

Ronald W. Clark  
The Death Row Post  
march 12, 2012

# DAILY JOURNAL

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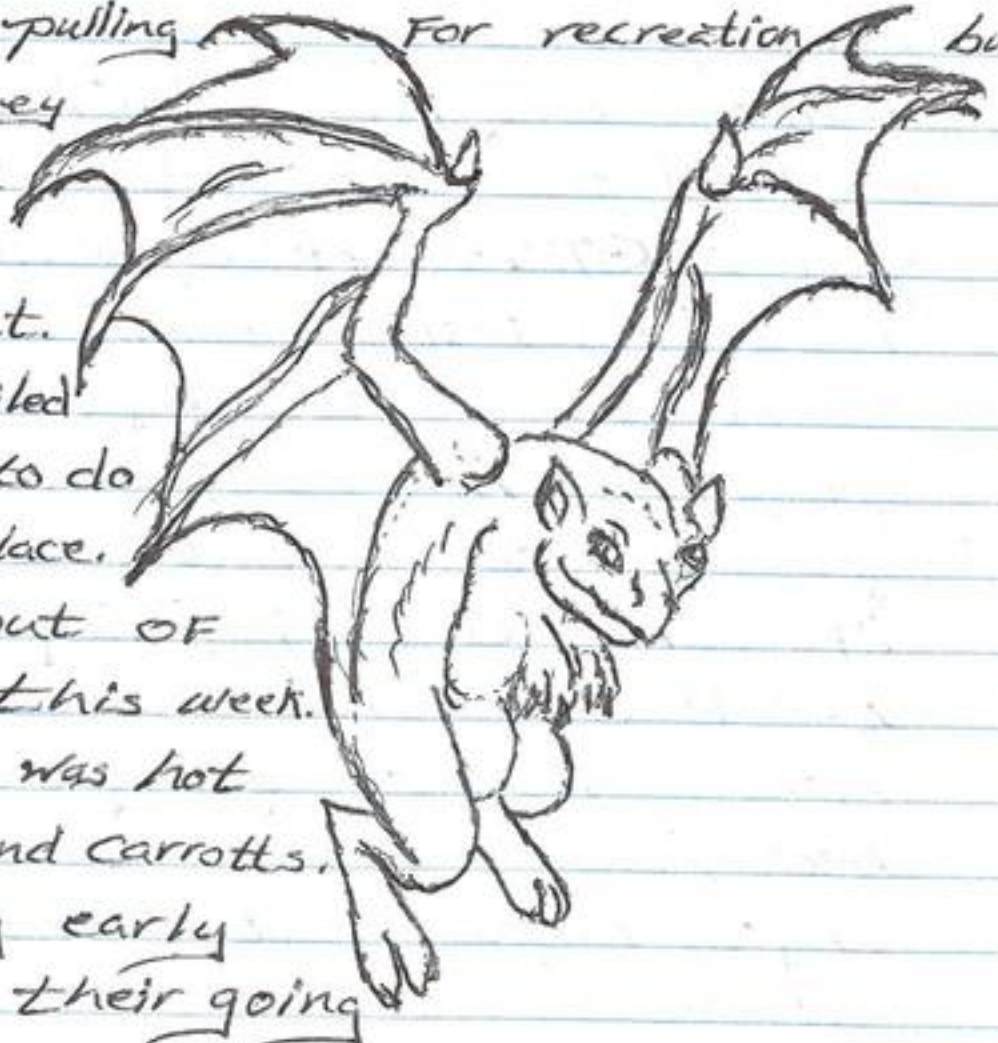
Monday March 12, 2012 7:32am They just came by calling recreation. I doubt that I'll get to go. I said yes. Not sure what I'm going to do. I feel tired. I'm going to have to buy some vitamins out of the canteen. I hate doing that. There almost \$9. a bottle. But I don't think I'm getting enough vitamins.

