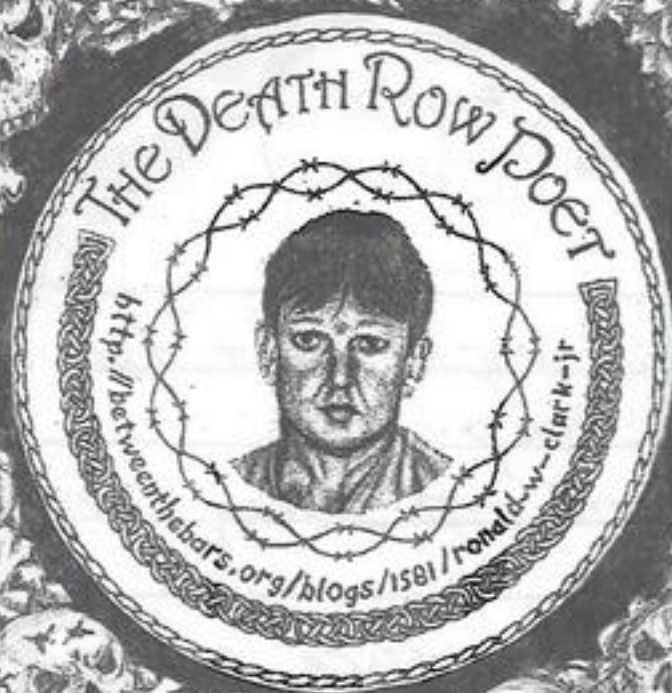


Daily Journal



January 13-20, 2014

January 13, 2014 Monday 4:38am just got up. Did not sleep good last night. Took me a couple of hours to go to sleep. I drank too much coffee yesterday. Need to get going. Clean the cell. 6:09am. Cell is cleaned, bunk made, washed up. stuff is ready for rec. now just watching the news.

7:38am Been walking. I need to do some writing. I was hoping to go to rec.

8:41am Found out they pulled rec on the north side, maybe they will be over here this afternoon. I need to workout.

9:48am just finished working out, and it was a good one. May do something else later. IF we go out, I'll do dips and pull ups. IF we don't, I may do curls and triceps. I'm going to walk for a bit.

10:31am The Assistant Warden and Officer's just came through asking if everything's working in the cell, light, water, toilet. I've been walking.

11:14am They just called rec. I'll workout, out there

3:55pm just got back in from rec. There was 24 of us out there. I did pull ups and dips. Now need to fix me something to eat then wash

Ronald W. Clark
January 13, 2014

Page 2
Daily Journal

clothes and wait on the showers.

8:42 PM. Just got back from the showers. Went to
5-Left for showers. Now going to sleep.

~~Monday~~ Tuesday Jan. 14, 2014 5:05 am. Just got up. They woke
me up calling breakfast.

5:38 am. Washed up, made the bunk. Not sure what
I'll do today. Need to do some writing, and work
on a piece of stationary for my blog.

7:28 am. They called rec. it's raining outside. I'm
going out. Got to get out of this cage.

10:54 am. Got back in. There was only 20 of us that
went out, out of 154 guy's. Fixing to make me a
stew, wash clothes and go from there.

12:12 PM. Watching the news, mad world out there.
I ate my stew washed clothes. It sprinkled while
we were on the yard. I shot some basket ball.
Playing Horse. I need to work on a piece of station-
ary. and then go from there.

1:49 PM. The Christian volunteers just came through.
I stopped and talked to them. I was going through
the catalog in the mp3-player looking at music. I'm
tired, so I'm going to lay down for awhile.

4:32 PM. I've just been laying around. For some
reason I'm tired I'm fixing to eat.

6:11 PM. Calling it a day. It was not a productive
day. I hate this cage!"

Wednesday January 15, 2014. 5:50 am. I got up at
4:50 am. I'm sleeping way too much. They brought
me breakfast at 5:10. I'll eat cereal here in

Ronald W. Clarke
January 15, 2014.

