



Daily Journal

January 22-24, 2013

Ronald W. Clark Jr.
January 22, 2013

Tuesday January 22, 2013 5:29 am. Just finished eating breakfast. I got up at 3:30 watched the news and the market warriors on PBS a show I really like. Now just listening to music. Fixing to clean the cell up. Then decide what to do next.

6:43 am. I've got a psychologist call out at 9 am to see Mr. Byrd. I've got to go. I

need to get my prozac started up, and soon. I can't keep going on like this. This depression and anxiety is getting to be way too much to deal with. I'm just sitting here writing. I've got a couple of letters that I need to write. My cell is cleaned and in compliance.

8:13 am just finished getting ready for my callout. Always need to be ready early. Never know when they may show up. I'm just going to walk and listen to music until its time.

9:43 am. Just got back from seeing Mr. Byrd. I almost didn't go. The Sgt. who set me up in May 2011 with that DR. to place me on strip cell came down here to get me, I came really close to not going. I should see the doctor next week and get my prozac started. I'm fixing to make me a cup of coffee, and walk for awhile, or do some writing.

1:55 PM just got my new fan. They only last about 4 to 5 months before they go out. I've just been sitting here



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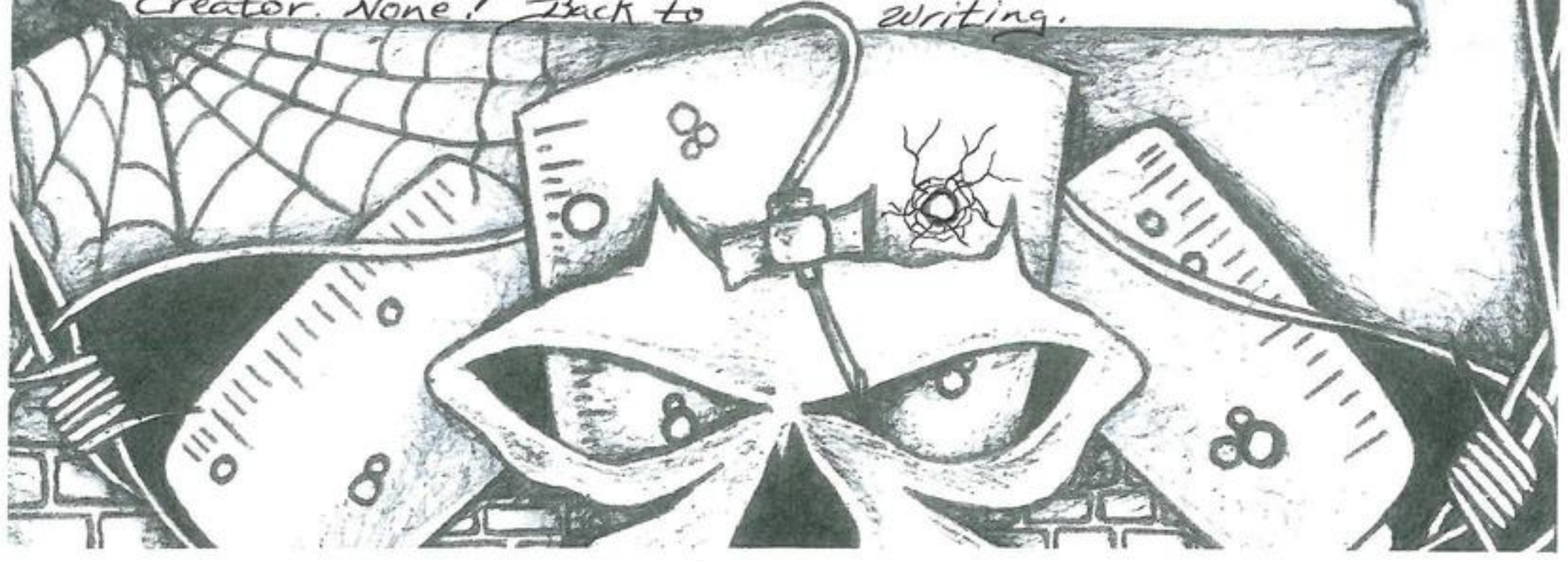
listening to music, going through my down load manager and music catalog. I haven't accomplished a damn thing today. Nothing! I'm just waiting on 6 PM, so I can get under the covers and try to go to sleep.

