



Daily Journal

June 15-21, 2015



Monday June 15, 2015 5:31 am. Just did laundry exchange. Got up at 4:11 am. Washed up, had a cup of coffee, watched the news, I need to make my bunk here, shortly and clean the floor, do some writing before I work out. It's already 80 degrees outside. It's going to be another really hot day. I hate this heat.

6:07 am Bunks made, cells cleaned now waiting on breakfast. Try to figure out who to write next. I hope to get some mail tonight.

7:53 am. Just finished eating breakfast pancakes with peanut butter. Need to walk for 30 minutes then I'll watch R.T.M. (Right this minute.com) then work out.

9:24 am. Too much digital break up, can't watch R.T.M. so time to exercise.

11:06 am. Finished working out need to bath and wash clothes.

11:42 am clothes are washed, I'm clean so I'm going to lay under the fan and cool down. That 80° temperature on channel 4 this morning was wrong. I went by 47 and it was 69 degrees. Can't trust the news.

1:03 pm. Finished eating lunch potatoes meat & squash. just laying here watching T.V. 21 jump street.

1:59 pm. Well 6 guys are being moved to U.C.I. (Union Correctional Institution) The guy next to me Gary in cell 2303 is going over there. I haven't talked to him but once. He scares me, I know he writes grievances and notes to the warden ect. so I haven't done hardly any talking because of him.

3:06 pm mp3-guy just picked up the players. I've got 3 songs coming on back order. Gary and 5 others are headed to U.C.I. where corruption runs

Ronald W. Clark
June 15, 2015

Page 2
Daily Journal

rampid. Dang it's hot in here. Back under the Fan. Wish I had 2 Fans.

3:43 PM. MP3 guy is back. I got my 3 songs the nurse also came through with meds.

6:56 PM. Finished eating dinner. I'm going to bed. Mail officer came by and once again did not stop. I hate when that happens.

Tuesday June 16, 2015 5:12 am. Been up since 3:20 washed up, had 2 cups of coffee, still haven't made the bunk. It's hot 72° out there right now and is going to be in the 90s all day and feel like the 100s.

5:36 am. Bunk is made, cell is cleaned. waiting on the nurse and breakfast. Got canteen this morning and recreation this afternoon. I don't have any writing to do.

6:03 am. Nurse just came through with meds. I'm hungry. I'll be glad when breakfast is here. Those 6 guys that went to UC I yesterday are in for an early breakfast.

7:39 am. Finished eating breakfast sausage and grits. Going to walk for 30 minutes then decide what to do next.

8:15 am. Walked for 30 minutes wish I had someone to write. maybe I'll get some mail tonight.

10:02 am. Time to start exercising.

11:23 am. Finished working out waiting on lunch and canteen then recreation.

12:00 PM. Finished eating wasn't very good.

12:14 PM. Canteen just showed up. It's so hot in here. Be glad to see winter get here.

12:43 PM. Canteen is put up, now just waiting on recreation that sun is beating down.

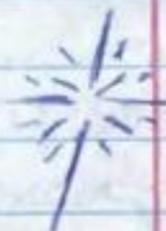
Ronald W. Clarke
June 16, 2015

Page 3
Daily Journal

3:58 P.M. Got back in From rec need to wash clothes and bath. There's a guy From miami name Dreed in cell 2303. He just got on the row today.

4:42 P.M. Clothes are washed, I'm bathed now just going to lay under the Fan and try to stay cool. It is so hot in here.

6:49 P.M. Finished eating chicken and noodles. It's so hot in here. This is miserable heat! I don't like the summer time. I don't deal with heat very well. I'm going to lay down under this Fan.



wednesday June 17, 2015 6:27 am. Just did laundry exchange, and got medication. I got up at 5:09 but I woke up last night at 11 pm. Finished watching the NBA Finals after that probably didn't get back to sleep until 1 am. I woke up sweating. It's so damn hot in here. This heat is bad!"

7:26 am. Here's breakfast. I'm sweating already. It is so damn hot in here! I ate chicken for breakfast, so I'll give the coffee cakes away. I'm going to walk for 30 minutes.

8:01 am. Going to watch a movie, and write two short notes.

10:02 am. Watched the movie, wrote two short letters one to mom one to a company. I'm going to clean the floor then exercise.

12:01 P.M. Gave the lunch tray away, the patty wasn't cooked very well. I ate some beans and deli bites out of the canteen. I think I'm going to exercise some more. It's hot in here.

2:26 P.M. Finished working out. I set up a bag. I've got to wash clothes and bath.

3:13 P.M. Finished bathing, it's so friggin hot in here. This heat is unbearable. I got to lay down

Ernest W. Clarke
June 17, 2015

Page 4
Daily Journal.

in front of this fan.

6:41 PM. Dinner came I gave the tray away. I'm going to sleep, if I can, this is as hot as I have ever been. Where is winter when you need it.



