

Ronald W. Clark Jr. Death Row  
May 23, 2016 Journal  
May 22, 2016  
Sunday.

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woke up this morning to all types of drama. my neighbor and his neighbor are both pissed off because no one would give them a can of dip yesterday. snuff tobacco. so that Nicotine junk is on them. And they try to pull me into the middle of their bull crap. This is a mental ward. They write note up and down the hall talking crap about each other. Then they turn around and smile your face with sweet salutations like they've done nothing wrong. The idiots have showed me the notes. That's why I stopped messing with them. Figured I'd stay out of their drama. I need to move, only problem is, there's no empty cells. so I'd have to find someone to trade cells with.

I've got to bathe here shortly and get ready for the visit. also need to write a letter.

Monday. May 23, 2016

Instead of wasting paper, I decided to keep the journal flowing from one sheet to the next. Haven't been feeling all that well, mom could tell yesterday. We just got word the Regional Director is coming through. sick of seeing him. Not like anything positive is going to come of it. oh well.

They walked through, didn't see the Regional Director or warden. Bunch of people looking in on us liked caged animals in a zoo. They then come to get me for this shoulder x-ray. No sooner than the sgt. snaps one of the handcuffs on, they come over the radio and

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Cancil it. second week in a row. I'm getting ready to bath, and go to sleep.

TUESDAY May 24, 2016

7:39am. Been up since 4:30. made my bed, cleaned the cell washed up read my Miami Dolphin Digest listened to some news on the radio, wrote a letter to mom. I didn't get any mail. so I'll have to figure out who to write today. I'm getting ready to do some walking, then some exercising.

7:48am. just got in legal mail. a copy of a motion for Rehearing that my attorney filed. It'll be denied. The American Court's are pure garbage. Worst of the worst. For they perpetrate a Fraudulent Facade of due process. Well go back to walking before I start exercising.

8:17am. Grievance lady just came through and the sgt just took the rec list. I'm on it. I'm listening to music walking.

8:56am. I'm exercising, doing pushups. The officers just came by doing recount. That doesn't happen as much over here, as it does at UCI. Back to exercising.

9:38am. still doing pushups, but also have a meal cooking for Hanif and I for later. Back to exercising.

10:27am. had to take something off then put some sauce on. I'll take that off in about 20 minutes. This will be a really good meal. Back to the Gym, going curls.

11:05am. just took the sauce off. Finished exercising with tricep extention and crunches. Now going to walk and cooldown.

11:45am Deacon Roy is down the hall, I just ate one of the wraps. was good. I'll have the 2nd one tonight when I come in from recreation. I've got to hit that dip and pull up bar and get a good work out.

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12:21 PM Talked to Deacon Troy for a minute. Lunch was here at the same time, so he got out of here. I kept the rice and pineapples. Need to get ready for rec.

12:53 PM Their doing recount again! so messing the recreation up!

1:01 PM These idiots on the wing are screaming up and down the hall about basketball. Wish they would take the basketballs out, just get tired of hearing about it. Hope to get out so I can get some sun, and another workout in.

1:42 PM still waiting on count to clear, so we can go out. not looking good.

4:24 PM just got back in from recreation. Going to make these wraps, wash clothes then bathe.

5:39 PM just finished bathing, before that I washed clothes and then ate. Tomorrow I'll make something with this chicken. Right now I'm going to lay up under this fan, listen to the news on the radio and then go to sleep.

Wednesday May 25 2016.

4:28 AM Been up for about 15 minutes. Not a very good night's sleep. Kept waking up, then struggling to go back to bed. Had a dream that everyone was dying, there was a bright light in the sky and a lot of heat, and I was leaving my body, that's all I remember. Had another dream about Lisa, my first wife, her and I was stealing a car. Those were separate dreams. I need to make my bunk clean my cell and read over my first course in Creative Language. I'm studying in the College Guild.

5:04 AM Bunk's made cell's cleaned and breakfast is being served.

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5:11am. see that black gunk in the corner. That's on the lid to my food tray, and that's just what come OFF a Q-Tip. This kitchen is nasty. I put a piece of tape over that in the corner so no one has to touch it, but I've got to eat from that!" well I got to write three letters and do some studying.

6:31am. Laundry is here. I wrote mom a short note to another individual. I've got to write a couple more letters while it's still cool.

8:11am. Finished another letter, then put together lunch for Huit and I. That's cooking now. I ate a half cup of oatmeal. I'm going to do some walking now. Legal mail man just came through.

8:22am. Grievance Lady just came by, and cell 2306 Buck just went to a call out. I also have sgt. looking for some missing library books.

9:04am. Buck just got back from his call out. And the officer doing urinalysis is testing him. I haven't had a test in 14 years.

9:36am. Buck finally produced a urine test and the officer just left. Back to exercising, doing some crunches. Then pushups — take it from there.

10:38am Pounding sweat. That was a good workout!" I did some tricep extensions after the push ups, then bent over rows and then some cardio. Buck had the Free World Canteen man zip here, Buck tried to steal one of the net bags they pass canteen out in, so he may get a D.R. for that. He just finish 90 days on D.C. Monday. He's an idiot!" well I need to walk, cool down, then get ready to eat lunch.

