

January 16, 2013

Dear Bloggers, Greetings, I hope and pray that my letter finds you in the best of health and strong spirits and that the new year brings you happiness and growth.

This is a new format of communication with the outside world oh oh looks like this tape is on it's way out, I've never even surfed the web, a consequence of being incarcerated for over 25 years. I got every letter I could out of that tape, hopefully I'll be able to keep up with comments and questions.

I don't know how MIT is funding this endeavor of between the bars but for what it is worth buy a MIT tee or sweat with the words Between the Bars emblessened upon it MIT will earn a few dollars and therethrough BTB will be more secure, besides maybe yoy will come across someone else in your travels wearing one also and use it as a conversation starter.

I've put in a so-so profile, the photograph is a couple years old and I mean a couple as I have'nt changed much in appearance other than being a little thinner now and up until last autum I could run 3 miles in 22 minutes and I'm a heavy smoker non-filters at that, I know, I know I should'nt smoke like that but life in here is stressful and it is a cheap crutch cumpared to the prices of candy and chips in here, just about everyone on earth is addicted to something so bear with me \$8.60 a month for a bag of tobacco whereas if I used that to purchase food I eat through it in about 3 or 4 days and in my current situation I can't afford to eat as much as I need to maintain my health, which brings me to current events.

Presently I am fighting with the Pennsylvania Department of Corrections ~~xx~~ (PA.DOC) for a religious diet. It would be simple for the PA.DOC to provide me with a religious diet as the PA.DOC already accommodates those of the Jewish and Muslim faiths with religious diets and as such providing me with a religious diet would not be a burden, but their action of denial is expected.

As a matter of course the PA.DOC has been harassing and taking discriminatory actions against me for decades because I maintain my innocence to the crimes I was wrongfully convicted of, my politics of resistance and my religious beliefs.

Adherrence to a religious diet has not been easy as there is little on the regular food trays offered in the dinning hall that I can eat so I subsist primarily on food items purchased from the prison commissary here and because my finances are limited I've lost over 12 lbs. since September 23, 2012 and that is as of the last time I had a oppurtunity to weigh myself on January 2, 2013 when I weighed 147½ lbs. fully clothed. At my height of 5'7-5'8 I'm not at a unhealthy weight, but I've noticed some affect of mood swings that I suspect are the result of low levels of vitamins and minerals, irratation at being interrupted when I am doing something, flinching at unexpected noises followed by a sense of

heat over my upper body that transcends into anger and a impulsive verbal outburst, not healthy in a prison envirnment but in struggle there are always risks.

If anyone out there in the world is interested in supporting my struggle for a religious diet please contact me through snail mail as I need to obtain some supportive texts theologically supporting my arguement for a religious diet free of animal products and free of the taint that occures when non-animal foods are prepared in cookware or served with utensils that were also used to prepare and serve animal food products.

Whats out there on the internet about me is unknown to me, so for anyone doing a internet search to be mindful that I can't comment on accusations or attacks upon my character that I have no knowledge of and to at least give me an oppurtunity to defend my character by contacting me and sending me a printout of the information and ask any questions you may have.

Well I guess I'll be rolling along my shoulders and neck are burning and it's time for me to eat my second meal of the day  $\frac{1}{2}$  of a ramen noodle soup and 5 saltine crackers, stay strong and be happy and I thank everyone who took the time to read my blog and look forward to answering questions and responding to comments.

Blessings,

In the Spirit of Resistance

Wildcat