4:51 PM just finished eating. I'm fixing to wash my T-shirt and then wash up, lay back listen to some music and go to sleep. Wish I could sleep forever.

Wednesday January 23, 2013 5:53 am. Having a cup of coffee trying to decide what I'm going to do today. I may do some drawing and create a new stationary. I got in pictures last night of bullet holes in glass, which I just drew up top. I want to put that in a piece of stationary, so I may do that today. I need to do some writing, or at least send out a few cards.

7:49 am They just pulled Recreation. only two guys over here went out. I would have went, but I have to remind you I can't go because of that unethical bastard criminal low life warden Barry V. Reddish and his criminal henchmen who falsified state documents to retaliate against me, because of the DUI rumors. just a bunch of low life drunk ass unethical criminal correctional officers.

8:50 am just finished changing sheets and making my bunk. I wrote Brother Otto. I need to finish a letter to Anne which I started the other day. I was watching the news where Christian's was speaking out about abortion's saying God loves you and your unborn baby. That's crap. God loving us! yeah right! "Buy into that and I'll sell you the London Bridge. There's no evidence whatsoever of a loving creator. None!" Back to writing.



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10:05am I finished a letter to Anne, I'm trying to find out more about this j-pay mail system where people can send me e-mails through j-pay, suppose to be a new system. I'm not sure what I'm going to do next, just trying to pass time.

1:29PM I haven't accomplished much of anything, I've just been sitting around, was watching some TV, I sure hope Barbara Walters is going to be okay. I've always liked her. I was thinking about writing a piece up attaching a legal case to it and putting it up on the blog. I just don't know if BTB will post it. That's why I need to get another blog set up. I'd like to have more control.

3:01PM Just finished a letter to my Candian Angel, sent her 4 of my drawings and paintings to copy so I can get them placed on the blog. Canteen truck came in, we want get it today, maybe tomorrow. I hope I get some money in by Friday or I want get Canteen next week. Well I'm going to lay back and relax and listen to music. I think I'll walk.

7:18PM, just sitting here waiting on shower's, probably got about another hour. After that, I'm going to bed.

THURSDAY January 24, 2013 5:26am just finished eating breakfast.

I've already cleaned the cell been up since 3:30. I only received one letter last night. From John, so I'm going to write him and my mom, Canteen should be here this morning, I'll send out a card or two and try to figure out what else to do to pass the day.

10:47am Canteen just left. I've been listening to my music, writing and working on a piece of art. I think the guys over here will get Recreation today, I'm fixing to finish this letter.

1:10PM The guys just went to Rec, and whoever is in the control room has opened my



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cell door. I'm not touching it unless they tell me to. This is the 3rd time my cell door has been opened in I believe 30 days. IF I was a real Hightened security inmate, this would be a very dangerous situation. The plumber just came on the wing, and so the Front door is opened at the same time my cell's opened. And I'm on Hightened security. yeah Right!"

1:37 PM. They just closed the cell door. The OFFICER said, "Look's like some one is trying to set you up." I just smiled and said "That's the 3rd time they've done that in a month". Thing about it is, 3 Sgt. and at least 5 CO's walked by my cell and didn't even notice it was open. What the problem was, is when the OFFICER's were pulling for Rec one of them called the wrong cell number, still the control room CO should have noticed the red light on the panel each and every time she opened the doors for the other OFFICER's. That is dangerous. Thing about it is, I was only a threat to exposing Warden Reddish's sorry unethical dishonorable ass. And this is further proof.

5:29 PM just finished eating. It was late, not that I care. I'm fixing to lay down after I wash up. listen to my new play list that I just set up. and I'm going to call it a day. Fall asleep wake up for mail call, IF I get any. and get up for master count at around 9:30 give my number and go back to sleep. just another day on the row. I hope Paul is doing alright over there on death watch.

