Donald W. Clark Jr
The Death Row Poet
march 9, 2012

DAILY Journal

march 9, 2012 through 11, 2012

Friday march 9, 2012 6:39 am. I sure didn't want to get up this morning. Last night I dreamed about stoney again. We were at my mom's house. yet we were still on death row. Crazy dreams. I'm #3 on the law library, so I'll be going down there at about 9am till 11:00am. I didn't get any mail last night. ☹ Not sure what I'm going to do today. I'm tired from not sleeping good. I really need to get OFF my ass and workout. I need to get my legal paper's out and ready for the law library. I already cleaned my cell and made my bunk.

8:03am Got my legal work ready. Cell is straight. I cleaned my sink and toilet. I may work on a poem and see what comes out. Some time's the poem's flow out, other times they don't.

8:19am Here's the poem I just wrote

The Price I Pay

What is life?
What is a day?
What is anguish...
but the price I pay.

To suffer is to live.
to end it is to die.
For I am here to suffer
the tear drops I cry.

yes life is often hard
over bearing at times.
Especially sitting here
convicted of these crimes

Not an hour goes by.
no not one day will pass
that I don't ask myself
how much longer I will last.

Guilt build's up...
regret is here to stay.
to weigh on your heart
each and every day.

you ask what is life
well its another day.
And all this guilt and anguish
is the Price I pay.

written march 9, 2019
By Donald W. Clark Jr
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8:30am. I'm going to keep this blog up, just for my daily journal and poetry. I like to be able to write poetry and immediately have it out there for others to read.

9:37am From what I'm hearing their taking new photo's again and the law library may get canceiled. I hope not. only time will tell. so I'm going to do some writing. I'll either write a letter or write something for the blog.

10:16am Elmer just got off D.C. and was placed in cell 2211 or 12. Not sure which cell Fred left out of last week. I'm writing a letter right now.

11:51am Finished eating. I'll be going to the law library about 1PM. I was just sitting here messing with some poems. I wrote one that's alright. I feel so tired. I have a headache. I'm going to lay back for awhile and just relax.

1:17PM Been waiting on the law library. so far they haven't pulled me and it's not looking good as for me getting down there.

2:40PM I just got back from the law library, and Lt Robinson and the assistant warden just came by. I didn't speak to them. Not sure if their going to take me off lightbound security or not, but I'm not going to ask. Their wasting tax dollar's on this that's their stupidity. And I'm pretty sure if they were going to take me off, they would have just told me.

4:12PM Just sitting here writing. Tomorrow I'm going to get up and work out.

6:13PM I just wrote a blog "70 year old man being abused here on Florida's Death Row." This will be going up on http://thedeathrowpoet.wordpress.com and I tore into their ass for abusing seburt Connor, and they

may retaliate and come after me for standing up agaisnt them and exposing them for this. But I've got to stand up and do what's right, those who do nothing are just as bad as those committing the act's. For that silence allows the cycle of abuse to continue. Follow my new blog http://thedeathrowpoet.wordpress.com and you'll see why these people hate me. Cause I won't stop. I continue to stand up to these low life punk's that's abusing this old man. I don't use my mouth. only the pen and these blogs. I'm going to make a difference or die trying." I'm going to call it a night and lay down.

SATURDAY March 10, 2012 6:43am. Just getting the day started. I need to write, a couple letter's started and see if I can get some help copiying my logo. I want to have it placed on some stationary. I'm going to get back to exercising this morning. I can't keep blowing this off. I also want to write a couple more blog's for my other blog site. on the prison abuse here. I didn't get any mail again last night. ☹

8:00am Fixing to do some writing a blog for the new site.

10:01am Had to stop for cell clean up. I just wrote a blog called "Corruption alleged D.U.I. cover up and much more" that will be going to http://thedeathrowpoet.wordpress.com Now that I can go uncensored over there... wow... all bet's are off. They only thought they got mad at me last year. Now I'm really going after them. I need to mentally prepare myself for D.C. and a Hunger strike. Cause this Administration is going to seriously come after me "retaliating", for speaking out against them. I'm going to need help, from out there. Cause without phone call's and

letter's, there's no telling what they may do. They may stop all of my mail from going out like they did last year, where I couldn't even get legal mail out of here. What I need to do is write to Attorney Bernard Daily and see if he will help me. As soon as I eat, that's what I'm going to do.

