

Ronald W. Clarke Jr.  
The Death Row Poet  
march 1, 2012

# Daily Journal

March 1, through 4 2012

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Thursday march 1, 2012 7:14am. just made my bunk and cleaned my cell. I didn't get any mail last night. which really sucks. I was watching the news this morning 12 people died in the tornado's that hit last night. It's a cruel world.

7:31am They came and called me for rec as I was writing. so I had to stop and get ready. I'm waiting on them to come. I need to get out and get some fresh air and sun. I believe it's foggy outside, if so there will be a delay in me getting to go out. Can't see out the windows, there just "Fitty!" They haven't cleaned these windows in five years or more.

11:08am. I got back in from rec at about 10:40, just made me a cup of coffee and refried beans. I'm going to make me some burritos for lunch. I spent the whole 3 hours walking around, and shooting the basket ball. There was a light drizzle. I seen a lot of birds out flying around. There wasn't any sun out, but I did enjoy the fresh air. I seen the warden come over to P-Dorm. he didn't come over where I was, nor did I care. I'm invoking my right to remain silent due to the lack of honor and integrity of this corrupt administration whose already lied. I had 3 officers and a sgt. sitting on me out there. What a waste of tax dollars. I seen a couple of motorcycles go by, one was a yellow street bike. I'd have loved to have rode that bike. I'm going to do my leg workout about 3PM then shower, for tonight is shower night. until then, I don't know what I'm going to do.

1:14PM The mp3-player man just came by picking them up. He said, mine is still sitting on Mrs. Fowler's desk waiting

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to go out. I didn't like hearing that. I just read an article in Monday's USA Today about Federal prisoners getting mp3-players.

3:30 PM starting leg workout. squats 1st set 35 2nd 35 3rd 35 4th 30 Toe touches 15 Lunges 1st set 12 2nd 10 3rd 9

Donkey presses 1st set 50 2nd 45 3rd 35 4th 25 Toe touches 50 side leg raises 30 4:02 PM Finished. now I've got to wash these cloths. It wasn't a great workout, but at least I got a little something in, and it was a good sweat. I'm pouring sweat.

4:14 PM just finished washing cloths, just shorts, T-shirt, and socks, which I wash every day. now I'm waiting on the showers to start. I'm the 2nd set in the shower. Then I'm going to come back and lay down and relax. And they already started the showers.

5:00 PM. just got back from the shower. I feel so much better. I'm going to lay back and relax. all these officers are hoping that I'm taken off heightened security next week. They don't like having to put these chains on me. It's a pain in the ass for them, and they all know it's h.s. over what I wrote about this warden. 😊

~ FRIDAY march 2, 2012 6:33 am. just sitting here at my desk watching the CBS morning news. The word we heard last night is their going to be updating photos today. Last night I received one card and 3 comments left on my blog. so I'm going to be responding to them this morning. I've got a chest and back and shoulder work out to do. Not sure when I'm going to do that. Have to see if they do these photos or not. I'm going to reply to the 3 comments left on my blog. my cell is cleaned bunk made. see what else today holds.

8:45 am I just finished replying to the latest three comments left on my blog. I enjoy responding to them. I'm hungry

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think I'll make me a soup here in a few minutes.

Then I guess I'll get to this workout.

9:19 am I'm making me some refried beans and mackerel. I have a cup of coffee and after this, I'm going to workout.

I am really tight every where from these workouts. I

was told they haven't heard anything about photos.

Around here you can never trust what you hear. If I hear something around here I'll check, recheck and check

again. I'm actually enjoying this blog, because so far, I've had nothing rejected or censored, but I'm also not sure

what all is up. wish I had a way of seeing what's being posted. I need to find someone to download my new post and send me a copy, so I know what's going up.

As I sit here in this cage, ... there's a whole world going on out there. I didn't really care for living on one left.

Over there you can see the officers, attorneys and visitors coming in and out, and you witness them leaving you behind, leaving your world, and entering a world that has left you behind. This is a very rough existence for the strongest of minds ... and my mind, is by no means the strongest. Let me eat and get to this workout.

10:46 am still haven't worked out. I got to messing around drawing this little tweety bird. Then I drew a sponge bob on another sheet and a duck with a ball and chain. I



Figured it would give my journal a little more of a personal touch drawing on them.

I won't do it every time, but from time to time I think I'll do stuff like this.

I still haven't even eat. so I need to

stop and eat and then get to this workout before I get too lazy and start

trying to make excuses. OFF we go to setting this up.

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11:15am starting workout pushups <sup>declines</sup> 1st set 37 2nd 27 3rd 19 4th 15  
pushups reg close 1st 12 2nd 15 3rd 10 4th 9 pushups wide 1st  
2nd 3rd 4th

11:30am stopped workout. we were just told we will be going to the movement center for new FDOC photos after lunch. so no since in getting sweaty. once I get back hopefully I'll have enough time to do this workout. I wish I'd have got it done this morning, but I was waiting to hear something on the photos. I'm pale white from not getting out to the sun. well here's lunch. it's spanish rice, it's nasty. I'll put it in my bowl and wash it off and use it for something later. mix a soup with it.

11:44am now we're hearing only certain people are going over for photos. so I need to find out if my name is on that list, so I know what to do. Tweety bird was showing through on this other side so I went ahead and drew it in over here. what to do, what to do... what to do?

