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04 MAY 2020 PMS L



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please say Hello to all my friends and staff there

Timothy Young, E47446
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May 1, 2020

Dear P.U.P.,

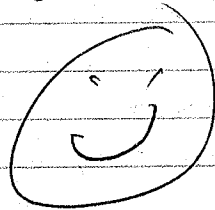
It was a pleasure hearing from old friends at P.U.P. and Thanks for the surprise package! 😊 Everyone in West Block was excited and that doesn't happen much, except when Global-Tell-Link provided free phone calls last month, that was nice but not enough phones in the unit a bummer. Well, I have been writing some things for my group here and I want to share it with P.U.P. The group is called the Beat Within, but you can use the writing however you wish. If you want me to write more I will. Things aren't right on this end at all. Again thanks for everything peace



please find enclosed
Two essays I have
written

#1 INCARCERATION CHANGED
2 pages

#2 ISOLATION AND INCARCERATION
3 pages



Tom ☺

Love the tablet!

We are all grateful for
PUP. here in West Block
and all other Buildings
As well THANK YOU SO MUCH!

~~CONFIDENTIAL~~

ISOLATION AND INCARCERATION

Due to this present global pandemic our local Governmental Officials issued "Shelter-In Place and Social-Distancing Orders," in effort to fight this New Carona Virus also known as COVID-19. This disease has taken over 58,000 lives across the U.S., according to NBC NEWS, TODAY in the BAY, Wednesday April 29,2020.

During this period, some people are not able to leave their homes to secure food and other supplies, some people have no home to go to, some people have become unemployed while others continue in their specialty employment. This seems to be the begining of more unsettled times to come that will affect the mentality and stability of our country in many different ways. I will consider some similarities of isolation in our society and how isolation affect the incarcerated population.

Taking a brief look at our societies, some of the community streets and buisnesses are almost emptied due to the Shelter-In-Place and Social-Distancing Orders. Some of our cities are liken to modern day ghost-towns. Families in some cases are forced to stay at their homes, like it or not, until these Orders are lifted. Some people find this very difficult and some think it is very unbearable and also causes mental anguish and hostility amoungst family members and friends. These Orders have also led to higher rates of domestic violence within the home, according to the local news reports. Some people have become horders, others aggressive shoppers and some deliberately violate both Orders going out into public parks, beaches, parties, etc. in crowds, with knowledge that the authorities will give warnings, issue citations, fines and you may be arrested for violating these orders. It is beyond belief that some people still risk the chance of possible infection, the risk of infecting others, hospitalization or even death.

The Shelter-In-Place and Social-Distancing Orders do sound and look familiar if viewed in the eyes of those who have contracted COVID-19, those who have been sheltering in place and those who are and have been housed within the incarcerated population.

It seems that many people in our communities feel that being confined within their homes in light of these Orders is a form of punishment, but we do understand that the safety of all is crutial, not just the safety of some and there should be no divide here.

I will add that from afar it seems that the Shelter-In-Place and Social-Distancing Orders have and still is saving lives, but I believe that it is safe to say that the Shelter-In-Place and Social-Distancing Orders do not apply to the incarcerated population, and citizens are not being incarcerated within their

own homes, but I think that they are just feeling a slight pinch on the arm of what actual incarceration feels like physically and mentally even if it is minor.

Well, I can say that being incarcerated during this global pandemic has brought uncertainty and a landslide of unanswered questions, for instance: How long will this Modified Programming continue within the prison system? Will the incarcerated population be tested for COVID-19 if symptoms are consistent with this disease anytime after? What if incarcerated people contract COVID-19, will they receive proper medical care and ventilators if needed to have hope for a positive outcome for them and their families? Are the incarcerated population housed at 100-year old plus institutions more at risk during this pandemic? Will staff continue to work in these facilities if they have been exposed or are found to be A-symptomatic? Will a large portion of the incarcerated population be considered for release or parole prior to contracting this disease based upon their time served, age, medical history, post conviction behavior, ect. because COVID-19 is highly contagious and a deadly disease that can devastate the incarcerated population which is already extremely overburdened? These are just a few relevant questions asked by those who are incarcerated. The issuance of a cloth face mask and a small bottle of hand sanitizer is not the remedy nor moving or transferring the prison population around and around during an active pandemic. No one is requesting the key to these doors but something has to be done.

