

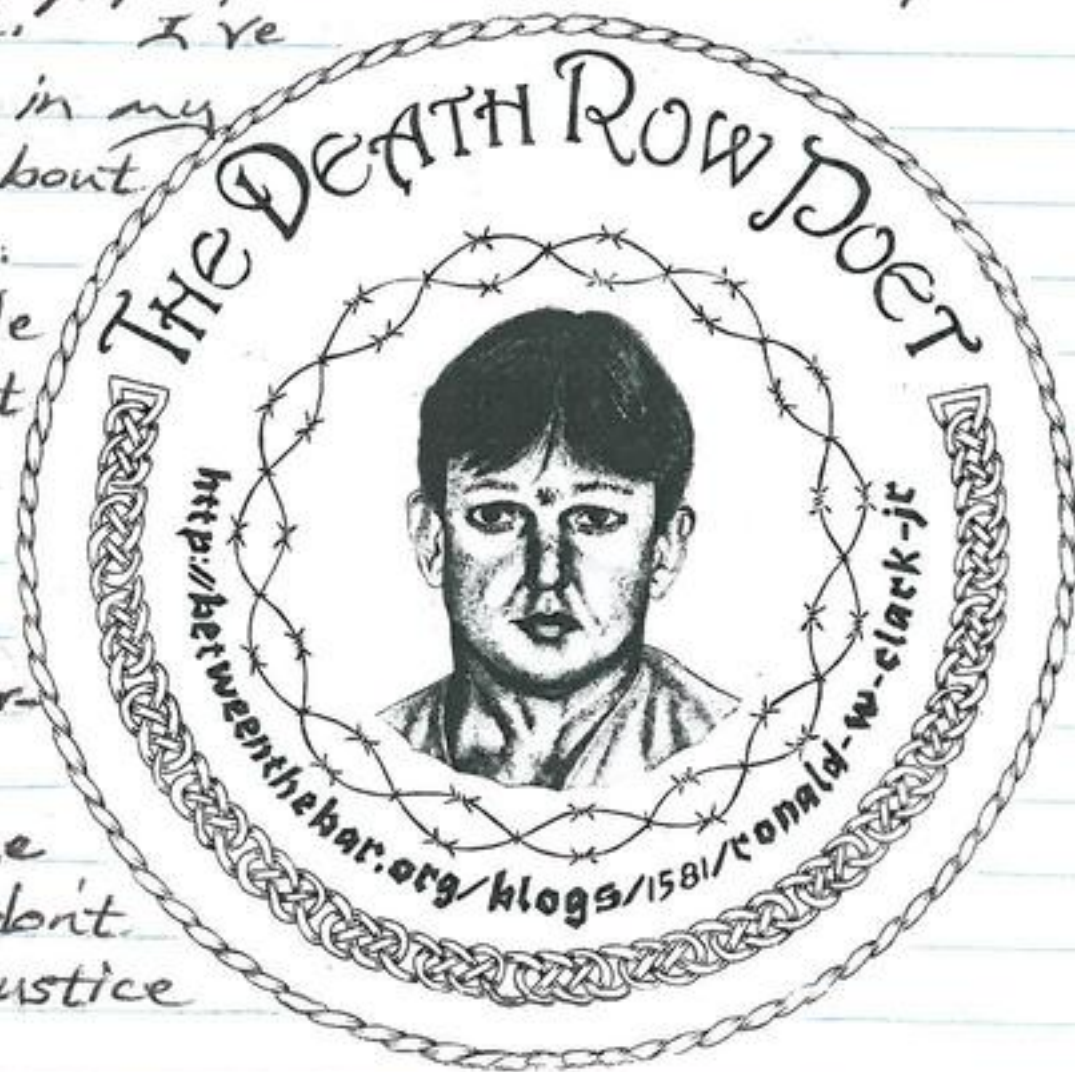
Ronald W. Clark's
The Death Row Poet Daily Journal
march 19, 2012 March 19 - 22, 2012

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march 19, 2012 monday 6:52am watching CBS News and having a cup of coffee. we had breakfast before 6am we had 2 pancakes and oat meal. If you had double the portions 4 pancakes it would be a good breakfast. see there's more tornado's expected in the mid west today. maybe something to that Megan Calender 12/21/12 I made my bunk but I've still got to wash the floor sink and toilet. I need to shave and get ready just in case they take me over for photos.