Thursday June 18, 2015 5:32 am. It's 77° outside right now. I got up at 5:00 am. Washed up had a cup of coffee and laid back down in front of this fan. I don't deal well with hot weather. I'd much rather it be 30° I can put on clothing if I get cold. Again no mail last night. This is getting to be routine getting passed up at mail call. Well I need to clean the cell and make the bunk, make me a milk with peanut butter in it, then walk and may even start exercising early.

7:00 am, sitting here watching a program called Decades that goes back in time on this day and talks about the headline stories. I'm waiting on breakfast. Then we go to recreation. I'll do some dips and pull ups.

8:01 am. Just finished eating gravy and potatoes, now waiting on recreation.

8:25 am. The yard officers still haven't showed up. and they will bring us back in at 11 am. so we will not get the full 3 hours. Here they are now.

11:13 am. just got back in, I need to do a little bit more exercising before I bath.

12:19 PM. Finished exercising and ate some sardines and grits. need to bath.

1:40 PM. Finished bathing, it is **EXTREMELY HOT!!!** just going to lay under the fan and try to stay cool until they come get me for

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Ronald W. Clark
June 18, 2015

Page 5
Daily Journal

my call out to see Father Conrad. This heat is just really bad!

4:40 PM. Just got back from seeing Father Conrad. We had a nice visit. I was out there in the AC. Felt good. Going to lay back now under the fan.

6:50 PM Dinner came, I gave the tray away.

I'm going to bed.



Friday June 19, 2015 5:48 am. Got up at 4:40 washed up, waiting on laundry to make the bunk. I got one letter in the mail last night. I'll write and answer that this morning, work out about 10 am. and see what the rest of the day holds.

6:06 am Here's laundry.

6:20 am Bunk is made cell is cleaned up now waiting on breakfast.

7:52 am just ate breakfast, was writing a letter before it showed up, need to get back to that.

9:59 am. Finished watching RTM time to workout.

11:16 am. Lunch is here. I put it in a bowl, I'll eat it later. I'm soaked in sweat.

12:39 PM. Finished bathing, it is so hot. Just laying under the fan with it blowing on me.

4:48 PM. Ate dinner rice potatoes and beans from the lunch tray. It is hot in here.

6:55 PM. Dinner just came, saved the bread for tomorrow. I got some mail, which I'm going to read and go to sleep.



Saturday June 20, 2015 6:23 am. Got up at 4:30 washed up then laid down under the fan. It's hot and humid already, and will get worse as the day goes on it's 74° right now. I've got to do some writing. Then exercise. For breakfast I'll have a PB+J sandwich. Now need to start a

Ronald W. Clark
June 20, 2015

Page 6
Daily Journal

letter before it gets too hot.

7:31 am. Breakfast just came. I ate the oat meal and gave the coffee cakes to my neighbor. I'll eat the PB&J sandwich when I start exercising. Wrote one short letter. I'm going to walk for a while, then write or start exercising.

11:03 am. I worked out for 2 hours, a good one. Then washed clothes bathed and I'm laying under the fan now. Waiting on lunch it is already hot in here. and will be really bad by 4 pm. That's the hottest part of the day.

1:33 pm. Just finished eating lunch. It was really late. I've been laying under this fan trying to stay cool.

3:09 pm. I'm sweating, so I'm going to workout again. It's unbelievably hot in here.

4:52 pm. Finished bathing and washing clothes.

I've got my dinner cooking a beef stew.

5:38 pm. Finished eating laying under the fan trying to stay cool.

8:43 pm. Watching boxing on NBC waiting on showers.

10:52 pm. Just got back from the showers. I'm going to bed. I hate the way they run showers. I'm also hungry. I gave the dinner tray away.

Sunday June 21, 2015 6:02 am. Got up at 5 am. and washed up. I'm tired, I'm also sore from all of this exercising. I'm sitting back watching T.V. waiting on breakfast. I'll bath before I go to the visit.

7:44 am. I hear the breakfast trays out there. still can't get use to these times. I liked the Chow times of UCI, and shower times. But that's about all I liked about it.

Ronald W. Clarke
June 21, 2015

Page 7
Daily Journal

I've got to bath here shortly and get ready for the visit.

8:02 am. ate grits one biscuit and a sausage. now time to bath and then watch GMA until they call me for visit.

8:30 am. Finished bathing, cleaned the floor now sit back and wait.

3:27 PM. Back from the visit, I'm sweating already. This heat is really bad. man thought it was hot in the visiting park. Back here it's unbearable. I need to lay in front of this fan and cool down.

6:00 PM. was watching boxing on CBS it's so hot, feels like an oven in here. Fan is just blowing hot air. I can't believe how hot it is in here.

6:42 PM. just finished eating hot dogs, beans and macaroni. It's still very hot. I need to get some sleep. I've got to wait up for them to do our weight and cell inspection.

7:39 PM. I've got to go to sleep. still hot, but I'm just so tired. I didn't get enough sleep staying up until 11 PM last night for showers.

9:48 PM. They did weight and cell inspection now I'm going back to sleep.