



Daily Journal

#4
June 1-8, 2014

Sunday June 1, 2014 8:20am. Been a slow morning. Knees hurting. Just finished bathing, waiting on them to come get me for visit.

9:20am. still haven't got me. Not sure what's going on.

3:20PM. They got me cause mom showed up late. I could only sit at the table. Can't walk. I do not like not being able to walk. My mom's Aunt who lives in Ga. is dying. She has cancer and only has maybe a month to live. Mom's been going up there and taking care of her. I'm going to lay down watch the race, hope the pain eases up in this knee. They pushed me out there in a wheel chair, so at least I didn't have to walk all the way up there.

6:39PM. Watched the race, then some news. I'm going to bed now. I hope to get a good night's sleep.

Monday June 2, 2014 6:17am. Been up since 4:30 washed up, made the bunk. Lot of pain, the back hip all the way into the knee down to the ankle. Hope to see the Doctor today. Need to do some writing.

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today, not sure what else I'll do. Can't do much.
Can't move around.

9:04 am. Finished a letter, and a card. Need to do
some more writing.

12:19 PM. Been writing. Ate some beans for lunch.
Had to go under the music and turn it up.

Guy's talking about soap operas. Beat's all I
ve ever saw, grown men watching women's
shows. Fixing to write another letter.

1:29 PM. Wrote Howard my 82 year old friend overseas.
Now I need to work on a piece of art.

3:47 pm The van just came in, and we heard the
warden is in the building. I've been writing
some org. looking to make new friends. I'm
allowed to do that. I just can't get on the
internet and solicit pen pals. Stupid rules.

4:07 PM. The van just left, no doubt a warrant
was signed. Probably set for the end week of
July. I'll find out more later.

4:26 PM. We're hearing it's not a warrant, but
they did take some one back to F.S.P. just
don't know why.

5:03 PM. They signed Redneck's death warrant. I know
him very well. Also the warden is pissed because of
these grievances so says the Sgt. I got a feeling
that they are going to put me on D.C.
within the next month or two. These griev-
ances I'm writing are serious and their

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getting mad, so undoubtedly they will come after me. But I'll go on D.C. and file even more grievances. There's a lot on D.C. that needs to be corrected, so that's my plan.

8:18 PM. Back from the shower, going to bed.

Tuesday June 3, 2014 7:14 AM. Got up at 5 AM.

Cleaned up made the bunk, wrote 2 grievance appeals. Ate breakfast. I'm back on the regular tray, the sausage was undercooked. The bread was not toasted. and the potatoes had rotten potato peels in with the potatoes.

8:32 AM. Wrote a grievance on medical then a blog post called "Grievances and Reprisal." Cause I'm expecting retaliation.

9:00 AM. My Classification Officer came through picking up grievances, so I didn't turn them in. I'll turn them in tomorrow.

10:44 AM. Just got back from the law library. That was a rough walk. I'm hoping to go out this afternoon and sit and get some sun. When I got back from the law library, the officer who came in my cell laid my logo of my blog on my desk, a sign.

11:14 AM. They called rec. Not sure if I'm going.

12:22 PM. Getting ready for rec, just in case I go.

3:44 PM. Just got back in from rec. all I did was sit around and talk. Need to wash clothes and bath. which I'll do after I eat.

6:30 PM. Clothes are washed, I've bathed now

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going to watch some TV, and go to bed.

Wednesday June 4, 2014 7:40am. Been up since 5am. made the bunk cleaned up and started writing grievances. I have a Doctor's call out this morning. But I doubt I get any treatment. Had COFFEE cake's For breakfast. I'm glad to be away from them Peanut butter and Jelly sandwiches every morning. Didn't get any mail last night.

9:07am. just got the grievances picked up. waiting for them to come get me for medical. as I watch RTM.

10:01 am. Its not the Doctor that I'm schedule to see, its the Nurse. I wrote 2 request slips that I'll send out in the mail tonight. just been reading over some rules on grievances.

10:26 am. Canteen is here. I was trying to find a letter that I need to answer.

11:04 am.

11:38 AM. just finished eating lunch, Processed patty, bread, Potatoes and Cake. Now getting some grievances ready to place on my blog.

11:06 PM. just got back from seeing the Nurse.

she put me in to see the Doctor For Monday June 9. Right now I'm going to watch Law & Order.

2:38 PM. Been reading a law book about medical.

Never did watch Law & Order. just wrote a card to an org. Now going to lay down for awhile.

4:38 PM. Had spaghetti For dinner, wasn't great but better than beans & cabbage.

