



Daily Journal

#11

July 21-27, 2014

Monday July 21, 2014 6:29am. just finished a letter to this attorney who I'm trying to get to help me sue Corizon Health Care, cause the only way to get an MRI and surgery is going to be through a court order. Been up since 4am was another rough night. I've washed up cleaned the cage, made the bunk, ate 2 pancakes, smell as can be. I've hooked up some oatmeal which I'll eat here shortly. I'm going to do some writing this morning. I need to write the Miami Herald news paper, they could push to change 944.31 and get the Inspector General taken out of the hands of the FDOC.

7:19am. Legal mail lady just picked up my legal mail. I'm writing a letter right now.

8:49am. wrote two letters as I sit listening to my music. Need to write the Miami Herald. Need to go through my legal locker first. That's hard to do with my back hurting like this.

9:51am. just finished a letter to Julie Brown of the Miami Herald. I'd like to get this 944.31

Ronald W. Clarke
July 21, 2014

Page 2
DJ

Fla. statute taken out of the hands of the Florida Dept of "Corruption". Guess I'll do some reading in the Catechism.

10:42am. A bunch of white shirts Lt. Captain, major col all came out of V-Dorm with nurses and they were running. So someone probably cut their self real good. That's what them guys over there do.

1:23 PM. Heard some big shots are going to be coming through. I've been laying down. This Pain is just hard to deal with.

4:09 PM. Been reading, the secretary never did come through. The Food Cart is at the end of the hall way. Some reason they served 2 cells then stopped. I just hope the processed patty is burt, well they are once again serving. I'll be glad to get my shower and lay down. Got 3 more hours.

4:31 PM. Best thing about that meal, is its gone. cole-slaw was spoiled, meat raw, Potatoes raw. Heard a guy in V-Dorm died, and they brought him back to life. secretary is still here. some where in 21C1 not here in P-Dorm. I'm tired. may take a nap.

7:09 PM. Back from the shower. secretary did not come over here. I heard he went down 5-Wing. Now watch some TV and wait on mail call, hope I don't get passed up again. Been happening too often.

Tuesday July 22, 2014 6:44am. Happy Birthday Julie! Been up since 5am. Back is hurting bad!" I read my mail. I got in a couple of letters last night. mail didn't come until way

Ronald W. Clark
July 22, 2014

Page 3
D.J.

After 10 PM. so I read it this morning and not last night.

7:57 am. Been writing David, an artist that is using my poetry for an art project. They didn't call recreation. I'm #11 on the law library. I sent that letter/memo to the Miami Herald, got another response from the Governor's Office. Bull stink response rubber stamp garbage. They're not going to do anything. It's up to me to figure out a way to fight for change.

9:17 am. Gas fumes and fresh cut grass. Smell is all in here from the population inmates cutting grass. They ran rec on 4- and 5-wing again today. So we want to go out until tomorrow after noon. Nurse came by, said she got my extra mattress pass, so I should get an extra mattress today. I'm currently watching RTM.

12:22 PM. Got back from the law library. Got news that Duane is going through clemency this week. They're starting to kill guys I know left and right. He was helping me with this legal stuff. My back's hurting, I need to lay down.

1:36 PM. Nurse just brought my pass down for an extra mattress. So I should get it today. I've got to get back to this letter.

2:21 PM. Need to lay down, back's hurting.

3:28 PM. Feel a sleep for a few minutes. I'm tired from not getting enough sleep. Just waiting on dinner. Sgt. told me that I wouldn't get the extra

Ronald W. Clark
July 22, 2014

page 4
D.J.

mattress today. maybe tomorrow.

4:02 P.M. Finished eating, rice tomatoes and chicken. It came at 3:44. early again. I'm going to lay down.

5:57 P.M. Country aka Paul Hildman just called down he's in 6211 and let us know their letting him out tomorrow so he will walk OFF OF death row into the Free world. After 30 years of this.

6:51 P.M. Finished bathing, was hot in here. that cold water feels good.

Wednesday July 23, 2014 6:01 a.m. Been up since 4:30 I'm still fired. I've washed up cleaned the cell, made the bunk. Had coffee cake's for breakfast, they were cooked really good. We should get rec today. Not sure if I'll go, have to see how I feel once they call it.

7:37 a.m. They just called recreation.

7:49 a.m. I'm ready, if they come and get us, it's a bit foggy outside. so it's up in the air whether we will make it this morning.

11:31 a.m. They came and pulled us for recreation at 9:00 a.m. we came back in at 11:15. so we didn't get our full three hours. Country was still here. He was out there with us. suppose to be leaving any time now. I've got to wash clothes. wash up and relax.

2:36 P.M. They just brought my extra mattress I made my bunk, now my back is killing me. I'm so tired of hurting like this.

Ronald W. Clark
July 23, 2014

Page 5
D.J.

I'm going to fill out another sick call need some pain pills.

5:27 PM. All the clothes are washed and are drying. It must be 100° degrees in here, so it shouldn't take them too long to dry. Got in the shower tonight, then I'll watch Big Brother, hope for some mail and go to sleep.

6:29 PM. Been doing some legal work. Too hot so I put it up until tomorrow. I'm ready for the shower, watch some news now.

8:38 PM. Back from the shower, watching Big Brother.

