

Ronald W. Clark Jr.
The Death Row Post
February 20, 2012

Daily Journal

February 20 through 26 2012

Monday February 20, 2012 7:32am Well I'm sick, I've got a bad cough, headache, sinus, chest hurts. It was so bad last night that I had to lay down early and didn't even watch the Amazing Race. I really would like to climb back under the covers and go to sleep. But we have to have our beds made during the day. I also need to do some writing. I sure don't feel like it.

12:40PM I did get one letter finished. I just feel like crap. I hope to get to feeling better here, soon.

~ Tuesday February 21, 2012 7:04am. still feeling bad. my sinus are really messed up. I've got to get some writing done. I got a letter last night from a friend who didn't like my essay "what's your excuse." I see her points, but the point I was making is I am an uneducated dumb ass, America has no excuse for murdering its citizens, I'm not trying to sugar coat who I am, or the way I feel. And I was angry when I wrote that. I see both sides of the death penalty. When my father killed his 3rd wife Connie, on March 24, 1997. Out of revenge and all I felt, I wanted him dead. I understand the vengeful nature of human beings more than most, because I will in the heat of the moment take vengeance. I also recognize that's not the smartest or most civilized thing to do.

9:40am I'm trying to work on this essay A Nation of Hypocrites and a letter, but I'm burning up with a fever and I feel so bad! Nurse came around a few minutes ago and gave me the yearly T.B. test. I don't have T.B. I'm sweating just sitting here.

5:48PM Sgt. Garza is on tonight. I have a lawsuit against him he jumped on another prisoner back in Nov. tried to set it up so he could jump on me back in Oct. by opening my

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cell door, which was caught on video. I was ready to go to the shower when they got to my cell today, then they said I couldn't go. Then after they ran everyone they came back for me, which made me nervous, cause he could put the chains on me and easily jump on me in here. And every time he came by he was smiling at me. I don't like this.

~ Wednesday February 22, 2012 7:26 am. still feeling bad, I mainly have a headache and sinus' are messed up. They called Recreation for everyone else. I wouldn't have went out any ways. I took tylenol so IF this headache eases up, I will do some writing. They'll be doing sheets and pillow case exchange this morning. I didn't get any mail last night. wouldn't be surprised if Garza threw it away. Last night I got to see a movie on 4.2 called Bobby Jo and The outlaw. I seen that movie when I was 8 years old, in 1976 in the Drive in theater. I've wanted to see it again, and it just wasn't as good as it was when I was a kid. Twenty one years ago today Feb. 22, 1991 is when I arrived here on death row. It's been a long and tire some journey. 10:30 am canteen just left. I got a little something. Next week I wont get anything. Right now I only have 97¢ in my account. I've been getting really dizzy. I'm starting to feel a bit better. my sinus' are clearing up. I don't have a cough or sore throat. I hope that's the end of it. I need to do some writing.

11:24 am Brother Dale just came around with the priest for gsh Wednesday. I don't have any Faith so, I don't participate in anything. I do enjoy talking to them. He said, He seen stoney in the main hall way at FSP. the night before the execution. At 8:22 PM it'll be one week ago that they "murdered" stoney AKA Robert Waterhouse under the mantel of Justice!

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2:19 PM I keep thinking I'm feeling better and then I start feeling bad again. I can't stand being sick. I've taken some more tylenol. mainly just been laying down all day. we just heard the warden is making his rounds. I don't care to see him, or talk to him, or anyone in this dishonorable Administration. Don't trust them, anything I have to say, I'd rather put it in writing and anything they have to say, I'd rather have it in writing. I need to write Amnesty International and see if I can get some help there. I may wait till next week to do that. Guess I'm going to lay back down.

* Thursday February 23, 2012 7:12 am. Twelve years ago on this day, at this very moment the state of Florida was in the process of murdering Terry Sims, and the next day February 24, 2000 they would murder Tony Bryant. And that's when I began my fight against the death penalty. I'll never forget them two. I was talking to them through the ventilation system the morning of their murders. up to the last hour, before the staff came to get them and take them into the Chamber to be murdered.