Some citizens who have had no contact with jail or prison facilities or with those who are or have been incarcerated may have never heard of nor understand some basic day-to-day conditions living inside these facilities. I will share a portion of this being incarcerated myself. One common experience with the incarcerated population young and old is at 9pm all movement if any ends and the lights go out. Some people are ordered to stay on their bunk, while others like myself are locked in a cell until the next day. TOTAL ISOLATION! Just watching that guard count me and my celly and key-lock the door from the outside is something else. It feels like being locked in a garage like a lawn mower or some other property, The only difference is that lawn mower doesn't wonder if anyone is coming back to unlock that door, but people do.

After 9pm each night my building becomes violently silent with the acoustic buzz of whirling fans, toilets flushing, sinks running, the heaviness of large keys carried by officers as they secure the building and the occasional blaring alarm that comes on when someone yells out "man-down!" Over and over and over until the officers investigate to see if someone has a problem or needs help. These sounds are almost invisible during the day-to-day chaos. At this time my mind opens to a variety of things that take this isolation to another level of consciousness within this very small space called a cell. One thing for sure, is that it is easy to fall into a depressive

state of being sleeping off days and even nights doing absolutely nothing for long periods of time and no one seems to care. Being incarcerated is depressively redundant because everything even the food is exactly the same day-after-day, in effect "time stops where incarceration begins." My mind also opens to a entirely different focus because I do pray, meditate, read and write. As I do these things in this small cell I have to lay on this hard steel bunk that is terribly uncomfortable or sit on a bucket all of which deteriorates my posture day by day even when I watch my portable television tell me stories or entertain me. My portable radio is on all day and sometimes all night because I love the sound of music and it blocks out the chaos around me. I do have redundant thoughts about the things that I have done good and bad. I will not reveal my feelings at this time of being excluded, set-apart or isolated from society, my family and even economically, but I can say that I continually miss my loved ones especially those who have passed on. I do understand the consequences of doing bad things now, and the hurt that comes with it, but the pain of loosing both my parents, people who have been there all their life for me is a different kind of hurt and a different kind of pain, especially while being isolated by incarceration.

Some may say how do I cope with life while incarcerated? All I can say is that its never easy being confined like a wild beast when I am a human being. These things are never easy to explain or deal with some days, because extreme lengths of continued incarceration is unnatural and ^{sometimes} cruel and unusual. ~~Just as the hanging of a man in a prison is a violation of the law~~
~~as the hanging of a man in a prison is a violation of the law~~
Just being incarcerated and crammed in a small cell with another person with the energy, attitude, mental health status and the stress of being locked away is a struggle in itself. Now, considering the Social-Distancing Order issued by our government^{it} is impossible to adhere to and our institutions are in violation of these Orders and continue to resist lowering the prison population pursuant to previous mandated court orders and many laws allowing the prison system to act on its own by applying earned credit towards release, sentence recalls, the early release of youth offenders and elderly prisoners who have served specified terms even the parole board has the authority to do the same but the prison population is still overwhelming, I would ask why? Isolation can easily be a failure to act towards a individual or a population of people. Please don't let our prison systems resemble a storm like Katrina in the eye of COVID-19. Incarceration and Isolation, when will these things change?

TIMOTHY YOUNG, E47446, 2020

~~(REDACTED)~~
INCARCERATION CHANGED

Incarcerated child to incarcerated man or woman. One may ask how is this possible? I believe it is possible in a world where it is accepted as a form of continued punishment. It is accepted in a world full of hate and false traditions, which all paved the way down this "Yellow Brick Road" right into mass-incarceration. Ask yourself, why would one want to incarcerate another? Is it really for punishment or vengeance, hatred or discrimination, false traditions or for profit or just for the status-quo? You tell me. I want to consider growing up in my community, crime and government solutions and if incarceration can be changed.

