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" DAY 7 OF THE HUNGER STRIKE "

So here we are on day seven. Overall I feel pretty good. Other than the off and on headaches, cramps and dizziness I'm not dealing with much else. I see my stomach getting flatter. Which that is a side effect that I really like.:-) And I plan on keeping this weight off once I get it off. Tonight at 6:30 pm will make it exactly seven days since I last ate. And the last thing I ate was a Honey bun. Yes I know it wasn't healthy. But I was trying to put on weight the last week in order to push this strike 30 days. Even the staff who I've told what has taken place here is 1) Amazed that Mr Minta the DR chairman was able to render a verdict finding me guilty. And then answer the DR grievance appeal against his own ruling. and 2.) Amazed Tallahassee didn't correct it. This is the FDOC which is known for its injustice and brutal treatment of inmates. And with Secretary Mark Inch's denial of retaliation over the court's remarks to end all of the retaliation on the Closed Management law suit. Well I can't picture him doing anything but denying this was retaliatory. But the fact that I'm the only inmate who's had my visit's suspended under 33-601.731(16) and for a minor 10 day DR that had nothing to do with visitation is unequivocal evidence of retaliation. You can cover your eyes and scream it doesn't take place. Well the hell it doesn't!!!! I have a Catholic Deacon who witnessed it. And I told him not to speak out on my behalf knowing they would retaliate against him and suspend his ministry. This place earned its rightful title of the Florida Dept of "CORRUPTION!" We must hold on to hope for change. And then we must be the instrument of that change. Take care and God bless you all.

In peace and love Ronnie  
Ronald W. Cark Jr. #812974  
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