

Ronald W. Clarke Jr.
The Death Row Post
march 5, 2012

DAILY JOURNAL

Page 1 of 9

MARCH 5, through 8 2012

Monday March 5, 2012 6:40am. Another day in my hell.



The little duck says it all. I didn't get a good night's sleep. I feel very tired, I just need to push past that and get this work out in this morning and I need to write an essay for the blog.

I'll write about the rules that are not being applied fairly by this Administration. covering recreation

to how their misapplying the rules to place guys in strip cells, to torture us. I seen on the news where that young baby died. That was so sad.

7:05am As I sit here at my desk facing the cell bars, I can see out the window located about 10 foot on the other side of the bars. although the windows are filthy I can see the sun rising and shining on wing one across from me. our recreation yard is in between these two wings in a pie slice shape Δ it's 104 feet by 79 by 104. It's not a very big area, and they pack ~~any~~ where from 20 to 35 of us on this small recreation yard. That's way too many people. For many reasons it makes it very unsafe. But here you learn convenience will override care custody control and security when the convenience of the situation plays out in the favor of the prison Administration.

7:49am. They are pulling guys on one wing for recreation. so I'm going to hook my radio up, listen to some music and set up for this chest, back and shoulder workout. once I'm done with my workout. I need to do some writing and finish



Ronald W. Clarke Jr.
The Death Row Poet
march 5, 2012

Page 2
Daily Journal
march 5-

working on this poem. let me get going.

8:20 am I just wrote a poem Death toll which I'll write here in my journal after my workout which I'm starting right now
Decline pushups 1st 31, 2nd 25, 3rd 21, 4th 18, 5th 12, 6th 14,
military press 10 bags 1st 8, 2nd 9, 3rd 9, 4th 8, 5th 6, 6th 6,
DB Rows 1st 14, 2nd 12, 3rd 10, 4th 8, Bench presses 10 bags 1st 22,
2nd 20, 3rd 20, 4th 20 DB Rows 10 bags 1st 14, 2nd 10, Toetouches 50
9:17 am I'm finished, it wasn't the best workout but at least I got something done. and I got a good sweat in.

Let me share this poem with you.

~~Death toll~~
Death toll

my country -
is despising
the death toll...
is risen

one nation...
under God
America's committed
the ultimate fraud.

killing our citizens
watching them die.
screaming justice
is an eye for an eye.

yes... an eye for an eye
and a tooth for a tooth
But this is not justice
and that's the solemn truth.

For this is premeditated...

Homocide.

Another bad case -
of genocide.

yes eliminating
the poor.

The racially
insecure.

yes America
is despised.

and the death toll
is risen.

written march 5, 2012

By Ronald W. Clarke Jr.
The Death Row Poet.

I do hope people enjoy my poetry, and most of all
I hope it makes people think, about capital punishment.

Ronald W. Clark Jr.
The Death Row Poet
march 5, 2012

page 3
Daily Journal
march 5-8

I'm going to make me a soup.

12:00pm I haven't done anything. I was watching this movie call Zeberhead it was pretty good. I'm just so damn tired. I also was reading over this contract that I got with Between the Bars. There's alot I want to write about that I can't write about. I don't like the way I'm feeling right now. I'm tired, got a headache and feel dizzy. I've been getting alot of headaches lately. I'm going to lay down for awhile.

1:04pm They just called recreation for every one else. I don't get to go. still on hyped security. due to my good ol' knuckle headed warden. 😊 I still got a headache. I hope to get some mail in tonight. I'm going to lay back down for awhile.

4:15pm I just finished bathing and washing cloths. Guys come in off the yard with a rumor that their going to be moving all of us back to Florida state prison (FSP) so death row will be back over there in one place. We've heard this rumor before. so we will see what happens over the next few months. I fell asleep earlier. I think I'm getting sick again. I sure hope not. I had a cough and it feels like I got fluid on my chest...or in my lungs. I'm fixing to lay down and wait for dinner.

8:37pm I got two letters in tonight one from Prison penpals .com where I'm trying to promote this blog. so I just wrote them back. I also got in a letter where a friend overseas is setting up a new blog where it will be mine and there will be no censorship the new blog address is <http://thedeathrowpoet.wordpress.com> so now I'm going to start kicking ass and taking names. see how this punk ass administration likes me then. well I'm going to lay back down and try to get some sleep. I'm glad I got this information. Till tomorrow.

