



Daily Journal

October 18-24, 2013

Friday October 18, 2013 7:37 am. Foot

is still hurting. I'll be going to get the X-ray this morning. I'm pretty sure it's not broke. I've been putting some weight on it. It did mess with my sleep last night. Guess I'll do some writing and or art work today. Sure won't be any exercising.

10:24 am They still haven't called me for X-rays. I've been up walking, or trying, put analgesic balm all over the tendons. Which helps with the pain. I don't really want to go for X-rays. I want to work out, laying in bed is not my thing.

12:08 PM. Going to X-ray at 1 PM. Hopefully they don't mess up the courts.

2:30 PM. Got back from X-ray. It's not broke, I found out there was 2 clemency hearings yesterday not 12. I know both of them. Well I'm going to lay down prop up the foot and try to get this swelling to go down. I hate laying in bed.

Saturday October 19, 2013 8:04 am.

Trying to walk on this ankle. I've got it wrapped up tighter than a mummies butt. Lot of pain but I need to get to where I can walk. I'm going to work out here shortly. I got up at 4 am. ate



Ronald W. Clarke
October 19, 2013

Page 2
Daily Journal.

some cereal. I've hooked up a stew for lunch. Right now I need to try walking.

10:07am. Just finished working out. ankle hurts, but got to push past it. Got to wash clothes, bath and then write, and at 12pm. I'll watch the game then.

6:08pm. Haven't done anything but watched foot ball. Fixing to call it a day.

Sunday October 20, 2013 8:30am

Just finished bathing, worked out this morning. waiting on my visit now.

1:30pm. Just got back from the visit. mom's back is hurting. my foot's hurting so she left early. I'm watching the Dolphins play. I need to do some writing.

6:28pm. Just finished a letter. Fixing to lay down and call it a day.

Monday October 21, 2013 8:49am

Just finished a letter to a pastor. making a stew for dinner, or lunch. Hopefully they call us for rec this afternoon. Go out and work out.



Ronald W. Cluck
October 21, 2013

Page 3
Daily Journal.

10:33 am. just been walking, trying to work the pain out of this ankle. cleaned out my locker earlier. Now waiting to see if they call rec.

4:01 pm. came back in from recreation. There was no warning, they came around at the last minute calling it. I walked around exercising this ankle. Did some pull ups, dips and pushups. We're hearing that a death warrant was signed while we were on the yard, try to find out more about that.

4:16 pm. They signed Thomas Knight's death warrant. He was in the cell behind me 6114. Never went to rec. He stayed to his self. I was on the wing with him before in 2010 on a right bottom.

Tuesday October 22, 2013 6:12 am. seen on the news this morning that they have Thomas Knight (also known by his muslim name askari) set for Dec 3. Got a letter last night from Anne, with a copy of the last letter Bill wrote her. That tugged at my heart. Guess I'll do some writing. Should go to the property room this morning.

9:59 am. just got back from the property room. Heard Tommy G. was taken to the hospital yesterday. Cancer is eating him up. Heard theres 4 or 5 guys dying of cancer right now. I need to start a letter and work out at some point.

5:13 pm. I wrote one letter. started another one, other than that, I didn't accomplish anything. maybe tomorrow will



Ronald W. Cluckey
Oct 22, 2013

Page 4
Daily Journal.

be a more productive day.

Wednesday October 23, 2013 6:31 am. Just ate some cereal for breakfast. Not sure what I'm going to do. My ankle is seriously hurting, was hurting all day yesterday, still swollen and black and blue.

9:29 am. Not having a productive day. I don't like the way I've been feeling lately. I've got to snap out of this funk, and find some energy. We will probably go to rec this afternoon. If so, I'll hit the dip and pull up bar.

11:50 am. They called rec, so I'm getting ready to go out.

4:08 PM. Went out, worked out, then played one game of basketball. Foot still hurts too bad to play. I'm fixing to wash clothes wait on the shower, and then call it a day.

Thursday October 24, 2013 7:07 am. It's a chilly morning. I got up at 4:30 been watching the news their giving Michael Skakel a new trial. Money talks. Every thing's bad news. Teacher 24 killed in mass, Aid in Cal. killed by cops for having a pellet gun that looks like an AK-47. Depressing to watch. People starving, human suffering and the Bishop of Bling million dollar homes. Oh write this letter that days ago.

2:39 PM. Canteen came earlier about 2 PM. Then some christian volunteers just came through singing, which didn't sound very good.

I finished one letter I started

several days ago. Then wrote a pastor. Read Bills



Ronald W. Clark Jr
October 24, 2013

Page 5
Daily Journal

letter again, so depressing. I need to work out, just haven't been able to get motivated.

4:50 PM just finished eating tuna sandwiches. Fixing to lay down and call it a day. Hopefully get some mail tonight. Haven't been getting much mail lately. Any way's another day on Florida's Death Row.

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