

Eric Wildcat Hall
#BL-5355 Unit I-B
10745 Route 18
Albion, PA.
16475-0002

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Dear Friends,

Greetings, I hope and pray that my letter finds everyone reading this in the best of health and strong spirits.

I am surviving here been busy clearing my plate of Grievances I submitted sent out the last two (2) Appeals to final review, to the PA.DOC Central Office, that relate to the denial of my request to be moved to the bottom tier and my falling on the stairs, and fully intend not to submit any more grievances as I tend to other matters, Mostly catching up on my mail, letters I need to answer and I came across the address of an attorney with the Civil Rights Division of the U.S. Dept. of Justice who wants to hear from PA. Prisoners in regards to the treatment and conditions of the mentally ill.

Then I want to try and get the stipend for Medical Allowance for the physically disabled and aged increased from \$10.00 a month to something that takes in to account the cost of living increase that has come about in the last 30 yrs. or so, which is when the PA.DOC implemented the \$10.00 a month Medical Allowance.

In contrast to the Medical Allowance stipend is the stipend given to inmates on GLP (General Labor Pool) of about \$16.00 a month, these inmates for the most part never do any work and don't want to work, and as such it's only logical the the stipend for Medical Allowance be more than the stipend for GLP inmates.

Am doing as well as expected weight wise, received a couple \$15.00 I Pays so was able to get some commissary for myself, some other things from commissary to pay down some debt, and used some for making xerox copies to send to the attorney that has decided to litigate the religious diet claim. So I gained a few pounds and last I weighed myself I was 136 pounds.

Been doing some painting but it's difficult to get in the mood to express my artistic talent with a visual medium, but I'm almost finished with a small painting $7\frac{1}{2} \times 10$, that is on a scrap of watercolor paper, that I plan to give to another prisoner who has been generous with coffee when I need some, which is relatively often since coffee gives me the push I need especially in the morning to get things done that I need to do. Like tomorrow have to sort through paperwork and decide what is really important to xerox and mail to the attorney.

Well it's 10:30 PM here and 6:00 AM comes early so I'm out of here, everyone take care and stay strong.

Blessings
Wildcat
in the spirit of resistance