



# Daily Journal

July 26-31, 2013

Friday July 26, 2013 12:32 PM. My knees are killing me from playing basketball yesterday. I can't hardly walk today. Just been sitting here writing some churches this morning still waiting on canteen to show up. I need to work out. Canteen just came on the wing. 3:33 PM. Finished working out. Wasn't all that good. I'll have to do better tomorrow. Waiting on dinner after that I'll wash clothes and wait on the shower. 5:34 PM. Just finished washing clothes and cleaning my cell. Was watching the news. I'm sick of hearing about Zimmerman. The law is the law, and it was self defense law, not stand your ground. All these people are talking, and they don't have a clue what their talking about. I don't understand why people don't straighten the facts of that law out. Zimmerman did not use stand your ground. I was messing with an art project earlier. I may do a little more tomorrow. For now I'm going to sit back watch the news, wait on showers and call it a day.

Saturday July 27, 2013 8:45 AM. Just been sitting here writing now. Got up at 4:30 but didn't get out of bed until breakfast. My knee is killing me. I've got it wrapped up tight.

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so I can workout.

11:44am. just finished my workout. wasn't too bad. After I bathe and wash clothes I'll do some art work.

6:23PM. I spent the whole day doing art work. Fixing to lay back watch some TV. and wait for the UFC.

Sunday July 28, 2013 7:31am I was up until 10:30 last night watching the UFC. I'm glad they don't come on that often. messes up my sleep. Not sure what I'm going to do today.

Need to finish up an art project. workout, and write a legal letter.

Monday July 29, 2013 5:23am. Did not have a productive day yesterday.

wrote one legal letter did a little bit of art work and

then laid down. Had a real bad headache and was tired.

Hope to have a productive day today.

9:28am. Finished working out. I'm hoping they run recreation this afternoon. I also wrote a motion for the court.

1:59PM. No rec today. our yard officers are shaking

down 2 and V Dorm. Too bad cause it's really nice out

side. maybe I'll get out





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tomorrow afternoon. I've just been messing with some art work. Writing some churches.

