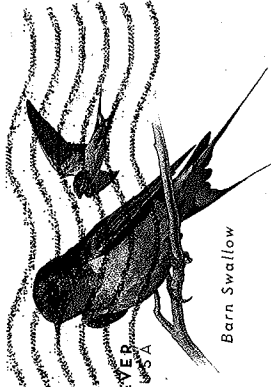


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SAN FRANCISCO, CALIF.

12 MAY 2000 PM 3 FOREVER
USA



Barn Swallow

Prison University Project
Post Office 492
San Quentin, CA 94964

POSTNET barcode consisting of vertical bars of varying heights.

94964-492

Dear Prison University Project

I want to thank you and everyone who has partnered with your project enabling you all to put this wonderful package together for us. It truly is a blessing and a sense of relief to know we are not forgotten in the midst of this pandemic chaos. This still seems surreal to know this has affected our entire world bringing it to a halt in its rapid uncontrolled growth that is disconnecting humanity within us. Has our leaders new visions of policies, politics, and reformation involving our country with War on terror, Capitalism, Homeland Security and Global warming that may be linked to this pandemic virus and possibly the tip of the iceberg of what may follow instead the topic is mixed in with the top three to prevent awareness masking the level of injustice, discrimination, and oppression within our country's new direction -

"Make America Great Again"

The rebirth and high levels of racism with its use of racial profiling, immigration ice round-ups, a broken judicial legal system fueling mass incarceration to new peaks that may have sparked a new rise of terror in our communities with mass shootings and suicides.

It seems we have a tendency to complicate matters usually in an attempt to avoid doing our clear and present duty for what is right yet there exist hope if we come together as one nation for humanity's perseverance of life and love for one another. As for me here at S.Q it being my first experience ever on this side I have a hard time searching for words to describe the level of darkness behind these walls. With its existing inhumane treatment to the rise of anxiety and depression this quarantine lockdown has added. I can only speak for myself but I can almost assert that rest of men caged up with me are feeling its effects at their own levels as I can hear it day after day. Our housing unit echoes outburst of rage and affronts ^{are} cries for help.

What is difficult to understand if we inmates are a community behind these walls in our own safe zone, all ready quarantine and away from society for many months now with no new bodies coming in or inmates shipping out how could our safety be compromised?

It can only be from the staff that are not subjected to the quarantine lockdown with us yet we have to suffer the ramifications.

We have been shut down and not allowed to leave from our reception screening process to our mainline prison destinations prolonging our extended stay to a Harsh No Movement lockdown confined to our cells. As your program is aware we are not allowed to start chipping away at our sentence with the programs offered for mile stones, vocation-credits or rehabilitation courses.

Is it possible we are also losing our (80% - 66% - 50% - 33%) percentage of credit during this lockdown is it actually legal within our prisoners rights under California's Title 15 rules and regulations and proposition 57.

We are limited to reading materials as we are confined to our cells and for those who have no family support are left in the dark. We have no more free of charge phone calls to our loved ones no access to local state news broadcasts or newspapers to help us bring a slight amount of comfort in lowering the buildup anxiety we suffer from.

Items we can receive of many types through the various quarterly package companies offer inmates comfort which so many mainline inmates all ready possess to help them ease this shock wave, reception inmates like myself are deprived this comfort through this crisis. I ask myself where is our advocate?

The world became aware of one example of the buildup anxiety vacationers here in the San Francisco - Bay area stuck in luxurious cruise line ships had to endure a quarantine shut off from society. The pressures of confinement, hopelessness, and imprisonment.

Did they feel deprived and abandoned in their modest mediocre suites with its multiple amenities the ship offered?

Stuck in the Port of Oakland as our government and agencies rushed to their rescue to resolve the hellish nightmare.

I understand all this may be new to our world in the mist of this pandemic crisis but it needs to be a live and learn process on how we can survive together moving towards a better world triggering our imaginations through goodness, truth and love counter balancing the confusion of hopelessness through the plagues of greed, power, violence, and selfishness that have infected our minds, hearts as a society in this time of age. Tragedy can either bring us together or tear us apart as a nation. Where should we stand.

I thank you for reminding me of an act that seems to have been lost and forgotten especially for us prisoners.

One random act of kindness - is to do little things with great love bringing enormous joy to the receiver as well as the giver.

An invention to think differently about life but more than that an invention to live life differently.

from the bottom of my heart I
thank you very much and may
God bless you all multiply your
works for putting this back into
practice for me and the rest of
the men here.

Sincerely

A S.O reception inmate.

p.s. It is ok to use my letter, if
you wish for any publication.