



Ronald W. Clerk
The Death Row Poet
February 1, 2015

Page 1 of 12

Daily Journal
February 1-8, 2015

Sunday February 1, 2015 4:41am woke up at 3:00am or so. I didn't get up until 3:23 bathed cleaned the floor made the bunk did my back exercises then some crunches. I'm listening to some music.

I'm going to do some walking now until breakfast comes. My cousin is suppose to come visit today.

5:04am Sgt and Co just came through for 5am count woke up Wheeler in Cell 28, he's in a wheel chair and it takes him forever to get out of bed. He has no feelings from the chest down, due to being shot by cops. so breakfast will be here in about 5 to 10 minutes. I need to rinse some clothes that I washed.

5:17am Food cart is on the wing. I'm the 3rd to be fed since they go back to front cell 28 27 26 ect. I'm in cell 26.

5:28am. I had grits potatoes and peanut butter. I have that same breakfast Sunday Tuesday Thursday and Friday. The other days I have oatmeal potatoes and peanut butter, the potatoes are never cooked properly they have peelings mixed in with them and rot. But that's inmate cook's for you. Their too busy stealing food to sell. Like egg and cheese sandwiches. Fried chicken and fried potatoes. a lot of that stuff got confiscated Thursday on the food cart.

5:37am Nurse is here

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Ronald W. Cluby
February 1, 2015

Page 2
D.J.

with my medication. I'm going to do some walking and listen to music.

6:47am. I just finished doing some reading in the magnificat the daily mass and prayer by the Catholic Church. I need to write the Bishop and make a card for him, his mother passed away this past week. I've got to get ready in about an hour for visits. When I come back I'll make some burritas for the superbowl. I'll be up late watching that. I'm pulling for the seahawks. Well I'm going to watch the news.

8:21am. Finished bathing brushing my teeth, now going to sit back and watch. GMA, Sunday morning and wait for them to call me for the visit.

2:44PM. Just got back from the visits. Mom came not my cousin. We had a really good visit. I'm going to lay down for a bit. And then decide what to do next.

5:28PM. Been watching the superbowl pre-game show. another hour until kick off. I'm not making anything for the superbowl. I was going to do some burrito's but decided against it.



Ronald H. Clark
February 1, 2015

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Well I'm going to lay back and watch some more pre game.
* Monday February 2, 2015 4:45am. Got up at 3:39 Beds made I washed up. I'm having a cup of coffee. I need to clean the floor, do some walking. I've got to write a letter this morning, I need to work on some new stationary, exercise and hope to go out to recreation today. Let me get to the floor.
5:43am. Breakfast still hasn't shown up. The nurse just passed out meds. I cleaned the floor did some walking, then started on this new stationary for the blog. Which I need to get back to.

6:04am Breakfast just came. I had oat meal peanut butter and potatoes. I put the oat meal and peanut butter in a bowl. I'm going to heat it up before I eat. Sgt said it had been sitting out there forever. Well back to this stationary.

8:48am. Did some work on a piece of art, then wrote a short letter to my mom, and a letter to Bishop Estévez I'm going to eat the rest of this oatmeal, walk, then watch R.T.M. then I'll exercise.

9:39am. Watching R.T.M. I was over on the justice network watching Body of Evidence Case Files From Doyle Hinman they had Tom Wyatt and Mike Lorette on there. I know details to that case that they don't even know. Tom went into Rob Domino's pizza, because the safe had a timer, Tom raped the woman, and because of that he killed all 3 of them. Then he killed a woman from a bar



Ronald W. Cluckfi
February 20/15.