Growing up as a young kid it seemed that I had no problems, no worries, no personal hang-ups or hate towards anyone because I thought as a child. While living in a community with my family I felt safe. The people in my community felt safe and supported one another. I can still remember walking to school with my mother as a young kid and our neighbors would speak to us, make sure we were doing well and encourage my education. My community had hard working people. I can remember PTA-Meetings, school bus field trips, Boys and Girls clubs, summer camps, sports teams, etc. What happened? What happened to the restorative justice our community used ~~used~~ if a kid broke a window, or took a neighbors bike, our community solved these things, the System solved more serious problems. Now in my teens these things in my community drastically began to change. My neighbors became more and more silent and the youth began to follow this enticing "Yellow Brick Road" right into separation and destruction.

Our communitie became saturated with drugs, gangs, crime and abuse. Fear began to show its frightened face everywhere creating a public out-cry so loud something had to be done, but what? I thought no one really wanted to understand how these things gradually began to occur or if something other than incarceration could correct these serious problems. In fact, our Government decided to act in a forceful and violent way drafting laws as though we had none already. These new and harsher laws began to fall from our beautiful blue and white sky like the Manna in the days of old written about in the Holy Scriptures, where the Children of Israel ate Manna for forty years until they came to the border of the land of Canaan (Exodus 16:35). That Manna was a bread that sustained the Children of Israel. This New Manna of Laws did the complete opposite, it began to poison our communities, separate families by incarceration, scar, cripple and kill tens of thousands of citizens across the country including myself as a youth for life. This New Manna of Laws were being enforced by all means necessary by our state and governmental agencies. This free reign of law enforcement power brought out military weapons like the "Batter-Ram" spoke about in Los Angeles years ago

amongst other military machinery to fight against the drug and crime epidemic prevailing in our communities. Government Officials began to yell out terms like "LOCK E'M-UP AND THROW AWAY THE KEY, SAY NOPE-TO-DOPE, JUVENILES ARE CRIMINAL PREDATORS, AND THE LIKE." I believe that cliché's like these caused further separation in our communities, in our humanities and amplified racism across our country. In all this, if one is ignorant of the law or living in poverty or both, there is no excuse. At some point you will be incarcerated and forever scared.

I believe that every living being should not be confined their entire life. What would justify this? Robbery, Assault, Murder? Even the Children of Israel did not eat Manna forever.

I personally believe that this man made "BEAST" began with a mind-set. One that did not reckon with the consequences of what would come. With this new debased and deliberate mind-set and this so-called "Law and Order Push" incarceration blossomed faster than a dark gray mushroom cloud with the stench of mold that has and still is eating away at our beautiful country, state by state. MASS-INCARCERATION. A man made "BEAST" that has swallowed-up our humanity. Is there any antidote? I think so, but it begins with our families, our communities and governments. What's ironic is that our Systems continue to roar its voice about rehabilitation and reforms, but incarceration still peaks its ugly face over many jail and prison walls right now!

Incarceration, separation and discrimination has been taught to generations of people including to me. This belief will choke your soul to death if you let it defeat you. I believe that something can be done to change the way we incarcerate, but this is what we do as a people. For instance, we put fish in bowls, birds in cages, animals in pens and of course people (children, women and men) in cells and want to confine them for decades even life. If you ask me this is the true meaning of cruel and unusual besides the hanging of a innocent man or woman, no matter how one spins it.

Can a world without incarceration or different forms of punish be possible within the same mind-set of government who built this "BEAST?" I don't think so, but who am I, one incarcerated person. A warden told me "the only way to fix a establishment is to replace it with another." At that time I did not understand what she meant, but I do now at this point in my prison bid. All I can do is pray for a better way. What if I click the heels of my prison boots together like Dorothy in the Wizard of Oz and wish everyone who finds themselves incarcerated physically or mentally away from that dreadful "Yellow Brick Road" onto that narrow straight ~~street~~ that leads right into Heavens Gate where true freedom lives. Has incarceration changed?