



Daily Journal

#15

August 18-24, 2014

Monday August 18, 2014 7:23am. just finished a letter to Disability Rights section NYA Civil Rights Division US Dept of Justice. about Corizon's stupidity of over riding Doctor LaFontant's order. I've been up since 5am reading these law books. I'm so tired. I did not get a good night's sleep. very painful night. Looks like we have all new officers here. I have my back to the bars as I sit here and write. Every time I see someone go by it's a different officer. waiting on legal mail pick up now.

7:41am. Got two legal letters, both garbage responses. I'll be putting them on the blog. sent out this legal letter. Need to get back to reading this legal book.

10:33am. Been working on a Formal Complaint that I need to get filed this week on Corizon. was suppose to see the Doctor today, that's not looking promising. Need to lay down, back is hurting bad!

11:44am. They served lunch, was garbage. Doctor did not call me out. The doctor doesn't

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want to deal with this. He can't do anything for me, because Corizon won't allow it. I'm going to lay back down.

1:19 PM. Nurse hasn't come around. Need to finish my letter to mom.

2:37 PM. Some lady walked through awhile ago asking everyone are you alright. I didn't talk to her. Don't know who she was, and I don't feel like talking to anyone. When I'm hurting like this, I get mad at TV shows when they say something stupid. When I'm like this I just leave everyone alone. I don't want to talk or be talked to. Need to lay back down.

4:42 PM. Finished eating. I doubt I'll get a shower tonight. Certain sgt's will bring the wheel chair, others want. So I may have to bath in here tonight. Get a shower Wednesday night. Can't go to recreation.

7:02 PM. Back from the shower. Sgt brought the wheel chair. We've got some good sgt and Co's down here. Not the vindictive evil ones that we use to have. I'm going to lay down and call it a day.

Tuesday August 19, 2014 7:16 am. Been getting my legal stuff ready for the law library. I wasn't suppose to go until tomorrow. I hope they bring the wheel chair. They called rec. I can't go, because I can't get a wheel chair. Which I need to

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get to the law library to Fight and get it back.

7:53 AM, Got a piece of legal mail, my Federal Habeas was denied, one step closer to the death chamber, Good ol United States judicial system. Suck's like NO OTHER!! Best in the world at screwing over the poor!!!

10:17 am, was writing, now just sitting and talking to my neighbor. Hoping to get to the law library soon.

12:13 PM Finished a letter, need to lay down for a bit. Back's hurting.

1:08 PM Couldn't go to the law library. Can't walk and can't get a wheel chair.

2:53 PM, spent the past two hours pissed off because I can't get to the damn law library. I'm so sick of this life. I should just check out like Robin did. The hell with the world. Leave this stinking world behind, wouldn't hurt my feelings if death happened right now. Maybe this blood pressure which I'm sure is sky high, from the pain and this anger! Cause I'm so damn pissed off at Corizon, that stinking judge in Jacksonville and his sorry United States judicial system. Fraudulent garbage EQUAL Justice. B.S.!!! I need to lay down. And with any luck, I'll close my eyes and NEVER wake up! God could have some mercy and compassion for me and grant that.

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8:52 PM. Finished bathing, I'm hurting so damn bad. Got one letter tonight and some comments from the blog. Karen is a sweet compassionate individual, must of had great guidance. Paul is a piece of work. He's the type of individual that if he seen Robin William's on the ledge about to jump would start chanting jump jump jump. Paul obviously has sever mental issues. I need to lay down.

Wednesday August 20, 2014 6:14 AM. This was a rough night, one of the worst ever!! Cramps in my leg's all night, plus the pain in the back. Nurse came through earlier. Why talk to her, she can't do anything. The Doctor can't even issue an order, on top of that I've had a headache. Guess I'll write a couple of Grievances on medical.

9:46 AM. Just spoke with Nurse Hall about this pain. She use to be our regular nurse. Said she would talk to the Doctor. Should be going out to see the Doctor in a little bit.

10:14 AM. Just got back from seeing the Doctor. Blood pressure was 158/94. Doctor said, He cannot issue a wheel chair pass. He almost got fired over issuing me a wheel chair pass. I've got to write mom, the US Justice Dept. and the court. He did order another shot that I got last Tuesday. And the MRI for my back has been approved. It took two officer's on both arm's to carry me out there. Time to write.