Page 3
Daily Journal

in the next 10 minutes. Didn't get any mail last night. I do need to get some cards out of here. Also need to work out. This co. last night kept slamming these doors waking me up every 30 minutes.

8:14 am. Just been walking as I watch this movie Hatfields and McCoy's: Bad Blood. Which just proves violence breeds violence.

9:06 am. The mp3-lady just picked up the players. I wrote and fixed up this letter blocking the name and face of this Pastorial Con artist whose trying to con me out of money. I get these type of letters all the time. I'm going to start posting them. This should be illegal. This mail Fraud.

11:14 am. Just got the mp3 back with 4 new songs.

12:24 PM. I've been listening to music as I walk. Stopped to write a card. Back to walking now.

12:50 PM. Instead of walking, I washed the cell wall's bars and floor. Now I'm going to walk.

2:51 PM. Set up a stew for dinner. Just finished working out. Not too bad. Should be first in the shower tonight. Which means I'll be in bed before 7 PM. I'm fixing to watch TMZ live. I haven't been able to watch it since last week some time. T.V. Channel 51 hasn't been coming in.

3:40 PM. Just ate my stew for dinner. Time to walk.

5:04 PM. Just watching the news, waiting.

Ronald W. Clark
January 15, 2014.

Page 4
Daily Journal

on the showers.

6:58 PM. Just got back from the showers. Fixing to go to sleep. Word is a death warrant will be signed tomorrow.

Thursday January 16, 2014. 6:32 AM. Got up at 5:05.

washed up, ate cereal for breakfast. Cleaned the cell

made the bunk. Didn't get any mail last night.

8:13 AM. Just finished cleaning the bars, was walking before that. I'm fixing to workout.

9:57 AM. Had a nice workout. Then was talking to the guys next to me. Got the new list of guys who are scheduled to go before the Governor's desk to be signed and killed. We had seven die last year at the hands of Governor Scott. I bet he passes that this year. Well I'm going to walk for awhile.

11:04 AM. Canteen is here. I've been listening to music walking. I'm really hungry, but I've got to wait on lunch, use that to make a stew.

11:44 AM. Lunch came, I got my stew hooked up. It should be ready in another 15 minutes. Until then I'm going to walk and listen to music.

12:18 PM. Just finished eating, going to exercise some more.

2:04 PM. Just finished up another workout. My back is hurting. Oh well. Not sure what I'll do next. I hate this cage."

2:58 PM. Was watching the legislature talking about the timely justice act. They are

Ronald W. Clark
January 16, 2014

Page 5
Daily Journal

hell bent on killing us. Judge Perry Praised Governor Scott for signing death warrants and killing men. And stated there's 124 guys who are eligible to die right now. The list I seen had 136 names on there.

5:15 P.M. Had tuna for dinner. Fixing to lay down and call it a day. I'm really tired.

Friday January 17, 2014 5:30am Got up at 4:30 washed up, watched the news, just ate cereal for breakfast. Going to listen to some music and do some walking.

7:47am. Been walking, getting dizzy pacing back and forth. An animal a human is not meant for a 9x7... 63 square foot CAGE day in and day out for decades! Hell their not meant to be done this way for months much less for years. I hate this CAGE!!! It would be more humane, to sentence someone to death and shoot them in the head right there in the Court room. This toying with a person, pinning them in a cage for days, weeks, months years and decades is just inhumane! Guess I'll work out and use some of this Frustration there.

8:09am. Just started a blog "This Cage" going to work out now.

9:29am. Just finished working out, and it was a good one too. This cage, not getting out every day, just weighs on me. I hate this cage, and everything about it. People have no idea

Ronald W. Clark
January 17, 2014

Page 6
Daily Journal.

what this existence is like. And it's not the same for every two people. Cause we all have different skeletons in our closet that we have to live with. When I walk, I'm walking in a 9 foot section where I get $3\frac{1}{2}$ steps before I have to turn, so it's like a tiger pacing in a cage. This is no picknick. This is not living, it's existing day after day.