page 4.
Daily Journal

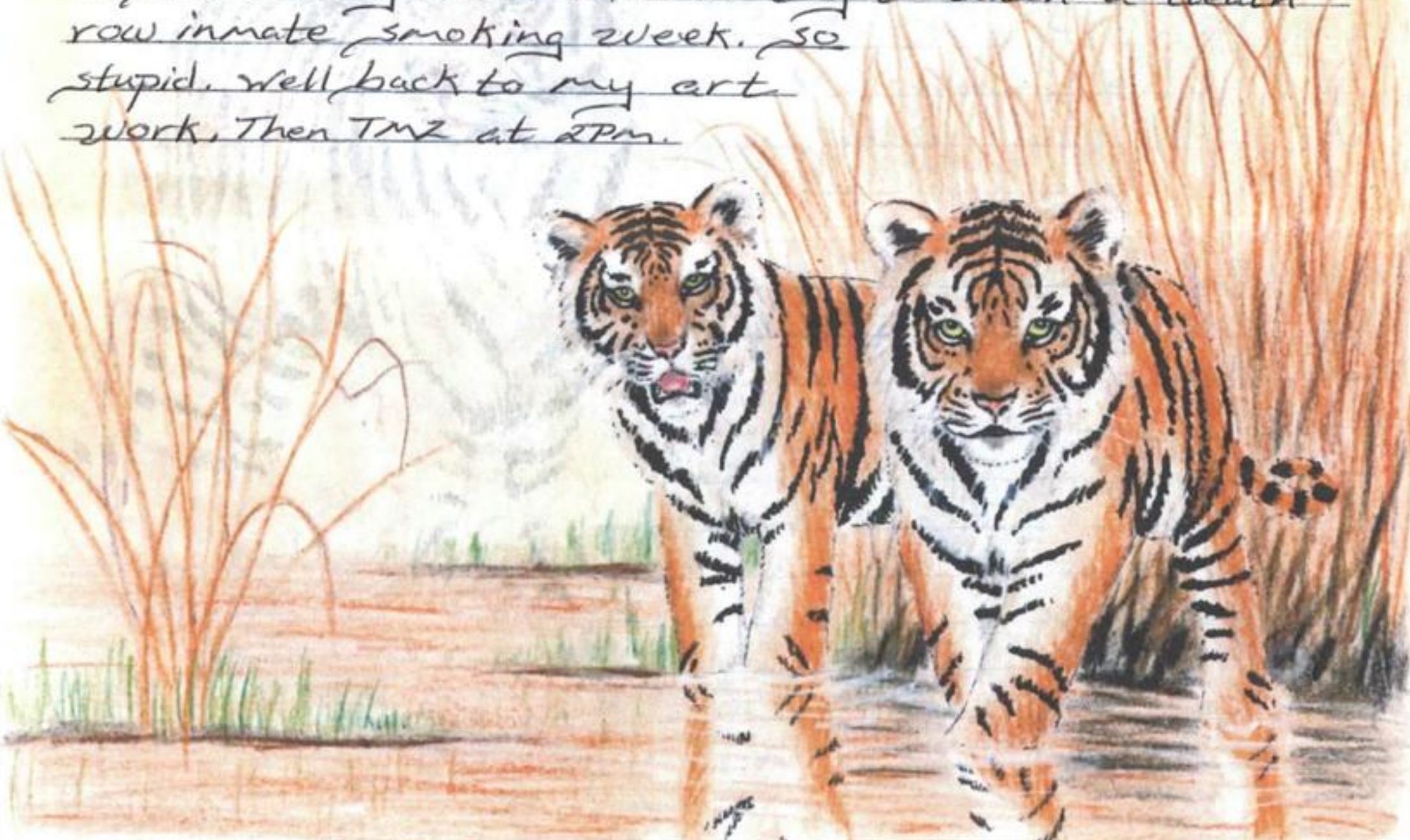
several days later. Tom told me details that he shared with no one else. I looked at him different as a psycho from then on out. Well I'm going back to walking as I switch RTM.

10:07 am. C.O. (Correctional Officer) just passed out the dry good canteen order forms for shoes, socks, T-shirts, boxers, shorts and other stuff. They pick these order forms up on Friday. Well back to walking.

10:52 am. Looked out the window, some 10 feet outside the cell, I seen the food carts coming through the gate. It'll probably be another 30 minutes before the food gets on the wing. I'm going to make a soup. I hope there's some good veges on my vegan tray to put in it.

11:19 am. Here's lunch, was rice, beans, carrots, cabbage and peaches. The beans were cooked to mush. The rice was cooked good. Canned peaches. I've got a stew going. I'll eat in about 15 minutes.

1:36 PM. Sgt just came down and did a drug test on the guy in cell 6122. He just got tested 2 weeks ago. Wasted money. \$50 a test to try to catch a death row inmate smoking weed. So stupid. Well back to my art work. Then TMZ at 2 PM.