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5:21 P.M. Nurse Groom just gave me the shots that the Doctor ordered. They haven't kicked in yet. I was writing earlier and then a Christian Gary came to my cell about 2:30 and stayed until 4 P.M. talking to me. After that, I had to lay down for awhile. Right now it's like an oven in here. I need to lay down and wait for this medication to kick in. I'll bet it's 110° in these cells right now.

8:49 P.M. Tried to go to the shower. I fell and I'm hurting so bad. Both my knees are swollen & I think I pulled every muscle in my back. Need to file a grievance on it.

9:29 P.M. sitting here waiting on master count. Then I'll bath. I got 2 letters tonight from Ann. so I'll write her tomorrow. My back, shoulders right ankle is all hurting from this damn Fall. I've got to get a sick call slip.

10:18 P.M. Finished bathing. I'm going to lay down now see if I can get some sleep.

Thursday August 21, 2014 6:09 a.m. Not a good night. Been hurting all night. My neck, shoulder and every muscle in my back hurts. From falling last night. With my hands cuffed behind my back, I couldn't catch myself. Had they been in the front I could have grabbed the wall. I just added on to this motion & wrote yesterday.

9:11 a.m. Finished a letter to Ann ate a

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bowl of cereal. Now watching RTM.

10:04 am. Wrote a letter. need to lay down and relax for a bit. The pain is so bad.
11:09 AM. They called after noon rec. I can't go. Can't walk out there.

12:40 PM. Canteen just showed up. I'm writing grievances to Corizon Inc. I'm going to file against them every day.

1:41 PM. Guys are on the yard. I wrote 5 grievances against Corizon and T Macey #54 need to put some stuff in my locker and then lay down for a bit. It is smoking hot in here.

2:43 PM stopped the Psych Doctor and told him about falling last night and asked that he write an incident report about it. Told him I need a wheel chair to get to that shower. said he couldn't help me with that. oh well.

3:50 PM. The guys just come in from recreation. Wish I could have went out. It is smoking hot in here.

6:41 PM. well at approx 4:45 PM. Officer's pushed a wheel chair in front of my cell, said your moving to the DC wing. Cell P-4101 which is ADA certified. so they moved me over here. Took my TV. but I don't really need TV. I'm hurting so bad from trying to clean this cell up. my back is killing me. my knees are hurting! and I'm not done cleaning just can't do any more until

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the pain eases up. I've got to finish a letter to Father Conrad, and write a grievance. This is one noise wing. It's Disciplinary Confinement, so guys have no Fans, TVs and no mp3 Players. I'm under my mp3 player blocking all the noise out. May have to sleep with it on. I've got to eat my dinner and then bath.

7:32 PM. Got my Food heating up. just wrote a grievance on ADA violation's of discrimination. These guys have been talking for hours. Everytime I take the ear buds out their still talking

8:31 PM. started a letter to Ann wrote a request about getting this back wall fixed. There's a gap in the back wall that goes down into the dirt. Bugs are crawling up into the cell. so that's got to be fixed. I ate. I'm going to bath now.

8:57 PM. Done bathing. Feel so much better. I have the Fan blowing on me, now waiting on the mail. Going to lay down. Listen to some music and hope to get a letter or two.

Friday August 22, 2014 5:07 am. Been up for 30 minutes, punk's made. That's hard to do with my back like this. was not a good nights sleep & got to sleep after 11:00 woke up in pain at 1:13 and these idiot's down the hall are arguing about Race white race, Black race.

