

Daily Journal

February 17-23, 2014

Monday February 17, 2014

7:34am. I'm dragging my feet this morning. Got woke up several times last night. at 1, 1:30am. The sgt. held this back door open, it's 30 something degree's outside. Cold air is rushing into my cell. I'm laying there in shorts and a tank top. I had to get under the covers. Then the door was slammed several other times so I did not have a good night's sleep. Got up at about 4:20 washed up cleaned the cell and watched the news, which is still covering that Dunn verdict. I'm fixing to get up and listen to music and walk for a bit. see where things go from there. 9:22am. Cleaned the cell bars earlier and just finished doing pushups. I'm hoping we go to rec this afternoon so I can get some sun. It's suppose to be sunny and 75°. 11:24am. They just called us for afternoon rec. so I'll go out and get some sun and get out of this cage for 3 hours.

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3:47 PM. Just got back in from rec. Had a good one. I got to see a guy I'm close to. He had a clemency hearing last week, so he will probably get killed in July or August.

5:21 PM. Ate dinner, washed clothes and now just waiting on the showers.

7:08 PM. Got back from the shower, going to bed now.

Tuesday February 18, 2014 6:25 am. Been up for 2 hours cleaned up and trying to figure out what I'm going to do next. Today marks a year that Sherry died, all because she didn't take care of her diabetes.

7:42 am. Just finished a letter to a friend. Going to walk for a bit.

9:25 am. Just finished doing some push ups. I really need to workout harder.

11:34 am. Lunch came, sardines. I'll eat later.

Not sure what I'm going to do next.

12:51 PM. Just washed the floor. I was walking. I hate being in this cage.

3:09 PM. I took a nap. I'm really tired.

4:38 PM. Made a stew for dinner. I couldn't use that meat off the tray, it's nasty.

6:27 PM. I'm going to bed.

Wednesday February 19, 2014 5:48 am. Got up at 4:30. I woke up several times last night and had problems getting back to sleep. Got 2 letters in last night, so I need to

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respond to them. we will probably go to rec today. I'm hoping to see the Doctor about my back. It's hot in this cage this morning. They have that heat wide open. Well I need to eat oat meal and then write.

8:03am. wrote two short letters. Guess I'll do some walking until I decide what to do next.

9:48am. just finished a nice workout. Rec was pulled on the north side, so I'm hoping they pull us this afternoon. I really want to get out of this cage. wish my back was not hurting like this. I abused my body when I was a kid. I look at all the bicycle wrecks at 6, 7, 8, 9 up to 15 years old. I did some stupid crap. Pain never detered me, because I think I enjoyed the physical pain, it helped cover the emotional pain. Physical pain I could handle. emotional pain I didn't know what to do with it. Well guess I'll walk for a bit.

10:55am just had Tuna, Crackers and 3 oranges for my lunch. still hoping they will call rec.

11:19am. They just called recreation. Get out of this cage for about 3 hours.

3:49 PM. Just got back in from rec. was good to get out of this cage. Didn't do anything but stand around and



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talk. Need to wash clothes and find something to eat.

6:04 PM. Clothes are washed, just waiting on these 8 o'clock showers so I can go to bed.

8:24 PM. Back from the shower's, going to bed.

Thursday February 20, 2014 6:19 am. Got up at 4:42

Cleaned up made the bunk, ate cereal for breakfast

Corn Flakes. Not sure what all I'm going to do

today.

7:38 am. just finished a letter. Going to listen to music and walk.

9:45 am. just had a real good workout. That's the kind I should have every day. I'm making some peanutbutter milk for a protein shake. I hope it's good. I'll eat some sardines for lunch. Guess I'll do some art work. Try to get this lizzard right. I've been messing with it off and on for a few weeks.

12:26 PM. was working out again. Poring sweat I'm listening to music watching the women's USA Hokey Team play Canada. Their playing good. I'm going to walk for a bit, then work on this art.

1:26 PM. Canteen just came. need to put the stuff in the locker. after this game.

3:08 PM. That was a good game. need to wash clothes and bath.

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4:35 PM. Just finished washing clothes, ate a chili Ford dinner. I'm going to bath here at about 5 PM, then get ready for bed.