7:57am wing one is out on the rec yard. I'm over on the Florida Channel, there showing the Fla. supreme court and its special session on pro bono attorneys. I hate and despise the Florida supreme court and the dishonorable S.O.B.s sitting on it. when I was getting rail roaded in the Circuit Court, I thought, at least I got the Florida supreme court to fall back on. And when them S.O.B. tied my hands, forced a no good, sorry ass incompetent attorney upon me. forced incompetent representation on me. I've never been so made in my life. just thinking about it now pisses me off.

Honorable... honorable my ass! They wouldn't have allowed their sons; the b.s. ass representation that I received. Two standards of justice, one for the Rich, one for the poor. And the poor don't mean shit to this justice



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system or this courtty!" "Justice For all," is the biggest Fraud there is! They sell it to any sucker that'll buy it. but it's a lemon. you get in this justice system, and find out just how sour it is. Two Face no good representation, attorney's there, just for the money. Dishonorable prosecutor's who will lie to get a conviction, and bias, prejudicial ass judges who don't give a damn! "Justice For all?" my ass! Best judicial system in the world... that's what they sell to suckers who don't know any better.

I'm going to pace back and forth listen to some music, and then at 9 am either workout or write.

9:42am just wrote two letters, just trying to promote my blog. I'm fixing to start my workout. my leg is feeling better, and has been getting better since Saturday. But I've been coughing alot. I'm wondering if the nurse was right and that was some type of clot and it's went into the lung's and broke up? I don't know.

10:00am starting workout crossover crunches 50, 50

Laying leg lifts 15, 13, 10 jumping jacks 225 CalFraises 35, 35, 35 goodbarn. Re touches 100 Front kicks 20, 20, 20, just got some sharp pains in that left leg, so I'm backing off no squats or lunges. Try some step ups on the locker. 100 step ups. There was a bit of pain doing them. stand side leg raises 40, 30, standing knee raises 35, 35. squats 30, 30.

10:50am I'm drenched in sweat! Those 60 squats hurt like hell. Trying to just push through it. It'll either work or break, and if it breaks they can then fix it. They won't give you any medical treatment or repairs unless you tear it completely up. sun is shining outside, sure wish I could go out. Here they are with lunch already

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11:03 am That was a nasty meal. Carrots, coleslaw, potato salad, bread and a zesty patty. Which looks and taste like cardboard. Bad thing about it is, we have this same patty for dinner, accept it's called a chicken patty. They might be alright if they would leave them in the oven long enough to cook them. It's a gray color, sometimes it's a little brown around the edges, so you can see where it was in an oven, but most of the times it's gray untouched. Then inmates in the kitchen are sorry! But they don't get paid, and so the only way they can make money is by stealing stuff they can sell, bread, peanut butter, jelly, cheese, seasoning, the real chicken which we don't get and other real meats that are for the diet trays. Guys are so busy stealing stuff that they can sell and get money for canteen, that they're just not interested in doing a good job when they're being forced to work and not getting paid. So what can we expect?! It's like that in every job, other than pride or canteen jobs which is a very small percentage. These guys are in here no family or friends to help. See other guys going to canteen, so in order for them to survive they're left to beg or steal. Tape, ink pens, paper, cleaning supplies or anything of value is up for grabs.

11:27 am They're calling yard right now for down stairs. Sure wish they would take me out. I doubt it.

12:05 PM Just seen on the news where an inmate at Columbia Correctional Institution (CCI) killed a correctional officer (C.O.) that inmate will be here on the row by the end of the year. CCI is where my father is at. I haven't heard from

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him in several weeks. They probably have that place on lock down. I'm wondering what that officer done to that inmate? No excuse for killing him. That inmate is on Q-wing right now, on the 2nd or 3rd Floor, in one of those 24 maximum management (M/M) cells over the top of death watch and the execution chambers. And on April 12, when they murder David Gore, that guy's going to get his first taste of this shit. He was doing life without parole, and he may have killed that officer just to get a death sentence. Some guys have done that, killed just so they don't have to spend the rest of their life in prison. So they'll pick out an officer or inmate that's giving them problems and commit murder to make the state murder them, and get out of this life sentence. It's hell when you come to reality, and lose all hope. That may have been the case. But I'm just speculating. I have no idea what the circumstances are, but it's sad that the officer lost his life.

His family is probably an emotional mess right now. 😞
1:00pm They just called rec up here for this afternoon. I told them I was going. Have to wait and see if they let me go. I doubt it. According to the rules 33-601.830 (7)(i) not only am I guaranteed a minimum of 6 hours a week of rec, but it's suppose to be with every one else unless I was to have violated (7)(i) (3) which I didn't do. Their pulling guys down stairs right now.

