

Date: 10/26/2021 5:34:31 PM

. THE EFFECTS OF THIS HUNGER STRIKE

Well as I told you it ended today Tuesday October 26, 2021. I'm now hoping that I didn't do some serious damage to my body. When I get up and walk I start shaking. A few minutes ago all the vein's in my arms swallow up and popped out like I've never seen. It looked strange. I laid down and it went away. I don't know what that was about. I've still got some pains in my kidney on the right side. And I'm struggling with some abdominal pains. This took a toll on me mentally and physically. I'm keeping some food down. I just have to chew the food up really good. Hope I didn't do permanent damage. I'll keep you updated on any side effects. Again thanks for all of your support and help. Didn't accomplish what I was hoping to accomplish which was getting Secretary Inch to view how they mishandled that grievance. But you can't win them all. God bless you.

In Peace and love Ronnie

Ronald W. Clark Jr. 812974

October 26_2021