

# Daily Journal

## June 1-7, 2015

Monday June 1, 2015 5:00 am Got up at 3:21 Couldn't get back to sleep. Washed up cleaned the cell and got my sheet and clothes on the door for laundry exchange. That's one good thing about being over here, I don't have to wash sheets anymore. But there's no laundry bags, so I still have to wash my boxers T-shirts socks and gym shorts. I'm going to walk for a bit and listen to some music as I wait on laundry.

5:27 am. Laundry came about 10 minutes ago. I made the bunk. Going back to walking.

6:24 am. Nurse just came through with meds. I finished a letter to Bishop Esteréz

7:35 am. Finished eating pancakes and oatmeal now going to walk for 30 minutes.

8:06 am. Finished a 30 minute walk.

9:28 am. Nurse just came and seen me for sick call. said she would put my chart through to the doctor. sick call is done in front of your cell. I'm watching R.T.M. as I write a letter.

10:08 am. Watched R.T.M. Finished a short letter now going to exercise.

11:41 am. just finished exercising. I'm pouring sweat. I've got to cool down, wash clothes bath and then I'll relax for the day.

12:22 PM. Finished washing clothes and bathing, just ate lunch, now going to lay down and relax.

1:17 PM. Cell 13 didn't stay empty long, they just put a new guy in there. I remember my first day here, February 22, 1991, a life time ago. Well going to lay back down.

5:32 PM. It's thundering and lightening out there. Earlier inmates were out there painting the building. They're changing the colors. It'll no longer be the

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Green monster.

6:46 P.M. Finished eating. I'm tired getting ready to go to sleep.

Tuesday June 2, 2015 5:35 am. Got up at 4:12. Washed up, had a cup of coffee made the bunk cleaned the cell, read the one letter that I got in. I'll write that letter here soon and wait on breakfast. We get canteen today and recreation this afternoon, but it looks like rain.

6:54 am. Wrote 2 letters just finished shaving I hear breakfast trays out there.

7:20 am Finished eating sausage and grits now going to put the music on and walk.

8:31 am. mp3 guy just come around picking up the players. He comes over here then goes to UCI. I turned mine in to get 5 songs.

9:05 am. I'm watching RTM I can hear beating banging and screaming coming from Q-wing. Some inmate is mad, and the mp3 guy just brought the players back.

9:12 am. He plugged my player in, but I didn't get any new songs, in fact it looks like it took a song from me and gave me my money back.

9:48 am They just did master count. First time they done that since I've been over here. At UCI it's a weekly thing.

11:17 am. Finished the formal Grievance on my property being stolen at UCI. I'll put that in the grievance box tonight. I don't expect canteen since they had master count.

12:00 P.M. Canteen just left. I got my canteen put up. Deacon Roy also came by. I'm just waiting on lunch then recreation.

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12:36 P.M. still no lunch, the electricians are down the hall working on a cell light.

4:30 P.M. Back in from rec, got back in at 4 P.M. I washed clothes bathed and now going to lay back and try to stay cool.

7:00 P.M. just finished eating dinner, chicken + rice. now just waiting on the shower.

9:04 P.M. just got back from the shower, going to bed.

wednesday June 3, 2015 4:26 am. Been up since 3:30. washed up, had a couple of cups of coffee. Deboned two pieces of chicken, which I'm going to heat up here in a few minutes. I'll eat that for breakfast. I've got a lot of writing to do.

6:00 am. wrote 2 letters, now waiting on laundry, never comes at the same time. I don't like this non-schedule.

6:33 am. Finished eating my chicken, it was pretty good, I hear the laundry out there. and the nurse is here.

7:03 am. Bunk's made, finished a short letter to a new person (woman) which I hope turns into something. I've got a letter to write for a guy down the hall to help him out. He's got a 3rd grade education and needs some help.

7:24 am. Breakfast just came, Sgt told me I have a call out to the clinic. I hate going up there. It's a 1/4 of a mile walk from here to up there. I dread that walk, but I've got to make it.

8:12 am. put another short letter out. now waiting on my call out, I'm going to walk until they come get me.