Last night I had a dream that I went to rec with everyone else. Crazy dream basketball was flat and the grass was grown real high. We don't get to walk on grass. I've stepped on grass maybe a hand full of times in the past 22 years. 22 years... good god I've been in this cage too long. If I had taken the deal they offered me, I'd be getting out of prison in 3 more years. But I wanted a trial, I got it and a death sentence to go with it. Justice, isn't it just delightful! They only wanted to murder me because I refused to take a deal that I didn't think was fair. For my codefendant was only going to do 10 years.

8:01am They started pulling for recreation but for some reason they are pulling everyone back in. Not sure what that's all about.

8:14am yard was canceled because they're going to do shake downs some place. so that screws us out of another rec yard this week.

10:53am just ate lunch. was hot dogs potato's beans and carrots. And this is extremely early for lunch. word is, they're going



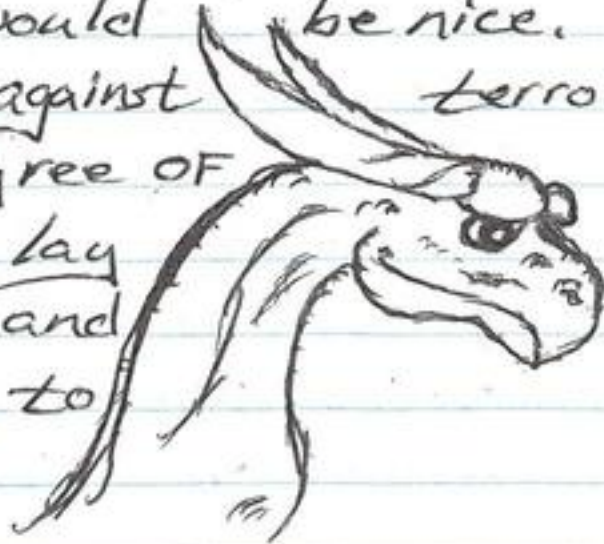


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to be shaking us down next. I hope they don't set me up again. That could very easily happen. That's what they did back on sept 9, 2012.

~~12:00pm~~ just finished cleaning my cell. I also sent a card out to sister Helen Prejean and finished a letter up. I hooked my radio up and I've been listening to music. Looks like a really nice day outside. Sure would like to go out. I'd love to be on the beach right now walking down the beach holding hands with a lovely woman. Would be nice, but reality says it never happens. 😞 Not sure what I'm going to do next. They had on the news last night and this morning where that US soldier snaped and killed 16 people. So sad for not only the victims but for the soldier's two kids wife and other family. So many lives that just got thrown into chaos. and that's radical idiotic morons in the Taliban are going to use that incident to recruit and kill more US soldiers. I'd go over there and fight in a heart beat if they would let me. They could put me up in the mountains fighting the Taliban away from all civilization. just keep dropping me food and ammo. I'd let them cut me open, and put a GPS tracking device in me. you damn right! I'd follow orders and fight like hell and try to redeem myself by doing something good, and giving my life in place of our soldiers. Never going to happen, but it would be nice. Give my life for a cause, fighting against terrorism. I could die with some degree of honor. well I'm going to lay back have a cup of tea and try to figure out what to do next.





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1:50PM one wing is out on the rec yard. I have just set up my weight pile, I'm going to do a little something, see if I can't get myself out of this damn funk. I don't even remember my last workout. I did sign up for photos next week. but being that I'm on Hightened security I doubt they let me get them. we can do photos the 2nd Tuesday of every month.

2:08PM 60 Toetouchs 50 more. Decline pushups 1st 35 2nd 25 3rd 24 4th 20 5th 16 Bench press 10 bags 1st 23 2nd 18 3rd 15 military presses 10 bags 1st 8 2nd 7 3rd 5 standing rows 10 bags 1st 10 2nd 10 3rd 8 cross over crunches 40,

2:45PM Co. Sexton picked up legal mail and the letter I got going to Bernard F. Daley JR Attorney at law.

2:54PM I'm just glad that I got a little something done. Tomorrow I've got to pull myself back into this.