Ronald W. Clark Jr.
The Death Row Poet
march 6, 2012

Page 4
Daily Journal
march 5-8

~ Tuesday March 6, 2012 6:10am I slept better last night than I did the night before. I've got to make my bunk and clean my cell. I'm waiting for them to pick up food trays, which they just did. I'm having a cup of coffee and I'm going to clean the cell in a few minutes and then write my friend overseas about this new blog that she has set up for me. And I'm going to then tell everyone about what really took place last year. I need to redo my logo, so I'm going to get up and get this stuff started.

7:57am just finished a letter. Now I'm fixing to write a piece for my new blog, I need to work out as well.

9:16am I just finished the opening for the new blog. <http://thedeathrowpoet.wordpress.com> its called up and running again now, stronger than ever. I'm going to continue my journal over here until I know things are being past over there. Then I'll let this blog set idle and only use it in the event something happens. For we can't always, foresee what the future holds, so its good to keep this as a back up. Plus if any one leaves a comment over here I'll always respond to it. I need to eat something and set up for my workout.

10:09am I ate me a soup and fish. Was about to start working out, but officers are doing door checks which I believe their coming down right now to do. once they leave I'll work out.

10:19am They just came through opening the doors. I spoke with Lt. Robinson about this heightened security. He said I should get reviewed this week by the I.C.T. which stands for Institutional Classification team. said I'm suppose to be taken down there to be reviewed. I doubt they do that, but we will see.

Ronald W. Clarke Jr.
The Death Row Poet
march 6, 2012

Page 5
Daily Journal
march 5-8

I need to set up for this workout. which I really don't feel like doing. and I think I'm going to wait and write another letter, or may lay down for a bit. I'm wondering if this fish maybe effecting me. All of a sudden I don't feel good.

2:31PM Not feeling so hot, but better than I did earlier. I'm fixing to get into my workout here, shortly. I'm cooking right now making burritos out of the chilli we had for lunch.

3:10PM starting workout DB curls 5 bags 1st set 12 and 10 3rd & 4th 7 DB curls 4 bags 1st 12 and 10 3rd 10 4th 10 Reverse grip curls 4 bags 1st 10 and 10 3rd 8

3:49PM I just washed the floor down. That was a sorry workout. I just couldn't get going.

4:19PM just wrote a formal grievance, on the fact that they didn't refund me for the converter box + mp3 that they say, was an unauthorized order, back in sept. They still haven't started showers, which is front to back tonight. I'll just be glad when this day is over.

5:09PM They fed us dinner early and just started the showers. I'm next if they don't skip me. I know they hate having to get them chains and shackles. Well they just skiped me, maybe I'll make it on the next round.

5:22PM just washed my cloths. I hope to get down to the shower this time. we will see.

5:47PM just got back from the shower. The sgt. hated to have to put that crap on. There's been officer's say we can just give him a J.R. and move him back to the other side. I believe if they don't take me off this heightened security, their going to do that. I'm calling it a day and laying down.

✱ Wednesday march 7, 2012 7:04am. Here we are another damn day. I don't feel good. Didn't feel like waking

Ronald W. Clark Jr.
The Death Row Poet
march 7, 2012

Page 6
Daily Journal
march 5-8

up. wish I could get lucky and have a damn heart attack. and this stinkin' sorry excuse for a life would be over. I'm just so tired. Again I didn't get a good night's sleep. when I woke up this morning, I was just dreading another day in here. I have a message call out at 9am. I don't feel like going down there. I don't feel like doing anything. I got several letters in last night. I need to do some writing to mom and Dina any ways.

8:52am They just called me for rec. I told them I have a call out. He said "we will have to get you tomorrow."

10:24am I went and seen ms. sagle couldn't stay the whole hour. my shoulder and wrist was hurting from having my palms turned out. I also got back and the canteen was here. I got my canteen. I also learned that sekurt Connor was placed in that cell #4102 which is a deprivation chamber. They harass the hell out of that old man, he's in his 70's and they should just leave him alone.

12:16PM just watching channel 4 news WJXT. and seen the beach can sure would love to be walking out there on the beach holding hands with a woman listening to her sweet voice and the wave's crashing. It'll never happen. my only escape is through death. so where the hell are you death?!" Bring your ass on.

2:34PM I've just been writing my mom and getting some stuff ready to go to celpals.com to promote my blog. Right now I'm making me a soup and a coffee.

