

Date: 10/20/2019 6:31:17 AM

"WEIGHING ON MY HEART"

By Ronald W. Clark Jr

Over the pass month I received one rec period on Monday October 7, 2019. And I can tell that its taking a mental toll on me. Which got me to thinking about those poor souls at RMC in the hospital. Some of whom have terminal illnesses and will die in that place without every seeing or feeling the sunshine on their face again. It got me to thinking, if I ran the FDOC, I'd have them put in wheelchairs or roll the entire bed out so them men could get some fresh air and some vitamin D from the sun, at least a couple of times a week. This is a cruel and heartless place where human compassion is just absent. A little compassion goes along way. And why its so lacking in a state and country that speaks of civility and tries to perceive itself as a leader in human rights is beyond me. But yes over in that hospital is men and women who haven't went weeks and months without ever seeing or feeling the sun on their face, and its a crying shame that we as a civilized society lack the mercy and compassion to do something about it. I know from not being out but once in the pass month, the mental toll this is taking on me. I feel the depression and dread that's creeping into my mind and heart, so I know to a degree what their feeling in that misery morgue of a hospital.

There's so much wrong with the FDOC and the treatment of men and women, that it feels overwhelming, and that it will never change. But when you run a Marathon, it all starts with the very first step. It can be done! We can bring about this change for civility and human decency in the Florida Department of Corrections, but its going to be a battle, but a battle worth fighting.

Please continue to fight the good fight and bring these issues to the attention of your Legislatures. God bless you all!

Sincerely Ronald W. Clark Jr. #812974

Sunday October 20 ,2019