



# Daily Journal

#29

November 24-30 2014

Monday November 24, 2014 6:25 am. Been up since 4:30. Bed's made, washed up cleaned up, put my shoes on. Back's feeling good. I've been sleeping better this med is called Baclofen which I take with Pain OFF. It is working and that's all that matters. Well here's comes breakfast. It's late.

6:34 am. Finished eating I'm going to walk a little bit. My goal is to get rid of this wheel chair.

7:00 am. Legal mail lady came by. I'm "shocked!" That this back is working this well. I never expected it to.

7:16 am. Grievance lady just came by, that's early for her. Nurse gave me some back exercises to do. I'm going to get on them here in a little bit.

9:47 am I was writing when when the sgt said you've got a call out to the property room, so I went down there to put something on the front gate for my mom for her birthday which is next Sunday, if I go back on disciplinary confinement Wednesday then I'll have to mail it out. I'm going to watch RTM.

11:09 am. watched RTM. turned the TV OFF. I'm listening to music. The psychologist came

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by, I stood up, cause I had just sat down to write something. I stood up said, "you see anything different?" He didn't realize I was standing without holding myself up." I hope this doesn't stop working, there's pain in the hip and back, but I can deal with it, at this level. It was so bad, I'd be waking up all night, couldn't get comfortable. sometimes I was getting maybe 3 hours sleep a night. I'm so happy this medication is working. That DR. guy still hasn't shown up. maybe this afternoon, when he doesn't show between 10 and 11am. He will show between 1 and 2pm. well I'm going to listen to some music and walk some more.

11:56am. Finished eating lunch. I need to do some writing. I'm just enjoying being able to walk, although I have a limp, still I can walk. "AMAZING!"

2:12PM. They just brought the DR. #213-141571 a rewrite. I gave the witness statement ect to him. All kind of violations. time to file some grievances.

5:33PM. I've written 4 grievances on this DR and two letters to have formal complaints filed. I'm not done. But I'm tired so I need a break.

6:54PM. Back from the showers, I'm going to lay down and call it a day.

Tuesday NOV. 25, 2014 8:23am. I've been writing all morning long. wrote the judge, grievances then someone GA Gullie in the Regional

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directors OFFice. I've got to write man.

9:13am. My Classification OFFicer just came through picking up grievances. Asked if I needed request or anything. I said "No Thank you." I don't trust her, and don't want to get her where she's trying to talk to me. I need to fix something to eat and then do some more writing.

12:06PM. Cleaned out my legal locker, got everything set up to start exercising again. I may try tomorrow I washed some clothes, ate a beef stew for lunch wrote 4 grievances and right now I'm going to take a couple more pain pills and put some more cream on my back. Little bit sore from doing all this. I need to slow down, it's just been so long that I could more like this.

1:24PM. Got a birthday card ready to go to man washed another T-shirt. I need to write another letter.

3:03PM. Captain came down earlier to see if Martin wanted to go to DR. Court. I don't know why they are doing it during the day, maybe they aren't coming in tomorrow. I thought I'd go to DR. Court in the morning. I wrote 3 more grievances. I need to rest for awhile.

4:09PM. Had 2 pieces of chicken for dinner. My back and hip is hurting, I did too much today. I'm going to lay back down.

7:22PM. I'm calling it a day and going to sleep. The pain did ease up.

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wednesday November 26, 2014 5:15am. I've been up since 2am. They turn the power OFF, which turns my fan OFF and every time they slam the door I wake up, plus I was anticipating D.R. court all morning, so I'm tired. I got a couple of letters in last night that I'll write. No mail goes out until Monday. Here they're having a 4 day weekend due to Thanksgiving.

5:32am ate breakfast coffee cake and oatmeal. It's not my favorite, well I need to start a letter.

6:09am. Grievance lady just came by that's unusually early. I sent out all of them grievances.

7:11am. sent out the legal letter to that person in the Regional Director's office. Back to writing.

9:16am Canteen just came. watching RTM.

4:05PM. I've been laying down, I'll get up try to walk then lay back down. just not working like it did the other day. Not as bad as it was last week. Monday and early yesterday I was thinking I'd be working out. This is disappointing. I've got to overcome this. I'm tired of the wheel chair.

6:40PM. Back from the shower. I'm going to lay down, watch survivor in another hour and 20 minutes then go to sleep.

9:02PM. mail came no letters for me.

Thursday Nov 27, 2014 5:40 am. Got up at 4am. made the bunk washed up, waiting on breakfast.