11:57am. Just finished eating some oranges. I'm going to work out again. Just been sitting here talking with guys around me.

12:43PM. Just finished another workout. Waiting now to see if they call me for rec. I sure would like to go out.

1:31PM. They didn't pull rec. The guy behind me like was taken out of his cell to the psychiatric unit. Not sure why, other than he's crazy. I just did a few push ups. Now I'm going to pace for awhile and go from there.

4:02PM. Someone sent me some legal stuff to read, he wants to talk with me about it on the yard. So I've spent the last couple of hours. I made a fish stew for dinner out of canteen items. I want eat the tray. Fixing to walk some more.

8:23PM. Just got back from the shower. Fixing to lay down and call it a day. I went to 4 wing for showers.

Saturday January 18, 2014 6:22am. Got up at 4:30 cleaned up watched Right this minute. Just been laying here trying to decide what to do next.

Ronald W. Clauy
January 18, 2014

Page 7
Daily Journal

need to write workout and do some art work. at 8:48am. started a letter then went into a workout the past hour and a half. It was a good one. I'm not done. Going to eat these eggs then write some more in this letter.

10:21am. just did another little workout. may even do some more later. I'm tight right now.

12:00pm. set up a stew for lunch, read an article in the Gainesville Sun "Florida should get out of the costly business of executions" soon as I eat, I'm going to workout again. Also went in my mp3 catalog looking for new music.

12:31pm. just busted out 300 more pushups, I'm going to eat as soon as I calm down.

12:50pm. ate my stew, fixing to lay back and watch some basketball.

5:13pm. watching UFC's road to the octagon. after that I'm going to sleep. already washed clothes and bathed.

6:14pm. Going to bed just finished watching the Gators play.

Sunday January 19, 2014 5:27am. Got up at 4:11 cleaned up, made the bunk, just made me some oat meal which I'll eat in a few minutes, then I'm going to workout. Didn't have a good night's sleep. kept waking up.

7:13am. just finished working out. I started at 5:45 I'm going to cool down, eat some eggs then bath and get ready for

Donald W. Clark
January 19, 2014

Page 8
Daily Journal

the visit.

8:31am. Just Finished bathing. Cleaned the Floor. Now going to lay back and watch GMA weekend until they come get me.

1:57 PM. Just got back from the visit. Had a good one. Fixing to lay back and watch the AFC Play offs.

4:39 PM. Ate Tuna For dinner. The game is a good one.

7:16 PM. Fixing to go to bed. The sad news today is Anthony Washington, AKA Money Red died last night. Heart gave out on him. He had been having problems for the past few years. He was my neighbor in 1993-94. I've known him for 22 years. He was on the wing here behind me on the left side.

Monday January 20, 2014 4:32 AM Got up at 4:12am. Washed up, having a cup of coffee watching the news.

7:22am. Just put the finishing touch on some new stationery that I need to send out tonight to have copied. Need to work out. I'm going to start with walking.

8:55am. Did a little workout. Need to do some more later. I need to write mom a letter.

12:09 PM. Ate a stew for lunch. Just been doing some art work. Fixing to get back to it.

2:41 PM. I took a nap. I was tired. I got woke up a lot last night, guys watching football. I'll be glad when showers are over, so I can go to

Ronald W. Clark Jr.
January 29, 2014

Page 9
Daily Journal

sleep. I need to work out again.

4:19 PM. Just ate dinner. another stew using mostly canteen items. I'm ready for the shower, so I can go to sleep.

5:41 PM. Damn van just came in. Could be a death warrant. Have to see how long it stays. I'll find out shortly. We've been expecting it.

5:52 PM The van left quick, so it probably wasn't a warrant. waiting on shower then bed.

6:47 PM. just got back from the shower. Heard they activated Paul Howell's death warrant and they have him scheduled for February 26, or 27th. Time for bed. Just another day in this 9x7... 63 square foot cage here on Florida's death row. where sons die, mother's cry and justice is nothing more than a lie.