

Daily Journal



March 9-15, 2015

Monday March 9, 2015 5:07 am
Got up at 4 am. Guess my
internal clock's still on the

day light savings time. I've washed up had a
cup of coffee made the bunk cleaned the cell, now
waiting on breakfast I need to start a letter.


5:22 am. Here's breakfast 2 pancakes and some
outmeal.

6:49 am. wrote a letter, sending out some of
my death penalty abolishment material to several
churches. I've still got a couple of other churches
to write when I get some extra stamps. Hoping
they call recreation this morning.

8:11 am. They took 6 wing out to the yard, so no
recreation today for me. I'm watching a rerun
of the senate appropriations subcommittee on
criminal justice that was on last week on
3-4-15 while I was on the yard.

9:16 am. well that just went off, their making an
attempt to bring about change, but they've
got alot more work to do, Cause the EDOC is
seriously corrupt and this senate bill is
not going to stop the illegal activity





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OF Correctional OFFICERS.

9:52 am. They are pulling 6 wing in from the recreation yard, so they only got 2 hours out there. They maybe going to do master count. I'm working on a letter to the churches concerning the abolishment of capital punishment. Time to walk for a while then get back to that letter.

11:02 am. watched RTM. I forgot it was on. Now need to write.


11:57 am wrote another letter and an e-mail about the recreation yard. need to take a break.

4:02 PM. Been doing some art work. I made a stew which I'm about to eat. That dinner is nasty.

7:16 PM. just got back from the shower. I'm going to bed.

Tuesday March 10, 2015 4:24 am Got up at 1:57 I've washed up cleaned the cell made the bunk and found out I'm going to RMC Lake Butler again. looks like I may have another 5 weeks of physical therapy.

4:50 am. well I'm ready to go. They won't be here to get me until 5:30 to 5:45 I was hoping these trips were over. These trips take me out of my daily routine, plus I'm in a small cage for hours and these handcuffs, black box and waist chains for hours. That is painful. I need to try to change that. I think I'll write a letter



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to the Regional Director Eric Lane, if we're in the cage, the black box should be removed, or we shouldn't be in the cages.

3:33 P.M. just got back from RMC they had two counts and then a master count, so it was a mess. I'm tired, been in a holding cage with these cuffs on all day.

4:28 P.M. Dinner just came. I'm eating chicken and going to lay back down.

6:52 P.M. Going to sleep, been a long day. I did hear that an inmate kicked an officer at Suwannee Corr. Inst. and they beat him almost to death. He's in the hospital in a coma. Most of what I hear comes from the officer's talking.

wednesday March 11, 2015 5:04 am. Been up since 3 am. I didn't really feel like getting up. Finally washed up, made the bunk cleaned the floor. These floors get dirty so easy. I made some oatmeal. Canteen may show up today. The computer was down this weekend even in the visiting park. I need to work out.

5:26 am. Breakfast came, I kept the oatmeal gave the coffee cakes away. Time to do some sit ups.

5:51 am. They just came and got Chase to go to RMC for some type of medical procedure. He's in bad shape. I doubt he makes it through this year. Time for some more sit ups.

6:47 am. Chase just come back. Not sure if he

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REFUSED to go or what. I've got to get this heater turned OFF. It's too hot in here. I did a couple OF push ups. Watched Capital zip Date. They had a piece ON the Dept OF corrections. I missed the hearings they had yesterday. I'll try to catch it on reruns. I hope to go to the recreation yard today.

7:53 am. Been doing pushups. They didn't call us FOR recreation. I've got some writing to do. guess I'll take care OF that now.

10:02 am. Was reading the Bible and catechism. Then stopped to watch Right this minute. I'm going to eat Tuna and sardines FOR lunch. My right knee is hurting so bad.

11:24 am. Did some more push ups. They still haven't called us FOR recreation. There's still a chance.

11:40 am. Lunch came. I ate the nasty processed patty. I gave the cake and bread away.

12:07 PM. They didn't call us FOR recreation. Really need to change the way this rec is being done. I'm so tired OF NOT getting recreation.

12:31 PM. They just called recreation need to get ready.

3:50 PM. Just got back in. We went out by ourselves just 5-wing. I did dips and pull ups. I need to wash clothes. We have spaghetti tonight. Was good to get out OF this cage.