9:09 PM. Mail just went by, didn't get any mail. Calling it a day.

Thursday July 24, 2014 7:07 am. Been up since 4am. The extra mattress did help my back. Had to make the bunk, which is harder to do with 2 mattresses. We had S.O.S. for breakfast.

They passed out cleaning supplies earlier. I'm not sure what all I'm going to do today. Guess I'll do some legal work. Canteen should come today, I don't have anything special coming. Ramen, noodle, soups, coffee and stuff I need for meals throughout the week.

9:09 am. Was doing some legal work, I've got to go to the law library and get some cases before I can do any more on that. I'm watching R.T.M.

9:45 am. Canteen is here, didn't get anything good. I needed to stock up, just didn't

Ronald W. Cluker
July 24, 2014

Page 6
D.J.

have the money. Hope I get some in this week, next week is the last week for this Canteen company, so there maybe a transition period. Need soups. I survive off Ramen soups. 11:30 am, just turned in my sick call slip to nurse Cohen, and finished eating lunch. They haven't called rec, I'm going to lay down.

12:40 PM. Country Paul Hildwin called down and said good bye, said they were letting him go at 1 PM. that we should keep our eyes on the news today. seen on the news this morning that it took an inmate in Arizona 2 hours to die yesterday.

12:54 PM. Country just left, we watched him walk down the side walk over to the movement center, handcuffed and shackled. yet their going to let him go. Nice, seeing some one go free, seen this happen about a half dozen times now.

4:18 PM. Finished eating dinner, wasn't very good. Country is probably eating Free world Food and out of this cage and the heat and humidity, it's hot in here right now.

6:40 PM. Bathed to cool down, now going to lay down.

8:15 PM. Had to bath again, it's extremely hot in here! watching Hell's Kitchen their Big Brother

Friday July 25, 2014 7:16 am, Been up since 4:30. waiting to see if they call rec. mail room lady just walked by, Perfume smells so good! They just called rec, so I need to get

Ronald W. Clarke
July 25, 2014

Page 7
D.J.

ready. Go watch guys play basket ball
10:42am. Just got back in from rec. Just sat
around and talked. I've got to wash clothes and
wash up. I did a bit of legal work before I went
outside. I still have some work I'd like to get
done today.

12:00PM. Finished eating a sandwich and fish
and grits. was writing Anne about my mom's
diabetes. trying to help get help with her meds.

2:38PM. Classification just came by. It's an oven
in here. "This is the hottest day yet! And
that's because it rained outside and the
humidity went up 100%!" I don't like heat
like this, if you can get into air conditioning
to get out of it, then it's okay, but being
stuck in this cage, not being able to get
away from it, that's rough.

5:15PM just finished eating, it was late, so I was
sitting here talking to my neighbor. Going to
sit back watch the news and wait on showers.

7:07PM. Back from the shower calling it a day.
Saturday July 26, 2014 4:49am. Been up since
4:30 back is hurting. I did get 3 letters in
last night, so I'll write them while it's cool.
Not going to want to write once it gets hot.

5:32am. washed the floor, just finished break-
fast coffee cakes. Got a request back last
night from medical dated July 22, 2014 saying
they wouldn't give out an extra mattress.

Ronald W. Clark
July 26, 2014

Page 8
D.J.

yet my pass is dated July 21, 2014 and I got the mattress on the 23rd. Medical doesn't even keep up with what each other's doing. And this pass and request is PROOF OF IT. I'll post it on the blog in a few weeks. Time to do some writing.

11:43am. Wrote 4 grievance appeals. send them out on Monday. Going to lay back and see what's on T.V. now and rest my back.

1:20PM. SO MUCH PAIN!!! "This nerve in my back is killing me!!" It's never hurt like this. About 30 minutes ago, I barely moved laying here in the bunk, and screamed out in pain. And it just doesn't want to let up. something's got to be done. I can't keep living in this kind of pain.

4:21PM. Finished eating, only the corn and bread. Those processed patties are nasty. Can't deal with them. Back is hurting so bad!

7:05PM. Watching UFC on FOX. That's on until 10PM so that's what I'll be doing the next 3 hours. Back eased up some. I'm going to bath after this fight.

Sunday July 27, 2014 6:57am. Been up since 4:00. Didn't get to sleep until after 11PM. Didn't sleep good. Don't feel good. Wished I'd just die right now. The pain and lack of sleep is just wearing on me. Need to just lay back down.

7:39am. Got the bunk made and my

Ronald W. Clark
July 27, 2014

page 9
D.J.

STUFF ready for visits, incase mom comes today. I'll bath about 8am I'm so tired. I've got to get this back and knee fixed. 8:20am. Finished bathing. need to lay down. 2:32PM. Just got back from visitation. It's hot in here! "seriously hot." Had a good visit, my back hurts. I need to lay down for a bit. 6:38PM. It is extremely hot in here!!! I managed to fall asleep for 20, 30 minutes. just so tired. I hope to get a good night's sleep tonight. I'll watch some TV. until I get tired enough to fall asleep.

9:02PM. watched Big Brother, and was flipping over to watch American Ninja warrior. This girl Casey did what most men couldn't do. Love to see a woman out shine men. she is the only woman to ever do this course. That was really exciting to watch her do that. I'm calling it a day. Time to lay under this fan and see if I can get some sleep.