5:25 PM. Just finished bathing. I feel so much better. Now watch some news for an hour or so, and go to bed. "Go to bed!" That's what my Dad use to say when I'd get high with him.

First time we got high together was 1983 Nov or Dec. I was 15 years old. Over 30 years ago. Where did life go? What went wrong?

6:28 PM. Going to sleep.

Friday February 21, 2014 5:59 AM. Got up at 4:30 actually woke up at 4 AM. Just didn't want to get out of bed. I ate oat meal for breakfast, made the bunk cleaned up. Now having a cup of coffee watching the news.

7:34 AM. Just sitting here waiting to see if they come get me for recreation, sure would like to get out of this cage. They said Wed. that they would come get me, but saying it, and doing it is two entirely different things.

10:23 AM. Just got back in from rec. Went out with 4-wing top. Played some basket ball. Talked to some guys I hadn't seen in awhile. I just dried off and changed into dry clothes.

11:16 PM. Washed clothes. Now going to

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Mess with this piece of art, shouldn't have played basketball. My back is hurting
2:55 PM. Finished up a workout. I was doing some art, but I really wanted to get in a good workout, and that was a good one. I've got to wash more clothes now. I'll do that about 5:30 shower at 6:45 7 PM. Come back and go to sleep. We got processed turkey for dinner. I'll eat sardines or tuna.

5:28 PM. Ate sardines and oranges for dinner. Now going to wash these clothes and get ready for showers.

6:50 am Got back from the shower, going to sleep now.

Saturday February 22, 2014 6:46 am. Been up since 4 am. ate oatmeal for breakfast, watching Race Week right now, at 7 I'll watch some news as I write a letter at 8 or 30 I'll start working out. I need to work on this lizard. I have enough to keep me busy today. seen the courts turned Paul down. So they will kill him wed. I hate that. But what I really hate is Henry being over there.

8:01 am Finished a letter. workout time

9:54 am. Finished working out and it was as good one. I may do more later.

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At noon I'm watching the Gator's play
Miss. I've got to do art work wash clothes
and bath.

11:34am. Doing art work, just hooked up my
lunch which is a soup with tuna in it. I'll
eat in another hour or so. Right now back
to this piece of art.

1:18 P.M. just ate my soup. Was good. been
messing with this piece of art watching the
game. need to get back to it.

4:41pm. Ate a P.B.J. sandwich for dinner. Been do-
ing art all day. Fixing to lay down and call it a
day. watch some ESPN sports Saturday on ABC then
go to bed.

6:19pm. Bathed, washed clothes, going to bed.

Sunday February 23, 2014. 6:03am. Been up since 4am

Did not have a good night's sleep. I woke several
times then laid there for an hour before getting
back to sleep just finished eating oatmeal.

I need to work out, bath and then do some
art. This afternoon I'm going to watch the

Daytona 500. Wish Danica Patrick would win.

7:25am. just finished working out and it was
a good one. I work out because I have to,

not because I want to. This cage will
tear down both the body and the mind.

if you do not exercise them daily.

so this is not something that

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I enjoy doing, it's something I have to do. Well I need to wash clothes and bath just in case my cousin shows up today. I know mom's not coming.

8:28am washed clothes, bathed and was watching Father Cedric's ministry. Fog is really bad out there so much so that almost all of the T.V. stations are knocked out. Can't watch GMA. 10:31am still really foggy out there. I just ate some sardines, just going to walk until lunch. Watch Daytona 500 later.

2:45pm. Rain delay in the race. Cousin didn't show up to visit. The weather is really bad out. I was thinking about Paul Howell a while ago. He's only got three days to live. Him and Henry are probably over there talking now. Henry's probably giving him legal ideas to run by his lawyer. There's still hope for a stay, but the odds aren't that good.

4:21pm just ate Fish For dinner. I'm watching basket ball, Miami Heat and the bulls as I wait on this race to start back up, which it may get delayed until tomorrow.

5:46pm. Fixing to lay down and call it a day. If the race doesn't start by 6:15 I'm going to sleep. Just been another sorry day in this cage, and believe me it's not easy.