

Ronald W. Clunk
May 11, 2015

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Monday May 11, 2015 5:44 am. Just did laundry exchange, one new sheet and Class A uniform. and made my bunk. I got up at 4:45 am. Washed up and cleaned my cell. Last night I had to get up to weigh and get the cell inspected they check to make sure there's no holes in the walls, so no ones trying to escape, they check the bars vents ect. so I took my mail off the door and forgot to put it back up.

Taking me time to get use to this over here. I need to do some writing today, also go through some of this legal work try to straighten it out get a box to put it in and get it stored in the property room.

7:43 am. Breakfast is being served on the other side of the wing, will be over here in 3 to 4 minutes.

8:02 am. Finished eating pancakes and oatmeal. I'm going to do some writing now.

10:51 am wrote a couple of short letters, this legal work is a mess, I'm going to box it all up and send it to the property room.

12:13 PM. Food is being served on the other side. It's hot in here today.

6:42 am. Finished eating, hot dogs, I didn't accomplish half of the stuff that I wanted to do. seems to be hotter over here, than it was over there, maybe because I'm up here on the 3rd floor. I'm getting ready to lay down and go to bed.

Tuesday May 12, 2015 5:02 am. Been up since 3:30 washed up cleaned the cell. made the bunk, my back is hurting from doing that. Then

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watched some news, still got 2k hours or more before breakfast arrives. I need to start a letter.

7:21am. Breakfast is being served on the other side of 3-wing. At 2c I would have eaten over 2 hours ago.

7:54am. I ate breakfast, sausage and biscuits. I've got a medical call out this morning. Sgt said as soon as they take rec out, they will come get me. That'll be around 8:30.

11:45am. Back from seeing the Doctor, that was a waste of time. A lot walk that cut up my ankles. They say it's a quarter of a mile from Q-wing to medical. It's a straight shot down the hall. I seen canteen, it's already been zip here. They'll bring mine back later. Wish I would have bought a coke.

For now, I'm going to lay back and relax. 106 PM. Canteen came back. They didn't have my full order. Lunch came, I ate, the guys are waiting to go to recreation. I can't go out yet.

6:42 PM. Finished eating was not a productive day. I bathed in my cell, I'm going to sleep. I'm extremely tired.

Wednesday May 13, 2015 6:00 am. Rough night sleep. I kept waking up doors opening and slamming shut during showers. I've got to change my sleeping pattern. Laundry still isn't here. waiting on that then breakfast. I'll just be eating oat meal this morning. I need to do some writing. I'm still mad about the fact that they stole my property

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over there. Well guess I'll start a letter.

6:34 am. Laundry came, I like the fact that I don't have to wash sheets over here. I've made my bunk, made some oatmeal. I need to order some oatmeal on the canteen this week.

I'm going to try to get back into exercising. Right now, I need to finish this letter that I started yesterday.

7:48 am. Breakfast was served, I gave it away. I don't care for coffee cakes. I've got to write a publisher over in Germany who wants to publish one of my poems.

9:02 am. Going to watch Right this minute. I will be seeing the psychiatrist today to get my prozac renewed.

11:19 am. Lunch just came I ate the veges and meat. Still haven't seen the doctor. I need to do something to pass some time. They're picking up legal mail right now.

12:08 PM. I'm back from seeing the doctor. I was in there 7 minutes. Got the prozac renewed and come straight back to my cell.

4:26 PM. I washed some clothes, other than that I've just been laying here watching T.V. I fell asleep for a bit. I'm tired all the time. Trying to adjust to these changes.

6:52 PM. Been along day. Dinner just showed up and now I'm going to bed.

Thursday May 14, 2015 6:32 am. Been up since 3:30 cleaned the cell washed up, made the bunk washed clothes wrote a letter waiting on breakfast. I need to change this routine. Cause tonight I'm going to be up until 10pm

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dealing with these late showers. I'll be glad when they get the breakfast down here. Guess I'll do some walking and listen to some music, or I'll write this grievance on UCI property room stealing my property.