I had to put my music in and couldn't

sleep. I forgot what it's like to be around
mental retardards. And these guys are mental
retards. Not sure about being over here.
Nurse just went by. I need to file a grievance.
6:38 am. washed up, ate breakfast and wrote
the A7A coordinator Cynthia Phelps about
what these people are doing. Now I guess
I'll write my Ann. and see what else takes
place from there.
7:04 am. Got a letter from my attorney with
another copy of this 112 page order denying
my Federal Habeas. I don't even want to read
that garbage. Cause I'm sure it stinks just
like garbage. Legal mail guy stamped the letter
I signed it placed it on the bars and he walk-
ed off. Have to get the officers to tell him
to come back and get it.
7:36 am. Told the officer, he said he will call
and see if the guy will come back and pick
up the legal letter.
8:25 am. Just come back from seeing the nurse.
There's nothing they can do, Corizon has the
medical personnel handcuffed. They are scared
of being fired. Blood pressure was 150/90 and
that's with me taking a blood pressure pill. Need
to get back to writing.
9:51 am. wrote 2 more grievances on medical.
Not that I'll do any good. I just want
to push medical's buttons. Going to

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do some more writing these idiots down the
hall are still sleeping.

<http://davidpierce.org/category/poems-From-death-row/>
11:02am. That generator just went OFF. Smell's
like diesel fumes. That thing shouldn't be this
close to the building.

11:39am Here's lunch. time to eat.

11:58am. Finished eating. grits and a bologna
sandwich with a bag OF chips OFF the canteen.
we have sausage tonight. I need to lay down for
a bit. my back is killing me.

12:47 PM. Laying down doesn't help out with this back
Need to do some more writing.

2:16 PM. Laid down and dozed OFF. I'm going to
have to get some help. I've been depressed
lately and having some really bad thoughts.
Need to snap out OF this. I'm just so tired,
the pain, loss OF sleep the reality OF my exist-
ance in here. the heat,

4:02 PM. Took some Flexaril several hours ago, that
made me tired. I fell asleep. I hate these
pills, they make me feel high, I don't like
that. I need to lay back down.

4:39 PM. Finished eating sausage potatoes and a
cookie. need to write to a church no an attorney.
need to lay down this medication has me
confused. They picked up trays. I should be
able to get to the shower tonight since
its right here next to my cell. I want

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take any more of these Flexarils I dont like

this feeling

6:03pm been dozing in and out, I'm so tired

I dont like this feeling, hope it goes away

and soon, showers are back to front since

I'm in the very first cell, I go last tonight,

Need to get ready any ways.

6:14pm. They just started showers.

6:52pm. warden Assistant wardens and all

just went by. I spoke to the Assistant

warden. Not that it'll do any good.

7:33pm. Just got back from the shower. That

was hard trying to walk that far. 5 feet.

Officer held me up as I held on to the bars.

8:30pm. wrote a poem, and a blog post I need

to lay down and try to get some sleep.

Saturday August 23, 2014 5:24am, sitting here

having a cup of coffee waiting on breakfast

got one letter last night from mom, she said

she spoke with someone in Tallehassee. who

told her that no one should have been able to

take away the wheel chair. This woman is no

doubt the reason I'm in an ADA cell as well.

Here's breakfast.

5:37am. put the Food in a bowl. I'll eat it later.

Not sure what I will do today. sure it'll be

some type of writing. Right now I'm going

to rush up, make the bunk and wait

on the nurse to show up.

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7:44 am. Wrote a letter to mom, and this person, she contacted in Tallahassee. Going to eat now then do some more writing.

8:37 am. Been writing, they are coming down with cleaning supplies now.

9:28 am. Officer just took the temperature it was 77° this is the coolest part of the day, by noon it'll be in the 80s, by 4 PM it'll be 90 to 100° in these cells.

11:12 am. Waiting on lunch. Finished all the writing that I need to do. I'm really sick of this life. Everything is starting to get me. That temperature has already jumped up, I bet it's 83° right now or more. And guys down the hall, are really suffering, their on TC, and don't have a fan. That's just torture being in a cage in 90 and 100 degree temperatures. But hey, this is America, Fraudulent Unconstitutional Country.

11:34 am. They passed out lunch and picked the trays up within 5 minutes. I didn't eat it, the meat patty was gray and uncooked. The potatoes half hearted attempt at mashed potatoes had peeling and rotten pieces in it, so that only left the cole slaw and carrots, so I'll eat a soup later and use the bread for a sandwich. Right now I need to lay down for a while.

1:19 PM. Laying there listening to music. I dozed off, was looking for a comment

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that I got from BTR the other day but can't find it. It's very hot in here. The hall is quite right now. Too hot for them to talk.