I'm feeling a lot better than I did yesterday. I only got one letter last night. so I'm going to write that this morning. Last night I watched survivor, I hated that the women lost the challenges. I need to write this letter

9:31 am I got one letter finished and I'm looking at what else I may want to put up on my blog. a story I took out of News week titled "I committed murder." I'm hoping to get it placed up on my site to share with others.

3:05 PM Well I laid down, fell asleep for a bit, ate lunch and then just layed around. The mp3 man picked up my mp3 player and has sent it out for repair. I really need to get back into an exercise program. I'm going to get started back this week. I should get up right now

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and get going.

6:04 PM Just finished eating dinner. I'm waiting on the shower now. I should be the next to go. Can't wait to get my mp3-player back. It won't be until April. I'm fixing to wash cloths. and get ready for the shower. and then call it a night.

~ FRIDAY February 24, 2012 7:34am Twelve years ago today they had murdered Tony Bryan. mind just went to wondering over the other men who have been murdered under this corrupt fraudulent justice system. It's hot in here this morning. we need to get some windows opened. not sure what I'll do today. I didn't get any mail last night. That sucks. Miami Heat beat N.Y. last night. I was watching the news this morning and the back lash over burning of the Quran. People are too sensitive to stuff that doesn't matter. It's paper and ink and it's not worth dying or killing for. IF God/Allah has a problem with it, let him deal with it. And if he can't or won't then it's obviously not an issue. Quit killing each other over stupidity!"

11:19 am I just finished "A Nation of Hypocrites" which I hope to get posted up on the blog. Before that I cleaned the cell up. scrubbed the floor. I got my radio hooked up and working. I'm going to get back into exercising. I just can't keep laying around like this. past two weeks I got sick twice and was depressed. ~~time~~

2:22 PM I've just been laying around watching T.V. just don't feel like doing anything. I need to pull myself out of this, I keep saying that, but I'm not doing it. Officer's just came by counting, and it's not count time. so something's going on some where. IF they come around doing master count then some one is missing from their work or living area,

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or staff messed up the count, but that's not likely since regular count is at 12PM. a recount would have taken place between 12 and 1PM and a master count would have been conducted by now, so that tells me some one is missing and has just been discovered missing after count was cleared. maybe some one in the guard tower seen something, or some prisoner said something. who knows? And I may never know. I just thought about something, I haven't said anything or talked to anyone all day long. I mean not one single word. oh well! It just popped into my mind. I'm going to listen to some music and see what I can do. I'm going to pace for awhile.

3:04PM working out. Doing Flies 1 set 18 2nd set 14 3rd set 12, 4th set 10 - ^{weight 5 bags}
military presses 1 set 13 2nd set 12 3rd set 8 4th set 7 weight 10 bags -
BB Rows 1 set 12 2nd set 10 3rd set 9 4th set 10 bags -
Dench presses 10 bags 1 set 30 2nd set 30 3rd set 25 4th set 17 song by Nazareth
Love Hurts. I'm going to get.

3:57PM I'm glad I did a little work out. I feel sick to my stomach. I'm going to get up in the morning and get going early do arms legs abs and a cardio. I need to wash cloths here in a few minutes, and then bath, and kick back, and relax for the night.

~ saturday February 25, 2012 9:36am. Here we are another day. Last night I received two letters. so I only got 4 letters all week long. so I'll do some writing later on. I'm going to work out here shortly. I seen yesterday where Danica Patrick won the pole in the Nation wide Race that will be run today. I'd sure like for her to win that Race. I'm sore from yesterday's work out. I hadn't done anything in 3 weeks. I may just do arms and abs today and legs tomorrow. I'll get started here soon and see how I feel as I get

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going. In fact I'm going to get set up for it now.
I got up at 5am. Washed up made my bunk, but I still haven't cleaned the floor, so I need to do that first.

