

Ronald W. Clark  
The Death Row Poet  
February 27, 2012

# Daily Journal

February 27, - 29, 2012

Page 1

Monday February 27, 2012 7:18am. Just finished cleaning my cell up. I have two call outs today 10:30am I go to see Ms. Sagle the psychologist. And I'm #5 on the writ room known as the law library. I'm going no matter whose working. I've got to get to that law library. It's still raining outside. It doesn't look good for the Daytona 500. These call outs are messing my workout up.

7:34am They just called recreation, not me just the other guys. I got the call out so I wouldn't be going out any ways. I was reading about a hunger strike in Pelican Bay state prison that took place last year. 6,000 participated in the first one in June 12,000 in the Sept and Oct. Hunger strike. Sure wish these men here would do that. These damn TVs are the biggest distraction. These guys want their TV's canteen visits and just aren't willing to make any sacrifices. There's rumors of a hunger strike this summer, it won't happen. It's just talk. If they do start one, I'll be in it. I'd love to see a major hunger strike go down.

10:23am Just got back from seeing Ms. Sagle. It was nice to see her and get out of this cell for a while. I'll go to the writ room this afternoon around 1pm. I'm fixing to eat me a soup now. and finish a letter. The staff are making us turn our palms out white being cuffed which is putting a great deal of pressure and pain on the wrist. Just more stupidity by an administration full of morons. Welcome to UCI where stupidity is an every day occurrence by this Admin.

12:42pm. The race is scheduled for 7:00pm tonight.

I'm getting ready for the law library, should be going down there in about 20 minutes. I need to come back and work out. I'll just have to see how

Ronald W. Clark Jr  
The Death Row Poet  
February 21, 2012

Page 2  
Daily Journal  
Feb 27-29

long I'm down there for. and how I feel when I get back.

3:24 PM just got back from the law library. my cell was searched, but nothing was destroyed. That was the first time I've been down to the law library since sept 12. because of all the retaliation. I need to get a letter written.

~ Tuesday February 28, 2012 7:14 am. Here we are another day. The assistant warden came through this morning. I didn't talk to her. I don't have anything to say to any of them any more. I use to enjoy speaking to her, but I don't even trust her any more. she was one of the 3 people in this Admin who I thought was trust worthy. They just came by calling recreation, I'd like to go, but I don't know if they will let me. They have to set two officers on me, because of this hyped security, so that's over \$90. wasted for two officers to set on me for 3 hours. wasted tax dollars because I pissed off the Administration writing about an "Alleged DUI, cover up rumor" that was spreading through out the staff and into the inmate population. All the staff knows this heightened security is a joke. and the results of having a drunk in the upper echelons of the Administration who can't keep his drunk ass behind the wheel of a car. Boo hoo!" I will never allow these people to silence my pen. Although they have silenced my mouth, . . . For I no longer wish to speak to them, only because the lack of their honor and integrity. I got three letters in last night, one from an org called Life Spark's one from my Dad and Anne, so I need to write them. I also need to do a chest and back work out. The Daytona 500 was pretty good, just wish J.R. would have won it since Danica crashed. Let me getting going. I made my bunk and cleaned up, but I still

Ronald W. Clark Jr  
The Death Row Beat  
February 28, 2012

Page 3  
Daily Journal  
Feb 27-29

need to wash the floor. seems they postponed the rec yard due to fog. I may workout first. I need to hook my radio up.

5:22am starting workout. Pushups, 1st set 30 and 20 and 15 and 17  
5th 16 6th 14 <sup>Front</sup> Lat raises 3 bags 1st set 10 2nd 10 3rd 16 side Lat  
raises 1st set 10 and 10 3rd 10 DB Presses 7 bags 1st set 12 and 9,  
3rd 7 DB Flies 5 bags 1st set 16 2nd set 12 3rd 9, 50 crunches  
DB Rows 8 bags 1st set 14 2nd 14 3rd 12 military presses 10 bags  
1st set 10 2nd 10 3rd 8, standing BB Rows 10 bags 1st set 12 and 10  
3rd 10 75 Toe touches Bench presses 10 bags 1st set 33 and 16  
Bench presses 16 bags 1st set 10 2nd 7

10:34am I finished the workout, put everything away.  
Now I'm eating me a tuna. Then I'll do some writing.  
Canteen is up here waiting on the guys to come back from  
recreation, their suppose to have 3 hours out there in  
accordance with the rules 33-601.830 (7)(i) but their  
not going to get it. I'm not looking forward to canteen  
cause I don't have anything coming. I'm going to  
do an essay on the recreation and show how it's not  
being given out in the manner were suppose to get it.

12:40pm Canteen just showed up, nothing for me today.  
I just finished a letter and I need to get a card ready  
to go out. I'm working on my logo. I'm going to put  
a rope around the outside of it, give it a little  
more style than the last one. I'll do a little work on  
that, and pass a few hours there. Got showers tonight  
I may do a little cardio workout before I go to down  
there.

1:21pm word is they just came and got David Gore, the  
Governor signed his warrant. He's been here since 85. I've  
seen him around but I don't know him. We will see  
what else we hear in the coming days.

