

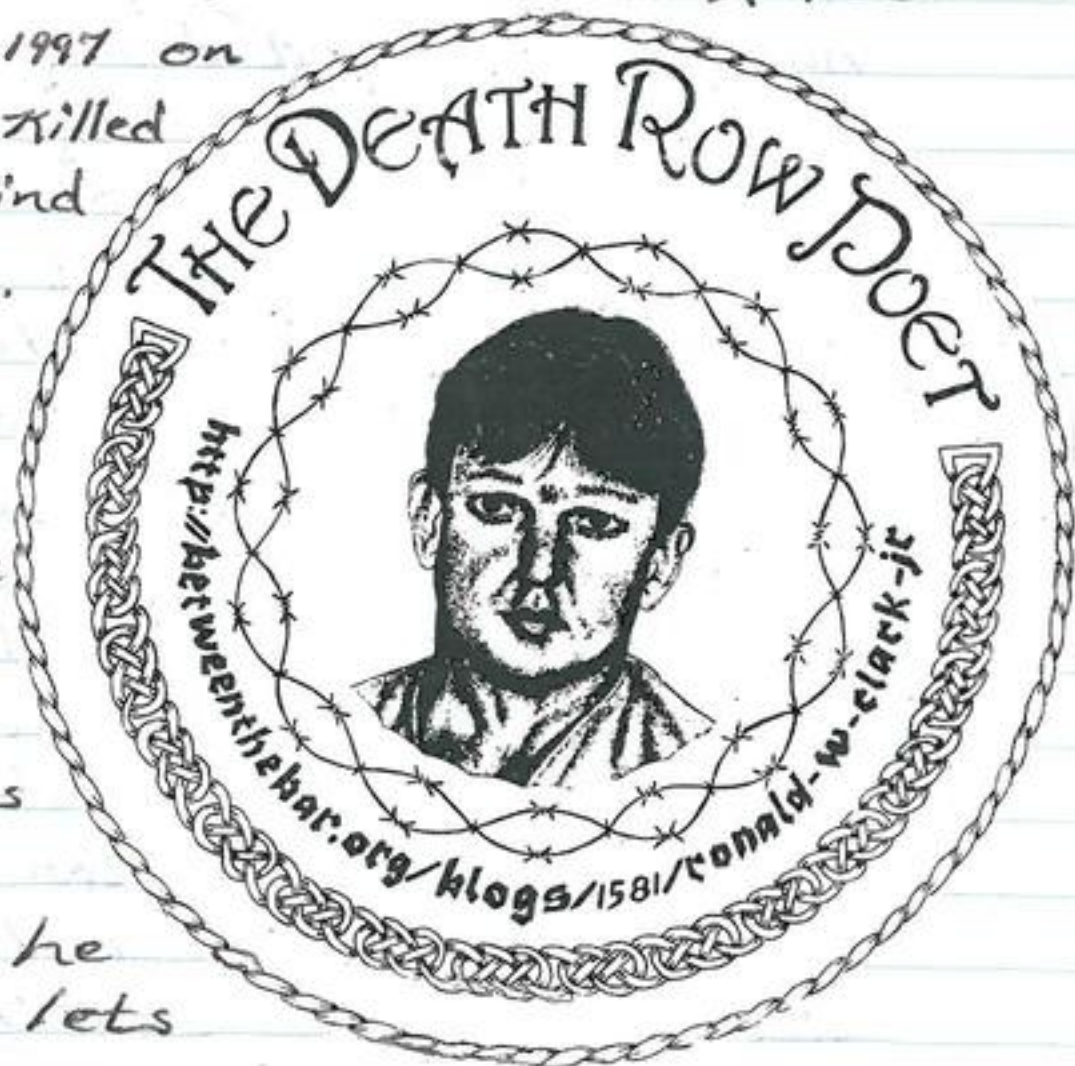
The Death Row Poet
 March 23, 2012 March 23, through 25, 2012

Friday March 23, 2012 5:41 am. well I've been up since 4 am listening to my music. my cell is already cleaned, bunk made and now just waiting on breakfast. I only got one letter last night. That's better than nothing at all. I need to get that letter started and then get to my workout which will be legs cardio and abs. It's hot in here. I broke a sweat just cleaning my cell. well here's breakfast

6:00 am just finished eating every Tuesday and Friday we have the same thing Grits, potatoes, 2 slices of what is suppose to be toast and a sausage patty that's processed meat. IF you read the menu, it sounds good, you look at the food tray and say that's not what I just read. let me walk pace for awhile.