4:38 PM. Finished eating and washing clothes now lay back and wait FOR them to get the

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showers started. I'll stay up and watch survivor tonight.

8:16 PM. just got back from the shower. Going to lay down, watch survivor and go to sleep.
Thursday March 12, 2015 5:13 am. Woke up at 4 am washed up, made the bunk cleaned the cell. asked the sgt if they called me for RMC. He said, no so maybe that's over with. I'll know for sure if they don't call me by 6 am. I'm really tired of it any ways. Being in handcuffs, shackles waist chains and black boxes for hours and sitting in a small holding cage, is no fun. Both of my wrists are cut up from all of that, and there really sore. I didn't get any mail last night or the night before. I'll do some writing out of the Bible and the Catechism today.

5:34 am. just finished eating biscuits and gravy. and it wasn't good. When I was at RMC talking with guys from Cross City CA. They said their food is really good. I gave them the cookies out of my lunch bag, they ate them, but said, yalls cookies suck. When they got their lunch bag they gave me a piece of their cookie. (I'm not into eating cookies, they offered me a whole one) but their cookies were really good. We just have some really sorry inmates here in the kitchen. more guys around here are getting sick. Two guys on the back of 5-wing have the flu.

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several on the 2nd Floor have the Flu, and the entire side of 4-wing is sick. I'm going to put the mp3-Player on, walk and listen to music. 6:01 am. The CO, who worked here last night was talking to me about my death penalty writings that I sent out last night to several churches. He said it's interesting, but I don't agree with all of it. When he was leaving just now, I offered him a copy of, "A Date with Death" He said, "I've already read it." I said "you follow my blog," he said "yep."

6:59 am. Wrote a piece called More FDOC Assaults just got some cleaning supplies. They may run recreation this

7:41 am They still haven't called recreation, so no rec for today. Guess I'll do some writing and set up the weight bag a little later and do some curls maybe some pushups. I have a T-shirt that I need to wash.

9:01 am. Was writing a letter. Now going to watch R.T.M.

10:05 am watched R.T.M. Finished a letter as I was watching it. Now going to listen to some music and do some walking.

11:09 am. They just called recreation for this afternoon. I was doing curls. I broke down the exercise bag and put it up. Looks like it may rain this afternoon.

12:00 PM. Canteen just showed up. I didn't



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get hardly anything. I'm going to watch some basketball until they pull us for yard.

12:38 PM. Brushed my teeth cleaned up and ready to go to recreation. Looks like rain.

3:49 PM. Just got back in from rec. went out with 6 hotton and a bunch of make ups. was nice out there, sun was out the rain held off. Now I've got to wash clothes, bath and clean the floor after wards. First I need to wait on the dinner tray and fix me a meal.

5:32 PM. Ate a stew that came out really good. Then bathed cleaned the floor, now going to lay down watch T.V. until I go to bed.

6:45 PM. Going to bed.

Friday March 13, 2015 4:02 am Been up since 2 am washed up made the bunk, cleaned the cell. I got woken up at 10 PM. by the officer telling me that I'm going to RMC today. Not sure if this is for physical therapy or to see the specialist, so another trip over there. My ribs on my left side hurts, I don't know what I done. This seriously hurts. was waking me up all night when I rolled over on my left side. I sure don't feel like going to Lake Butler. I need to go to the law library today I've got to get this mandamus ready to be filed. I hope to get back here before 11 am so I can get down there and take care of that.

5:15 am. waiting on breakfast, and then to

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Come get me for RMC. This rib cage is hurting. And I've went over and over and over in my head everything that I done yesterday. I can't figure out how this happened. I noticed the pain when I went to bed and rolled over. old age sucks, you deal with all types of pain.

5:42am Finished eating breakfast, waiting on them to come get me.

6:00am They still havent come to get me. Their running behind or the controll room forgot to call and tell them to pull me. I'm going to walk and wait on them.

2:09PM Just got back I was walking in the buildf ing at 1PM. when Father Conrad was coming in. So I seen him before coming back. we had a nice visit about Confession. I need to lay down for a bit. my side is hurting so bad.