7:42am. Finished eating breakfast, wrote the grievance on my property. I'll drop it in the box tonight. I was told that I could not go to recreation. I've got to wait 30 days. That's not in the rules, I don't want to cause any waves at the moment so I'll go with the flow.

9:15am. Watching R.T.M. Finished a letter. The guys are on the yard. I haven't been out in over 3 years. and as it goes their not going to let me go out until Thursday June 4, that'll be 31 days.

10:00am. I was told I have a 3PM. call out to the col's area. I don't know what it is, and I really don't want to go. maybe the Inspector General, but they aren't going to do anything. so I don't even care to see them.

11:17am. Guys just got back in from recreation. Sgt. said I could go out next week but I'm on yard restriction which means I'm in a cage. That's going to result in me fighting for change.

11:47am. Finished eating. Was better than UCI's kitchen. I think I'm going to my call out. It may be Father Conrad.

3:02 P.M. I was ready, they never came to get me. I still don't even know who it is that I was suppose to see. I don't like this call out system over here.

7:25 P.M. just finished eating dinner. hot dogs

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now just waiting on the showers

10:00 P.M. just got back from the shower. I'm going to bed now.

Friday May 15, 2015 6:16am. Got up at 3:39 washed up, cleaned the cell. Changed my sheet at 5:50 when laundry came through, made the bunk and here I am now trying to figure out what I will do to pass the day.

7:12am. just finished eating breakfast. sausage grits and potatoes.

9:46am. Finished that blog post a Den of Thieves started a letter. now watching R.T.M. then go back to the letter.

11:02am. Here's lunch, Chow never arrives at the same time over here.

12:45 P.M. Finished some writing. was thinking about showers last night. I was on the other side which is facing F-wing the old S-wing before they re-lettered and numbered everything back in the mid 90's. But from that shower I could see my old wing and cell S-2-N-8 where I spent February 1991 til February 1993, my first two years on death row. It's mind blowing that I've lasted this long. These cages are hard on the human mind and body. I've done this for a quarter of a century now. yes - it's been a long journey. I could have never imagined this, when I first got here. This was my biggest fear, not execution, but being left in this cage for 15, 20 years. And that's exactly what happened.

7:30 P.M. just ate dinner, I'm going to lay down call it a day and try to get some sleep. I'm seriously tired.

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saturday may 16, 2015 5:43 am. Been up since 4:20 washed up, but that's all. was laying here watching TV. I'm making some oatmeal for my breakfast. I don't like coffee cakes. Not sure what I will do to pass the day.

7:31 am. Finished a letter, here's breakfast.

8:37 am. wrote Father Conrad, now watching ABC Good morning America.

11:53 am Finished eating, wasn't all that good. still better than D.C.I. I wrote another letter. Then did some reading. I'm going to lay down for awhile, watch some TV. I'm starting to watch that too much.

6:50 PM. Ate dinner, wasn't very good. Now just waiting on showers then bed.

11:00 PM. They started showers after 9 PM. I still haven't got to the shower yet. They pulled cell T and I then went to the back and kept going that way. I'm going to lay down they can wake me up when they get to me. I'm tired.

sunday may 17, 2015 7:07 am. Been up since 5 am. They did not wake me up for the shower. I layed down, when I came to the showers were turned OFF. I was tired. I haven't stayed up until 11:00 PM. in years. I don't know the last time I stayed up that late. Any ways got up at 5 am. didn't get out of bed until 5:30 made the bunk then bathed had 2 cups of coffee. Now just waiting on breakfast.

7:50 am. just finished eating eggs grits and biscuits. we eat last, due to the fact that we're on the 3rd floor. I guess I'll do some

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some writing. When I moved over here I also lost all of my art supplies, stuff that can't be bought in the canteen. Time to write since I don't have a visit today.

3:26 P.M. just got back from the visit, my cousin and his wife came up. It was really nice to see them. We talked, read the bible played some cards. I need to write mom. She's sick and not feeling good.

6:24 P.M. watched the basketball game. Just finished eating, waiting on them to come take our weight then I'm going to sleep.

8:19 P.M. They just did weights, and beat on the wall tennis ect with a rubber mallet. I'm going to bed now.