2:05pm Well they didn't take out anyone from the left side which is cells 2201 - 2214. They took the bottom floor and 2 right top out for rec. Cause their trying not to let over 30 people out there. Right now I'm having a cup of coffee. After that

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I'm either going to do some writing or exercise, some more. Nothing but cardio, that's probably what I'll do. I'll wash cloths and bath about 3:30pm. then lay back and relax. would write a letter, but I don't have the stamps. Hopefully I'll get some mail in tonight. I didn't even watch the Amazing Race last night. I was tired. I don't know who got booted off. I'll find out next Sunday. Not that important. It's just something to pass one of the 168 hours of the week, that I have to deal with in this cage. on the street I hardly ever watched TV. wasn't my idea of fun, still isn't. I hate this damn cage! Just look for ways to pass time. I'm going to pace back and forth like a tiger in a cage and then see what I'll do next.

3:18PM Ran for 30 minutes did 10 minutes step ups did 2 3 min rounds 160 punches around and I'm soaked in sweat.

3:24PM just wiped off. soon as the officer comes thru with the last 30 minute check. I'm coming out of these cloths. wash them then bath and then lay back and relax for awhile. I want to watch the news and see what else they have to say about that officer who was killed. This is such a screwed up world! we had a Sgt here game parenter or something like that. in 2006 and 07 that punk SOB. harassed the hell out of me. well he'll never do that again. The punk is currently at Mayo Corr. Inst. doing life for molesting his two daughters and then tried to hire some one to kill his two daughters and wife, so there would be no witnesses to put him in prison. we use to call him Little Hitler. That's one idiot I hated. I was glad to see him gone, and even happier to discover he was behind bars. That's Karma.

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well they just made there last round, so let me get these cloths washed.

4:22 PM Finished bathing, washing cloths and I'm fixing my last beef stew and pouring it over rice from the tray and Ramen noodles that I'm hooking up now.

5:15 PM just finished eating. That was a good meal. I'm watching the news now laying back in my bunk and calling it a day. Co. Lynch is working up here tonight. He's the one who lied and wrote me the bogus D.R. on August 1, 2011. I don't even speak to him any more, I'd rather not be around ones that have already lied, just hope he doesn't mess with my mail tonight. He is one of the defendants in my lawsuit. There's been a lot of coverage on that 17 year old boy Trayvon Martin that was murdered by that guy George Zimmerman in Sanford, FL. I heard the 911 calls and that Zimmerman was dead ass wrong and should be in jail, and go to prison for killing that kid. Just as I've said "justice is deaf dumb and blind as hell!" If that was my kid, that S.O.B. would wish he was in jail. Zimmerman is going to catch hell in prison. Time to lay down and call it a day.

6:08 PM. The news is saying that was a Sgt, not a Co., and the inmate chased him down and stabbed him. There must have been something going on. I've seen staff degrade prisoners, screaming in their faces, slapping them calling them bitch's, whores, F*** boys, Faggits ect. This is why these audio and video services would be so valuable, may have even prevented this Sgt. from getting killed. We don't know what really took place and we may never know. But with audio and video device's on these officers that would have gave them answers. Well I'm calling it a day.

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Tuesday march 20, 2012 6:40am Well I have a law library call out this morning, or this even, I'm #3 on the list. I don't like this, for its going to mess my workout up. I got one letter in last night, so I need to write that letter this morning. Here we are the first day of spring. This 2005 Florida law stand your ground, just shows how stupid our legislature is. That's the law their using to justify the murder of 17 year old Trayvon Martin. And there was no standing his damn ground, the 911 call clearly shows Zimmerman following tracking his prey, before killing him. I get pissed every time I see that on the news. Well I need to shave and clean my floor, sink and toilet.

7:54am just wrote a blog Correctional Officer safety. I need to write a letter now. Think I'll pace for a few minutes and then decide what to do.

8:15am push ups ~~30~~, 25, 23, 23, 21, 18 Decline push ups 16, 15, 15
15, toe touches 100 Crunches 50, 25. Jumping jacks 250
Lat raises 3 bags 10, 10, 8 Side Lat Raises 8, 8, 8 - Flies 5 bags
12, 10, 10, Decline Flies 7, 7 just come with cleaning supplies. military presses 10 bags 11, 10, 7, 6. P.B. Rows 12, 10, 10:03am Finished.

10:16am Eating a tuna now for the protein. Right in the middle of my workout they call me for the law library. needless to say I wasn't ready. so I canceled. Stated to do that. I just didn't have my legal papers ready, nor was my cell in compliance I had my bags out. and on top of that I was pouring sweat. Guy I'll write this letter.

