The right words at the right time changes a person's mood and perspective. The right words at the right time also reenergizes inspirations and motivations. Most of all actions speak louder than words, and the actions of the DVP organization speaks volumes: Authentic, selfless, compassion, and sincerity to name a few. The gift and the enclosed letter put a shine in my day that will help carry me on in these unstable and confusing times. I am very grateful of the gesture issued by DVP. I am proud to be part of a community that supports its family on so many levels.

Without visits from family and friends, without laughing and conversing with Tamanawis staff, days have been long and boring. Trying to find a new normal that is productive has been challenging. Hopefully, we can get back to normal soon.

This COVID-19 pandemic has me concerned about the world as a whole. Of course, I'm concerned about my family and friends, but I don't feel like this is a time to think on a micro level. This enemy is demanding all people to be in one accord so that we can secure a promising future. I've been watching the name calling and mudslinging between leaders of nations, and it's all wasted time and energy. It's clear this threat doesn't care about the politics of culture or race. Plus, we have no idea if this is just the beginning of a new suffering that if unchecked may cause a sorrow unforeseen to us all. That's why we should address this pandemic as a collective.

Right now I feel even more so vulnerable because of my circumstances as a person. Not being able to receive COVID testing, unable to exercise social distancing, and just a week ago we were
Finally, given masks, all these things weigh heavily on me because they are critical to maintaining physical and mental health. No health department such as the EPA or CDC seems to notice us. This negligent or apathetic attitude towards prisoners has reintroduced me to a fresh wave of abandonment, when the cell doors are locked the negative feelings of this vulnerability and abandonment is amplified. I don't know if I can fully regain it, but it seems that all of life's ills are heightened.

Through it all I hope we continue to find the courage, the will and tenacity to not accept defeat. I hope we find strength and celebrate small victories with the same zeal as larger victories. So to the whole PUP organization, MT, Tramalpais College Students and Faculty I thank you for being the victory of all sorts.

Onley Anderson

P.S. Feel free to share this