



# Daily Journal

Dec 9-22, 2013

Monday Dec 9, 2013 6:47am.

Got up at 4:30. ate Cereal  
For breakfast made the bunk  
Clean the cell, and wrote a

card, I need to do some art work this morning  
wait and see if they call rec before I bring  
out my art supplies.

7:47am. They called rec, but I've got a Doctor's  
clinic, so I've got to go see the Doctor. This  
afternoon, I go to The law library. This messes  
my day up, some ~~where~~ along the line I've got  
to workout. Right now I'm going to walk and  
do some sit ups and crunches. and wait to  
see the Doctor.

10:35am. just got back from medical. I was out  
there about an hour and a half. Two guys was  
bumped in front of me and had to go to urgent  
care in wheel chairs. one had water on his lungs.  
The other has a failing liver. He didn't look good.

They didn't pull rec this morning. maybe they  
will take us this afternoon. It's nice outside

4:08pm. They pulled us for rec. It was really  
nice out there. There was hundreds of birds  
flying above us. I went to the workout bar  
and did dips and pull ups. I've got to wash  
clothes, and then wait on the showers then  
bed time.

Tuesday Dec 10, 2013 7:42am. Been up since 4:30  
ate cereal for breakfast. Going to eat boiled  
eggs in a few minutes. Then do some sit ups  
and crunches. and see what else today holds.

8:52am. The nurse brought around the meds



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For this Arthritis 150MG TABS, SULINDAC and a cream, some muscle Rub that's similar to Ben Gay. I just hope it works. I've been doing sit ups, which I'm going to get back to 11:00am. Had a nice Tittle workout. I'm going to eat a PB&J, and then write a letter.

12:53 PM. wrote a letter and then just worked out again. a really good one. This Cream is working on the knee. It's not hurting no where near as bad as it's been hurting. It's raining outside right now. I'm going to relax for a few minutes, then wash clothes, bath and go from there. maybe some art.

1:30 PM. spent the last few hours doing art. I'm calling it a day.

Wednesday, Dec 11, 2013 7:42am. Been up since 3:30, slamming the doors woke me up. I went to sleep at 6:30 pm. and couldn't get back to sleep this morning. They ran rec on the north side of the building. maybe they will call us this afternoon. Right now I'm going to do some walking and listen to music.

9:52 am. just finished sit ups, crunches and some Cardio. I'd like to go out this afternoon and hit that dip bar.

11:40 am. They called rec. so I've got to get ready to go out.

3:52 PM. just got back in. I played basket ball. my knee's held up really good. we played 11 games. lost 4 won 7. and got some good exercise. Now need to wash clothes.

Thursday Dec 12, 2013 7:47am. I'm dragging my butt this morning. my knee and hip is hurting. Did not have a good

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nights sleep. Didn't get my shower until after 9:15 PM. Came back went to sleep only to get woke up at 10:47 For a call. Only got some Christmas cards. I'll write out a couple of them this morning.

5:05 PM. It's been a sorry day. I took a nap, wrote one short letter. I'm fixing to lay down and call it a day. I hate this cage!

Friday Dec 13, 2013 7:04 am. Been up since 3:30. Went to sleep last night at 5:40.

Today they have the holiday party. It's nothing compared to what it once was. until then I need to write a letter to a Christian friend, Duke. one of the rare Christians who truly follow the teachings of Christ.

10:43 am The visitors all went to the north side, so they won't be over here until 1 PM or later. I wrote one letter, just got to sit around and wait for these people to come over here, can't workout or do anything until they come through.

1:45 PM. I visited with a guy named Sanford. 69 years old, nice guy. When they were singing I was thinking of last year when Bill was next door to me, and he was singing along with them. Miss old Bill. Wonder how many that sung today will be dead this time next year.

5:09 PM, just laying here waiting on showers. I was working on some new stationery. I'm ready for bed. This was not a productive day.

SATURDAY Dec 14, 2013. 7:59 am. Been up since 4:30 cleaned up, watched some news, and been listening to music since. Not sure what I'm going to do.

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think I'll pace and try to decide what to do after that. No mail last night.

8:15 am. just finished walking. My knees hurting, so I put some cream on it. still not sure what I'm going to do to pass the day. I need to workout, but I'm not feeling it at all.

6:10 PM. Not a good day. Did a bit of art work, but that's it. Fixing to lay down.

Sunday Dec 15, 2013. 7:49 am. Getting ready to bath and get ready for visits. My knee is really hurting me today.

2:22 PM. Came back early. Had a nice visit. I'm going to lay back now and watch some football. I'm going to have to put in to see the doctor again. I'm just in too much pain. My right leg is hurting from the hip to the ankle.

Monday Dec 16, 2013 6:50 AM. They just called rec, so I'm getting ready to go out. I'm not going to do anything.

2:50 PM when I came back in from rec I laid down. My whole right leg from the hip to the ankle is hurting. I took one of those pills a few hours ago and the pain has eased up. I don't like those pills, they make me tired, but I'm going to have to take them if cuts down on this pain.

Tuesday Dec 17, 2013 7:57 am. Yesterday was not a very good day. just been in so much pain. I'm going to put in a sick call slip again and try to see the doctor. I can't keep this up. I really need to accomplish something, art, writing, anything. yesterday I did nothing. I do have an art project that I...

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need to finish. I think I'll get it out and work on it.

5:29 PM. Did some art work today. Finished one project. Fixing to call it a day.

Wednesday Dec 18, 2013 1:18 PM. Went to rec this morning. I just stood around. My leg is hurting so bad. I come back in and laid down. Which I'm about to go back to doing.

6:03 PM. all I've done is laid in bed all day. waiting on showers, then I'm going to sleep.

Thursday Dec 19, 2013 7:34 AM. My knee is killing me. Was a rough night sleep. I've got to accomplish something today. I didn't do anything yesterday. I can barely walk and the pain is just off the chart.

10:30 AM. Went and seen the nurse. She's going to put me in for some new meds.

I wrote a letter to a Christian Brother who I enlightened to his distorted teachings. And he thanked me for it. Can't even come this morning. I'm fixing to lay down and rest for a bit. This leg is killing me.

5:30 PM. I'm calling it a day. I've been in pain all day long.

Friday Dec 20, 2013 8:56 AM. just finished eating, cleaned the cell before that. I've got to write a legal letter here in a bit. to an attorney about filing a mandamus. also have a few letters to catch up on.

12:52 PM. wrote an attorney about filing a mandamus. They had a master court. and I watched this movie vice or men 1992. It's was a good movie, sad. I've got some more writing to do.

6:02 PM. Did some writing not much else. Fixing to call it a day.

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SATURDAY Dec 21, 2013. 10:11 AM. Just finished writing a legal letter. Worked out before that. Need to wash clothes and bath. Will watch some football later today.

Sunday Dec 22, 2013 3:30 PM. My cousin came to see me today. We had a nice visit. Played some chess. First time I've played since 2002. I enjoyed playing and getting to talk to him. I'm fixing to say back watch some football and then hit the bed.