

Date: 10/10/2021 7:00:44 AM

" UPDATE DAY 8 OF HUNGER STRIKE "

Yes today is day 8. So far no headaches and I didn't have bad cramps in my legs and back last night. Which was pretty bad all last week. I'm trying to drink more water. Yesterday I got on the same scale that I weighed 229 pounds on Friday morning, and it showed me at 222 pounds. I got off and on the scale three times saying that can't be right. Mt by was 110/80, bs 75, pulse 95. So everything is still good. That seven pound weight loss obviously is from not drinking enough water. Your body can hold up to a gallon of water. And that weight's 8 pounds. I'm really tired. Get dizzy but overall I feel good. I just have to take in more water. And the water here taste really nasty. Staff bring in their own water. They will not drink this water. Well that's all that's happening here. Take care. God bless you all.

In Peace and Love Ronnie

Ronald W. Clark Jr. #812974

October 10,2021