11:15 am. I just got back from medical. my ankles are cut up and bleeding, from them shackles. I was in a holding cell down there for over an hour cum stains

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all over the wall, sick perverts down there  
masterbating as women walk by. Nasty people!  
They should take DNA swabs and charge them.  
The Doctor over here sucks. He wouldn't  
give me any of my braces or Hep C treatment.  
so I'm fixing to file a grievance on medical.  
I've got to do it. I seen Doctor Martinez down  
there. she was my psych Doctor at UCJ when  
Barry V. Reddish was abusing the inmates. was  
nice to see her. Lunch trays are down stains.  
so I'll sit back and wait on lunch.

11:50 am. Ate lunch, the patty and beans. I've got  
some carrots for later. I may watch Law & Order  
special Victims unit. I like the reruns. I've  
got to work out later.

6:53 P.M. I just finished eating dinner. I didn't  
do anything all after noon. Layed here watching  
T.V. I'm going to bed now. I'm very tired.

Thursday June 4, 2015 5:08 am. Been up since 3:13 washed  
up, cleaned the cell made the bunk. not sure what to do  
now. No mail last night. I do have some writing  
that I can do today. I'll go to recreation this morning  
and do some dips and push ups. I got to let this  
elbow heal before doing any more pull ups.

6:37 am Nurse just came through. I wrote two short  
letters may write one or two more today.

7:29 am. Just finished eating breakfast. watching  
the news and waiting on rec. which probably  
won't be for another hour.

8:22 am. They still haven't pulled us for recreation.  
And I'll bet we don't get our full 3 hours.

11:02 am. Back in from rec. we went out at 8:30  
so didn't get the full 3 hours. Need to wash.

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11:35am. Finished bathing. I washed most of the clothes. I've got to wash shorts and another T-shirt when I come back from seeing Father Conrad. I see him at 3PM. Right now laying under my fan until lunch comes.

3:52PM. Just got back from seeing Father Conrad. Had a nice visit, received Holy Communion. Only a 30 minute visit, were going to charge it from 3PM till 2PM. I heard there was a suicide attempt on one of the other wings today. And another guy was rushed to the hospital as a result of his appendix bursting. There was also a use of force going on down on B-wing. Guys acting stupid. Well I'm going to lay down under this fan and try to stay cool.

6:53PM. Just finished eating dinner. I'm going to sleep. This shift here will do showers between 11PM and 1am. I'm not showering that late.

Friday June 5, 2015 5:33am laundry is here. I've been up since 3:30 washed up and had a cup of coffee and watched the news.

5:51am. Nurse just came through. my bunk is made. Now I'm going to do some writing.

6:44am. Just finished letters to 3 companies. I need to write another letter. I'll do that later. I'm hungry and going to walk until breakfast arrives.

7:35am. Just finished breakfast, sausage and grits. I need to walk for 30 minutes then write.

8:31am. Finished a short letter to a woman who I hope will write back. I have one more letter to write then I'll do push ups and cardio workout.

8:58am. Going to do cardio, while watching RTM.

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11:09 am. Finished working out time to wash clothes and bath.

11:12 am. Clothes are washed, I cleaned the floor bathed now going to lay under the fan and stay cool while I wait on lunch.

11:58 am. Lunch is here. I took the salad off the tray and ate it with sardines. I have some beans to eat later.

6:44 PM. still waiting on dinner, they're running late. I'm ready to go to sleep. I'm tired. I hope to get some mail tonight. I've got a couple of letters that I can write tomorrow.

7:03 am. Finished eating processed patty, potatoes and beans. I'm going to bed now. I did get two letters, but one was a card with no name. maybe next week's mail will be better.

saturday June 6, 2015 5:30 am. Got up at 4:30 washed up cleaned the cell ate some cereal for breakfast. I've got some writing to do then exercise.

6:51 am. Breakfast is on its way around I'll give it away. I wrote one letter, washed a T-shirt and pillow case. I've got another letter to write then I'll workout, wash clothes bath and watch TV.

8:04 am. Wrote a letter, just finished walking, now it's time to exercise.

10:02 am. Finished exercising, and washing clothes time to bath.

11:46 am. I bathed and then watched Serena Williams win the French open. waiting on lunch now. At 2 PM. I'm going to watch Motor Cross

3 PM. Boxing then the horse race, see if American Pharoah can win the tripple crown,

12:23 PM Finished eating, wasn't great but it

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was okay. better than UCAs Food. Going to lay back now, and pass the day watching TV.

6:59 PM. American Pharoah won the Triple Crown. I just finished eating hot dogs and beans I'm going to lay down and sleep until showers.