3:52PM just finished writing another letter. I think I'm going to lay back now and just relax for awhile. I'm going to wash these cloths. Although I didn't workout. I just can't get out of this funk. I hate that they got old man Connor over there in that

Ronald W. Clark Jr.
The Death Row Post
march 7, 2012

page 7
Daily Journal
march 5-8

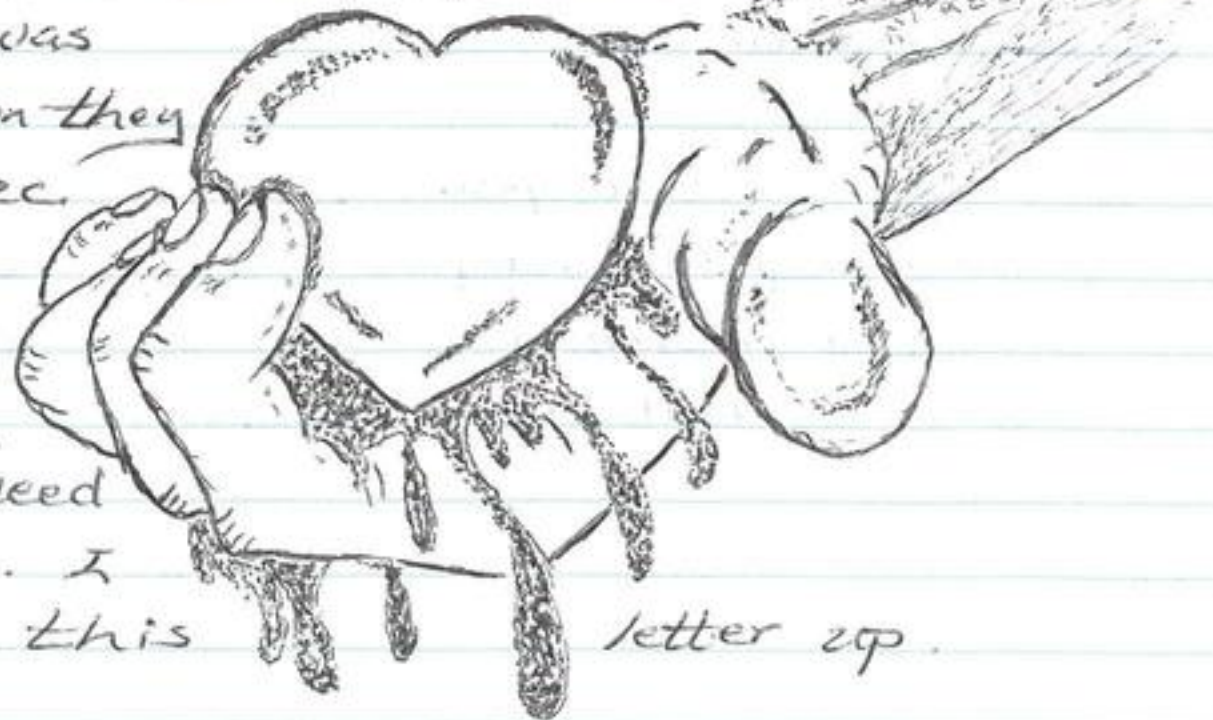
deprivation chamber. They shouldn't be harassing that old man the way they do. It's hard enough in here as it is. I seen them (OFFICERS) turn his water OFF, and cuss at him just to get him to respond. They've jumped on this poor old man numerous times. And they've gotten away with it because he's got no one to help him fight these idiots. Well I'm going to lay down for awhile.

5:23 PM. Finished eating washed cloths and fixing to lay back and watch TV. Got survivor on at 8 PM. Trying to figure out how else to promote my other blog. I need to stop alot of what's going on with sebert Connor.

6:01 PM. I just drew this hand holding a heart. I'm going to do a little more work on my logo and go ahead and lay down.

* THURSDAY March 8, 2012 6:03 am. Here we are another day. I'm going to write at least one letter this morning. I just finished eating breakfast. We had gravy, potatoes grits and biscuits. They will be picking the trays up here in a few minutes. I've already made my bunk. I still got to wipe the floor down. I need to work out today.

9:54 am. They called me for recreation. I went out, came back in at 9:18 am because of master court. My cell was searched so I spent the last 30 minutes cleaning this mess up. I was writing a letter when they came got me for rec. It was really nice out there. Wish I could have got my whole 3 hours. I need to workout today. I also need to finish this letter up.



