

# Daily Journal

January 27-31, 2014

Monday January 27, 2014 6:38am

Got up at 4:30. Cleaned up, watched the news, ate oatmeal for breakfast. Getting ready to workout, doing push ups.

8:21am. Finished working out, and it was a good one. Wiped the floor down. If they call us for afternoon rec, I'll go out and do pull ups and dips.

10:16am. Been walking. I also talked to the runner for a few minutes. I found out our yard officer's went across the street to the work camp for a major shake down. They found cellular phones, drugs and tools that shouldn't have been over there. I hope they take us to rec this afternoon.

11:46am. They just brought lunch. I'm not eating now.

12:09pm. Just knocked out some push ups. Does not look like we're getting yard today.

1:41pm. Laid down for a bit. Fixing to hook up a stew for my dinner.

3:38pm. Just ate my stew. Was pretty

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good. I'll be glad to get my shower so I can go to sleep. Work, he until after 8 PM. I may workout again.

4:55 PM just got word that Mike Lambrix was put in the closed in security cell P-4102 for writing the Miami Herald and threatening the warden or staff over losing his visits. That's a rough place to be. Also heard Panama was taken to EST, for some reason.

8:23 PM just got back from the shower. Going to bed. Wasn't a productive day.

Tuesday January 28, 2014. 7:00 AM. Got up at 5:05. Cleaned up, cleaned the floor, ate oatmeal for breakfast. Was told I have a call out to get my prozac renewed at 9 AM, so I hope they don't call rec. No mail last night.

8:10 AM. Captain just went by. I'm walking until my call out.

10:22 AM. Got back a few minutes ago. I go back in 90 days to get it renewed again. Heard Mike is now on a hunger strike. I never heard of him doing that before. I was doing sit ups before I left. I'm going to workout now.

11:04 AM. just finished a nice little workout, and here comes lunch. I'll put it up and eat later.

11:47 AM. They called rec for 4-wing but not for us. I wanted out of this cell so bad.

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Guess I'll work out some more this afternoon.

2:22 PM Been walking. I was really hoping they would come at the last minute and pull us for rec. Hope to get some good chicken tonight.

4:32 PM. Just finished eating chicken for dinner. Fixing to wash some clothes and bath.

5:44 PM Canteen just came. Didn't get everything that I wanted. Any way's - got to wash clothes and bath.

6:24 PM. Going to bed.

Wednesday January 29, 2014 5:03 am. Just got up. It's raining outside. I hope they don't call rec. but if they do, I'm going.

7:26 am. They called recreation.

11:02 am. Just got back in. It was cold, there was a few rain drops. Need to make my lunch and finish a letter I started.

12:25 PM. Ate chili for lunch. Finished two letters and two request slips. Going to have a cup of coffee and then decide what work out today.

1:56 PM. Just finished writing two replies for my blog. Was walking before that.

3:19 PM. Finished working out, now watching TMZ. Cooking my fish stew.

4:27 PM. Ate my stew washed a pillow case. Getting ready to wash clothes.

5:23 PM. Washed clothes waiting on the shower now.

7:15 PM. Just got back from shower. Sleep now.

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Thursday January 30, 2014 5:36 am. Got up at 3:43. Washed up cleaned the cell made the bunk watched some news. I'm going to eat some oatmeal here in a few minutes, and then walk.

9:24 am. I just finished a monster workout. I didn't really have it in me. I got motivated about half way through it. North side of the building went to rec this morning. So we should go this afternoon.

11:28 am. They called rec, so I'll get out of this cage for a while.

12:05 pm. It's 38° outside most guys aren't going out, I doubt 10 of us goes out. Guys are already saying their not going.

5:17 pm. Just finished bathing and washing clothes. Played 9 games of basketball. Came close to getting into a fight. This one cat is an idiot! "I'm fixing to lay back and go to sleep here shortly."

Friday January 31, 2014 7:25 am. I'm dragging my feet this morning. I didn't get up until 5:10. Didn't sleep good last night. I wake up alot hurting. Now this morning not only is my joints hurting from the basketball. I have a sore throat and headache. Feel dizzy. I ate some cereal. I'm going to try to walk this off.

7:53 am. Tried walking this off, not so good. seen the nurse, she's going to send

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me back a sick call slip. I'm going to do a  
some art work on this bull dog that I'm  
doing. Hopefully later I can get motivated  
into working out.

10:02am, Been doing some art, stopped to  
make me a Fish Stew. Back to the art work.

11:27am, stopped to eat. Fixing to go back to  
this drawing.

1:58PM, still just working on this art. I  
Feel like crap! my shoulder is hurting as  
well. I'll be putting in a sick call slip to  
see the Doctor Monday. Head is pounding.

I just want to get this piece of art done.  
maybe able to finish it by Tuesday.

3:04PM, Trying to work the pain out of this  
shoulder. It's seriously hurting. I hope I  
can workout tomorrow. and the shoulder and  
or this cold doesn't put me down. Wish we  
showered first tonight, so I could go to  
sleep earlier. I'm still mad about that idiot  
yesterday that I almost got into a fight  
with, and it was over me trying to pre-  
vent him from fighting another guy. won't  
do that again, should have let it happen, may-  
be he would have killed the moron, who I  
think is HIV positive. I need to get back to  
this piece of art.

4:56PM, just ate some sardines and Pean-  
ut butter on saltines. I've been working

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on this dog picture. I need to wash these  
clothes and watch some news and wait on  
the shower which will be 8, 8:30 PM.  
8:12 PM. Waiting on the showers. Should be next  
in there. Come back I'm going to sleep.  
8:50 PM just got back from the shower. Went  
over to 4-Right. Going to lay down now  
and call it a day. Hope I feel better in  
the morning.