



Daily Journal

May 5, - 11, 2014

Monday May 5, 2014 6:54 am. Having problems getting going again today. Woke up at 4:30 but laid in bed until breakfast. I made some oatmeal. I've got to get back into working out, maybe that will help out with the way I'm feeling, just don't have any energy. Need to get ready in case they call recreation.

7:44 am. just wrote two more grievances. one on rec make ups. the other on keyboards for the mp3-players which are approved, and have been for 3 years.

9:20 am. Finished a letter. Was also working on a piece of art. The north side went to rec this morning, so we will go this afternoon.

10:24 am. just finished cleaning the floor, before that I exercised, which I really needed to do, see if I can get my mind back into this.

11:48 am. Had beans and cabbage for lunch. still no rec was called down here. It's a really nice day outside.

wish I could have gotten out of this cage.

12:38 pm. The mp3 lady just picked up the players see how long she takes to bring them back.

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I'm so hungry, but I'm cutting back on Food and going back to working out, maybe that'll help with my back and knee pain. Right now, back to the art.

2:11 PM. she just brought back the mp3 players, so I'm listening to music.

3:16 PM. just finished exercising again, now watching TMZ Live waiting on dinner.

4:27 PM. Ate beans and carrots for dinner. Found out John Henry is scheduled to be killed on June 18, 2014 at 6 am. Well I'm going to do some more art work.

9:06 PM. just got back from the shower. I'm going to bed. I hate these late showers.

Tuesday May 6, 2014 6:26 am. Been up since 5 am. Cleaned up made the bunk, ate some cereal. was watching the news. I'm sore from exercising yesterday. I'm fixing to walk for a bit and listen to music.

7:19 am. Been walking, back & knee hurts, just got to push past it. so far, they have not called rec. still got time to do so. There's a whole world going on out there, as I rot away in this cage. I think of that when I watch the news and see live video. What an existence.

7:52 am. No rec this morning. Not sure where, or if they called it for anyone, meaning north side of the building, or south side. I've been listening to music and walking. Didn't get

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in any mail last night. This is starting to be a regular thing, no mail. I don't like that at all. Guess I'll do some art and exercise.

8:37 am. I was exercising. The warden lit and a bunch of sgt. just come by. sgt. said hey Clark. The warden said, That's Clark, she said "you write a lot of grievances?" I said, I write a few." she said "what about?" I said "can't think of one right off hand." she said, "They must not be that important." and walked on. I really didn't want to discuss grievance's with all these sgt's around me. The rec yard sgt was here, and one of the grievance's was dealing with rec. sounds like the runners are in the hall way cleaning the bars. I'm hungry! Got about 3 more hours until we eat.

9:10 am. The runners just cleaned my cell bars. And Classification just come through picking up grievance's. I didn't have any going in. North side of the building went to rec, so we will go this afternoon.

10:33 am. Did some push ups and some abs. Actually the back is feeling better. These ab exercises seem to be taking pressure off of this pinched nerve.

11:30 am. Ate beans for lunch. I'll eat cabbage here, shortly and an orange. They still haven't called rec. Not looking good.

1:07 P.M. just got back in the cell the plu-

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When I was working on the toilet, he'll have to come back tomorrow. Canteen is suppose to come this afternoon. Five wing went to rec. I don't know why they haven't come to get us. I need to get out of this cage.

2:43 PM. Canteen is here on the floor. I don't have anything coming that I really care for. Be eating beans tonight.

4:33 PM. Just ate beans and tomatoes. It's really hot in here. I need to exercise a little more then wash clothes and bath.

6:42 PM. washed clothes, bathed now going to bed.

Wednesday May 7, 2014 6:54 am. I slept until after 5 am. The officer was actually standing at the cell door waiting for me to get up for breakfast. I was tired. Was having a dream about working on the street doing some type of clean up. Well I need to shave and get ready for rec in the event they call rec this morning. I already made the bunk and cleaned the cell.

10:40 am. just got back in from rec. Had a good time. Played some volleyball. Back and knee held up pretty good. I need to do some ab exercises. Work on this skull. Write 2 letters.

Got a busy day.

11:22 am. Having beans and carrots for lunch. This is rough. I've got to find me something else to eat that's more healthy.

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1:26 PM. Clothes are washed, started a letter need to get back to it.

4:42 PM. Ate beans and Cabbage For dinner. Got one letter wrote and been working on some art. I need to find something else to eat. Cabbagest beans are not cutting it. I have a banana, I wanted to save it.

5:30 PM. just finished trimming my hair then cleaned the floor. went ahead and ate my banana. I hope they start showers back to front. That's the way its suppose to be, never know if they'll change up. I want to get a shower and get in bed.

7:18 PM. just got back from the showers. They did start back to front. Guess I'll watch survivor.