3:29pm It's been confirmed David Gores warrant has been

Ronald W. Clark Jr.  
The Death Row Boet  
February 28, 2012

Page 4  
Daily Journal  
Feb 27-29

signed and he's been taken to FSP, and put on death watch on Q-wing. It didn't take Governor Scott two weeks to put his blood signature on another warrant.

He seems to enjoy murdering men, and the state has given him a license to commit murder under the Fraudulent Concept of Justice. He's working on his 4th murder. Dumb S.O.B. I'm going to do me a little Cardio work out before the showers.

3:40 PM 75 Tee Touches. 15 min Cardio steps.

4:00 PM Got me a little sweat in. I was just thinking about this guy David. I don't know if he's got any family. Back in the 90s I'd see him in the visiting park. I played Volley ball against him in 93. I gave that zip, and started playing basketball. We lived on 4 wing back in 93 and 94. We were on different floors. unless someone lived right around me, I didn't go out of my way to talk to guys, or try to make any friends. a lot of people know me and will talk to me, and I don't know them. makes me think I should have taken a little more time to get to know guys. I need to wash cloths before showers. and wipe my floor down and clean zip.

5:14 PM They are running showers. I should be next if they don't skip me. They hate pulling me because of this heightened security. I want to get my shower get back here lay down and relax.

~ February 29, 2012 Wednesday 7:42 am. Here we are another day. I had a rough nights sleep. I'm tired, but I have things to do, I need to workout write a couple of letters. work on this drawing. still haven't heard anything else on David Gores date. may see something on Capital zip date today. I'm hoping they call me for Recreation. my sheets and pillow case is zip on the bar's waiting on exchange. I got my blanket covering

Ronald W. Clarke Jr.  
The Death Row Poet  
February 29, 2012

Page 5  
Daily Journal  
Feb 27-29.

my bunk. I need to wash the floor and then see what I'm going to do next.

9:54am I wrote one letter. And they brought around the Emergency Contact Information which we filled out. So if anything happens to us our warrants signed ect then they know who to contact. I'm eating me a soup and then I'm going to workout.

10:33am I ate, had me a cup of coffee and now I need to get up and get to this workout. I can't just lay around. So let me get up and workout.

11:03am starting workout Reverse grip curls 3 bags 1st <sup>4 bags</sup> 20, 2nd 12, 3rd 10, 4th 10, 5th 8 Preacher curls 4 bags 1st 9, 2nd 8 3rd 6 DB curls 5 bags 1st set 5 and 7 3rd 6 Hammer curls 4 bags 1st 9 2nd 8 3rd 8 Toe touches 50, 75. Jumping jacks 100 DB kick backs 3 bags 1st set 10 and 10 3rd 10 4th 10 Tricep extension 4 bags 1st set 10 and 8 3rd 6 Laying tricept ext. 1st 10 2nd 10 3rd 10 4 bags, Knee raises 50.

12:22PM just finished my workout. I'm pouring sweat that was a good workout. I'll wash cloths and bath around 3pm. only because of the stupid rules they have around here about not washing cloths and hanging them and having to be dressed during the day. I'm going to be writing about a few topics, such as this in the next few weeks. Right now I'm fixing to eat my processed patty that they gave me for lunch.

12:33PM I'm hoping they call me for rec, but it's not looking very promising. I just flipped through the channels seen that Jerry Springer talk show which encourages these women to fight, and then people ask why, all these young girls are fighting and taping it on their phone. Cause of b.s. like this on T.V. This bullying has gotten way out of hand. If I seen some one getting picked on, I'd stand up

Ronald W. Clark Jr  
The Death Row Poet  
February 29, 2012

Page 6  
Daily Journal  
Feb. 27-29

to them which would get me into a fight. I just hated seeing some one get picked on. It would piss me off. I remember in 1981 in Tulsa, Oklahoma there was this kid who had a hair lip and two boys were picking on him. I came up and stopped. The two boys didn't want to fight me so they left. But the kid they were picking on, was like no one ever took up for me like that, and he followed me around like a puppy. That was just something I thought about.

2:41 PM. Was doing some work on my new logo. It's coming out really good. I got two letters ready to go out tonight as well as this and my new logo to be posted. I washed my T-shirt it's on the fan drying. I've got to wash my socks and the shorts in about 20 minutes. I'll bath about 3:30 and then kick back and relax. Right now I'm going to write Life sparks.

4:43 PM just finished bathing, drying that floor is a pain. I washed cloths and I'm fixing to lay down and call it a day. I'll eat dinner and watch some T.V. till mail call or I go to sleep. And I hope to get some mail tonight. Although the rules prohibit me from asking for penpals. It doesn't prohibit them from writing me, or from me writing them back. And any letters I get, I respond back to. Well let me get this ready for tonight's mail, so I can lay back and relax.

Ronald W. Clark Jr #812974  
Union Corr. Inst. P-2204  
7819 N.W. 228th Street  
RaiFord, Florida 32026-4420

Ronald W. Clark Jr  
The Death Row Poet  
February 29, 2012  
Will I live to see  
another leap year?

# THE DEATH ROW POET



<http://betweenthebar.org/klogs/1581/ronald-w-slack-jr>