off, back & neck got to ~~hurting~~<sup>hurting</sup> so bad I could hardly sit up.

12/24/2020

Christmas Eve. Free phone calls today - now let me see who will I try to call. Every time they start to let us off CTQ someone else tests positive. A couple of days ago we were dressed and ready to go out when another positive came in and yard was cancelled.

12/26/2020

Christmas suck this year - stuck in the cell all day except for phone calls - no showers - they stopped giving out holiday meals a long time ago and the diet I'm on is uneatable. I get by on oatmeal, rice & beans and a few sweets when I can get them. I feel that I'm taking off weight again anyway my body looks & feels like it. Not taking in enough calories - a little bowl of oatmeal or rice and I'm feeling overfull. Two more people tested positive this week so we won't be getting off <sup>CTQ</sup> any time soon. The boredom is setting in now were I don't even feel like

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12/26/2020

getting started doing anything; it's not depression, I know depression. I'm not feeling sorry for myself I just want to lay my head back and stare at the t.v. and nod. I am working on the autobiography for the Narcotic group I'm in. They want about 20 pages - I mapped it out the way I'm going with it now I'm doing the first draft. I've already got close to 25 pages and I've got at least 5 more to write - the second draft will be easy - that's just putting everything in order and correcting the spelling. I wish I had a computer to type it on and correct my spelling for me I may have misspelled my name.

12/29/2020

We've been taking Covid test every week for a couple of months now and every week people are coming up positive and they've been putting them in the gym. Last week they let 96 out of the gym yesterday they let 47 people out - they said if they don't get any positives back this week they would let us off this CTQ I hope so I need to get out and get some exercise you know walk the track - that's exercise for an old man! My arthritis/lupus has been acting up lately but I think that's mostly due to the cold. All my joints are in pain from my toes to my shoulders. My fingers + toes feel like they're asleep. I don't even try to close my fingers down all the way anymore.

## Personal Journal

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12/29/2020

hurts to much but then I have all these little aches without trying to close them. We're looking for some more rain here before the end of this week/month/year ☺ My breathing is what's getting bad right now but I can't say anything - these people think if you're having trouble breathing you must have Covid and you can end up in a lockdown building on another yard or in the gym

12/31/2020

They let us out for some yard yesterday afternoon for about three hours. My breathing starting laboring on the first lap and I started walking slower & slower until my breathing starting getting slower ☺ but I didn't stop. Hopefully we start getting out now for yard and dayroom. I've been getting out for an hour after dinner everyday since this started to do my job clean up after dinner, all I have to do is clean the tables and take a shower. Even cleaning the tables causes me to lose my breathe. This is the last day of the month/year. May everyone stay healthy for all of the next year 2021. Thank you all for the work you do for us who live behind the wall and for caring.

For my rock my love. Almost 60 years and you just get better and better may the next 60 years get even better. ♥