



Daily Journal

#14

AUGUST 8-17, 2014

Friday August 8, 2014 5:17 am. Got up at 5 am. and breakfast came right after that. I need to make my bunk and clean the cell. only got one letter in last night.

7:20 am. They just called rec, so I need to get ready. I was writing a priest.

7:49 am. Not looking good for going to recreation. Guess I'll go back to this letter.

11:03 am. Back in from rec just sat in the wheel chair and talked. They didn't pull us until 8:05 am. Lunch is here, so I'm going to eat, wash clothes wash up and lay down for a bit.

10:6 PM Canteen just came. ice cream was really good. I'm laying back resting my back right now.

4:02 PM. Finished eating sausages, was reading a English to French dictionary also got a book The secret of the Rosary. I'll start reading that today. I'm very tired, soon as I get back from the shower I'm going to sleep. Right now I need to lay down.

5:59 PM. Trying to write this letter in French. No doubt I'm doing bad. I've been writing

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way over an hour. I have a quarter of a page.

I'm ready to get my shower and get in bed.

7:12 PM. Back from the shower. Going to lay down and do some reading until I can sleep.

Saturday August 9, 2014 6:37 am. Got up at 5 am. I'm tired and don't feel good. I put the coffee cakes and oatmeal in a bowl. Just ate the coffee cakes. I'll eat the oatmeal at around 9 am. I washed some clothes cleaned the floor made the bunk. Got one letter in last night, so I'll do some writing now.

9:22 am. Finished a letter in French ate my oatmeal going to drop a few lines to Ann. Need to write Anne later and read this book "The Secret of the Rosary."

10:28 am. Wrote another letter and two request slips. Trying to figure out what to eat for lunch. Al just left out to see his sister who come down from Ky. I'm listening to music and need to write one more letter before it gets too hot. Already 91° outside.

11:35 am. Took the food off the tray to make a stew for lunch. It's cooking now. I've got to do some reading. I'll watch a NASCAR sprint race, nationwide race at 2 PM.

12:43 PM. Just ate my stew, it was so good! May make another one tonight. I'm using the food off the tray with Ramen soups, and spices from the canteen. It's getting

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hot in here. I'm trying to finish a letter
1:59 PM. Wrote Anne, so now I'm going to lay
back and watch this race.

4:20 PM. Dinner just came, I'm making another stew.
I'll eat about 5:30 6 PM. watching the race then
ESPN sports Saturday. It rained earlier, but didn't
cool off. The humidity kicked in.

5:36 PM. Nurse Groom just came by and picked up my
sick call slip. Needing some meds for this high blood
pressure and a handicap cell. Not sure what else I'll
do today besides some more reading. It's really
hot in here. after I eat dinner, I'm going to
bath. Poor cold water over me to cool down.

6:28 PM. Finished eating, wasn't bad, could have
been better. I'm going to bath, and first I'm going
to trim my hair.

7:18 PM. Finished bathing and cutting my hair.
I feel much better. I'm going to lay down listen
to some music read and go to bed.

Sunday August 10, 2014 5:20 am. Got up at 4:50
just ate breakfast. need to wash up clean up
the cell and write

8:26 am. Finished bathing. I love bathing nothing
beats that clean feeling you get afterwards. I'm
watching GMA waiting on them to come get me
for visits.

2:40 PM. Back from visits. Need to finish this
letter to Ann. Then lay back and relax my
back for a bit.

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4:39 PM. Wrote a Formal Complaint about my visit
and the idiotic games these people are playing.

6:14 PM. Bathed, now waiting on big brother.

8:31 PM. GOLF, not a spot, that Craps, still on
messing up Big Brother. Best Golfer ever, the
one that never played. GOLF sucks! wish they
would take it OFF TV, and never show it again.
I'm going to go to bed. Didn't need to watch this
idiot box any days.

