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Daily Journal

May 19-26, 2014

Monday May 19, 2014 7:14am. Been up since 5, did not want to get up. Finally got the bunk made and cell cleaned up. Now just waiting to see if they call rec. probably won't. Not sure what I'm going to do. I am so sick of this place.

7:38am. Officer said, they're not pulling rec anywhere in the building this morning. I'm listening to music as I walk.

9:24am. Fixing a macaroni Casserole for lunch for my neighbors and I. Should be pretty good. I haven't fixed this in a long time.

10:33am. Officers are shaking down V-Dorm, and I heard there's no rec this afternoon, which means they are going to be shaking down somewhere else this afternoon.

11:47am. Finished eating, my neighbors enjoyed it as well. I'm full. Staff finished shaking down. Maybe they will run rec this afternoon. Sure would like to get out of this cage.

2:11 PM. I'm bored. Wanted so bad to go outside. Get out of this cage. Back's hurting.

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every time I think the pain is letting up, it ticks back in. Guess I'll listen to some music and walk.

2:51 PM. Was trying to do some cardio exercises, knee and back is hurting too bad. Inmate O'Brien was just down here. Amazing how much pull he's got. Fixing to watch some TMZ. and see what else unfolds.

4:16 PM. Ate Cabbage that I had from lunch and beans, so tired of beans. Last in the showers, which means I won't get back until 8 PM. or later. I'm ready to put this day behind me.

8:13 PM. Back from the shower, going to bed.

Tuesday May 20, 2014 6:59 AM. Been up since 5 AM. Made the bunk, cleaned up, waiting to see if they call rec. Officer told me I have sick call, so I hope they don't call rec today. I need to see the Doctor about my knee and back.

7:46 AM. They call rec, but so far haven't come pulling. They may take us out this afternoon. Which is good, I need to go to sick call. try to get an MRI on this knee and back.

8:14 AM. Rec has been cancelled, said their replacing a tower. I think their just looking for away to beat us out of rec, so they don't have to work.

9:30 AM. just got back from seeing the nurse, she said they would put me in to see the Doctor.

10:21 AM. just ate a Ramen noodle soup. We

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have beans + cabbage for lunch, sure wanted to go outside today. It's nice out there. Hope they don't beat us out of another rec this week. Guess I'll walk and listen to music.
2:34 PM. No rec today. Canteen is on 4 or 5 wing and should be over here by 4 PM. I've been up walking. Should be doing some art work. I hope to get some mail tonight. Didn't get anything last night. Was thinking about Tracy as I was walking. I often wonder what kind of life she had. Wish I would have done things different with her and my life. Wish I could have gotten a grip on the alcohol and drugs. That was my main problem. Alcohol is the worse drug out there, and everyone thinks it's okay cause it's legal. That should be the one drug that's illegal. Kills more people than any other. Destroys families, friendships and lives. And politicians don't bat an eye, cause most of them are using the drug. I need to find something to do to pass some time here in my little hell hole.

4:46 PM. Canteen came about 3:20 as I was putting stuff in my locker, pain shot through my back into my right hip and down my right leg. I couldn't move, just screamed out in pain. Finally was able to move. I put everything up and washed clothes. Need to rinse them.

7:02 PM. Going to bed.

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Wednesday May 21, 2014 6:47am. Back is killing me. This is hurting so bad. I got up at 5am. managed to make the bunk. waiting to see if I have a law library call out. as I sit here watching CBS News 10:03 am. just got back from the law library. I was down there since 7:30 Guy's went out to rec. I hate that I missed rec. But I did have to take care of some things. I just found out how to change rules. so I'm going to get on that. I'm in so much pain with this back. Court is messed up and looks as if they're going to master court.

11:50 am. sitting here writing grievances, seen the cell extraction team coming over. so something's going on over here. my guess is it's one of the mentally ill inmates.

2:16 PM. It was Carlton Frances they went in on, and he is mentally ill. Carlton is really messed up. I'm trying to deal with this back pain. Hurting really bad.

4:40 PM Ate beans and cabbage. I'm sick of that. Going to lay back and wait on showers.

7:01 PM. just got back from showers. I'm going to lay down watch TV. and hopefully get some sleep. I'm in a lot of pain.

10:09 PM. Going to bed. was watching survivor.
Thursday May 22, 2014 7:10 am. Still dealing with a lot of pain. Got up at 5am ate oatmeal, made the bunk, cleaned up and watched the news. a lot of talk about the death penalty.

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I guess I'll do some work on this petition that I'm going to file to try to change the wording in 33-601.830 Death Row Rules. That'll keep me busy for awhile.

8:28am They just did cell clean up and picked up grievances. I've got a pain in my lower right abdomen. It's been hurting for about 45 minutes.

8:52am. Just spoke with Chaplain Campbell about this diet. He said there's no changes to the menu. Told him I can't keep living OFF OF Cabbage, beans, PB&J and sardines. So they'll take me OFF the diet next week for ordering soups OFF the canteen.

