



Daily Journal

January 11-13, 2013

★ Ronald W. Clark ★
★ January 11, 2013 ★

FRIDAY January 11, 2013 5:13am. Just sitting here waiting on breakfast.

I've been up since 3:50 made the bunk

I still have to clean the floor bars and all that good stuff.

Last night I got in some of my stationary. Hopefully next week I'll get some of my new color stationary.

7:41am wrote a blog posted my finances, and then I just finished scrubbing the walls, floor bars, everything. Now I need to write my mom, and see what else today may hold.

10:46am The warden and assistant warden came through about 15 minutes ago. I was walking back and forth listening to music, I didn't even realize that's who it was until she was all the way down the hall. I originally thought they were Classification. I missed a chance to talk to her, oh well - maybe next time.

I got a letter started to my mom, I stopped to eat. Since then I've just been pacing here in my cage.

1:26pm I finished a letter to my mom, I then wrote a penpal organization which we are allowed to do. These penpal rules are idiotic, but any ways, I figured I'd write there and see if I can find some one to write, just not getting enough mail, so I figured I'd write these orgs and see what I can come up with there.

I need to work on a piece of stationary that I started. I also have a drawing going that I need to finish, but I doubt I'll do any of that today. Guess for now I'm going to get up and pace.

4:27pm Just finished eating, just the bread and sausage. The sweet potatoes and green's were nasty, should be getting my shower in about 2 hours, after that, I'll

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lay down and listen to some music until I go to sleep, and I will have succeeded in wasting another day here on the row. I seen my psychologist a few minutes ago, I told him to put me down to see the Doctor, I got to get the prozac before this gets any worse.

SATURDAY, January 12, 2013 6:36am. I got up at 3:30 after one of the officers came through the back door and slammed it with enough force to shake my bunk. I've made the bunk, cleaned the cell and wrote a couple of cards as I've been listening to my music. I have a couple of letters to write. I'm considering getting up and working out. I haven't done anything this week. That suicide through me right back into my slump. I was messing around with a card last night while waiting for the shower. I messed up, so I turned it into Batman. I may finish that up this morning, send it to John. I need to finish a letter to Crystal and write Dina. I also need to get to work and finish this piece of stationery. Later today I'll watch some football, until I fall asleep. I never watched football on the street or any sports or any TV. And I'm just not a big TV fan in here. I enjoy my music much more than TV. Right now I'm going through my Metallica play list.

9:48am I got off my ass and worked out. Wasn't the best, but it was something. They came by with cleaning supplies, so I cleaned the cell again. Later I'll wash cloths and bath. Right now, I'm going to finish this card up, and then do some writing.
5:09PM just sitting here watching football. At half time I'm going to bath. I finished up a card, and started on another drawing. I may finish that tomorrow or Monday. I've got some letters to finish in the morning and

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in the afternoon I'm going to watch Football
which I'm going back to right now

~~SUNDAY~~ January 13, 2013 6:00am, sitting here listen-
ing to my music, fixing to start a letter. Got
up at 4:39 & feel tired and sluggish. I still need
to wash the floor and exercise. I want to get it
all finished before 12PM, so I can lay back and
watch Football. Last night I was thinking
about Mr. Willis, it was 23 years ago that David
shot him. It was on a Friday night. And it
was done with a legal gun that David stole
from a home owner who he was working for.
most murders are committed through legal-
ly sold guns, that are stolen, or sold or
traded for drugs ect, by people with
clean records, so there's no way to
keep the guns out of the hands of
criminals or the mentally ill. It just want
happen, no matter what laws they implement.

9:31am just finished exercising. Now I've got to
do a bit of writing. I also need to look at an
art book that someone sent me to check out
so I need to get to it.

2:05pm just watching some Football, listen-
ing to my music and doing some writing. I'm
thinking about doing a little cardio work-
out. I'm sore from yesterday. Really just
trying to pass some time. That's all I'm ever
doing. Just passing time to get through
another day in this hell hole of a life and
existence that I'm caught up in. Hell of a
Fate. But it's what it is.

4:19pm just finished eating. That was a great Foot-
ball game between Atlanta and Seattle. I'm fixing
to wash some cloths, bath, and then I'll lay
back watch this other game and then go to
sleep. Call it a day. maybe tomorrow
will bring something better. And to all.

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the hater's, go Find something positive to do.
Live today - no this minute as if it was
your last. Cause you never know it maybe.
And would you want your last minute, your
last thought's being on me, some one you
hate, or would you rather it be on someone
you love, doing something positive, doing
something you enjoy, and here's a little
something to leave you with.

Before you criticize someone, you should
walk a mile in their shoes, this way's when
you criticize them, your a mile away and
you have their shoes, ha ha. I hope I
could leave my Friends and the hater's
with a smile. ☺