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7:11 PM. just got back from the shower. Going to bed now.

Thursday June 5, 2014 7:03 am. Been up since 5 am ate soas for breakfast, and then did some reading in this legal book on medical. Been watching the news on this Sgt. Bergdahl release. I think OBAMA was stupid for doing that. you don't release 5 terrorist for a soldier. Well I need to get ready for rec. Figure they will call us this morning. I'll just go out, sit on the ground and get some fresh air.

7:26 am. Ready if they call rec. sit here and watch some news, if they don't call rec in 25 min. I'll go some writing.

11:37 am. just ate, sloppy joe and pasta on the bottom on the tray is mold. I put it on a Q-tip and I'm going to send it to OSHA or center for disease control. I'll be filing a grievance on this matter. Almost every tray has mold on them.

11:59 am. just wrote the grievance on the mold on the trays. Need to get ready for rec.

3:48 P.M. just got in from rec, just stood around talking to guys. cells got shook down while we were out there. so I've got to clean that up. I'll eat dinner then wash clothes bath and call it a day.

5:54 PM. just closed a letter. Finished washing clothes and bathing. Going to

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to lay down now. watch some news and then go to sleep.

Friday June 6, 2014 6:47am. Didn't get up until 5:10 when they brought breakfast. made the bunk, cleaned up, wrote 3 grievances. Back & knee is hurting. can't do anything but deal with the pain. Not sure what I'm going to do today.

8:30 am. just finished writing a formal complaint that's going to get something done about the mold/mildew, bacteria and all that is growing back here. I figure this will be the best way to go as for trying to change things.

10:44 am. worked on a couple more grievances, one to get showers on non-rec days the other on kitchen issues.

11:52 am. just ate what they called Tuscan stew, it wasn't good, didn't look good. ate it anyway. Now going to lay down for a while.

1:40 PM. just got word that mom will not be here this week. Aunt Virue's health has taken a turn for the worse. According to the doctor she didn't have a month to live. that was 2 weeks ago.

3:03 PM. just finished writing explanation's to the followers about these grievances. O'Brien is down here trying to sell kitchen food, and that's the reason we are so poorly fed. They spend time trying to steal food, that they don't have time to properly

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prepare the Food in the manner that it should be prepared. That's why they should pay the Kitchen workers and allow them to eat better. Give them a real incentive to keep that job not steal or anything.
4:23 PM. Just finished eating, bread, a raw processed patty and some potatoes. Write a grievance about the patty being raw.

8:13 PM. Got back from the showers. Going to lay down and go to sleep.

9:38 PM. Getting to sleep with pain is not working. My knee and back hurts. I just stood up for master count. Try to go to sleep again.

Saturday, June 7, 2014. 7:15 am. Been up washing sheets. Our regular wing sgt is in the main control room, and an Admin sgt is working down here. I'm not at all comfortable with that. It could be a set up for a D.R. ehwell. Fight the power. I file grievances and try to bring change and with that comes retaliation.

I just finished writing a grievance. I've got several more to write, so I might as well get to it.

9:13 am. Been writing a formal complaint on a grievance that they don't want to respond to and tried rendering ineffective. See if I can get it approved this way.

11:20 am sitting here eating burritos for lunch. I bought the stuff with a couple of other guys and another guy made them. They are good. I gave one of mine to a guy who doesn't have any more. I hate seeing



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guys go without. I have to replies that I got from BTB last night, so I needed to write them.

12:15 PM. just wrote comments to Paul & Bethanie now I'm going to relay for a bit.

4:59 PM. wrote two letters. watched some X-games just finished eating hot dogs. wasn't a bad meal. need to write a letter.

6:01 PM. finished a letter, I've got really bad heart burn. I'm going to watch some news. *

7:40 PM. Going to bed.

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sunday June 8, 2014 7:02 AM. Been up since 5, not a good night's sleep. I've cleaned the cell, washed up, ate egg's scrambled, biscuits, potatoes and grits for breakfast. Iced cold. need new food carts. wrote one grievance. now got to figure out what to do now.

9:57 am. wrote a letter to a preacher. Right now I'm making a soup. no visits today, so I'll get a few things done. and see what else unfolds.

11:15 am. finished eating lunch. wasn't very good. need to finish a letter to mom. wrote Dad. need to write Anne. It's already hot in here. so I won't be doing much more than that.

1:32 PM. Been writing a few ministries. Back and knee is hurting. I see the doctor tomorrow, but their not going to authorize an MRI or surgery. I'll have to file another grievance and then find some help from an outside org who will help me.

Can't keep living in pain like this. I'm going to watch the X games.

