



# Daily Journal

February 23-28, 2015

Monday February 23, 2015 3:37 am. Been up since 1:30. Layed there and tried to go back to sleep, couldn't get back to sleep so I got up washed up, washed my hair, face brushed my teeth then made the bunk cleaned the cell. I am feeling a bit better this morning. I drank 2 v-8 juice in the visiting park yesterday and 3 orange juice, so I got a lot of vitamin c in me. It was hurting me to swallow, and that's not the case this morning. Right now I'm going to walk and listen to some music.

4:39 am. Walked for over an hour, pacing back and forth like an animal in a cage. That's what it feels like. I need to write a letter.

5:16 am. They just brought breakfast. I'm eating a cereal bought off the canteen. Wrote a letter about trying to get rain coats on our canteen and getting more recreation time.

5:49 am. Just got my meds from the nurse.

6:31 am. Read some in the Bible, said the Rosary. I need to write another letter.

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but I think I'll walk some more.

7:16am. They just called recreation, need to get ready.

8:04am They never came and pulled us. Sure wanted to go out. I think the fog prevented them from pulling us. I'm starting to feel better all the time. maybe I'll exercise this afternoon.

10:02am. watched RTM. I'm going to lay down.

11:16am. Lunch came. I took the pine apples off the tray going to lay back down.

2:47PM. Canteen just ran I'm going to lay back down.

4:28PM. Dinner came I took the pine apples off the tray put them in a cup. still not feeling 100%.

7:29 PM. Back from the shower. was down there for 30 minutes someones cell on 6 wing wouldn't open. I'm going to bed.

Tuesday February 24, 2015 4:36am. Been up since 2am. washed up cleaned the cell made the bunk, I'm going to Lake Butler this morning. I hope this is the last week. I hate sitting in holding cells chained up for 5-6 hours. Those handcuffs black boxes and waist chains are not comfortable. I'm feeling better with this cold. I need to shave and get my clothes ready for this ride. so I'll do that now.

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5:08am. Shaved and ready to go. They'll come and get me around 5:30 5:40. When I get back I should get my Food package. Have that to look forward to. I haven't received any mail lately not liking that at all. maybe I'll get some tonight, sure hope so.

3:37pm just got back from butler. I hated being out there all day like that. I was glad to get them handcuffs and black box off. Need to lay down for a while

4:49pm. Finished eating chicken. was really good. need to walk for a bit then lay down. I've got this physical therapy this week and next week, then I'm done.

6:09am. Going to bed now. hope to feel good enough to start exercising tomorrow.

Wednesday February 25, 2015 5:08am. Been up since 3am. washed up cleaned the cell made the bunk, been watching the news. Going to wash some clothes here in a few minutes. Need to write a letter to Karen who I heard from last night. she stood up for me when Paul and SAH was attacking me on the comment section of the blog. In fact I'll write her now.

5:43am. Breakfast just came. I put the oatmeal in a bowl. Need to exercise. wrote Karen talked about SAH and Paul. and why I shut the comment section down. Time to exercise.

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7:09am. Bumped OFF 400 pushups, pretty good start for not working out in a week. Just cleaned the sink and toilet with a new scrub pad. waiting on legal mail right now my neighbor told me yesterday that she had some for me. It's probably news that that the 11<sup>th</sup> Circuit Court denied my COA I've been expecting it this month. Well I'm going to walk until she gets here.

7:36am legal mail lady came, I got some letter from the ACLU on an issue for which I didn't even write them about. I guess I'll write a letter.

8:51am wrote a letter to Anne, and 2 churches going to eat something now.

10:04am, just finished watching RTM.

11:33 am. was talking to guys about grievance procedures and the food packages showed up.

Now I've got to make room in my locker.

12:17PM. Finally got everything put away.

4:14 PM. Dinner came I took the pineapples OFF the tray. I didn't want anything else. I ate some OF that ham from the food packages. That stuff is so good. I'm going to lay back down. I'm waiting on showers. I'm going to stay up and watch survivor, so I'll be up until 9:30.

8:01pm Back from the shower. going to lay down watch survivor then go to sleep.

Trip to Lake Butler in the morning.

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Thursday Feb 26, 2015 3:50 am. Been up since  
2:11. Cleaned the cell washed up, made the bunk  
another day in handcuffs black box and holding  
cells. Be so glad when this physical therapy  
is over. I need to shave, I'm going to eat  
here in a few minutes and put all my clothes  
out, still over an hour and a half before  
I go.

