

Date: 10/25/2021 1:12:21 PM

.. " UPDATE DAY 19 OF THE HUNGER STRIKE "
OVER FIRST AMENDMENT RETALIATION

Well today is Thursday October 21,2021 day 19. I'm starting to have some issues. Yesterday I had some chest pains. And I stood up and got really dizzy. I sat back down and got a really bad headache. One of the worst I've ever had. Then this morning I had chest pains again. I keep hoping its nothing serious that'll prevent me from continuing on. I was hoping it was heart burn. But there's nothing to have heart burn from. My stomach is burning all the time. And I'm still freezing cold. My goal is to stay in this long enough to get Secretary Inch's attention to where he views that grievance. Where he will see how it was mishandled and correct it, the DR and lift the visitation suspension that's harming my mother. My weight today is 201 pounds. That's a 37 pound weight loss in 19 days. BP is 105/76 heart rate 84, bs 80. So everything there seems to be good. I just have to keep digging down deep to push forward and hope my heart will hold up and nothing goes wrong. Its a shame that I've got to go to this length to correct this retaliation. But this Dept is what it is, " CORRUPT!!" God bless you all.

In Peace and love Ronnie
Ronald W. Clark Jr. #812974
Thursday October 21,2021

.. " UPDATE DAY 20 OF THE HUNGER STRIKE "
OVER FIRST AMENDMENT RETALIATION

Well today is Friday October 22,2021 day 20 of this hunger strike. I have a really bad headache. But I haven't had anymore chest pains. I don't know how much longer this is going to continue. I'm sure this administration hopes that I die so I'm no longer writing about them and standing up to the corruption in here. The Warden and Col came through yesterday. I was laying here I opened my eyes and looked up to see them. But there's nothing that I can talk about with them. So why waste my breathe speaking to people who have not only retaliated but have drawn their line in the sand. My goal is to get Secretary Inch looking at this. But the entire FDOC is so corrupt. Deputy Secretary Ricky Dixon is one of the good ol boy's. I read a piece the other day about how he came up under Secretary James V. Crosby Jr. and because Crosby possibly owed Ricky Dixon's dad Jerry Dixon a former Assistant Warden at Cross City C.I. a favor, Crosby gave Ricky illegal promotions from Sgt to Captain without even having an interview. Then went from CSA to Col all within 6 months. It spoke on how Dixon as a Col had less time in as most Sgt's. And these are the people that Secretary Inch has in his office. Someone needs to weed out these unethical corrupt good ol boy's who got these positions through unethical means. The FDOC in Florida is rotten to its core! And we need change. And that change starts with draining this swamp from these FDOC good ol boy's who come up through the FDOC promoted through cronyism. I had to walk up front this morning and see the doctor at urgent care. All they did was the bp which was 107/84 heart rate of 114. They didn't do the weight or anything. A lot of the officer's were trying to talk me off of this. Saying these people don't care if you die nor does Secretary Inch. And you know that's probably true. But I'm fighting for a just cause. And I can't give up. Just like I told all the medical, " If you don't try you don't know what you can accomplish. Well I will continue to fight the good fight. God bless you all.

In Peace and love Ronnie
Ronald W. Clark Jr. #812974
Friday October 22,2021

. " UPDATE DAY 21 OF THE HUNGER STRIKE "
OVER FIRST AMENDMENT RETALIATION

Well today is Saturday October 23,2021 yes day 21. My weight was 202 pounds bp 112/75 heart rate 88 bs 81. So everything seems to be good. I have a headache and I'm dizzy. But no chest pains. They haven't checked my blood in two weeks to see how the organs are doing. I'll be glad when this is over. But I'm not just fighting for myself. I'm fighting for my mother and Clo. Because this administration didn't just retaliate against me. They retaliated against my family. Which proves how dirty and slimy these people are. You've got to be a real low life to want to harm innocent people in order to get back at an inmate. Well the nurse said 9 more days. I just smiled because it could go passed 30 days. Because I'm fighting for more than myself. Thank you for following this and your support. God bless you all.

In Peace and love Ronnie
Ronald W. Clark Jr. #812974
Saturday October 23,2021

.. " UPDATE DAY 22/OF THE HUNGER STRIKE "
OVER FIRST AMENDMENT RETALIATION

Here we are on day 22. My weight was 199 pounds. bp 101/75 pulse 88, bs 78. Still dealing with headaches and dizziness. Just taking it one day at a time. Keeping my mind on the fact that I'm fighting for my mom and Clo. God bless you all.

In Peace and love Ronnie
Ronald W. Clark Jr. #812974
Sunday October 24,2021

. " UPDATE DAY 23 OF THE HUNGER STRIKE "
OVER FIRST AMENDMENT RETALIATION

Here we are on day 23 My weight was 199 pounds. bp 115/75 pulse 88, bs 78 .Basically the same thing as yesterday. They did a blood drawl this morning to check my blood. So I've lost almost 40 pounds. Just got to keep fighting. And right now I'm cut off form family and friends which I'm sure is making it hard on them. But its them that I'm fighting for. God bless you all.

In Peace and love Ronnie
Ronald W. Clark Jr. #812974
Monday October 25,2021