Ronald W. Clutey
February 2, 2015

Page 5
Daily Journal

4:23 PM just got the dinner trays I'm making a beef stew. The tray had peaches, green beans Cole slaw, potatoes and brown beans which I get for lunch and dinner every day. 4 and 5 wing went to recreation. I've been working on some art. I'll eat here in about another 30 minutes. Then walk and watch some news.

5:56 PM. I just finished watching Criminal Justice Committee Lying ass Inspector General and I wasn't impressed with this new secretary. There's too much corruption in the FDOC. I'm going to watch TMZ then some news, showers tonight then I'm going to bed.

8:24 PM. I did 200 push ups before showers. I just got back from the shower. I'm going to bed.

Tuesday February 3, 2015 4:19 am. woke up at 3:20 I've washed up, shaved made the bunk cleaned the floor did back stretches. I'm going to RMC this morning for the physical therapy. They will come get me between 5 + 6 am. I hope to get back by lunch. so I'll be going on a trip into the Free world. Right now I'll do some walking.

4:51 am Hall lights just came on. I've been walking. I ate a sausage from the canteen just in



Ronald W. Cluby
February 3, 2015

Page 6
Daily Journal

Case I leave before breakfast

5:08am Here's breakfast grits potatoes and peanut butter.

5:13am I ate the grits put the peanut butter up and threw the potatoes away. I'll walk until they come get me and listen to the news.

11:34am. Got back at 11:20. Canteen was on my bed so I had to put that up. My back hurts from that physical therapy. The heat I had on my back felt great. The stretching not so much. The ride was nice I seen the Full moon, stars we rode down 16 up 121 and then on to another rode. only takes 20 minutes to get from there to here.

11:44am. They are picking up mp3 players. I hope to get all of my music back, then I'm done with this company. I have enough of my favorite music any way so I really don't need any more. Well I'm going to watch some news and lay down for a bit.

12:39 PM. They picked up the MP3 player. I hope to get all of my music back.

2:43 PM. Got my player back with all of my music on it. so I'm going to get 5 more songs that they owe me then that's it. well I need to exercise.

3:50 PM. I did some pushups and crunches. Food tray's just came. I had Rice, tomatoes, peaches, and raw cabbage. I've got to write a card and then eat and do some walking.

6:02 pm. ate then did 200 push ups, bathed then did some reading. I'm getting ready to go to sleep and call it a day. Back is sore.



Ronald W. Clukfi
February 4, 2015

Page 7
Daily Journal

Wednesday February 24, 2015 5:01 am Been up since 3:23 seem to wake up about that time every morning. I've washed, shaved, brushed teeth made the bunk cleaned the floor sink and toilet did 30 minutes worth of walking, watched some news. I'm listening to some music now AC/DC I'm going to do some pushups here shortly. should go to recreation here this morning. Cowing still hasn't got a rec. well let me pop off some pushups 5:22 am. Breakfast came, I put the oatmeal and peanut butter in a bowl, threw the potatoes away.

6:36 am just finished working out. I did pushups, set up my weight bag and did curls, calf raises then crunches. Now I'm going to eat my oatmeal and then walk and hope they call recreation. It's raining outside, but I need to get out of this cage.

7:33 am. They just called for recreation, need to get ready to go.

10:49 am. just got back in from rec. it didn't rain, some drizzling but it was nice to get out of here for outside.

11:38 am. Lunch came rice, beans green beans carrots and peaches. I need to do some art work.

5:33 PM. Dinner trays just got here. The secretary Julie Jones was here today, not in this building but they shut the prison down, so that's why it was late. I didn't eat anything. something on the tray stunk from being spoiled. so I dumped it. I ate sardines and crackers watching the news now.



Ronald W. Cluff
February 5, 2015.

Page 8
Daily Journal

waiting on showers

7:39 P.M. Back From the showers, I'm going to sleep.

Thursday February 5, 2015 4:52 am. Been up since 3:58. I've cleaned up, I'm going to Lake Butler again today for physical therapy. I'll be leaving out of here about 5:30 I won't leave out of the gates until 6:30. This Sgt. wants me to sit in the holding cell for an hour, so I'm ready when they come get me.