Sunday June 7, 2015 5:28 am. I missed the shower last night. They finished up way after 11 PM. I do not like the way they are doing showers over here. I woke up at 3:15 am. washed up cleaned the cell made the bunk, had 2 cups of coffee. I'm really sore from all the exercise the past few days.

6:22 am. I did some walking, then stopped to write a short letter. I have one more letter that I can write. I'm hungry and will be glad when breakfast shows up. I'm going to watch the Catholic mass since it's coming in this morning.

7:53 am. just finished eating sausage and potatoes. I'll save the grits. No more eggs on Sunday. I'm going to miss the eggs. we use to get them Sun. & Fri. now we don't get them at all. I need to bath and get ready for my visit.

8:37 am. Bathed now going to lay back and watch Good morning America.

3:17 pm just got back from the visit. Had a good one. only 5 people out there. I've got to get under this fan. It's seriously hot in here!

6:24 P.M. I watched the X-Games then the news. I'm tired, dinner hasn't even come and I'm ready to go to sleep. I heard Greg Larkins temperature was 76°. so he had been dead for a couple of hours. Wish I knew how to get hold of his sister. Then again, I really need to stay out of stuff.

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I guess I'm going to lay down and call it a day. When dinner comes I'll tell them to give it to some one else. I will get up for weight and cell inspection then go back to sleep.



Dept of Corruption  
THIEVES!

**INMATE REQUEST**

STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS

Mail Number: \_\_\_\_\_  
Team Number: \_\_\_\_\_  
Institution: F.S.P.

TO: (Check One)  Warden  Asst. Warden  Classification  Security  Medical  Mental Health  Dental  Other \_\_\_\_\_

| FROM: | Inmate Name        | DC Number | Quarters | Job Assignment | Date    |
|-------|--------------------|-----------|----------|----------------|---------|
|       | Ronald W. Clark jr | 812974    | G-2304   | —              | 5-14-15 |

**REQUEST** Check here if this is an informal grievance

This Informal Grievance is in compliance with 33-103.005 and 33-103.011, 15 day time frame. On May 6, 2015, Wednesday I received my property that had been held over at UCI after my transfer on May 4, 2015 Monday. My ear buds was missing as was my headphone extention and almost \$100. worth of canteen items. These items were suppose to have been itemized on the DC6-220 inmate property list, individually, not done as they did, listing two boxes of canteen. There will be in my files, a DC6-220 from Nov. 2014, showing each individual canteen item listed, as well as my extention cord and ear buds are listed on there, that is

All requests will be handled in one of the following ways: 1) Written Information or 2) Personal Interview. All informal grievances will be responded to in writing.

Inmate (Signature): Ronald W. Clark jr DC#: 812974

DO NOT WRITE BELOW THIS LINE

**RESPONSE** MAY 15 2015 15:3184 DATE RECEIVED: \_\_\_\_\_

U.C.I. Property Sergeant Stokes was contacted concerning your grievance. Sergeant Stokes <sup>has</sup> stated all of your property was inventoried and sent to you at F.S.P. Furthermore the canteen food items you claim are missing from your DC6-220 on Nov. 18 2014 would have been inventoried per Ch. 33-602.201(3)(e) NO NOT true. You received all of your authorized property 5-5-15. Contraband would still be listed This was thievery!

[The following pertains to informal grievances only:  
Based on the above information, your grievance is Denied. (Returned, Denied, or Approved). If your informal grievance is denied, you have the right to submit a formal grievance in accordance with Chapter 33-103.006, F.A.C.]

Official (Print Name): A. D. ... Official (Signature): \_\_\_\_\_ Date: 5-21-15

Original: Inmate (plus one copy)  
CC: Retained by official responding or if the response is to an informal grievance then forward to be placed in inmate's file  
This form is also used to file informal grievances in accordance with Rule 33-103.005, Florida Administrative Code.  
Informal Grievances and Inmate Requests will be responded to within 10 days, following receipt by staff.  
You may obtain further administrative review of your complaint by obtaining form DC1-303, Request for Administrative Remedy or Appeal, completing the form as required by Rule 33-103.006, F.A.C., attaching a copy of your informal grievance and response, and forwarding your complaint to the warden or assistant warden no later than 15 days after the grievance is responded to. If the 15th day falls on a weekend or holiday, the due date shall be the next regular work day.

