



Daily Journal

APRIL 7-13, 2014

Monday April 7, 2014 6:06am. Got up at 5:01am. Washed up, then made the bunk and cleaned the cell. Going to have oatmeal for breakfast. Need to write a letter and do some push ups, see if they call rec first. until then I'll write.

8:17am. wrote a letter, they did not call rec. I'm going to walk for a while and listen to music. my back is hurting me.

9:21am. Been walking, stopped to eat some oranges today's Tracy's birthday. I think she will be 43, we got old, I got old in this cage. 24 years of this. Talked to mom yesterday about Dad, still feeling a little ticked off. Cause he lied about certain things, I was thinking about writing him about it, but it's not going to accomplish anything so why push it.

11:43am. Got lunch, beans, raw cabbage, bread and an orange. This is a rough menu. Going to have to supplement it with canteen. I'm going to watch the race here in 15 minutes. Rain delayed from yesterday. Got my new clothes in this

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morning. And found out the Canteen extention is From 30 days to a year. However long it takes this new company Trinity to put their computers in place and set up. Hopefully it won't take a year.

1:28 PM. watching the race, but losing interest quick. J.R. Crashed. Danica's down a lap. I had to put my music on, just to get away from Willie. He's driving me crazy. Talking to the TV.

2:23 PM. Been walking, listening to music, stopped to wash my towel. Should dry pretty quick, its warm in here.

5:11 PM. Ate chili and beans for dinner. Wasn't too bad. Going to wash clothes here shortly, then wait on the showers. Go to sleep and hope to wake up at mail call.

8:14 PM. just got back from the showers and its time to go to sleep.

Tuesday April 8, 2014. 3:55 am Been up for an hour ate cereal for breakfast. Made the bunk washed up, still got to wipe the floor down. Do that here shortly. Its pouring rain. I'm not going out if they call rec. I feel like I'm getting sick. someone down the hall has been coughing. It was 26 years ago today, that Lisa and I got married. Hard to believe its been that long. I need to get started.

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9:56am. wrote a blog post earlier. They called rec but never came and got anyone. I've been watching Right this minute. Doug went to a call out a few minutes ago, but a C.O. came over the radio with some type of an emergency, see if I can find out what it was when Doug gets back.

11:39am. just ate lunch, beans & cabbage. Found out a guy name Mike was having chest pains, so they took him to medical.

12:57pm. They're pulling rec, so I'm getting ready to go out.

5:19pm. Come back in at 4pm. Canteen was here. Then made me a chili for dinner. I just walked around outside. Fixing to wash some clothes bath and lay back and relax. Was not a productive day at all.

6:45pm. Going to bed.

Wednesday April 9, 2014 5:47am. Bit chilly this morning. Got up at 4:40 cleaned up made the bunk ate oat meal for breakfast. I'm going to walk and listen to some music.

8:37am. Been walking, did some cleaning my back is killing me. I need to scrub the ceiling today. wrote one letter this morning. I need to send a card out.

10:09am. was scrubbing the ceiling. That's hard to do, just messy. I'll work on that once everyone is awake. scrub brush makes a lot of noise. They may call us for rec this afternoon.

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so I need to be ready just incase they do.

11:40am. They call us for afternoon rec, so will be going out and getting some sun.

3:50 PM. just got back in from rec. I can barely walk. My back is killing me!" I did enjoy getting out of this cell.

6:02 PM. Finished washing clothes, now just waiting on the showers.

6:57 PM. just got back from shower. Back is killing me! Going to lay down watch some TV until I go to sleep.

Thursday April 10, 2014 6:25 am. Back is hurting me so bad!!" I've never hurt this bad before.

I've got to see the Doctor and get something done about this. I got up at 5:07 am. I didn't get to sleep last night until 9 PM. I made my bunk and now watching the news.

11:40 am. just finished eating lunch. waiting to go see Father Conrad now. That's at 1 PM. I'm going to lay down until then. my back hurts!

1:38 PM. went out there, come to find out I'm not suppose to go out there today. It's tomorrow I'm suppose to go out. so after sitting out there about 30 minutes they figured it out. so I came back. Been trying to stretch out my back. it's helped a little bit. This idiot down the hall is listening to music and singing getting on everyone's nerves. I had to go under my music to get away from this idiot.

He would make American Idol's reject list.

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Well I'm going to try to walk for a while.

5:05 PM. Just finished eating a PB&J sandwich.
Beans and tomatoes. Fixing to lay down and watch
the news then wash clothes.

7:02 PM. Going to bed.

Friday April 11, 2014 7:10 AM. Been up since 5 AM.

Finally got everything cleaned up, bunk made.
Got one letter in last night, so I read that.

Been watching the news, trying to figure out
what to do next. Had oat meal for breakfast.
Going to walk for now. Backs still hurting, but
not as bad as yesterday.

10:42 AM. Started a letter, but haven't finished
it or accomplished anything other than that.

12:38 PM. Waiting to go see Father Conrad, should
be here at 1 PM.

2:57 PM. Just got back from seeing Father Conrad.
Had a nice visit. He was 30 minutes late. I've
got to do some cleaning and wash clothes.

4:40 PM. Ate beans and a tuna sandwich for
dinner. Washed clothes. Going to lay down now
and wait on showers.

8:00 AM. Just got back from the shower. Going
to lay down and go to sleep.

April 12, 2014, Saturday 6:26 AM. Got up at 5 AM ate
cereal, washed up, then started washing sheets.
Have one soaking in the sink now with my
pillow cases.

10:17 AM. Wrote a letter, sheets and pillow -

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Cases are washed, still drying them. That's a job handwashing sheets in that little sink. I've got to wash towels later. Finish up a letter to my Cousin that I started 2 days ago and a letter to Rob, that I started yesterday 11:44am. Finished eating, a tuna sandwich and beans. Last sheet is almost dry.

4:39 P.M. Ate a chilli for dinner. Watching T.V. Back is hurting.

7:08 P.M. Going to bed. Back is killing me.

Sunday April 13, 2014 7:03am. Been up since 5am. ate oatmeal, cleaned the cell. Now watching the news. Going to bath shortly and get ready for visit.

3:05 P.M. Back had a good visit. Backs been hurting all day. I've got to try to see the Doctor. Can't keep dealing with all this pain. Fixing to lay down for a bit.

5:32 P.M. About to lay down and call it a day. There's six officers out on Administrative leave pending investigation. But it's being kept quite. I want to find out what's going on. Must be good, for them to keep it hush.

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one to help steer me down the right path. But then, that would have been a good decision, and I've never made good decisions. And that is my fault. Yes, I am a product of my stupidity, which I have to admit is my fault. But was this idiotic stupidity due to my upbringing, due to my environment? I often wonder myself, but we will never know for sure. Life is not fair, we do not all have the same opportunities, the same chances. But there's been those who have experienced worst than me, yet they pulled themselves ^{up} and became productive human beings. Hey - it is what it is. My bad.

In Peace & Love

Tommy

Ronald W. Clark Jr #812974