10:56 am. Back From Lake Butler, only 3 of us went over there. They also called recreation as soon as I got back, so I'll be going out at 1 P.M. Was a nice trip, got to see the Free world. Right now I'm going to walk and listen to some music and wash a pair of shorts and burp off some push ups and crunches.

12:13 P.M. The assistant warden just came and talked to me about some improvements. Sounds good. I've got to send him a request tonight. Time to do some more pushups and get ready for recreation.

3:46 P.M. Back in from recreation. I've got to work on this list for the assistant warden.

7:23 P.M. I'm going to bed. I've been working on this stuff for improving the conditions. Will be nice if it works. Time will tell.

Friday February 6, 2015 7:13 am.
Got up at 2:50 Cleaned the cell packed everything up. I'm moving down to cell 23 a guy wants his buddy next to him, so they paid the Sgt to get me and him changed. I wrote a senator



Ronald W. Clark
February 6, 2015

page 9
Daily Journal

Aubrey Gibson about ethics in the prison. I did that this morning and got it ready to go out in legal mail. also got this request slip ready to go to Assistant warden about conditions and privileges. I'm hoping they will come down and talk to me. I want to discuss rec and some rules. Right now I'm going to do some walking. I hope to get rec this morning at 1 P.M. I go to see Father Conrad.

8:06 am. They didn't call rec down here. I guess I'll do some writing.

8:42 am. I was told I'm being moved to cell P-5126. This is Sgt Iveys' crap. I'm going to stop him. I'm sick of the unethical idiot.

8:17 PM. I'm back from the shower. I spent a good 8 hours cleaning this cell and I'm still not done. Hands down this was the filthiest cell I've ever come into there was feces on the toilet that was dried and there for at least 6 to 8 months. I need to go to bed.

Saturday February 7, 2015 5:19 am. I got up at 4:30 I was tired from all of that scrubbing yesterday. I've got so much work to do on this cell here's breakfast.

5:28 am. Put my food in a bowl. I've got to get to work. I need to do some scrubbing on the walls wash sheets and do

Ronald W. Cluck
February 7, 2015

Page 10
Daily Journal

some writing, cause I'm going to change some things. Today makes 25 years of me being incarcerated.

8:19am Been scrubbing the walls and ceiling. I got one wall done. I'll go back later and do it one more time then spray it down with the hose. I need to write a letter.

10:24 am. wrote a few letters got more cleaning to do now.

11:58am. Cell is cleaned. George Treple is one NASTY FILTHY old man. Now I need to stop these people from moving us into filthy cells. which is what I'm going to do right now.

7:02 P.M. well I did some writing then worked on a piece of art. I hooked up some burrito's for dinner for my neighbor and I. Now I'm going to sleep. 25 years in a cage. What an existence.

Sunday February 8, 2015 4:58 am. Got up at 3:16 am. Washed up made my bunk cleaned the floor wiped the bars down then did some walking just waiting on breakfast now as I listen to music. I'm going to walk some more.

5:27am Breakfast just came I ate the grits, put the Peanut butter in a bowl. I did 200 push ups. now I'm going to walk for about 30 minutes.

6:34 am. Well I just spent the past hour cleaning both of my lockers out. Everything else was cleaned, I figured I might as