7:14 am I have law library this morning, so I'll start my workout once I get back. I really need to get down there and get a few things done. This date here always reminds me of the last letter that I received from Connie March 23, 1997 on

March 24, 1997 my Dad killed her, and I wouldn't find out until March 31, 1997. And just writing and thinking about that brought up a lot of pain. He tore my heart out when he killed her. And if I could have gotten my hands on him those first couple of years after he murdered her, well lets



Ronald W. Clark Jr.
The Death Row Poet
march 23, 2012

page 2
Daily Journal
march 23-25

just say I'd have more guilt and regret to live with. I'm going to start writing the story of my life and posting it here. Let me do some more pacing and then get this letter started.

8:43 am just finished cleaning the cell bars. I usually do that a couple of times a week. I was hoping to go to the law library any minute, but some dumb a** can't count, so they're doing recount. If they screw that up, then we go into master count. I hope they clear the court so I can get down there. I was writing a letter to Anne. I'm going to do some walking and drink more water. I get so hungry just sitting here. I've got a problem with my left foot going numb, feeling like it's asleep. Been having problems with it since June 2011 last summer when I was on that hunger strike, and this sorry punk Lt. Swaine put me on strip cell to break my hunger strike. I had no mattress only a pair of underwear. I had to walk all night long. My feet would go numb, I fell busted my eye bruised my arms and legs up, was throwing up any water I drank. The low life S.O.B. not only left me in there with no cloths, blanket, no mattress, no toilet paper for 5 days but he had me in the infirmary and turned the Air conditioning on wide open. What really pisses me off, is they made that moron a Captain for breaking me. That's one of those S.O.B. who have about as much honor and integrity as a Nazi in a Jewish concentration camp. I hate him, and I won't even speak to him. I'd speak to Satan before I spoke with Captain Swaine. Or as we refer to him Swaine the swine. Let me get some walking in and hope they clear

Ronald W. Clark Jr
The Death Row Post
march 23, 2012

Page 3
Daily Journal
march 23-25

Count soon.

11:33am I'm back from the law library, just ate lunch, hot dogs. They shut the law library down early. Sgt. Thomas' Funeral. The Sgt. that was killed over at Columbia. It's a damn sham that that happened. Lives in total chaos, a mother, father other family and friends grieving right now, over something that should have never happened, I don't care if the Sgt. done something, there's no reason for killing. I just think of all the tears being shed right now, a life lost for ever. Very depressing thinking about that. Well I'm going to get to my work out here shortly. Below I'm sharing an exhibit where the prosecutor in my case Lance Day on Sept 21, 1990 at 2:25pm called my lawyer Henry Davis and gave me 4 days to take that life sentence, which I would have served 25 years on. meaning I'd have been getting out in less than 3 years. on February 7, 2015 I'd have been a free man. But I was 21 years old and just couldn't see that far ahead. on top of that I wasn't happy that my codefendant was getting less time and he was the shooter, who ever said life is fair? Not me! I'm going to do some walking and then get this work out going.

 **PHONE-O-GRAM**® for: D

M. Lance Day

Telephoned
 Will call again

Returned your call
 Please return the call

Came in
 See me

Message:

Re: Ronald Clark - offer in life is open until Sept. 25th

Phone: 353-9821

Date: 9-21-90

Time: 2:25 By: JRD

I would have served 25.
Life now means "no parole life".
Never getting out.

Ronald W. Clark Jr.
The Death of a Poet
march 23, 2012

page 4
Daily Journal
march 23, 2012

1:36 PM Got side tracked earlier. I realized I had made a mistake with my logo and left out the s. in bars. I was so pissed. Now I'm having to fix that. Right now I'm fixing to start my workout. squats 50, 50, 50, 25 good burn. 50 calf raises 70, 65 good burn. 100 jumping jacks getting cramps. 50 toetouches. step ups 10 min. Got some pains in the Ab area, not sure what that is. Just now felt a really sharp pain! Like oweee!! Have to see how it feels later.

4:03 PM Well I'm feeling better. Must have been gas. I'm having a rice + beans and beef stew for dinner. On the tray they have meat loaf, and nothing like mother made. It's a round ball shape about the size of a tennis ball, looks bad like some type of animal poo. And it taste worst than it looks. I'm going to wash cloths here in a bit, bath and call it a day. Hope to get some mail tonight.