5:09 am. just brushed my teeth a 2nd time. I've  
got everything ready to go, just watching  
the news waiting on them to come get me  
seen on the news where Georgia wants to  
execute that woman Monday. she wanted  
her husband dead but was too cowardly to  
do it. The man that kills her husband, he  
gets life in prison, she dies. That's total  
bull sh--!" They should have gave her  
life as well. Death is only for the worst  
of the worst so that can't harm society.  
well her in prison is no threat to society.  
in fact I bet you could put that woman  
back on the street again and she would  
never commit another crime. AMERICA'S  
justice system is GARBAGE! This is one  
nation under fraud!"

6:10 am. They never came and got me, so  
I want be going over there today. Hope-  
fully I won't be going any more. I need  
to write a letter and then exercise.

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and maybe they will take us to rec this morning. The other Food package is also suppose to show up today.

11:35am. Just got back from Lake Butler. I was writing a letter at 6:20 when they came to get me. I sat in the holding cell until 7am.

Everyone was running late. I ran into two inmates over at Butler that said last night on X wing 2nd Floor, OFFICERS were turning OFF the lights to block the camera and beating on inmates. I've got to write some people and get them guys some help. When I hear of that type of abuse I have to step in and help. Right now I need to lay down, then I need to get up and get to work.

1:56pm. Laid down and took a nap. I was tired. They ran wing 4 and 5 up top, which means I will not get to go to recreation this week. Well I need to write a letter.

4:54pm. Wrote a letter about getting some guys help. Dinner came, there wasn't anything on there that I really wanted. I got the salad OFF the tray. I'm going to lay down and call it a day.

6:22pm. I'm going to sleep. Wasn't a very productive day. I do hope to get them guys over on X-wing at RMC some help. Another day.

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Friday February 27, 2015 4:48am. Got up at 253. Washed up, made the bunk. Cleaned the cell. Made a cup of coffee, got my stuff ready for the law library. I should be going down there at around 9:30 10am. Also should have sick call this morning. and this afternoon I should be seeing Father Conrad. The access secure package should be coming in today as well. For some reason they've shown up late. Right now I'm going to listen to some music and walk.

5:27am. Breakfast came I ate the grits. I need to do some work before I go to the law library.

6:54am. Was told I'm #4 on the law library and 1PM. Father Conrad, nothing on the sick call.

7:38am. They just did master court, so someone messed up the count. I'm going to say the Rosary.

7:52am. Finished saying the Rosary. also wrote up a complain on recreation, which I'll be sending to my friends to send in from the streets.

8:54 waiting on the law library going to watch RTM.

10:32am. just got back from the law library. The access secure packages are here. Their passing them out starting at the back.

10:48am. They just gave me my package.

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now I've got to put it all up.

12:31 P.M. just waiting on the call out with Father Conrad. Lunch, still hasn't come.

2:08 P.M. just got back from seeing Father Conrad. we had a nice visit and he's going to help get them guy at Lake Butler on A-wing, some help. so hopefully the abuse will come to a halt. I hope and pray that will happen. my tray is here and I'm going to heat some food up to eat.

5:27 P.M. Dinner just arrived. I wrote two letters about correcting this recreation. I'm ready to get me a shower and go to bed.

7:17 P.M. Back from the shower. calling it a day. I've got to start working out.

Saturday February 28, 2015 4:20 am Been up since 3:17 am. my sheets are soaking. I'm getting ready to rinse them in a few minutes. I've washed up, had a cup of coffee and cleaned the floor. Didn't get any mail last night at all.

4:47 am. sheets are rinsed and are drying. Time to do some walking.

7:22 am. sheets are dried, bunks made. I hooked up 12 burritos for my neighbors and I, I'll heat them about 10:30. They will be good. I just did 50 push ups and time to exercise.

7:53 am Did 500 push ups. I'm not done. I'm going to do some writing and



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more push ups throughout the day. I'm going to set up my weight bag to do some butterflies.

8:49 am. Finished a short letter, and did 8 sets of butterflies. Not done yet. I'm going to do some more here shortly.

10:04 am. Had a nice workout. I've got the burritos cooking. I need to write another letter now.

10:50 am. Wrote another short letter. My back is hurting, not hurting, just sore. Here's the lunch trays.

12:13 PM. Fed my neighbors, worked out some more. Those burritos came out really good! Going to lay down for a few minutes.

2:08 PM. Did some more push ups. Need to bath. I'm going to watch some basketball and do some art work.

4:48 PM. Dinner just came spaghetti. I ate time to bath.

5:17 PM. Finished bathing and cleaning the floor. Going to lay down now and call it a day.

6:08 PM. Going to bed. This was a good day. Got a lot done.