4:33PM just washed cloths, bathed and I'm getting ready to hook me up a soup for dinner. I hope to get some mail tonight. someone write! I'm surprised dinner isn't already here since lunch was so early. Down stairs got their canteen today. so we may get ours tomorrow.

6:17PM I made me a soup for dinner. I had a hot cup of tea. And now I'm fixing to lay back and call it a day. Wasn't too bad of a day today.

\* TUESDAY March 13, 2012 7:06 am.

I received two letters last night one from my mom one from a friend. so I'll write them this morning.

I've been watching the news that soldier killed 9 children.

Damn that's heart breaking.





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Why are humans so twisted and screwed up? There's no answer to that question. I heard yesterday that they took the drug dogs out there on to the compound and searched population. They could be back here today. I'll know in about 30 minutes if they turn our water OFF. I've got to work out today, biceps, triceps and abs.

7:35 am They just called recreation. Not sure if they will take me out or not. I'm going to be ready just in case. I was also suppose to get reviewed for this ~~H~~lightened security yesterday, I haven't heard anything on that either.

10:55 am I got a couple of letters written. I need to work out here shortly. They took 3 wing out to recreation, so they will probably get us 2-wing this afternoon. I probably won't get to go. Just a little bit too much redneck stupidity going on here. It is what it is. Yard officer just came by and confirmed that 2-wing goes out this afternoon. I won't get to go out till Thursday. Cause I'm on "lightened security" because I wrote about the warden being an alleged drunk, who can't keep his drunk ass from behind the wheel of a car. Tough shit. I didn't start the rumor, and if it's true, it's true, if it's not it's not. But the fact remains his staff spread this rumor not only among themselves but among the inmate population. So they don't even respect him! Get mad at me all they want, I will not back down to these lowlife bullies, because they don't like what I write. They can keep being the morons that they are, keep up their retaliation and I'm going to continue to write about their stupid retard redneck ways until they stop the retaliation, or they kill me. Otherwise



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I'm not stopping. yes I'm in the hands of my enemies, who are low life bullies, but I will continue to stand up in the face of adversity as long as I know I'm right. And right now this SOB are abusing Mr. Seburt Connor #124514 a 70 year old man. For no reason at all. It needs to stop. They've taken his property, placed him in a strip cell and deprivation chamber P-4102. And one of these Human Rights groups needs to step up and stop this. see why they hate me so bad. Well at least I know as long as they hate me, I must be doing the right thing. 😊

11:23am They just brought me my DNR. order which is Do Not Resuscitate. IF I die I don't want them bringing me back. Had enough of this. 😊

12:13PM just been pacing back and forth listening to my radio. Fixing to read a catalog and see what I can find for books. I need to get me some art books. I did a bad job at drawing the heart. I was doing it in the dark.

2:03PM starting workout Reverse grip curls 4bags 1st 12 2nd 12 3rd 10 DB curls 4bags 1st 14 2nd 12 3rd 10 4th 10 Toetouches 50, 50

preacher curls 4bags 1st 10 2nd 7 3rd 7 Laying tricep ext. 4bags 1st 13 2nd 11 3rd 10 4th 10 DB Kickbacks 4bags 1st 11 2nd 12 3rd 10 2:56PM

Finished it. not a very good one. But at least I got something done. canteen never did show up.

might get it tomorrow. I'm hungry.

5:11PM. just finished eating dinner.

waiting for them to start showers now.

I'll be the last one's to go. They just took the first two down there. I want get my shower till 6 PM. sure hope to get some mail tonight.





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5:46PM I heard a rumor that the Miami Dolphins just traded Brandon Marshall to Chicago for a 2, third round pick's. I hope not. I'm over on the radio listening right now to see if I can find out what's up. I'm still waiting on the shower. There's two more sets before they get to me. But I'm fixing to wash cloths while I'm waiting.

