

Ronald W. Clark "Death Row"
Journal
APRIL 13, 2016
Wednesday.

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Been up since 3:30 am. Finished a GED project, not sure if I'll post it on line. A letter to my Dad, Sgt. just come by asking to see everyone's hands. They've lost a pair of handcuffs. How they manage to do that, I do not know. Sure they will turn up some where.

Wrote a letter this morning. I'm out of envelopes. I do have two other letters that I can write. I got a letter in last night, with a self addressed stamped envelope. That always helps. I'll be writing that letter here shortly, then I'll get into this GED book. I skipped around this morning messing with some math.

There's a lot of movement going on out there on the quarter deck. Maybe a bunch of callouts, and recreation for the second floor. Heard their behind on rec.

Well I got a couple of letters written. I've been in the GED book, but I'm going to have to go back, cause some of this stuff, isn't sticking in my mind. So I need to go over it, possibly write it down, several times! I've got to do something, to make it stick in my mind. Been eating too much. I've got to cut back and start seriously dieting. That's hard because I love to eat. And it's something to look forward to in here. Still need to get this under control.

Been reading over some procedures on this GED, and also Correspondence Courses. Need to get back into this GED book. I really need a tutor. Cause I'm struggling with this stuff. There's got to be away of retaining what I'm learning.

Bout ready to call it a day. Wasn't as productive as I hoped. Got to exercise tomorrow. No if and's or but's about it. The education stuff is great,

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but I need to exercise. And I really need to stop eating junk. saying it, and doing it is two different things. Time to do it. Right now it's time to go to sleep.