

Ronald W. Clark  
June 22, 2015

# Daily Journal

June 22-30, 2015

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Monday June 22, 2015 5:59am. Got up at 5:12 washed up, had a cup of coffee, watched some news.

I'm waiting on laundry exchange before I make the bunk. I need to write a couple of letters before I work out and before it gets too hot.

It's already 74° outside right now. High today is 95° feel like temperatures in the 100's. I woke up last night several times sweating.

It's extremely hot in these cages.

7:09am. Wrote a letter and got a birthday card going out. Laundry came through. I need to make my bunk and clean the floor.

7:56am. Finished eating pancakes and oatmeal. I'm going to walk for 30 minutes then write, watch RTM and then exercise.

9:49am. Watching RTM. getting ready to work out. I cleaned the floor, set up the workout bag. I should have wrote another letter, by 2PM it'll be so hot in here you just don't want to do anything.

12:32PM. Just finished working out. I'm pouring sweat, going to lay down on the floor and cool off.

1:28PM. Lunch just showed up. Wasn't very good. I ate the beans and salad.

2:36PM. Finished bathing. I still need to wash the shorts. It's hot in here.

6:40 PM. Finished eating dinner. It's been so hot in here you can't do anything. Just lay in front of the fan and try to stay still. Any movement causes you to break out in a sweat. I'm going to lay down now and try to go to sleep.



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Tuesday, June 23, 2015 4:20 am. Got up at 2:55 wish I could have slept in till 5am. I laid there couldn't get back to sleep so I got up, bathed, had a cup of coffee watched the news. I need to write a letter or two. exercise, canteen will be here around noon. we go out this afternoon, also the food packages could show up today, or tomorrow.

7:48 am. was writing, breakfast showed up ate sausage and grits. saved the potatoes for later. I'm watching a program called Decades this day in 1989 Batman was a big hit, a block buster. I don't even remember it. I was so high and drunk I don't remember most of those days. I can't remember the 4<sup>th</sup> of July. I don't think I even remember June. I was that messed up. some time in July I met Tracy. I didn't drink and do drugs for enjoyment. I did them to cloud my view of daily life and escape reality. Bad way to get through life. Where I'm sitting proves my point. Well I need to do some walking.

8:22 am. Going to start working out.

11:18 am. Finished exercising, going to lay in the floor and cool off.

11:23 am. Canteen is here.

11:46 am. Canteen is put up. waiting on recreation.

12:40 pm. It is so hot in here. still waiting on this lunch.

1:32 pm yard officers are here.

3:28 pm Back in from rec. storm's came rolling in.

I took the mp3 player out, was listening to my music as I did dips and pull ups. need to wash clothes and bath.

4:17 pm. washed clothes, bathed now just laying



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here in front of the fan. With that storm it did cool things down.

6:41 PM. Dinner just came, I put the chicken up for in the morning. I'm going to sleep.

Wednesday June 24, 2015 6:27 AM. Been up since 250 washed up, deboned my chicken and heated it up. ate some, saved some for later. still waiting on the laundry. The nurse just came through. I'm sore from all of this exercise. also got sun burned yesterday. The sun was out until the last 10 minutes and that thunder storm rolled in fast.

I'm going to work the legs and abs today. I notice with my abs getting stronger, my back is hurting less. I still need to get this knee fixed. I hear laundry out there now.

6:53 AM. Made the bunk, waiting on breakfast all I want is the milk to mix peanut butter with and make a protein shake.

7:50 AM. Breakfast came, coffee cakes, I gave the tray away. Finished a letter I started yesterday. Heard the warden maybe coming around. I've got to write classification and the law library.

10:39 AM. Was working out. Food package just showed up.

11:24 AM. Got everything put away need to go back to exercising.

12:11 PM. Just stopped exercising lunch came, I gave the whole tray away. That tray wasn't prepared well, looked like a 200 tray. I may workout some more later. Have to see how I feel.

1:04 PM. Going to set up and go back into the gym for another workout.

2:26 PM. Washed clothes and bathed it's hot in here!



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7:13 P.M. It's raining, which cooled it off a bit. I'm just laying down, I can't sit and write for very long in this type of heat.

6:39 P.M. Dinner came, hot dogs, I gave the tray away I'm going to sleep right now.

Thursday June 25, 2015 5:19 am. I woke up at 4:26 washed up, had a cup of coffee, watched the news I need to write a couple of letters. I didn't get any mail last night. I'll go to rec this morning, do some dips pull ups push ups, come back in, wash clothes, bath and wait on Father Conrad. Right now I need to make the bunk and clean the floor.

6:09 am Nurse just passed out meds.

7:48 am Finished eating, one biscuit with gravy over it. now going to walk until they come for rec.

8:25 am. still no rec officers in sight. we will not get the full 3 hours. which is what I fought so hard at UC I for. Oh well.

8:39 am. still no rec officers. we will be back in by 11 am. so we're going to get less than 2 hours and 20 minutes.

11:07 am Back in from rec, we didn't get out there until 8:52, so we got 2 hours and 14 min. I've got to wash clothes and bath.

11:40 am. clothes are washed, I'm done bathing now lay back and wait on lunch. I wish I could change this recreation, I'm just not sticking my neck out there. other guys complain, but no one wants to do anything to bring change.

12:26 P.M. just got legal mail from my attorney.

1:18 P.M. Finished eating, was told I don't have a call out for Father Conrad.

2:01 P.M word is the wardens coming around.