8:04am beginning workout. 50 crunches, one arm Reverse DB curls 3 bags 1st set 20 2nd set 14 3rd set 12 4th set 12, 50 crunches DB preacher curls 3 bags 1st set 12, 2nd 12, 3rd 10, 4th 10, DB curls 5 bags 1st set 8 2nd 7 3rd 6 4th 6, standing tricep extensions 1st set 12 2nd 10 3rd 8 4th 8 3 bags, DB kick backs 3 bags 1st set 10 2nd 10 3rd 8 4th set 8 toe touches 50, 2nd set 50 side leg lifts 1st set 50 2nd 30 15 minutes of cardio. Finished 9:40am

9:51am just cleaned the floor, put up my workout stuff.
I'm making me a Ramen noodle soup with mackerel.

10:00am I had the T.V. on CBS this morning and there was a pole dancer, stopped me in my tracks, well I'm going to eat, and then write a letter. we got showers at 4:30pm and I should be the 2nd set to go.

3:58pm I finished one letter. I watched some T.V. Right now I'm waiting on showers which they are setting up right now. taking out the mats taking the locks off the doors ect. I need to finish up another letter. I'm going to exercise in the morning and then spend the day watching the Daytona 500. I'd like to know what's going on in that other race right now. I only care about what Danica's doing. I need to wash the clothes I'm wearing before they get to me on the showers.

5:04pm just got back from the shower. I feel a lot better. Now I'm just waiting on dinner, after which I'll lay back and watch the news try to find out what happened in that race. until then I'm going to write my friend Anne.
6:00pm I finished a letter. still waiting on dinner. They're taking the last set to the shower right now. I'm fixing to lay back and watch the news and call it a night.

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~ Sunday February 26, 2012 7:03am well I'm going to start my workout up here shortly. I was just watching the weather channel to see how it's going to be for the Daytona 500, looks to be okay. someone wrecked Danica yesterday on lap 49 of that race. I got up at 5am already made my bunk and cleaned the cell. we don't have to make our beds on the weekend, but I make mine every day. I do need to get a letter written this morning or maybe send a card. I'm going to hook up my radio here in a few minutes and listen to some music. I miss my mp3-player. wish I wouldn't have got back into drinking this coffee. I like coffee, I don't like the habit nor do I like the price a 4oz bag of instant coffee is \$4.65.

7:56am starting workout calf raises 1st set 25 and 25 3d 25 4th 25
Toe touches 80 squats 1st set 30 and 30 3d 30 4th 30 Toe Touches 50
Lunges 1st set 10 and 10 knee raises 1st 20 and 20 Toe Touches 50
side leg raises 1st set 30 and 25

8:43am I'm pouring sweat. I got me a little leg workout in with a bit of cardio. I really didn't feel like doing anything. I have a headache, which I believe is sinus. I'm constantly blowing my nose. I'm going to watch CBS Sunday morning at 9am till 10:30am just to see if they cover Danica. They covered a cat giving a dog a back rub on the news, that was cute. yesterday I seen a video of a cat and rat eating together and there was another one of a bird and dog that was really cute. after the news I'm going to wash cloths bath and then lay back and watch the Daytona 500.

9:07am There's nothing but gscar crap on, and I don't care anything about that. Find something else to do.

1:44 PM Rain delay on the Daytona 500. I've been flipping back and forth between the coverage and this epic poker

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Championship. I enjoy poker, wish this rain would clear up so they can get the race started.

3:21 PM. One of the guys just came back from visits. must be nice, go out there hold a woman in your arm get a hug and kiss and feel the closeness, sure wish I had that. I still haven't bathed. I'm fixing to do that right now and call it a day and lay down and watch TV. and hope that this rain eventually clears up so they can start this race. This is the last weekend in February. Hard to believe we're fixing to go into the 3rd month of the year.

6:02 PM Race was delayed until tomorrow at 12 PM. I finished my bath and I'm calling it a day. I'm going to watch the Amazing Race and go to sleep.

Ronald W. Clark Jr #812974
Union Correctional Institution
7819 N.W. 228th Street P 2204
Raiford, Fl. 32026-4420