12:41PM I've been sitting here talking law with the guys on the wing. I'm having me a cup of coffee right now, then I need to decide what to do. Either workout, or write. I got a letter started to my mom. I also need to write a couple.

2:04PM Been doing everything accept what I need to be doing. I was drawing and watching basket ball. I need to be working out. It just doesn't look like that's going to happen. The Gator's are leading Kentucky I just hope they can pull this win off.

3:48PM I just finished a letter to Attorney Bernard Daily and now I've got me a stew I've been cooking for the past hour. so I'm going to eat and wait on them to start the showers.

5:15PM Just finished washing cloths. They started the shower's and I'm next. I just wrote a couple of places and sent them my logo to see if they will post it. Trying to get some publisity.

5:40 PM Just got back from the shower. I feel alot better. I'm going to try to buy some vitamens just to see if that will help me. Cause I just feel bad lately. Well I'm making me a cup of Hot coca and then I'm going to either do some drawing or lay back and watch T.V. Be glad when I get my mp3-player back so I can have my music. I hate radio. Can't stand these D.J. or the music they play. Got spoiled listening to my own kind of music.

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6:09PM Just drew the little dragon down there. Time to lay down Now. so until tomorrow.

SUNDAY march 11, 2012 7:43am. Day light saving's time begins. I've had no will to get up this morning. I'm tired, not sure what I'll do today. I need to write a letter to see if I can get some one to type up this essay for the blog. I also have to finish a letter to mom. David Gore has just over 30 day's to live. yes, he gets this wonderful priviledge of being murdered by the state of Floriday, on April 12. What a delight. huh?!" well let me get to some writing while I can. there's no telling what's going to happen when this Administration start's retaliating again. I have little doubt they will.

9:41am I'm Writing trying to get some help for MR. seburt connor #124517 before they kill this old man. They have him in a strip cell again and placed him in that deprivation chamber cell P-4102. Anyone whose reading this please contact Amnesty International or any Human Right's org. and get this poor old man some help. He's from Africa not a U.S. citizen maybe some one over there can step in and stop these redneck's from abusing this old man. This is a sorry prison Administration!" when your on Disciplinary confinement (DC) they keep the cell light's on 18 to 19 hour's a day, using the light's as punishment and to cause sleep deprivation. I've filed grievance's on that and tried to change it, all to no avail. They are no suppose to be using light's and sleep deprivation as a form of punishment. But welcome to my world.

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There's alot of change's that need to be made around here. I have no doubt that these idiot's are going to start retaliating against me once again, for speaking out against them, airing their dirty laudry and stupidity on the W.W.W. There's a good chance my mail could start coming up missing, and no longer getting out of here. If this blog and the post suddenly stop then you know that's what's happened. I can't lay down and be silent knowing that guy's are suffering for no good reason. accept that some dumb a** red neck is getting his kick's off making another humanbeing miserable. I can't speak out to these lying dishonorable S.O.B., but I can damn sure let the world know whats going on behind these walls. I may pay the price for doing this. Infact I will pay the price, cause its not a matter "if" they will come after me, but "when", they'll come after me!" But we must stand up and do whats right.

11:23 am They just served lunch. It was nasty. I'll have me a soup later on. I was just working on trying to promote my blog. I'm going to watch NASCAR some time today, not sure what time it comes on. I did another couple of quick sketchs here for my Daily Journal.