12:11pm I was writing a letter when legal mail showed up. I got a letter from an attorney who seems to be interested in this lawsuit. so I need to sit down and write him a letter and get it out of

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here tomorrow, let me get back to writing.

3:18PM just finished a letter to this attorney. I sure hope he comes through and represents me. I need counsel on this. I'll get this in the mail tomorrow.

3:46PM The guys are coming back in from recreation. This side here went out with one wing and floor left side. once again I didn't get to go out. Looks like it was really nice out there. Wish we could get out of this cell an hour a day like most places. Well tonight's shower night. we got that nasty spanish rice for dinner.

5:09PM I'm next, if they don't skip me, which they may because of the chains and all.

5:31PM I skipped the shower and just bathed in here. I was ready to go to the shower, when the sgt stepped up to my door he looked at me and with anger on his face said "F***!" I told him don't worry about it, I'll just take one in here tonight. I'm worried that the staff is so sick of this heightened security, that their just doing to write a bogus D.R. send me back to one south which is DC. and then they don't have to worry about having a heighten security inmate on their floor. I'm going to have ms. sagle document it tomorrow in my file just in case they set me up. They could put anything in here from razor blades to a water bug.

6:14PM making me a stew (fish) I'm going to eat lay down and call it a day.

* WEDNESDAY March 21, 2012 Tillam Last night was hell! I was sweating but cold. my spine all in my neck was hurting. I had a bad headache. I thought I was going to die. I started to wonder if these people had done something to my food. I don't trust them worth a

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damn, and I don't put anything past them. This Administration is pissed off that I won't back down, and I keep writing about these alleged DU, I. and the cover up by union county sheriff's off. who the sheriff is the Assistant warden's father. I'm not sick, and I'm feeling okay today. so it doesn't make any sense what happened last night. I'm extremely tired this morning. At 9am I'm going to see ms. sagle. I got a letter from my Dad last night dated march 16, which was 2 days before Franklin killed Sgt. Thomas. Dad was saying how screwed up it was there at C.C.I. so I need to write him today. Got my bunk made with the blanket, waiting on sheet exchange.

8:31am waiting for my call out to see psychologist ms. j. sagle. They will probably be here to get me in about 15 minutes. I'm so tired. Damn that was a rough night. I came really close to calling a medical emergency and going up to the infirmary. I was hurting so bad. I would doze off and wake back up drenched in sweat. The back of the neck in the spin area was just killing me. They asked me if I want to go to rec. I told them I got a call out. I hope they come back and get me this afternoon. we should also get canteen today.

8:45am Co. Jaguar and Barton just came through for re-count. so unless they clear count in the next 15 minutes, my call out will be pushed back. I'm going to get up and pace for a while.

9:58am I just got back from seeing ms. sagle. my wrists are hurting from being cuffed behind my back,

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with that back box. my hands were numb and you can see where the cuffs were cutting into them.

They sat a sgt. in front of the door of the room, that sarge and I was in, all because I'm "frightened security" because the Administration is a bunch of retaliatory dumb a** rednecks. I shouldn't say such things, should I? Well I don't say it, I just think it, and write the way I think, and feel. And I hope they read the way I feel about them. Dishonorable lying two face punk's! They can stick that in their pipe and smoke it. I'm just exercising my right to Freedom of speech and expression. And if they don't like it. Tough! I'm glad, only threats I make, I'll put a grievance and law suit on their stupid a**! And that's not a threat, it's a promise! Because what we have here, is a bad case of, frightened stupidity! see why they retaliate against me? well it is what it is. let me write my Dad.

11:23am just finished eating, it was nasty! stoppy joe that looks orange, looks like pukie? I'm tired. Heard canteen is coming this afternoon. looks really nice outside. I wouldn't mind going out. I'm going to lay down for a bit. I finished writing Dad, I have one other letter that I need to write. I'm going to lay down.

11:46am Co. sexton just picked up legal mail I got the letter out to Attorney Trevisani. He asked if I was going to rec this afternoon. I said "yes" so hopefully I'll get to go out. and get some sun, cause it looks nice outside. and it's in the high 70's.

1:12PM I'm waiting to go to rec. and here they are.

3:33PM just got back in from the yard. I just walked around, shot the basket ball. watched

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the birds and listened to the sounds cars the vents over the building squeaking, seen 3 birds out there fighting. watched a truck pull away from here and thought about what Freedom use to be like. I heard assistant warden Brad Whitehead has left here and is going to F.S.P. Glad to hear that. Well I need to get the canteen put away. and then wash cloths and bathe, or work out. I don't think so.

