

Ronald H. Clark
July 1, 2015

DAILY JOURNAL

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Wednesday July 1, 2015 6:55am. Got up at 5:15 I slept late but I didn't get to sleep until after 11PM. I watched the USA beat Germany then waited on showers and didn't get back until 10:50. I got up this morning thinking about Dude (Also known as Jerry Correll) being on death watch. I've washed up, cleaned the cell laundry came at 5:40 I then made the bed. I've got some chicken cooking right now that I'll eat for breakfast. I need to do some writing before I workout. 7:42 AM. wrote one letter, breakfast just came, I gave it away. several of us got sick the other night from something on the tray.

9:02am. Finished a letter, now going to watch Rightthisminute.com then do my workout.

11:38am. Finished working out, lunch came, I gave it away. I'm going to make a stew for dinner.

12:14PM. I'm going to set up for another workout.

2:25PM. Finished exercising, washed clothes, bathed, then set up my dinner, a fish stew, which I'll eat about 4:30 5PM. I'll give my dinner tray away. Now going to lay in front of the fan and try to stay cool. Also heard they brought Dude back over here to G-wing, so the death warrant was lifted.

5:09PM. Finished eating, seen on the news just now that an Officer Hilliard and Captain Combs here at FSP. was arrested for selling drugs. It is so hot in here, time to get back under the fan.

6:52PM. I gave my dinner tray away. I got a banana. Heard 12 officers here are on leave pending investigation. Then I heard that 8 officers have been fired. I'm sure there will be a lot more on that in the

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Coming weeks. Also heard Combs was not a Captain, he was a major. Crazy, messed his career and life up selling drugs.

9:02PM I was up at 8 so I watched Big Brother I'm going to sleep now.

Thursday July 2, 2015 5:30 am. Been up for an hour washed up had a cup of coffee made the bunk cleaned the cell. I only received one card in the mail last night. I'm going to do a lot of writing over this weekend. News is now saying there's a lot of Florida Dept of Corrections employees tied into this drug ring. This is another example of why officers should be wearing body cameras.

7:41am. Finished eating breakfast now waiting to go to recreation, which is about an hour away.

8:25am. still waiting on rec.

11:07am. just got back in from rec. I didn't work out like I should have, so I'm going to exercise more in here.

12:13PM. Finished bathing, I'll wash clothes when I get back from seeing Father Conrad, I go out there at 2PM.

1:07PM. just finished eating now going to brush my teeth and wait for them to come get me for the visit.

3:51PM. Back from seeing Father Conrad had a nice discussion on biblical problems that I'm still trying to work through. I heard 25 officers here have been fired during that drug sting. Also there was a lot of action going on out in the hall way. Some inmate wrote a note saying another inmate had a bullet on F-wing, so they were tearing that wing up looking for it. Also

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Found out that the prison ran through a mock execution yesterday, which means they're getting ready to start it up again.

5:01 PM. Finished eating my dinner beans and then grits.

7:11 PM. Dinner just came, I gave it away, I'm going to sleep.

Friday July 3, 2015 5:23 am. Been up for an hour, washed up made the bunk cleaned the cell had a cup of coffee while watching the news. I only got in one letter last night. I need to do some writing today. Right now I'm going to cook some cabbage and sausage for my lunch, and make me a protein shake for my workout.

7:53 am. They served breakfast, had a sausage. I'll eat a banana and peanut butter before I work out. 10:03 am. Wrote a letter, watched R.T.M. now setting up for this workout.

12:24 PM. Finished exercising need to wash clothes and bath.

1:16 PM. Just finished bathing washed clothes. I gave the lunch tray away. Time to lay in front of the fan and try to stay cool. It's extremely hot in here!

3:40 PM. Ate sardines and rice, trying to lay here and not move a lot. It's so hot.

6:42 PM. Dinner just came, I ate the patty and gave the rest of it away. It still hasn't cooled off. I turned the T.V. OFF hooked the fan on the T.V. stand and I lay with my head under the fan, where the fan is blowing right in my face. I'm going back to there now and lay there until I fall asleep.

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* Saturday July 4, 2015 5:30 am. Got up at 4:11 washed up, made the bunk, cleaned the cell. I need to write a letter before I start exercising. It's too hot in the afternoons to do anything. Today all the people will be at the beach, cooking BBQ Ribs chicken burgers, a whole world going on out there while I waste away in this cage.

7:13 am. Finished eating oatmeal and peanut butter. I'll drink milk and peanut butter right before my workout. Right now I'm going to walk. I did get one letter written.

10:02 am. Went straight into my workout just finished up. Need to wash clothes and do some cooking. I'm making burritos for my neighbors and myself. It's hot in here. I need to get these clothes washed and then do this cooking.

1:17 pm. Lunch came, it was not BBQ chicken as we all thought it would be. It was noodles with meat. so I've got to do something different with these burritos.

3:01 pm. The burritos did not come out that good. I was disappointed. I finished bathing now going to lay back and watch ESPN on ABC 30 For 30 on Bosworth then on Bo Jackson.

7:03 pm. Dinner just came, it was what we thought that we were having for lunch.

9:06 pm. I'm going to bed, I was waiting up for showers, then they do us last, once they get on this side they start from the back, so I won't get a shower until after 10pm. I do not like the way showers are done and these late dinners.

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sunday July 5, 2015 6:02 am. Got up at 5:10 washed up, cleaned the cell, made the bunk had a cup of coffee and watching the news now. I'm tired and really sore from all of this exercising. I needed a day off.

7:23 am. just ate breakfast 2 sausage patties I gave the biscuits away. I'll eat grits and sardines for dinner. I've got to get ready to bath and get ready for the visit.

8:22 am Finished bathing stuff is on the cell bars waiting for them to come get me for the visit.

12:03 pm. Back from the visit. mom is going to RMC to see my Dad. He is not doing well and he's unable to write. Wish I could see him. Well it's hot in here, I'm going to lay back under this fan and try to stay cool.

6:45 pm. Finished eating dinner. I'm going to lay down watch T.V. until I fall asleep. They can wake me up for weight and cell inspection. I'd like to watch the race, but I'm not staying up until 11pm.

8:03 pm They just did weight and cell inspection. I'm watching the women play in the world cup. zip 4-1 at half time.