7:55am Finish a blog on Ferguson mo. I think it's stupid rallying behind a thug

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I'm going to try to do some walking  
11:00am. I cleaned the floor, washed clothes,  
been listening to my music and I set up my bag  
and did some curls. I'm hurting, but it's not so  
bad that it stops me in my tracks. I'm hoping  
when they raise it, that I'll be able to do even  
more. My right butt cheek feeling like I got a  
shot in it, just sore like that all the time. I'm  
only noticing it more, because that sharp, stab-  
bing pain is not in my lower back and hits.

11:58am. I exercised a few minutes more, here  
comes the food cart. I'm going to eat, then  
watch some football.

12:11pm. That was the Thanksgiving meal. Wasn't anything  
special. Processed sliced turkey, green beans, lettuce,  
yams that were put through a blender, dressing  
and gravy and a piece of pumpkin pie, and all of it  
was ice cold. People on the street are eating good  
right now. Guess I'll watch some football now.

4:42pm. I'm eating a canteen chili, the dinner was  
nasty. I'm watching football. I'll get up and walk,  
every now and then. Got some pain a limp but at  
least I'm standing on my own.

7:39pm. I'm going to bed.

Friday Nov. 28, 2014 5:43am. Finished eating, that's one  
of my favorite breakfast. Biscuits one sausage,  
potatoes and grits. We have no hot water in the  
sink. I had to wash up in cold water and  
I haven't had a cup of coffee. That stuff

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the kitchen sends back here isn't coffee. It's a  
nasty. Well I'm going to wrap my knees up and  
put the back brace and cream on and try to  
do some walking, I'm sore from yesterday.

8:10am. Wrote a letter, finished one I started wed. to  
Dina. Washed my T-shirt and stuff I wore yester-  
day. just got several Christmas cards ready to  
go out. I'm going to try doing some walking and  
then watch R.T.M. and exercise.

8:57am. Walked for a bit, then did these back exercises  
that the nurse gave me. Now going to watch R.T.M.

10:49am. I did some chest exercises. I'm going to  
write a letter. at noon Football comes on.

11:52am. Finished eating, I ate what was on the tray.  
I'm busy with a letter.

12:39PM. Finished this letter. Going to watch some  
Football now.

4:28PM. Ate dinner, sausage one of the better meals.  
Going to watch Football until showers.

6:55PM. Back from showers. I'm going to sleep.

Saturday November 29, 2014 7:05am. Been up since  
4:30 I got my sheets washed. I'm not sure about  
that. My back is hurting maybe I'll improve more.  
I'm also sore from exercising yesterday and the day  
before. I need to try to do some walking also  
need to write a couple of letters.

10:39am. Wrote a letter, then a blog use of force  
about what they did to Martin on Nov 17. I'm go-  
ing to do some curls and see how that works.

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7:48 PM. I'm getting ready to go to bed. I've been laying down, my leg swell up on me and my feet went numb, so I've been in bed keeping them raised.

Sunday Nov. 30, 2014 7:02 am. Today's my mom's birthday. I've been up since 4:30. I don't feel so good, I feel tired, still have numbness in my feet. Nurse told me yesterday to put in a sick call. I can push the skin in, it'll sink all the way in and stay, so something is wrong. I'm going to get up, clean the floor and try to walk, cause I want to walk in the visiting park. I'm tired of that wheel chair.

8:25 am. Finished bathing, waiting on mom to show up. My legs are swelling up already by the end of the day they will be bad. I'm going to lay down and watch GMA Knowing's Good Morning America weekend.

2:08 PM. Back from the visit had a good one, I got rid of the wheel chair. My back is hurting. Legs are swollen. I need to lay down. I heard the Governor signed Shane Normandy's death warrant they have him set for the 2nd week of January. I know him, he use to be my neighbor I was in 1126 he was in 1125 in 2010 when they sent him back to FSP. I met him in 2005 or 06 when I was down here on the bottom of 4 Right. I was in 4127 he was in the back of the

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wing, I enjoyed spending the day with mom on her birthday. Need to lay down.

4:57 PM. I just got some Christmas cards ready to go out. I gave my dinner tray away. I need to drop some weight. I've been watching some Football. That S.D. Baltimore game was a good one. I need to lay back down for a bit.

6:01 PM. Just filled out a sick call slip for tomorrow. I'm going to call it a day. Just been another day in the Florida Dept of Stupidity.