4:57 PM just finished eating, soon as they pick up the trays I'm going to wash cloths and bath and then call it a day. wish I would have worked out, I'm just tired, last night was just rough. wondering if it could have been food poisoning?

5:31 PM just finished bathing, washed cloths having a cup of coffee. I'm going to try to stay up for survivor, but I may fall asleep. I'm extremely tired. I'm going to go ahead and lay down and call it a day.

* Thursday March 22, 2012 6:32 am I do feel much better this morning. I don't know what happened the other night, just hope that never happens again. I felt like death. Didn't get any mail last night. 😞 maybe I'll get something tonight. survivor was good, I was happy to see Cotton gone. I need to get to writing.

8:15 am just finished writing a letter to Attorney Dante T. And I hope I can get his help with this civil case. Fixing to walk for a bit, everyone else is on the yard. wish I was. But I'll go ahead and get my work out, started here shortly.

9:30 am Got side tracked going through some old grievances and legal work. Right now I've got me a soup going. so I'll eat and then decide what to do next.

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9:54am mp3-man just came by, mine still hasn't come back. maybe next week. ☹️

10:56am Trying these Ab exercises called Plank's, and that's a good ab exercise. DB curls 4 bags 15, 12, 12, 10

11:39am Had to stop for lunch, and then legal mail pick up. Had yakisoba for lunch, I put it in a bowl I'll mix a soup with it and eat it later. I'm going to go back to listening to my radio and exercising. I also found out there's 13 people on D.C. (Disciplinary Confinement) it's bull shit what's taking place here. Toe touches 50

Jumping jacks 225 Laying tricep ext, 4 bags 1st 17 2nd 12 went up to 5 bags 3rd 10 4th 10 5th 8 & DB curls 5 bags 1st 10 2nd 10 sorry workout, but at least I got something done.

1:43pm mp3 man just came up and got a pack of batteries from me. my mp3-player just came back. He took it back down to the kios (main computer) so he'll probably bring it back to me in about 30 minutes or so. Can't wait to get my music back. Tonight is shower night. It's back to front, I'm going to do a cardio workout before I go to the shower.

5:21pm mp3 man came back at about 4:30 pm. We just ate and they picked up trays. I'm listening to some music and getting ready to work out right now.

6:45pm just got back from the shower, I did 30 minutes worth of step ups. 50 toe touches and some planks. Now I'm fixing to lay back watch the rest of the world news. Load some music on my mp3 listen to some music and call it a day. Hope I get some mail tonight. I'm going to see what NCAA games are on tonight. That's a wrap.

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The Death of Sgt. [unclear]

CORRECTIONAL OFFICER SAFETY

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Correctional Officer Safety... a Concern For all.
A major tool for protecting them, training them and ensuring that they are following rule's regulations and procedures for their safety as well as others is having personalized audio and video devices as a mandatory part of the Correctional Officer's uniform.

These personalized A/V devices would protect staff in numerous different ways. For the prisoner would know that his behavior was being recorded and therefore any verbal or physical threat would be recorded. The staff member would then have to conduct his or her self in a professional manner, where the staff member is not verbally or physically abusing the prisoner, using the prisoner for pushing drugs and other illegal contraband or having sexual relations with the prisoner. Which all of the above does take place.

On Sunday March 18, 2012 at the Columbia Correctional Institution known as (CCI) a 24 year old Sgt. was stabbed and killed by a prisoner serving a life sentence. Another officer was wounded in the incident. These personalized A/V devices may have prevented that, and even if it didn't prevent it, it would have given the investigators a bird's eye view of the events that took place on March 18, 2012 leading up to the stabbing. I've been pushing for these devices to be implemented into the uniform for the past 8 months to no avail. Whether people want to admit it or not, most contraband enters the FDOC through staff who are for one reason or another willing to gamble with their future and sell drugs, cellular phones, weapons

escape paraphernalia or any other contraband that is financially beneficial to the sales of the staff.

This technology exist and therefore should be explored and implemented into the Dept of Corrections to ensure the safety of Correctional staff as well as the prisoner's and general public. The time for change is now. For the technology is here, and it's needed. It could very well prevent other deaths.

Please contact your local senator and push for these personal A.V. devices to be implemented into the F.D.O.C. Thank you for your time.

Respectfully
Submitted

Ronald W. Clarke Jr.
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