5:53 PM Washed cloths, bathed cleaned the floor up, now I'm going to lay down and call it a day. I got a paranoid feeling about 2:30 PM. an officer and sgt. walked by, and they had that look, that's "I know something you don't know." I've been asking around but can't find out anything. on my way back from the law library I was talking with a sgt. about sebert Connor being in cell #102 that deprivation chamber, He said Connor's going to be in there until he gets off DC. They know that I'm trying to help this 70 year old man, and they don't like it one bit. I don't care, I'm going to do what's right. Going to call it a day. watch some T.V. and go to sleep.

* SATURDAY. march 24, 2012 7:11 AM It was 15 years ago today, that my father killed Connie. I really didn't want to get out of bed this morning. I feel tired. Last night I watched some local news, world news

Ronald W. Clarke Jr.
The Death Row Poet
march 24, 2012

Page 5
Daily Journal
march 23-25

and fell asleep around 7:15, was woke up at 8:40 with mail call. I got one letter from a friend over seas and one letter with some comments from the blog. I'll respond to them and write a couple of letters. workout this morning. I need to snap up out of the way I feel. I feel like shit. seen on the news this morning about Sgt. Thomas Funneral. Damn sham! He was 2 years old when I got here. He was only 9 when my father came to prison. And now his life is over. Also been thinking about that 17 year old kid Trayvon. Life is so unfair, so uncertain. Life is a bitch! I'm going to get up and walk for a few minutes take my prozac and vitamin and see if I can get to doing something.

8:41am starting workout. Flies 5 bags 1st 23, 2nd 14 3rd 11 4th 11
Decline Flies 6 bags 1st 13 2nd 11 3rd 10 4th 8 DB Rows 8 bags 1st 18 2nd 12
3rd 12 military presses 8 bags 1st 9 and - shutting down feeling sick.

9:38am I started feeling sick to my stomach, maybe I should have eat something with the vitamin. I'm cooking a chicken dinner that's from the canteen. First time I've ever had one. There's \$6.75 and that's a lot of money when you don't have a job. I've heard there really good, we will see in about 30 minutes. I wrote my reply to Lisa Heard at about 8:20am I need to finish this letter to Anne and write mom and one other. Not sure what else I'll do today. My neighbor just went out for a visit at 9am He won't be back till 3pm. and he'll be going out again tomorrow. For 6 hours. must be nice. I use to enjoy visits. I should have them back by the end of the year, if not I'll fight to

Ernest W. Clark Jr.
The Death Row Poet
march 24, 2012

page 6
Daily Journal
march 23-25

get them, and do another hunger strike. And using the alleged D.U.I.s and cover up, the retaliation ect, maybe I can get some publicity and people in Tallahassee will take notice of this stinking no good warden and his sorry Administration. They hate me, and it makes me feel so good. For I know that I'm standing up for what is right, standing up against corruption, while in the hands of these corrupt no good SOB. 😊

10:05 am I'm on a learning curve cooking this chicken, but I opened it up to look at it, to see if it was hot. my god, it's real chicken and it looks so good, if it taste as good as it looks, I may have to sacrifice to get one of these. I actually hope it's not good, cause it's way too expensive.

\$6.75 IF you had \$100.00 a week for the canteen, then it would at least be in your price range. I can get 13 Ramen Noodle soups for the price of this meal, 15 because I'm also having beans + rice with it. That's \$8. For one meal. Nope... Can't do that.

Hopefully this meal will be nasty, dried out meat.

10:31 am It's absolutely Delicious!!! I just at a little bit of it in a tortilla wrap, it was like a chicken Fajita. I can't believe how good that is, we've never had anything close to this on the canteen. I took a bite and it's stuffed chicken breast, real chicken and it's got rice and mushrooms in it. I cannot believe how good this is. I got the rest of it heating up right now. I'll eat it in about 20 to 30 minutes. Good god that is a good meal. They sell these in the visiting park also. They just started selling them back in Nov. or Dec 2011

Ronald W. Clark Jr.
The Death Row Poet
march 24, 2012

Page 7
Daily Journal
march 23, 25

They've had them on the canteen since then as well. I heard guys talking about how good they are, that's why I tried it.

12:47 PM Got a letter finished to my mom. Then I was working on some legal stuff. I've got to get another letter out to Attorney Trevisani Monday with these legal documents. I enjoyed the rest of that chicken dinner. It was so good. Now I'm going to get ready to do some more exercises. Listen to my music, keep the T.V. on the basketball game, I want to get this work out done and either bath, or wait until they start showers. Let me get up and get going.

1:02 PM They still haven't picked up food trays from lunch. I'm starting my workout now. Crunches 50, cross overs 50 plank's 60 second holds 1 sets. 2nd 30 second holds. Bench press 16 bags
1st 25 2nd 20 3rd 16 4th 12.

