



Daily Journal

July 15 - , 2013

Monday July 15, 2013 11:14 am. Just got back in from recreation. I went out with everyone else. First time since sept 2011 so that was fun getting to talk to other people and hang out. I've got to work out here shortly. My neighbor is sick. I hope that I don't get that. I was feeling bad this morning with a headach and sinus. I wrote one letter this morning. After I eat, I'm going to work out.

4:30 P.M. seems I got what my neighbor has. I got in bed and been there the last few hours sleeping. Going to lay back down until showers.

Tuesday July 16, 2013 6:25 am yes I got this cold. Feel like crap. And I'll probably spend the day in bed. I need to do some writing, but I don't know if I will, and I was just told that I have a law library call out, so I will be going to that.

11:39 am. They called recreation, so I'm going outside. I'll put in to go to the law library again. I've been writing most of the morning.

4:24 P.M. Went out to rec. It rained and I got soaked. Waiting on dinner now. Then wash clothes bath and get in bed and call it a day.



Ronald W. Clarke Jr.
July 17, 2013

Page 2
Daily Journal

wednesday July 17, 2013 9:54 am. just been sitting here writing. Getting ready to workout. I haven't done a good workout in 3 days. mom's on her way back to Okla. Hope she has a safe trip. We're suppose to get canteen today. Didn't get any mail last night.

12:55 PM. just finished working out. wasn't too bad. Canteen came about 11 am, I didn't get hardly anything. Got some bad news. Cab only has a few days left. He fell in the hospital and broke his leg. That cancer eat him up quick. I hate that, I really liked Cab.

4:52 PM. Been working on a piece of art. Fixing to lay back watch the news and wait on showers.

Thursday July 18, 2013 7:37 am. Getting ready to workout. Didn't get any mail last night. At 1 PM. I have a call out to see my attorney, so I need to get my work out in this morning.

1:45 PM. just got back from seeing my attorney. Nothing new with my case, just waiting on the judge to rule on it. My case is very complicated because



Ronald W. Clarke Jr
July 18, 2013

page 3
Daily Journal

of the way it was handled in state court. Well I need to wash clothes and do some art.

7:40 PM. Just finished eating. I've been working a drawing. I'm fixing to lay back watch the news and call it a day.

Friday July 19, 2013, 6:02 am. Just finished cleaning my cell. I got in a couple of letters last night, so I'll write them, do some art work, workout and see what else today holds.

11:20 am just finished working out. This morning I wrote a blog piece "Capital Punishment," should get posted at about the same time this does.

5:51 PM. Just finished washing clothes. Trimmed my hair earlier washed the floor now just waiting on the shower, and then bed time. Hopefully they will wake me up with some mail tonight. Now I'm going to watch some more news.

Saturday July 20, 2013 8:01 am. Been sitting here writing. Getting ready to workout. Later on I need to work on a piece of art. Time to get to it.

9:51 am. Just finished my workout. Was a good one. I need to write a couple of letters then get into this art.

4:40 PM. Just finished eating. Spent the day on art. I'm going to call it a day and lay down.

Sunday July 21, 2013.

5:07 am. Waiting on breakfast. After which, I'll do some writing to these churches. Seems to be a waste of time. But I'm not giving up.



Ronald W. Clark Jr.
July 21, 2013

page 4
Daily Journal

9:16am. just finished doing some writing. watching Good Morning America with Charles Osgood. Probably workout in another hour.

4:04 PM. just finished a 2nd workout. soon as I eat, I'll wash clothes, bathe and call it a day. I had a productive day. Heard Cab is still in the hospital hanging on to what life he has left. His bones are breaking. So he's bed ridden. The suffering of life; I feel for his family.

5:14 PM. just finished bathing and calling it a day. It has been a hot day.