Ronald W. Clarke Jr.
The Death Row Poet
march 8, 2012

Page 8
Daily Journal
march 5-8

10:57am just ate a soup and having a cup of coffee.
mp3 man came around about an hour ago I asked
about my mp3, he said it has been sent out, so I
hope to get it back in a few weeks.

11:40am. I just wrote this poem.

✧ America's curse ✧

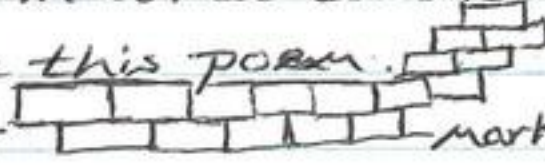
I feel so lost
so very alone
my life is over
no longer my own.

I belong to the state
the FDOC
sentenced to die
never to be free.

a reject -
of society.
held captive
by the DOC.

until that fate,
fateful day,
that they take my life
in their own way.

They call it justice...
an eye for an eye.
but they discriminate -
who shall live and die.



marked by evil -
marked by America's hate
dying by murder
is my fate.

call it -
what you will
but it is my
blood you shall spill

so I shall speak
I will be heard.
and capital punishment
is absurd.

it's no more than murder.
death by another name.
screaming justice
is America's shame.

for you cover up.
you try to conceal
the lives you take
under the justice seal.

over
Page 9

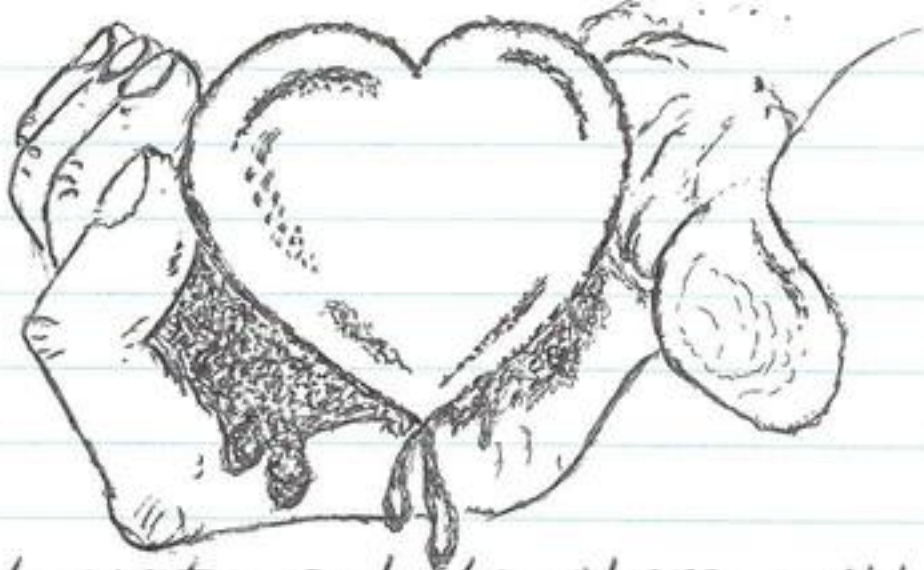
Ronald W. Clark Jr.
The Death Row Poet
march 8, 2012

Page 9
Daily Journal
march 5-8

no its no better.
Hell its even worse.
And murdering is...
"America's curse"

written march 8, 2012

By Ronald W. Clark Jr.
The Death Row Poet



12:02PM well I got that wrote out to share with you, those who are following my blog. I'm going to get up and walk for a bit. Then decide what else to do.

1:41PM I'm having me a cup of coffee and hooking up my lunch tray. I still haven't done anything. I spent about 30 minutes trying to hook this antenna up which they broke when they were shaking down my cell earlier. Trying to listen to the radio. It's not working all that well.

3:39PM I still haven't done much of anything. Walked a bit. Now I'm waiting on the showers. I've been watching a little bit of basket ball. I've got to snap up out of this and get back to working out tomorrow. It's one thing to say it. It's another thing to do it.

5:56PM waiting on showers two more sets before I go. When I get back I'm going to lay down and call it a day. I've got to wash my cloths here in just a few minutes. In fact, I'm going to get that done right now. I messed up that hand drawing it earlier. 😞

6:51PM just got back from the shower. I'm fixing to lay down and call it day. Another sorry day in my hell is over. welcome to my world.

Ronald W. Clark Jr.
The Death Row Poet
march 8, 2012

welcome to my world