3:12PM Everytime I go to get up, pain is shooting through this ribcage. well over there at RMC had two inmates cussing each other and spitting at and on each other. The white inmate was saying the black inmate stole his cookie. I kept trying to calm them down. It would work for a few minutes and they would be right back at it. Total madness.

4:33PM Finished eating dinner. Going to lay back and wait on showers.

6:56 PM Back From the shower. I'm ready to go to bed. This pain in the ribs is really hurting. I hope I can get a good nights sleep.



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saturday march 14, 2015 5:09 am. Been up since 3 am. not a good night sleep. I've got to see the Doctor about this rib. I did manage to wash my sheets there drying right now. I washed up, but still haven't cleaned the floor. need to do that.

5:28 am. Got breakfast put the oat meal in a bowl gave the coffee cakes away. I'm going to fix some burritos. I'll cook them later.

6:30 am. just got some cleaning supplies off the cart. I've taken 1000 mg of Ibuprofen and put analgesic balm on this rib and it's helped so when I'm finished with these burritos I'm going to clean the floor wash some more clothes then workout.

8:02 am. Cells cleaned, washed dishes, cleaned out my legal locker and set up the weight bag. still have one sheet drying. I'm going to wash these clothes eat something, take some more Ibuprofen and then workout.

9:39 am. I just finished some butterflies I can't workout hard. This ribcage is causing a lot of pain. I'm going to put in for a sick call Monday morning. Try to see the Doctor and get an x-ray. something is wrong. I could see if I done something, but it just started hurting on its own. I started the burritos cooking at 8:30. I'll leave them on until about 11 am. I'm going to bath shortly wash these clothes I'm wearing. I need to write a letter



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and do some art work. I've got a drawing that I need to finish.

11:21 am. Finished a letter, just finished eating some burritos. They were really good. One of my neighbors is too sick to eat. I fed two other guys. I've got to wait for my towel to dry before I can bath.

1:15 PM. Finished bathing, going to lay down now.

4:48 PM. Finished eating something that my neighbor made with soups. I'm going to lay back down. I was working on a drawing.

6:43 P.M. Going to bed, this ribcage is causing a lot of pain.

Sunday March 15, 2015 4:52 am. Been up since 2 am. Tried to go back to sleep, couldn't, so at 2:49 I got up washed up, made the bunk cleaned the cell. Been watching a movie Donnie Brasco.

It's still on until 5:30. My side is hurting so bad.

5:03 am. The officer just brought me a sick call slip. I'm going to turn it in and hope to see the nurse in the morning.

5:42 am. Ate breakfast, eggs grits and biscuits. I need to write a letter now.

7:00 am. Just finished watching the Catholic mass. First time I've ever seen this program. Comes on every Sunday at 6:30, so I'll start watching that every Sunday. I started a letter that I need to finish.

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8:39 am. just finished bathing, now just waiting for them to come get me as I watch Good Morning America.

9:26 am. she still hasn't shown up, I'm starting to get worried. I do worry easily when it comes to those I love and care about.

9:42 am still no word, she is unusually late, so something has happened, and I've got no way to find out anything. This would be a time that I'd love to have phone privileges. I'm going to walk for a while.

2:53 PM. Back from the visit. The woman my mom brings up here to see someone else. her little boy is blind can't walk can't talk, and has seizures and that was the problem this morning. poor little guy was siezing and chocking. I'm going to lay back and watch the race.

4:27 PM. Dinner just came, I gave it away. I need to finish a letter.

5:07 PM. Finished up a short letter. I'm watching the race. Was thinking about that poor little boy. IF I was like that I'd want to die. Life is so unfair. why am I healthy, and that poor little boy in such bad shape. That's why when I pray, its never for myself. There's mothers praying for their children, babies with cancer and terminal illnesses. And you have that Pastor Dollar praying for a 65 million dollar jet plane. so much corruption in the Faith's. But we are evil, For we are man.

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6:04 pm. I'm going to lay down and call it a day. I'm tired. may not even finish this race. Rib is still hurting. maybe I'll see the Doctor tomorrow and get some x-rays. Well this has been another week of my dull life, but its still better than that poor little boys. His existance here on this earth will be a struggle to the very end. most of us are blessed with good health and we don't even notice it.