\* WEDNESDAY March 14, 2012 6:58am Rough night sleep. The power was off. Some one knocked the power off last night around 9PM. I fell asleep about 8:30PM and woke up when my fan went off. so no way to watch the news this morning. Sgt. came by earlier, smiled and said what's going on trouble maker. My guess is he's either reading my mail, or reading my blog. 😊 I think most staff find it amusing that I won't back down even with the Administration's Reprisal and who Whitehead and Reddish are suppose to be. In my eyes their bullies, do boys promoted because of their fathers. I just refuse to back down. Not sure what all I'll do today. We should get the canteen. I'd like to get out of here for recreation.

I got my sheets and pillow case up on the bars for exchange. Bed's made with just the blanket. I got a letter from Anne last night. She's a dear, sweet woman. 74 year's old in June and very intelligent. I wish I was half as smart as she is. I just met her last year and I hope she's here long after I'm gone. I'll start a letter to her here in a few minutes, workout later on. I hope I haven't torn a tendon in my leg, it's been hurting for two days. Feels like some one punched me in the outer side of my leg (left leg) about 6 inches above the knee, right to the bone. Brandon Marshall was traded to Chicago. I don't know what their thinking, they should have shopped him around got better picks. and maybe even another wide receiver. Oh well.



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I just hope they know what their doing.

8:39 AM They just brought sheets and my bunk is made. I'm just listening to the radio and writing a letter. PNR (Public News Radio) they do a good news program. I hope they take me to recreation this afternoon. I want to get out of this cage for a while. Well back to the letter.

8:58 AM Canteen just showed up. We've asked about the power being fixed. Have to see if that gets done.

10:09 AM Sgt. Tvey just came by, and told me that I can't get photos, because I'm "Heightened security" all because I wrote about the warden and these alleged DUI rumors. which also has the assistant warden's father helping cover up, because he's the local sheriff. There must be some damn truth to it, for them to get so mad at me about writing about these rumors. Let them stay mad. 😊

12:04 PM I got some vitamins off my neighbor. see if these will start helping me to feel better. I'm ordering some for next week. I don't like doing that. \$9. a bottle. That's too expensive. I just need to find some energy from some where. I don't think we are getting the vitamins we should from the vegetables. They over cook all the food. We're hearing the drug dogs are suppose to be here tomorrow. I may get screwed out of my yard. I'm going to get up and walk for a while pacing back and forth. The power just came on.

1:20 PM No recreation has been pulled. I hope to get some mail tonight. I could order Hobby Craft here soon, but I don't think I will, only because as soon as I order it, I could and probably will get set up with a DR. and then I'd lose it all. once you get a DR. and go to DC. then you have to send all your hobby crafts out, or throw them



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away. I could order new stuff get a D.R. and have new stuff that I can't have. I know it's stupid, but welcome to my world land of the dumb ass redneck. And I wonder why I get set up with bogus reprisal D.R.'s ☺ it's like gas and fire, a smart ass idiot (me) and a dumb ass redneck, bad combination. The officer's all joke around stating "Clark leave the warden alone." We all get a laugh out of it. I was thinking about sending the warden a request slip, but I don't think I will, I sent one to Lt. Robinson to check on this frightened security.

2:06 PM starting workout. Crunches 50 cross over crunches 40  
Laying leg raises 17, 10. Jumping jacks 150 pain in right knee.  
Toe touches 50, 50 side leg raises 30 just tried doing squats and lunges, I'm not able to do either. There's extreme pain in my left leg and it's deep in the muscle or on the bone. It hurts like hell, just have to see if it goes away. No sense in going to medical. We have some outstanding nurses, but we got a moron for a doctor. You can't even call this idiot Nazareno a doctor. Staff jokes that he's not fit to treat animals. I agree with out joking. Sorry Doctor!

4:02 PM Getting ready to wash cloths, bath then fix my dinner which will be pasta with the sauce on the dinner tray and cheese over it. It'll be good.

4:37 PM washed cloths, bathed cleaned the floor sink and toilet and now just waiting for the dinner trays to show up. After I eat I'm going to lay back and call it a day. I'll watch survivor tonight and pull for the women.