proper procedure. The DC6-220 that was filled out on Monday May 4, 2015 by Sgt. A.D. Stokes and Co. Duggin was improper procedure, this was done so I'd be unable to verify what I received and did not receive in the 2 boxes. Missing was the following items. 1 Pair of sunglasses, 1000 stationary sheets, 1 Headphone ext., 1 set of ear buds, 2 salami sausages, 6 cans of Redwood dip, 2 bags of Maxwell House coffee, 2 beef bites, 2 bags of Jolly Ranchers, 1 pickle, 3 Trail mix bars, 1 Box of saltine crackers, 2 pickled sausages, 1 Little Chub sausage, 1 Beef + jalapeno cheese stick.

To verify that these items were in my locker at 3:00 PM Monday, May 4, 2015 when Sgt. Stokes took control of my property, I'm willing to submit to a polygraph exam or voice stress analysis. If the ear buds, headphone extension, sunglasses and stationary is returned, with the 6 cans of Redwood, I'll write the rest off and drop this grievance. The records of DC6-220 property and giving me a polygraph/voice stress analysis will show that procedures were not followed and will substantiate this missing property. Thank you for your time and hopefully your help.

I Ronald Wayne Clark Jr. do hereby confirm under the penalty of perjury that the above facts in this informal grievance are true and correct.

May 14, 2015

Ronald W. Clark Jr.  
Declarant

**STATE OF FLORIDA  
DEPARTMENT OF CORRECTIONS**

**BUREAU OF CONTRACT MANAGEMENT AND MONITORING**

**MEMO TO:** WARDENS AND FOOD SERVICE DIRECTORS

**FROM:** SHANE [REDACTED], OPERATIONS MANAGER

**DATE:** MAY 29, 2015

**SUBJECT:** NOTICE OF INSTRUCTION: MENU SUBSTITUTION REQUIRED FOR EGGS AND EGG SUBSTITUTES ON ALL MENUS RELATED TO SUPPLY SHORTAGE AND INCREASED COSTS.

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The purpose of this notice is to provide guidance to Wardens and Food Service Directors regarding the required substitutions for eggs and egg substitutes on all menu cycles. The availability and cost for eggs and egg substitutes has been dramatically affected by the outbreak of the highly pathogenic avian influenza (HPAI) H5. The disease has been found in wild birds and commercial poultry flocks. The Center for Disease Control and Prevention (CDC) considers the risk to people from these HPAI H5 infections to be low. "No human cases of these HPAI H5 viruses have been detected in the United States, Canada, or internationally" according to the CDC. However, the control of the HPAI H5 virus has reduced the supply and increased the cost of eggs and egg substitute products. Therefore, the following changes are being implemented.

Eggs, as the breakfast entrée, will be replaced as follows:

- 2 oz. breakfast sausage on the regular, 4000 calorie, mechanical dental and low residue diets.

Egg substitute, as the breakfast entrée, will be replaced as follows on all diet menus:

- 1 oz diet chicken patty will be substituted for a ¼ cup of egg substitute
- 2 oz diet chicken patty will be substituted for a ½ cup of egg substitute
- 3 oz diet chicken patty will be substituted for a ¾ cup of egg substitute
- 4 oz diet chicken patty will be substituted for a 1 cup of egg substitute

Alternate Entrées utilizing eggs/egg substitute will be changed:

- Beans will be the alternate entrée for the 2200, 2800, and fat intolerance at breakfast, lunch and dinner.
- Cheese will be the alternate entrée for breakfast, lunch and dinner for the low residue diet.
- Peanut butter will be the alternate entrée for the pre-dialysis and dialysis for breakfast, lunch and dinner.

The following recipes will be changed:

- The meat fried rice recipe (1.1.0) will omit eggs and increase rice by two pounds per 100 servings.
- The bread pudding recipe (14.12.0) will replace the 2.5 pounds of eggs with 5.5 cups of ripe bananas per 100 servings.

See the attached guidelines for substitutions of eggs on all menus and adjusted menus for further clarification.

**NOTE:** The mandatory substitutions will be effective Monday June 1<sup>st</sup>, 2015.

The Bureau of Contract Management and Monitoring will continue to monitor the availability of eggs and egg substitutes. Please contact me for any questions or concerns.