11:33am. Just finished eating my lunch. Came out really good. Chicken, Rice, Ramen noodle soup, carrots, cabbage and some seasonings. washed my dishes now going to walk for

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about 15 minutes then write a letter.

12:41PM. Lunch just came. The trays were slimy and greasy, just nasty." I've been writing a letter to Julie. Which I need to get back to.

2:15PM. Been working on this course. Finished all my mail. Read some of the news paper. I'm tired. Also sore from exercising. I'm stuck on one of these questions. Writing three funny sentences. I'm going to walk for awhile.

3:57PM. Did some more crunches. Trying to still generate an idea for this assignment. Was reading the USA Today. I'm getting ready to both wash clothes and lay down and call it a day.

4:35PM. Just ate dinner pasta, greens and green beans. I'm working on a sudoku puzzle. After that I'll bathe and wash clothes.

5:28PM. Finished bathing and washing clothes. Going to lay back now read and listen to the music and go to bed here shortly.

THURSDAY MAY 26, 2016

4:43AM. Been up since 3:16, didn't get out of bed until after 4am. Had a cup of coffee, washed up, made my bunk, cleaned my cage. Read the one letter that I got in last night. I've got a busy day ahead of me. Need to wash some clothes. Got recreation this morning. I need to do some studying for this GED. File 2 grievances, fill out some paper work for the education Dept. Need to work on this creative language course and write a letter.

5:59AM. Breakfast is late. Nurse just came through withs med's. I wrote mom, and one grievance. Washed some T-shirt's which are still soaking. Just broke out my GED book. Need to do some studying in it.

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7:02 am. Officer just came through taking the rec list. Heard there was a fight in the kitchen, that's why breakfast hasn't been served. I've been reading the GRE book. I'm going to do some walking and crunches.

8:26 am. Been exercising breakfast just came. I need to get ready for recreation.

8:37 am. Ready for rec. I hear the grievance lady coming for grievances. so I'll get this one about the phone's turned in.

8:42 am. Grievance has been picked up, officer said the yard crew isn't even over there yet. we don't ever get our full 6 hours of recreation required under 33-601.830(D)(1) And we never will. I can usually hear the gate out there (outside the window) rattle, at that point I know the one yard officer is down there on the yard. The sgt. and c.o. comes through the front door of the wing. I think, I just heard the gate. But our wing staff is down stairs pulling inmates for call outs.

8:50 am. Need a woman in my life. I think back at women that I turned down over the year's, sure regret that now, that I'm sitting here alone. That's usually the way it is. Life is full of regrets.

9:02 am. Still no yard. we're not going to get 2k hours. Not but maybe 2 hours. may not even run yard. There maybe something else going on. Guess I didn't hear that gate. Guess I'll listen to some music and walk. Then go back to the GRE book.

10:01 am. I know why our rec got canceled. Their doing a mock execution. Getting ready to kill mike. That's bad when your practicing to kill someone. The van's just came in. These people are unbelievable. Premeditated murder on a scale like nothing ever seen.

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11:30 am. Been doing some cooking, cold wraps for lunch and dinner. I guess the mock (practice murder) execution is over. I heard the Lt. down stairs, so she's no longer on Q-wing. The bottom floor of Q-wing is where the execution chamber is. I'm going to do some more push up's here, shortly, and crunches. Trying to get this meal finished first.

12:06 PM. Secretary Julie Jones is over on Q-wing, she want make it over here. Not up here on the 3rd Floor. I've been in this GED book, Right now I'm going to get into this Creative Language Course.

1:09 PM. Lunch just came. I had just finished eating a cold wrap. Gave the tray away. Finished one of the sections in this Creative language course. I'm going to walk for awhile.

2:07 PM. Just did 200 pushups. Guess I'll do some crunches. Then get back to this GED.

2:18 PM. Did 200 crunches, 50 Reverse Crunches. Time to work on the GED.

2:51 PM. Just finished Language Arts, writing pretest part 1 25 Questions I missed 9. Writing an essay is next.

5:24 PM. Been on the door talking to Hanif and Kalil about back in the days. We've all known each other for over 20 plus years. Yes - it's been a long journey. Was talking about all the brother's who've died from cancer, been executed or gotten off the row. Dinner is out there, and about to come down.

6:07 PM. I'm eating some corn, was doing this writing course. I'm really tired and ready for bed. Soon as I get back from the showers. I'm out of here, so I hope they start them in the next 15 minutes. Other shift, they don't

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start shower's until 9 10 even 11PM.

7:18PM. mail came, only received one letter from mom.  
showers still haven't started. I think their short an OFFicer.

7:34PM. shower's just began. I'm ready to get it, and go to sleep.

7:56PM. Heard the showers were delayed, because some idiot on the First Floor was Flooding. That's Disciplinary confinement.

8:29 PM. Back From the showers, Going to sleep.