3:18 PM Laid down listening to music Fan blowing on and I fell asleep again. It's so hot in here. Guys down the hall are talking again. Wasn't too hot, they just need some rest.

4:19 PM. Wrote another letter to the Disability Rights section on these people taking my wheelchair. These two idiots down the hall are arguing. One yelled you're a dumb MF. but he's just as stupid, cause it takes two to argue. Both of them are morons. They've been arguing for over an hour. Each time I take an ear bud out there still at it.

4:51 PM. That dinner tray was nasty. I'm making a beans and rice with a canteen sausage in it. Need to lay back under this fan. It's hot!!

6:08 PM. The arguments turned into threats of killing each other. Neither one of them will do a thing. Just running their mouth.

7:29 PM. I think I'll try to go to sleep. I am tired, there's nothing to do. I've caught up on everything there is to do.

Sunday August 24, 2014 5:20 am. Washed up just got up at 5 am. I got sleep but it wasn't steady. Woke up a half dozen times or more. Breakfast should be here soon. Hope Nurse Groom comes by need to talk to her. Not sure what

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I'll do to pass the day.

5:55 am. Finished eating eggs grits & biscuits. Wasn't enough egg's to make a sandwich with. Now going to write some grievances.

6:32 am. Filed 2 grievances one on the rear walls separating from the Foundation and getting them repaired. The other on medical not giving daily doseages of med's, instead out of convenience they give confinement inmates 300, 400 500 pills to hold in our cells. Right now I have 420. That's uncalled for. They have nurses that need to do their job.

7:05 am. Just spoke with the Sgt. and learned that my wheel chair pass has been restored. The Captain told him that, so now may show up to visit today. I need to get ready just in case.

7:27 am. Cleaned the cell floor, put everything up in case man comes to visit, with my appeal and all being denied, she probably will. Back hurts bad. I still need to bath.

8:21 am. Finished bathing. Getting the water cleaned off the floor has put me in so much pain. I'm so tired of hurting like this. Never have I ever experienced pain like this back is giving me. "I hope they do the MRI this week and get this going to I can get the surgery done, get this fixed and end this pain!" Guess I'll do some reading and see if

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mom shows up. IF she's not here by 10am she won't be coming.

9:05am. Was trying to read, I'm in so much pain. It's hard to focus on what I'm reading when this pain keeps saying "Hey Here I am!" so reading's out. I'm listening to music. Be nice to get out of this hot cell for 5 hours. Looks like it'll be another hot one today. I told mom in a letter not to come, because I couldn't walk out there so she may not come. Don't know if she knows the wheel chair has been returned. Find out here shortly.

10:08am. wrote a note to mom, I think the Sgt is mistaken I don't think they returned the wheel chair. Other wise the Assit. warden would have said so. He said, only if I leave out of the building will I be able to use it so I don't believe it's been returned I will ask the nurse tomorrow. Need to eat a soup and figure out who else to write.

11:46am. wrote the ACLU in Washington, D.C. asking for help. wrote Linda McDermott my attorney before that and asked that she file the appeal and make sure there's several days to spare. I don't like being close with these dead lines. I'm hurting so bad. I've still got to write Human Rights watch. It's like an oven in here. My fan's pushing hot guys down here without a fan are really suffering. Back to write.

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ing these letters, try to Find some help.

12:40 P.M. Finished another letter. I need to lay down. I'm hurting.

2:38 P.M. That generator went OFF. I just wrote a letter to Human Rights Watch about medical and what's been going on. Filed a grievance on them. DERing my Flexaril. I hate those, but I'll take them, just to get sleep at night.

4:33 P.M. Finished eating, Filled out a sick call. I need some relief From this pain. Going to lay back down For awhile.

6:03 P.M. I'm going to lay down turn the Fan on me and call it a day. It's been a really bad week. Hopefully this week here will be better. This is a very miserable existence. 9x7... 63 square Feet of hell on earth. welcome to my world, welcome to my nightmare!"

6:39 P.M. Had to bath. Feel better, but that's a lot of work getting that water OFF the Floor From rinsing OFF. Now going to lay down.