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7:04 P.M. Warden never did come through up here. Chow just came, I gave it away. I'm waiting on showers. I hope to get some mail tonight.

9:36 P.M. Back from the shower. I'm going to sleep.

Friday June 26, 2015 5:17 am. Laundry exchange just came through. I've been up since 3:50 washed up, had a cup of coffee. Not sure what I'll do today. We do have the Union Food package to look forward to. I'll workout, write a letter or two, and see what the rest of the day holds. The U.S. Supreme Court may rule on the drugs that their using to kill us with. Once that's done, we're all wondering if the executions will start up again, or if the Hurst Case will keep the executions on hold. I wouldn't care if they signed my warrant. I've done this way too long, 20 and 1/2 years of this... surviving in a cage. And David walks the streets free.

7:29 am. Finished eating breakfast, I started a letter that I need to finish.

9:12 am. Watching R.T.M. Tazz who was in cell 2317 is moving down stairs. I hear the lawn mowers and weed eaters out there and can smell fresh cut grass and gas fumes. Wish I was out on the street. I'd love to be on the beach, salt air, waves crashing sun on your face.

10:02 am. Going to workout now.

11:26 am. Wasn't a great workout, lunch is here, I'm giving it away and will eat some chicken that's from the canteen.

12:17 P.M. Washed clothes bathed ate some chicken. I'm tired, I'm going to lay down.

4:01 P.M. I fell asleep, it rained and cooled things




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down. I'm still tired, watching France and Germany play soccer.

6:52 PM. Finished eating dinner sausage, I'm going to sleep.

 Saturday June 27, 2015 6:05 am Nurse came through. I got up at 4:49 am. Wasn't a good night's sleep. I didn't get but one letter, from a company and I got a request slip. In with that was a letter from someone to an inmate who was in this cell, when I seen it this morning I gave it back to the officer. Most people will not do that. The officer looked at me crazy and said, "so your getting me for a federal violation." and then walked off. This is the 2nd time they've given me someone else's mail.

7:13 am. Breakfast came. I'm having oatmeal.

8:00 am Ate oatmeal, I'm going to walk for now, then go into my workout.


11:02 am. Finished exercising and it was a good one. Need to wash clothes and bath.

12:00 pm. One of the Assistant Wardens came by, Sgt. said you have to take your clothes line down.

Which ticked me off. How are you suppose to dry clothes. We don't have a laundry services for personal clothes. I took it down without saying anything. So tempted to file a grievance.

1:16 pm Lunch just came, the patty was raw, I ate the salad and squash. I'm still hungry.

6:43 PM just ate dinner a salad. I've just been laying here in front of this fan. It's miserable.

 Sunday June 28, 2015 6:55 am. Got up at 4:40 washed up had a cup of coffee, cleaned the cell, made the bunk watched some news and waiting on breakfast. It's already hot in here. I can't stand this heat!



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It's the humidity that makes it so bad in here. June is almost over, get through July and August and things will start cooling down.

7:39am. Finished eating breakfast need to bath and get ready for the visit.

8:32am. Bathed washed the floor, now sit back watch GMA until they come get me.

3:18pm Back from the visit, only two of us was out there.

6:43pm. Dinner just came, I'm giving it away, I'm ready to go to sleep. Got to wait up on weight and cell inspection.

11:00pm They just did cell check and weight, I'm going back to bed.

Monday June 29, 2015 5:32am. Just made the bunk, laundry just left. I got up at 5:08 washed up, now having a cup of coffee. Need to do some writing.

7:48am. Finished eating breakfast, pancakes, still have some writing to do, I'm going to walk for 30 minutes.

9:59am. Finished watching R.T.M. The union food packages just showed up. I sat up my weight bag. I'm going to start exercising shortly.

12:20pm. I just finished exercising my food package showed up late. Need to wash clothes and bath.

1:42pm. Finished bathing, still need to wash clothes. They had a recount so lunch still hasn't shown up.

2:46pm. Lunch just showed up, I gave it away. Sloppy Joe.

6:52pm. Finished eating dinner. I'm about



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ready to call it a day. That United States Supreme Court ruled that the drugs are constitutional and that it's okay for the states to kill us with those drugs. So they may sign a death warrant.



Tuesday June 30, 2015 5:40 am. Been up since 4:15 washed up, had a cup of coffee, made the bunk cleaned the cell read my mail. I got a letter from a new person last night, so I'll write her this morning. Seen on the news that Oklahoma and Florida is getting ready to start up the executions again. Get them killing chambers cranked up. Yeah they want to kill some poor trashy human beings.

7:35 am. Finished eating breakfast I'm going to do some walking now.

8:15 am. Time to do some writing.

9:39 am. Watching R.T.M. just finished a letter. I'm going to work out here shortly.

11:23 am. Finished my workout.

11:58 am. Canteen is here. After I put my stuff up I need to get ready for recreation.

12:55 p.m. I'm ready for recreation, but there's some thunder, so they may cancel our yard. Find out if they don't come in the next 30 minutes.

2:53 p.m. We just come back in from rec, it started lightning, someone yelled up just now that Governor Rick Scott has signed Jerry Correll's death warrant. I hated to hear that. Maybe he will get another stay on that Hurst case. I've got to wash clothes and bath.

3:41 p.m. Washed clothes, bathed and ate some grits and sardines. Now going to lay under this fan and try to stay cool.



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7:02 PM, just finished eating dinner, chicken.  
I'm going to lay down and call it a day.