\* THURSDAY March 15, 2012 6:05 am. Didn't sleep to good. I finally just got off bed at 4:30 am. and gave up on trying to get any more sleep. My left leg is



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still hurting. I don't understand how I hurt it. Didn't get any mail last night. 😞 I'm hoping to go to recreation this morning. Go out and get some fresh air and sunshine. I've already made my bunk. I need to wash the floor down. I need to do a back, chest and shoulder workout today. This is my and day of taking these vitamins. I'm not as tired as I usually am, not sure if that's it or it's something else. I'm listening to sports radio and these idiots are talking about watching NCAA basket ball at work. and how boss' should let them. That's just stupid. I'm fixing to watch CBS morning news and then get ready for recreation.

6:57 am Cleaned the floor, sink and toilet. now just wait to see if they pull me for rec. or they bring the drugs and cell phone dogs through.

7:51 am I stopped nurse Cunningham about the pain, she said it could be a something in the artery and it could dislodge so don't be pushing on it. Any ways they called me for yard.

9:30 am Had to come back in early for master court. They said they will come back in and run me if there's time. I also learned that I'm going to do a new FDOC photo tomorrow. outside it was really nice. I hope to get back out there this afternoon. I ran a few laps, and walked and shot the basket ball around. I'm hungry. I'm going to wait till I see if I go back out or not. I'm hoping that nurse comes down and see's about this leg.

10:04 am They just did master court. I'm writing a card, I need to get something else ready for cell pals. to help promote this blog. I need to stay ready just in case they show back up to pull



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me for rec.

10:39am Col. Godwin walked through here about 15 minutes ago. We heard there's a tour group coming through this afternoon, a bunch of judges.

11:13am starting work out. Lat raises 3 bags 1st 10 2nd 10 3rd 9  
side Lat raises 3 bags 1st 10 2nd 10 3rd 8 Tee touches 50  
Flies 5 bags 1st 10 2nd 11 3rd 10 Decline Flies 1st 12 2nd 10 3rd 9

12:09pm Had to stop for lunch. White shirts are all running around here, we got to be in our orange pants and shirt by 1pm. Cause of this stupid ass tour group. I hear that secretary Ken Tucker is suppose to be here also. Which explains why they were cleaning the showers at 2am. Every time there's a tour, inspection, American Correction Association (ACA) audit they put up this facade of b.s. For the people that's coming in. That's a screwed up way to do things. And that ACA is the biggest Government scam going on. For the American Correctional Association standards for adult correctional institution and it's yearly audits. is suppose to be, to ensure that the institutions, are complying with Constitutional and Human Rights. yet they do inspections once or twice a year, with weeks of up front notice. That's real smart! "Not!!"  
I hope they come and get me for afternoon yard.

2:15pm They screwed me out of my recreation. And this damn tour group still hasn't come through. This is just annoying waiting on them. I want to workout some more. showers are front to back tonight. so if dinner comes late I'll have my shower by 4:30pm. If dinner comes early then I want get my shower until after 5pm. The mp3 man was down here picking up mp3's for music. mine



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still hasn't come back. maybe next week. sure hope so.

4:02PM Idiots never did show zip, screwed my day zip. we just came out of these oranges (Class A uniform) These basketball games have sucked. I don't like the way their doing a game on CBS, TRU TV TNT ect and just staying on games that are blow outs.

4:14PM were hearing the tour group is down stairs. They just opened the showers zip, zip here, and layed out the shower mats. They can get these showers going. once I get me a shower I'm going to lay down and call it a day.

4:59PM. just finished eat. their picking zip trays now, so the showers should be starting zip at any moment. I hope to get some mail tonight. I didn't get anything last night. well I need to wash these cloths before they get the showers started.

5:19PM just finished washing cloths and the first two are in the shower. I hope to go next. we will see.

5:54PM I'm back from the shower. I feel much better. I'm having me a hot tea going to catch some local news, world news, big bang reruns and go to sleep. Thanks for following my boring day. That's a wrap.

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