Monday August 11, 2014 6:19 am. Been up since 5am.
ate pancakes for breakfast. Washed up cleaned
the cell made the bunk. Almost fell, back caused
the legs to give out. I'm going to do some
writing, see how the day plays out.

7:34 am. They called recreation at 7:19, I was
writing, thought I had more time, but
they just pulled. They never pull us this
early. The one time I'm not ready they
come. Oh well back to writing.

9:01 am. Watching RTM. then I'll do some
more writing.

10:42 am. Guy's just came back in from rec.
I was writing a letter to mom. Need to get
back to writing and wait on lunch.

11:29 am. Ate lunch wasn't very good. I need to
lay down. my back is hurting so bad!

2:12 PM. Fell asleep for a few minutes. Was
raining, which cooled things down. I'm
going to do some more writing.

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4:20 PM. Finished eating, that was a good meal. I've got to put on the music and block everything out. When I'm hurting real bad, I don't want to hear conversations that are idiotic. So it's best to put the music on and block everything out.

6:38 PM. They started the showers. I won't get down there until after 8 PM.

8:41 PM. Just got back from the shower. My back is killing me. Need to lay down.

9:14 PM. Mail came, no letters for me. Maybe tomorrow going to lay down and call it a day.

Tuesday August 12, 2014 6:11 AM. Rough night sleep.

I woke up at 5:20 with them standing in front of my cell with breakfast. My back is hurting me so bad. Guess I'll write a letter to this ADA Coordinator then write Ann. I go see the nurse this morning, and the law library around noon. Robin Williams killed himself yesterday. So sad. I loved Mark & Mindy back in the day.

9:01 AM. Wrote a letter to the ADA Coordinator, and another letter. Finishing up a letter to Ann. Right now I'm watching RTM.

9:59 AM watched RTM. ate a soup. Got chicken tonight and chip is going to hook up a meal. I'll miss chips cooking when I move. I'm trying to get a handicap cell. Wish this pain would easy up. I'm tired of hurt like this.

10:39 AM. Waiting for them to come get me.

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For the law library and sick call. This guy down the hall, he's mentally ill. I have to stay under the headphones to keep from hearing him. Baby Ray left because of him. Baby Ray is the easiest person in the world to get along with. Well I need to lay down.

11:39 am Finished eating, now waiting on the law library.

2:27 PM. Went to the law library at 12 PM. til 1:45. then went to medical. Blood pressure was 174/108 then 168/106 at a later reading I was then sent up to urgent care. My reading up there was 169/106 The Doctor gave me two shots that knocked the pain out of there. I can still feel the pain, but it doesn't hurt.

5:12 PM. I've got a headache and feel sick to my stomach. Feel like I'm going to throw up. Chips cooking, but I need to lay down.

8:20 PM. mail came, got 2 letters. I feel bad!

9:08 PM. just bathed, pouring cold water over me. Need to lay down.

10:08 PM. Can't sleep. Feel so bad! wrote a note to mom that if I die, for her to sue Corizon medical.

Wednesday August 13, 2014, 3:20 am. Been up for an hour. I didn't get 3 hours sleep. My head hurts so bad! Feel sick to my stomach. I went to sleep thinking I wouldn't wake

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2:10 p.m. I've never felt this bad. I feel so sick right now. I'm going to talk to the nurse when she comes around. That'll be around 5:30 6:00 a.m.

5:20 a.m. Ate coffee cake had a cup of coffee. Been working on a legal document.

5:38 a.m. Nurse Groom said I would be seeing the Doctor today. Back to work on this legal document.

7:00 a.m. Wrote a grievance on the visits. Just sent out the Formal Complaint on the visits. I feel so sick, head hurts. Feel like I'm going to throw up. I need to take a break then get back to writing.

9:35 a.m. Watching RTM. Waiting on medical. Wrote two letters. MP3 guy just picked up my player. I ordered 5 new songs.