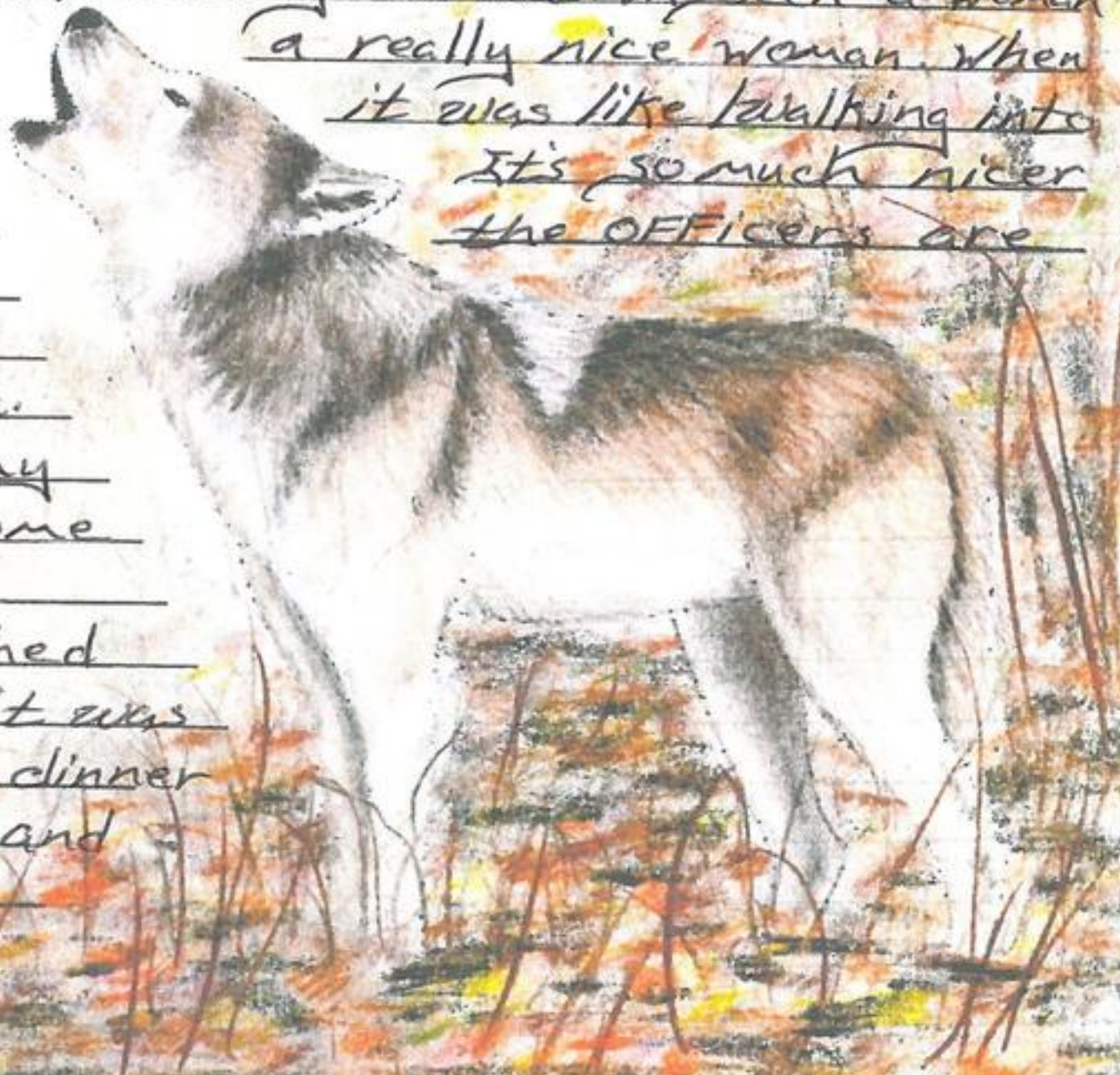
3:35 PM. worked out again. now hooking up my dinner. I want eat that dinner tray. Wash clothes in a bit. Then wait on showers and hope for some mail tonight.

Tuesday July 30, 2013 7:45am. I was hoping to go to rec today, but they pulled 4 and 5 wing. This afternoon they will go to the other side of the building. I should have a property room call out this morning. I need to mail some art out. At 2 PM. I have a psychologist call out. Also heard there's a tour group coming around today.

10:24am. I was really hoping to get outside today. This cage will run a person crazy! "I hate this cage!!" some days it feels as if it's closing in on you. This is 9x7 foot of pure hell!!" and all you can do is deal with it.

1:57 PM just got back from my call out. I seen a woman DR. B. She was a really nice woman. When I got back here it was like walking into a wall of heat! It's so much nicer out there where the officers are at. It's a heat box back here. I need to work out. I'm waiting on my mp3 player to come back.

3:46 PM just finished working out and it was a good one. After dinner I'll wash clothes and bath.





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5:56 PM. Just finished bathing and I'm calling it a day.

July 31, 2013 Wednesday 6:25 am. Cleaned everything up. I'm hoping they call yard this morning, it's suppose to rain this afternoon.

10:40 am. Just finished working out. Hoping to get rec this afternoon and hoping it doesn't rain. Wrote a couple of ministries this morning.

1:53 PM. No recreation today. We did get canteen. Hope to get rec tomorrow. Should be first in the shower tonight.

6:42 PM. Their running 215 last in the show again. Oh well, I don't like it, but I don't complain. Well made it through July. Tomorrow August starts this summer will soon be over. I heard Ferguson is schedule to die Monday, and Gore on Wed. We need to stop these executions. I hope that it happen and happens soon.

Ronald W. Clark  
July 31, 2013