10:14am Watched RTM, and was washing clothes. Now listening to music. Trying to figure out what to do next. Wish this back pain would stop. At least that pain in my side stopped.

6:28 PM. Been a very unproductive day. I'm going to bed and hope for a better day tomorrow.

Friday May 23, 2014 7:04am. Been up since 5am. Back is hurting. I'm tired OF this pain!! I've cleaned everything up and made the bunk. Now waiting to see if they call rec. If they do I'll go out, stand around and get some sun and fresh air. Until then, I'm going to do some writing, respond to some comments from the blog, one of which I think is Ann my girl friend from 1987. I

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also have a few grievances to write. I also got a letter from mom last night.

10:43am. just got back in from rec. just stood around and talked to guys. back is just hurting really bad. was replying to angry annie comments. when they called rec. I need to wash clothes and make a soup for lunch.

12:00pm. Ate Ramen noodle soup for lunch. Got my clothes soaking. wrote a reply to Ann. I hope to hear back from her. I still have some replies to write some grievances to write. was glad to get out of this cell for a while.

2:14pm. Finished washing clothes. Classification still hasn't come through. I hope she doesn't come through trying to talk to me. sent a request slip out the other day. I want it answered, I don't have anything to say, that's not in writing. In fact, just thought of another grievance that I'm going to file.

2:55pm. just wrote 2 grievance appeals one on the pens, the other on stand your ground. I have a couple of Formals and Informals to still write up.

3:43pm. just finished up 2 more grievances, one on getting 3 rec's a week, the other on this diet. Classification did not come through today. I'm glad of that.

4:05pm. They served dinner, I didn't eat any of it. I'm sick of beans and cabbage. Plus

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it is just so hot in here. Last night I had to put the Fan on the desk, blowing on my head that's how hot it was in here.

8:09 PM. Just got back From the shower. Going to bed now.

saturday May 24, 2014 7:03 am. Got up at 5 am washed up, then went to washing sheets they are rinsed and drying. I've got towels soaking, Finish those once the sheets are dry. That's a job hand washing them and scrubbing them with a hair brush. I'm hungry. I guess I'll eat some cereal.

8:40 am. They passed out cleaning supplies. I got one sheet dried. I wrote a card, and am watching GMA weekend waiting to see the Miami Heat score.

10:09 am. sheets are dry, bunk is made, towels are washed and drying, cleaned my legal locker out. Fixing to see if I can exercise.

10:47 am. Did a little chest workout with my legal work not much, then wiped the floor down. Now I'm waiting on lunch, wash the clothes I'm wearing, bath, lay down and watch the race.

6:30 PM. Going to bed, some reason I've been really tired all day after eating some chicken.

sunday May 25, 2014 7:40 am. Been up since 5 am. cleaned up, waiting for the visit, still tired for some reason. I need to bath here shortly.

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I'm watching F1 in Monaco. all these extremely rich people. What a life.

8:49 am. Waiting for them to come pull me. see the Miami Heat won last night.

3:42 PM. Got back a little after 3 PM. to see the end of the Indy 500. It's seriously hot in here! Like an oven, and it's only May.

8:02 PM. Getting ready to go to bed. I started a letter, and then was messing around with some art. as I watched the race was thinking back to when Ann and I was together and the could of, should of, would of's. Life is what it is, a mistake filled journey.

Monday May 26, 2014 6:59 am. Been up since 5. Washed up, made the bunk, watched some news before the T.V. Channel's went out. I'm hungry, I just don't want oat meal or Peanutbutter and jelly (PB&J) sandwiches.

I'm tired of PB&J. I need to write a letter or two and do some art work.

10:48 am. Got several cards going out and a letter. Trying to work on this art, but my back is hurting me really bad. This pain is just unbearable!! I'd rather have pain any where other than the back.

12:41 PM. Ate Ramen Noodle soups for lunch. Not sure what I'll eat for dinner. Been trying to work on this piece of art. It's getting hot in here. By 4, 5 PM it'll be extremely

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hot in here. The summers are rough in this cage. It becomes a sweat box in here.

2:59 P.M. Just finished exercising. Feel sick to my stomach. Was trying to do some back exercises. It didn't help. I need to push through it and get back in shape. Been working on a piece of art most of the day. I need to wash clothes, it's too hot in here to do anything else. Want to get me a shower and go to sleep. Go to the law library tomorrow morning, and hopefully recreation in the afternoon.

3:40 P.M. Making a Fish stew for dinner out of some canteen items. Need something different to eat.

4:51 P.M. Ate my stew, came out really good. I need to wash the clothes, or rinse them. I washed them earlier. Been thinking about Ann. Hope to get a letter from her this week. No mail tonight, because of Memorial Day. My back isn't hurting as bad as it was earlier. Those exercise's might have helped a bit.

6:01 P.M. Clothes are drying. Now waiting on the shower.

7:03 P.M. Just got back from the shower going to lay down and go to bed.