11:01 a.m. Eating lunch. Just seen Brother Dale said there's suppose to be a death warrant signed this week. I'm still waiting to see the Doctor. Not looking too good.

11:26 a.m. Still not seen the Doctor. Need to finish this letter and work on this legal document.

2:50 P.M. Carteen is here, which is a surprise it's never here on wed with this Sgt. I've got a lot of work done on this Declaratory Judgment. I wrote my letters. Still didn't get to see the Doctor or nurse. I'm going to file a grievance on that. Medical here sucks!

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5:55 PM. Just talked to the nurse. Corizon is going over the Doctors head to suspend my wheel chair pass. Need to write mom and have her make some phone calls.

10:09 PM. Wrote mom, wrote a motion For Temporary Injunction. Need to go to bed.

Thursday August 14, 2014 6:58 am. Got up and feel last night only about the 15th damn time this has happened. Knees hurting, back's hurting, left wrist hurts and I've got a massive headache. probably from the blood pressure. I wrote a grievance and three lawyers this morning. Corizon, without examining me has went over the Doctors head, and suspended his orders. That's just B.S. No way that a company should be able to throw a Doctor's orders out. That's just crazy. I've got to do some more legal work on this.

7:20 am. My grievances were just picked up, and legal mail. I'm working on a motion to show cause. I'll be filing that tomorrow. They called recreation, I can't go. No way to get out there.

8:10 am. Finished this motion to show cause. Now going to write Ann.

10:42 am. Guys just come back in from rec. I'm writing request.

11:19 am. Lunch came, but were making Fish burritos, won't be ready for a while.

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1:28 PM I'm eating these Fish burritas, they are good.

4:12 PM. I Fell asleep For a few minutes I'm really tired. Back and knee hurts. I took a blood pressure pill that has me feeling dizzy. just closed a letter to Ann. I need to write Mom and this senior Health service director.

4:34 PM. I put my food in a bowl. Heard the warden is in the building. we heard a death warrant maybe signed today. I've got to lay down.

6:29 PM. Finished bathing. Feel cleaner. Need to lay down

9:20 PM. Got one letter, watching Big Brother then going to bed.

Friday August 15, 2014 6:05 am. I Feel like crap. My head hurts. Didn't get a good night's sleep. I need to lay back down.

6:56 am. Legal mail guy just picked up my motion to show cause to get a temporary injunction against them morons in Corizon Health care. I'm on the sick call list to see the nurse. For now I need to lay back down.

7:51 am. just got back from seeing the nurse. she's going to have the doctor order X-ray's of my knee and left wrist from falling yesterday. Blood pressure was 168/94. so not as high as it has been.

11:06 am. writing, trying to find some

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legal help. Heard a tour group is coming through, so I'm going to lay down for a bit.

12:50 PM. Was laying down the tour group never came over here on 6-wing. I had to go under my ear buds, this idiot in cell 15 watches Jerry Springer and gets all excited. He also gets excited over cartoons. I just can't deal with him. He drives me crazy. I'm reading the Florida Catholic, a news paper. Has some good articles in it.

1:58 PM. I was writing when they came to get me for X-ray. They X-rayed the right knee. I need to lay down for a bit. Been writing a Bishop trying to find legal help against this company, and get my wheel chair back.

4:41 PM. Ate hot dogs, they weren't very good. I need to lay down for a bit. Were last in the shower, not sure I'll even get to go. Can't walk down there. Standing up for X-rays with help. I almost fell. Back is making the legs completely give out.

8:16 PM. Back from the shower. They brought the wheel chair. Going to lay down now and relax.

9:07 PM. Mail came, got two letters. I'm going to have Anne go after Corizon. Momma bear, which is what we call her, will tear into Corizon's butt. So I'll be writing her about that tomorrow. I dread having to wash these sheets. That's painful with this back. Going to bed.

