

Daily Journal

January 21-26, 2014

Tuesday January 21, 2014. 5:07 am.

Just got up, having a cup of coffee. Already made the bunk and washed up. Waiting on breakfast now. Think I'll have oatmeal. Hope they call rec this morning. I'd like to get out of this cage for a few hours.

7:41 am. Guess their pulling rec on the north side. They passed out cleaning supplies a few minutes ago. I cleaned the floor. Need to workout.

9:31 am. Just finished working out, and it was a good one! "Best one yet. Not sure what I will eat for lunch, maybe tuna.

10:23 am. Finished a card to life sparks. Now I'm going to walk.

10:31 am. The Assistant Warden just came through, I stopped him and talked with him about the microwaves in the visiting park, and painting these cells. I'll paint my cell if they let us. And at F.S.P. they let us paint the cells. He said they don't have paint, but it's something he will look into. Well I'm going to walk.

Ronald W. Clarke
January 21, 2014

Page 2
Daily Journal

11:18am. They just called rec. it's also raining. I'm going. I don't care. I need out of this cage.

4:01pm. Just got back in from rec. Had a nice time worked out on the dip and pull up bar, at the end I played 3 games of basketball. Now I need to wash clothes and bath.

5:39pm. Just finished washing clothes, bathing ate a fish stew. Now going to lay down until I go to sleep.

Wednesday January 22, 2014. 6:21am. Got up at 4:39 cleaned up, now waiting on breakfast. For some reason it's running behind. I'm really sore from yesterday's workout.

7:18am They called rec it's 30 degrees outside. I need to get ready.

7:44am. So far they haven't started pulling. They may cancel it. I hope not, I want to get out of this cage.

10:54am. Just got back in from rec. I was so glad to get out of this cage. Need to wash up, and get my lunch ready, another stew. The mp3 lady picked up the player's while we were on the yard.

12:01pm. Just finished eating my stew, and the power just went off. Came back on now.

1:41pm. The mp3 lady brought the player back. I'm listening to my music walking.

3:00pm. Fixing to watch some TMZ. and wait on dinner.

Ronald W. Clark
January 22, 2014

Page 3
Daily Journal

5:13 PM. Ate 2 burritos for dinner. Now waiting on the showers, which probably won't be until 8-8:30 tonight. I don't like that. The heat is out and the maintenance is working on it, trying to get it fixed. Suppose to be 24 degrees tonight.

8:39 PM. Just got back from showering on 5-left. Going to bed.

Thursday January 23, 2014 5:08 AM. Just woke up, washed up having a cup of coffee, watching the news. Going to make some oatmeal for breakfast.

6:04 AM. I was just told by the CO. that I have two callouts today. At 7:30 I see Father Conrad whose my spiritual advisor. This is the first visit. And I go to the law library.

8:47 AM. Finished working out, and it was a good one. I keep getting sick to my stomach during these workouts. For some reason this cage is bothering me, more than it normally does. I need to write a letter.

10:29 AM. Wrote a letter, then started walking and I listen to my music. The plumber is back there working on sinks. I hope to get mine fixed.

10:54 AM. They just fixed my sink - waiting on lunch.

11:28 AM. Had sardines for lunch. That's a light meal there, that we will be having Monday, Tuesday, Thursday and Friday. Walking and waiting on my callout to see Father Conrad.

3:03 PM. Got back from the law library. I sat

Ronald W. Clark
January 23, 2014

page 4
Daily Journal

out there an hour waiting on Father Conrad, who didn't show up. I see the EDOC is trying again to shut down the blogs.

3:42 PM. Just finished bathing and washing clothes. ate a PBj sandwich. Going to lay back and relax now.

4:19 PM. Dinner just came I didn't eat it. Canteen also just left off the wing.

6:39 PM. Going to sleep. Another sorry day on death row.

Friday January 24, 2014 4:35 am. Got up, washed up, having a cup of coffee watching the news.

5:42 am. Just ate cereal for breakfast. Going to do some walking now.

8:09 am. Hooking up a Fish Stead for lunch. Then do some more walking.

10:19 am. Did some sit ups and push ups.

11:48 am. Just finished eating my steed. It was pretty good. Going to walk for a while.

2:05 PM. Was working on some stationary, going to work out again.

3:16 PM. Did some push ups cleaned the floor now waiting on dinner. as I talk to my neighbor about Florida state prison (ESP) and how it was 25-30 years ago.

4:03 PM. Just finished eat dinner. Turkey Processed and it's nasty. I put so much mustard on it, that's all I could taste.

5:09 PM. Having a cup of coffee, watching the news waiting on the showers. soon as

Ronald W. Clark
January 24, 2014

Page 5
Daily Journal

I get my shower I'm going to bed.

7:26pm. Going to bed. just finished my shower.
Saturday January 25, 2014. 3:53am. just got up
washed up, having a cup of coffee. made some
out meal for breakfast.

6:45am. They just came through with cell clean
up, and supplies.

6:54am. Getting ready to work out.

8:24am. just finished working out and it was a
good one. washed the floor, now relaxing and
figure out what to do next.

11:15am just finished a letter and here's lunch.

12:08pm. Going to take a nap.

1:34pm. slept for a bit. Got up watching basket-
ball.

5:42pm. Been messing with some art, I'm fixing
to lay down and sleep until 8pm then get up
and watch the UFC on Fox.

10:25pm. just finished watching the fights. I'm
going to sleep now.

Sunday January 26, 2014. 5:38am. Got up at 5:05
I'm tired. just having a cup of coffee.

8:18am. Didn't work out. I'm sore from yesterday.
I finished bathing and cleaning the cell. Now
walking as I watch GMA and wait on the
visits.

2:42pm. just got back. I'm going to wash some
clothes. and then watch some basketball.
I'm going to sleep early tonight.

Ronald H. Chukif
January 26, 2014

Page 6
Daily Journal.

4:24 PM. just wrote a blog Governor Rick Scott.

Going to eat my Fish now.

5:58 PM. calling it a day, going to bed, I'm really tired. I need to get up in the morning and have a strong workout. Hope to get some mail in this week.