Ronald W. Clarke
February 8, 2015

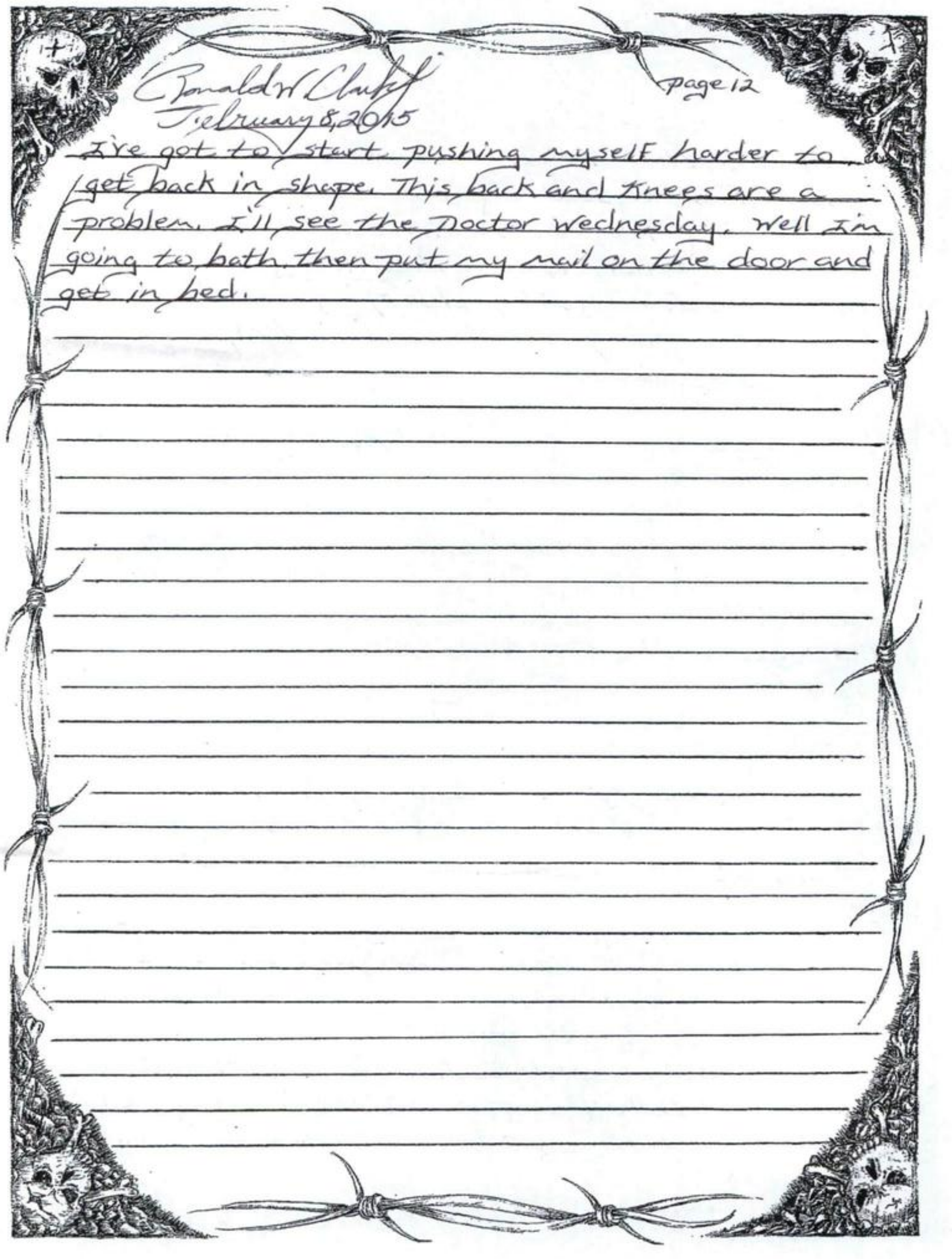
Page 11
Daily Journal

well clean them. Now I'm going to walk.
8:33am. Finished bathing. I'm watching GMA
Good morning America as I wait for them to
come get me for visits. I'm going to walk
as I wait. I may stop this physical therapy
its cause more pain than it is helping.

2:51PM. just got back from the visit. Had a
nice one & am extremely tired. I'll be going to
sleep early tonight. I did not sleep good last
night. I woke up at 11PM and didn't get back
to sleep until 1PM. and back up at 316 or some
thing like that. Hopefully tonight I'll sleep
better. I'm going to lay down and relax
for awhile.

4:08PM. just did 150 crunches. I need to start
doing them twice a day. they help with the pain
in my back. Mario wants me to move over to
one wing up stairs with him. But climbing stairs
especially if I get knee surgery will be impos-
sible for the first 3 or so days. And their going
to have to do surgery on this right knee. My back
has been hurting all week from this physical
therapy. I'm going to try to hang in there for
awhile. Sgt. said it takes 3 months or more before
you start seeing benefits. I'm going to do some
walking as I listen to music.

5:07 PM. Did 200 pushups. I didn't eat the dinner
tray. I took the pineapples OFF OF the tray. I'll
eat them with my oatmeal in the morning.



Ronald W. Cluff
February 8, 2015

page 12

I've got to start pushing myself harder to get back in shape. This back and knees are a problem. I'll see the doctor Wednesday. Well I'm going to bath then put my mail on the door and get in bed.