1:35 PM That sucked. I just couldn't get going. I don't know what's wrong with me. I'm thinking about washing cloths bathing and just saying to hell with this day. Think I'll pace back and forth here in my cage, and then decide what to do next.

3:12 PM Just been going through the mp3 music catalog. My neighbor come back from the visit. sounds like there's a lot of drama going on out there between the visitor's wives and girlfriends. If I get my visits back, and get a regular visit, I'm going to make sure that my visitor knows to stay out of that drama. Cause it's like a soap opera out there and that's no exaggeration. so it's best to stay out of it completely. And keep everyone wondering. Cause that messes them up even more. 😊 Well I

Ronald W. Clark
The Death Row Poet
March 24, 2012

Page 8
Daily Journal
March 23-25

guess I'll get back to Anne's letter
5:36 PM just got back from the shower. Feel so much better. I don't like waiting all day for a shower. I got the cloths washed Floor washed Anne's letter written and now I'm watching the Gators play in this basketball game. After the game I'll probably listen to music till I go to sleep. This day just brings back too many bad memories. Connie's death, something I'll never get over. The pain is no where near what it was then First few years. Well call it a day.

* SUNDAY March 25, 2012 7:12 AM Here we are another day, just made my bunk. and I was laying there watching a program on PBS about Ronald Reagan. Every time a date flashed up like April 23, 1983 I thought about where I was and what I was doing. On 4/23/83 I was living in Tulsa, Oklahoma I was 15 year's old in the 9th grade at Byrd JR. High school. I had a Kawasaki 125 Enduro. sure wish I could go back to that. mom and sherry was together and I was at the happiest point of my life. I'd make alot of mistakes over that summer drinking 151 Rum riding my motorcycle with a buzz and out running the Tulsa Sheriff Dept. There's probably alot of police reports on me and my bike for that summer. Any ways dates would pop up and I'd just relive memories. wish I could pop back into any of those dates and know what I know now. without having any Cravings for alcohol or drugs. I can see a T.V. commercial of a beer and I can almost taste the beer and I have a craving for it. That's why I doubt giving myself a end chance in society, if they let me out right now. Cause

Ronald W. Clark Jr.
The Death Row Poet
march 25, 2012.

Page 9
Daily Journal
march 23-25

all it would take is one bad decision, thinking I can have a beer, or get drunk once. one bad decision like that would lead me back down this path of self destruction. well I need to get up wipe the floor down clean the sink and toilet and set up for this workout.

8:08am starting workout. Crunches 70, 50

DB curls 5 bags 1st 13 2nd 11 3rd 9 4th 8 Laying Tricep EXT 5 bags
1st 12 2nd 10 3rd 9 4th 8 Reverse grip curls 4 bags 1st 15 2nd 12
3rd 12 - DB Kick backs 4 bags, 1st 8 2nd 8 standing tri ext 3 bags
1st 10 2nd 8 50 Toetouchs. Jumping Jacks 225 shut down
workout at 8:13am

10:21am Been talking with one of my neighbors. while I was fixing me a soup and fish which I just ate. Now watching the rest of CBS, Sunday morning. Lunch and dinner today both suck! I need to do some writing. I've still got to wash cloths, bath and wipe the floor down.

12:47pm I wrote an essay called Abuse mental torture that I'm going to have placed on minutes before six blog to try to get help for Mr. Connor who their torturing here. I got 2 letters going but I flipped over to ABC seen Danica Patrick's in this IZOD Indy car race, so I'm going to stop and watch it.

1:14pm. Danica's not in this race, I seen the Go daddy car and a photo of Danica so I thought she was racing. There's another woman but she's so far back, I've never seen her up front. I'm going back to my letter.

2:26pm Finished a letter and did 36 pushup. 27 more 25.

now I'm going to watch NASCAR till I stop to wash cloths and bath.

3:00pm just finished washing cloths and bathing. Fixing

Donald W. Clarke Jr.
The Death Row Poet
march 25, 2012.

Page 10
Daily Journal
march 23-25

to make a soup and sit back and watch the race.

5:33PM just watching Kansas and WNC game race is rained out. IF it stays that way Stewart will win. I'm going to lay back and watch this, then 60 minutes, the Amazing race and go to sleep. so I'm calling it a day, putting the mail and all this on the door for it to be picked up at 12 am Monday March 26. so until tomorrow, stay strong and Fight the good Fight.

In peace and love Donald W. Clarke Jr.
The Death Row Poet