1:02pm. They just called cell #1, #3 and #5 for the photos.. I don't believe their taking me, but I want to give them a few minutes, in case their holding me back because of this silly ~~act~~ heightened security. I'm suppose to get reviewed next week, six month review. I don't know if they will lift it or not. march 9, will be six months that these bone headed moron red necks put me on this stupid crap. I like being able to write what I feel, and what I can't say. I hope they see this blog and read it cause they can't controll this pen, and their's only one way to silence me and that's by



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Killing me as they did Frank Valdez on July 17, 1999. They know this by now, that I won't back down. I'm fighting for what I believe in, ... and for what I know is right. I'm going to listen to my radio, (I sure miss my mp3.) I'm going to pace back and forth, if they bring 1, 3 and 5 back and don't call me, then I'll start my workout up.

2:06 PM starting workout. military presses 10 bags 1st set 15 and 13 3rd 10 4th 10 5th 10. Toe touches 50 standing BB Rows 10 bags 1st set 12 and 12 3rd 10 4th 10. Bench presses 10 bags 1st set 40 and 23 3rd 22 4th 17 5th 15 Bench presses 18 bags 1st 12 2nd 10 3rd 8 4th 7 DB Rows 9 bags 1st 15 2nd 12 3rd 10 Toe touches 75.

3:12 PM just finished up my workout. It was a pretty good one. It was not the best, but I got it done. I'm feeling a bit sick to my stomach. I'm pouring sweat. Had to lay a rag on the paper to keep the sweat off this paper. I've got to wash cloths here in a bit, then bath, dry the floor up and then lay back and chill out for the of the night.

3:48 PM I was just working on a poem. I haven't written one in awhile. so let me share it.

Expendable  
The heart and body  
they shall smash.  
For I'm expendable  
poor white trash.

I'm the walking dead  
I'm the unforgiven  
but that was the life  
the life I was given.

I'm the death row poet -  
I wait to die.  
in a 9x7...

Foot Cage I lie.

I lie awake -  
deprived of sleep.  
The price is hard -  
my life is cheap.



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yes capital punishment  
its all about cash  
And thats why they murder -  
poor white trash.

written 3-2-12.

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well I'm going to wash cloths and bath. I do hope  
people enjoy my poetry.

4:41pm just washed, cloths bathed got me a soup going  
with the cabage and rice from the lunch tray. After I  
eat I'll watch reruns of the Rockford Files and then  
watch some news, then reruns of the big bang theory.  
and then OFF to bed, Here's the dinner trays

~ SATURDAY march 3, 2012 6:10 am we had breakfast about  
an hour ago. coffee cake and oat meal. The breakfast  
are the best meals we got. I didn't get any mail last  
night. 😊 I'll still write a couple of letters over the  
weekend. I'm going to get my workout done this  
morning, and I need to write Judie whose helping promote  
my blog at [www.Road2justice.org](http://www.Road2justice.org) I also need to work on  
an advertizment for cell pals. and try to direct some  
more traffic towards my blog. we haven't seen any  
thing on the news about David Gores death warrant  
since its been signed. I seen Governor Scott on T.V.  
yesterday. And if he's so willing to participate in  
these murders, then he needs to attend them. I'm  
thinking about writing him a letter and challenging  
him to attend these damn murders that he's  
assisting in. Cause he's a major player in killing these  
men, murdering them under the mantel of justice.  
7:40am I got my bunk made cell cleaned and now I  
just got to figure out what I'm going to do next.

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Guess I should set up for this workout, and maybe work on a poem. start writing more poetry to share on my blog. I was watching the news last night on them Tornado's. The mayans may have calculated right 12/21/12 I believe is when their calendar ends. And with the Tornado's earth quakes, Tsunami's maybe something to it. Let me get set up and get to going.

8:20am starting workout 30 crunchs, laying leg lifts 1st 12, 2nd 12, 3rd 10, 4th 10.  
Crunchs 40, laying side leg lifts 1st 30, 2nd 30, preacher curls 4 bags 1st 12, 2nd 10, 3rd 8, 4th 7, DB curls 6 bags 1st 7, 5 bags 1st 8, 2nd 7, 3rd 6, 4 bags 1st 12, 2nd 10, Reverse grip DB curls 4 bags 1st set 10, 2nd 10, 3rd 9, Laying Tricep extentions 4 bags 1st set 11, 2nd 11, 3rd 10, 4th 9, standing Tricep ext. 4 bags 1st 8, 3 bags 1st 8, 2nd 8, Toe touches 50 Finished 9:40am.

9:53am just ate me a tuna and Crackers. Need protein after you workout. wish I could afford that chicken, Rice and mushrooms they sell on the canteen. I bought one for this next week. I heard there really good. But you have to be one of the guys who can order \$100.00 a week to afford that meal. I can't afford that.

IF I was allowed to make greeting cards and sell them I could afford to live a bit better. They just showed a picture taken several year's back of the mayan ruins with a light coming down on it.



And here I was thinking about and writing about it this morning. It was just a quick clip on CBS This morning Saturday. They also just said as people have died from these storms, I feel bad for all the families who are mourning the lost of their loved ones families and friends. Life is just so damn cruel.