9:02 PM. Going to bed.

Thursday May 8, 2014 7:12 am. Been up since 5 am cleaned the cell washed up, just ate oat meal for breakfast. Didn't get any mail last night. They just passed out cleaning supplies a few minutes ago. waiting to see if they call rec, if not I have one letter that I need to write. art to work on and need to exercise. Although my knee and back hurts.

8:22 am. Finished a letter. Going to walk now.

9:59 am. walked, did some AB exercises, stretched my back. Today my knee hurts worse than the back. Then I was going through my mp3 player's catalog looking at music.

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I'm hungry, and feel sick to my stomach.

The TV channels are out, so I couldn't watch R.T.M. Been that way every morning this week.

11:28 am. waiting on lunch, they still haven't. called rec, but the food is coming down right now.

11:51 am. Had beans + cabbage. Now back to some art work.

2:31 PM. 4 and 5 wing went to rec. I've been messing with a piece of art. also filed this Formal Grievance to be able to sell my art. I just don't like having to ask friends and family for help.

4:34 PM. just finished eating a beef stew, beans and cherry tomatoes. Been working on a piece of art. washed some clothes wrote another grievance surrounding recreation. Going to go back to this art, then watch some news and go to sleep.

6:54 PM. Going to bed, same thing every day. Friday May 9, 2014 6:25 am. Been up since 5 am. Cleaned everything up. Need to get ready for rec just in case they call it.

7:18 am. Ready for rec, I've been up walking. Back + knee isn't hurting too bad. I did get in two letters last night. If they don't pull up for rec. I'm also #11 on the law library list.

7:44 am. They called rec at 7:28, but doesn't look like we're going this morning. I need to write a grievance on visiting.

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7:57am just wrote that grievance on the visits. Classification is playing silly games. 8:08am. up stairs went out, they for some reason, didn't pull us. maybe just wanted something to do this afternoon. I hope I make it to the law library before 12pm, so I can get back and go to rec. other wise I'm going to rec and not the law library.

9:08am. Classification just picked up grievances. I didn't turn mine in, because it was my Classification officer picking them up, and I don't talk to her. I haven't spoken with her since March, when she threatened me with a TTR. some people you have to stay away from. And I avoid her at all cost. started a letter. I'm just so hungry I can't concentrate on anything else. That pen ran out of ink. I'm going to drink water and walk.

9:31am. made a tuna sandwich, back to this letter.

11:38am. They called rec, so need to get ready.

3:39PM. just got back in, it was nice out there. wish I could have gotten out on the beach. still enjoyed the sun. need to wash clothes and get ready to eat. I'm hungry.

4:20PM. Ate beans and cabbage for dinner and an orange. washed clothes, now waiting on the shower.

8:09PM. just got back from the shower. Feel better. Now going to sleep.

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Saturday May 10, 2014 6:47 am. Been up since 4:40. My knee is killing me. So far I've cleaned my cell and got the sheets soaking. Pillow case is washed. so I need to get these sheets washed and drying. No mail last night. still need to write Dad, and a couple of letters. try to get a piece of art finished. That'll keep me busy today. also need to exercise.

7:32 am. just rinsed the 2nd sheet. Finishing a letter I started yesterday. after that I'll write Dad.
8:12 am. watching GMA, both sheets are drying. Cleaned the cell bars. Hoping these pain pills kick in and relive some of this pain.

10:35 am. watched Lucky Dog, I like that show. Then worked on this piece of art, and just hooked up some burritos for my neighbor and I. He very seldomly gets any money. so do something for him.

11:48 am. Had the burritos for lunch, they were good. Now going to do some art. My knee and back is not in any shape to exercise.

4:31 PM. just ate beans and a salad for dinner. watched a movie while doing some art. knee is killing me.

7:09 PM. Going to bed. if I can. the pain is higher than it has been.

Sunday May 11, 2014 6:45 am. "Mother's Day". Not a good night's sleep. woke up in pain, about 11 PM took some more pain pills. Can't believe I'm hurting this bad. I watched the Race last night only.

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because when I woke up I seen Danica Patrick in the top ten. I'd love to see her win a race. still hurting, this is got to let up. I need to get ready for the visit. Clean the cell and bath.

8:42am. Finished bathing, now waiting on mom to show up.

2:21 PM. Just got back from visit, had a good one. I love my mom. She left early cause it looked like it was about to rain, and she didn't have an umbrella. I know she wanted to watch the Oklahoma City Thunder play at 3:30 PM. which I'm going to watch as well.

4:33 PM Had peas and cabbage for dinner, sure hope this menu changes soon. Can't keep eating like this.

6:02 PM. Going to lay down and call it a day. I am really tired. Hope I can get a good night's sleep. Last night or this morning, I had a dream about Tracy.