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Saturday 5:20 am. Been up and down all night. I ate coffee cake for breakfast. I'll eat oat meal later. Make a stew for lunch. Got the sheets soaking. I need to get to writing Anne about this sorry stinking medical company. CORIZON, SCUM OF THE earth."

8:53 am. Wrote Anne, sheets are washed, but drying right now. Just ate some oatmeal and I have my lunch cooking. I need to write Susan, and then figure out what else to do to pass the day, maybe do some art. It's hard to get comfortable to sit for hours and do art. I wish I was a natural artist, I can copy peoples stuff, but I can't do things out of my head, and I'm slow. If I was fast I could knock stuff out in an hour instead of days. 37 years ago today, I was in Highlands sitting on my bicycle by the ditch near Highlands Elementary, when they came over the radio and announced that Elvis was dead. 10:11 am Lunch is here. That's early! I'll use the bread later with my stew. The rest I'll give it away or throw it away. Sloppy joe and it's nasty. The hamburger meat is not real, the sauce is not good. I could cook it, mess it up and it would taste this bad.

12:01 PM. Finished another letter, sheets are almost dried. Be glad to get the bed made. Going to lay back and watch some TV, or at least see if there's anything on.

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1:40 PM. Just ate my stew, it was really good!
I'm making pasta for dinner. I'll eat around 6 PM
or so. Nothing on TV, so I'm messing with some art.
3:38 PM. Was watching a strong man competition.
Then cleaned the floor. I'd love to scrub
the walls but my back will not do it. I was
in tears this morning washing these sheets.
I just wrote a grievance against our sorry
no good idiotic medical company. I'm so
tired of hurting.

3:50 PM. Dinner's here. I'll use the pasta off
the tray with the stuff I'm making for dinner.

4:48 PM. Finished another letter looking for
some Catholic friends. Want to surround myself
with Catholics. Need to lay down for a while.

6:32 PM. Ate my dinner, that was good! Need to
bath now.

7:28 PM. Finished bathing and cleaning the floor.
Going to lay down, watch some TV and call it
day. It's just starting to cool off. It has been
hot in here this evening.

Sunday August 17, 2014 5:46 am. Been up since 3:30
been hurting all night long!!! I'm tired of
hurting. I laid here last night hurting so bad
thinking about what Robin Williams did, and he
had a much better life than I've had or got.
This hurting all the time is wearing me out.
Got pain in my back, knee is throbbing!
spoke to the nurse just a minute ago.

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showing her these methyl PREDNISOLONE
Tablets 4mg that they have me taking.
Told her there not working. I asked to go get
that steroid shot that they gave me last Tue-
sday that helped, she said we will have to
talk to the Doctor tomorrow. I'm tired of hurting
cant exercise, or sit for long periods doing
art. I need to write a piece on this medical
company. Not sure what else I'll do today.
6:45am. wrote a blog post FDoc health care.
need a cup of coffee, then watch some news.
8:09am. Been writing, fixing to hook something
up for lunch.

2:43PM. just got back from visit. Wasnt expe-
cting it. mom showed up. she'll be making alot
of phone calls tomorrow. to Tallahassee Corizon
and to attorney's. Right now I need to lay down.
5:10PM. stopped the nurse, she said that
Doctor Lafontant put on that order for
the MRI unable to walk. I was preparing
a grievance as she came through. I finish-
ed it up. I'll be filing that tomorrow. cant
smell the rain, it's got the humidity up
in here. Be so glad when Oct Nov is here and
I dont have to deal with this heat any more.
Need to lay down for awhile.

6:02PM. Laying here watching the news, then
60 minute's Big Brother, after that hopefully
I'll get some sleep. I'm going to bath

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once it cools down some. Feels like an oven in here. Sun beats down on this side of the building this time of the day.

6:27 PM. Just ate my meal that I started this morning.

7:03 PM. Finished bathing, going to lay down and call it a day. Hopefully this week my mom and friends will give Corizon hell! And get me some medical treatment.