I may start writing my life story over here for every one to read. It's not really pretty. I need to get back to exercising. I can't keep laying around like this. Although I will be needing some

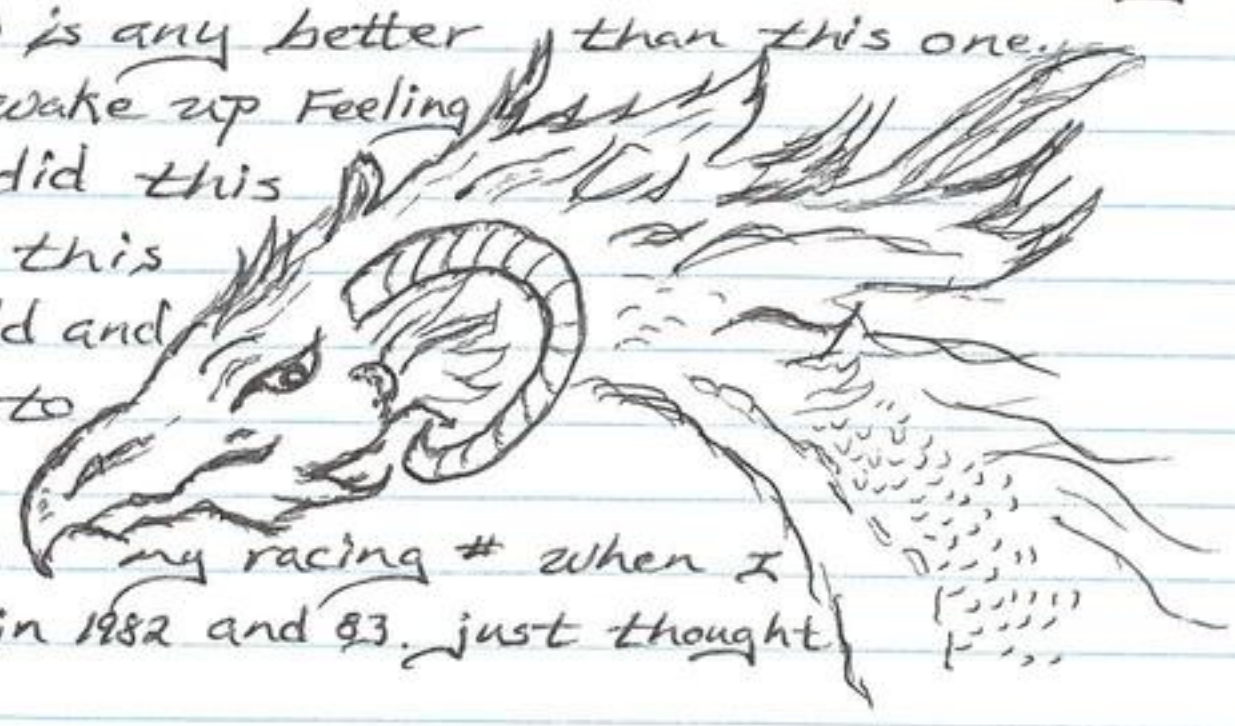
extra weight when I kick off this next hunger strike. That will happen the moment they retaliate against me. I'll notify the court, counsel ect and take off. Well I'm going to lay back for a bit and relax.

1:46PM Just ate me a soup, and ate while I'm watching basketball. also having me a cup of hot tea. FSU is all over North Carolina. Wow! FSU has a team. I pull for the under dogs.

2:38PM I just wrote a poem called "stupidity". I can't put it up over here. It's about this Administration and its got name's in it and really insulting. I'll eventually put it up on thedeathrowpoet.wordpress.com. It's going to really piss them off. I'm going to sit back and watch some more basketball and then the race. By next week I maybe back on D.C. they may plant weapon's in my cell or say I made threats or no telling what these low life dishonorable idiots are going to do. It's going to get interesting. ☺

3:11PM FSU has just won their first ever ACC championship. And Vanderbuilt won the SEC. And the race is about to start.

4:24PM Waiting on dinner, after which I'm going to wash my cloth's bath wash the floor and call it a day. see if tomorrow is any better than this one. I just hope to wake up feeling better than I did this morning. But this is a rough world and a rough place to exist in.



5:01PM 501 was my racing # when I raced BMX back in 1982 and 83. just thought

about it when I was writing the time down, Just Finished eating, Washed Clothis Fixing to go ahead and Call it a day. I'd like to see Dale Earnhardt JR. come back and win this race, maybe I'll get lucky and get some mail tomorrow. Another day in the books.

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