DEAR PUP, 5-1-2020

As of today, no one “inside” San Quentin State Prison has tested positive for COVID-19. Therefore, the only way that an inmate can contract Coronavirus is if staff introduces it into the institution. A serious concern that I have is staff going home to family and/or friends that they can not account for their whereabouts while they are at work. All it takes is one selfish decision, by one person outside the institution, who is in close contact or proximity of a SQSP staff member, and hundreds of inmates if not thousands, will become infected with COVID-19. Symptoms may not show for days. This is enough time for the virus to spread like wildfires.
ON T.V., THEY ARE SHOWING THESE PROTEST ABOUT SHELTERING-IN-PLACE ORDERS AROUND THE COUNTRY. ALSO, PEOPLE ARE CONCERNED ABOUT THE ECONOMY AND THEIR LIVELIHOOD GOING FORWARD. I AM NOT OUT THERE, SO I CANNOT PASS JUDGEMENT OR SPEAK ON WHAT THEY DECIDE TO DO. HOWEVER, I WILL SHARE MY THOUGHTS.

DOCTORS AND NURSES ARE ON THE FRONTLINE FOR "ALL" OUR HEALTH AND SAFETY. IF THEY DECIDE NOT TO GO TO WORK BECAUSE PEOPLE DO NOT WANT TO OBEY THE SHELTER-IN-PLACE ORDER, WHO IS GOING TO TAKE CARE OF THE PROTESTERS, THE PROTESTERS' FAMILY AND FRIENDS IF AND WHEN THEY GET SICK? SELF-PRESERVATION IS THE FIRST LAW OF NATURE. THESE ARE "UNUSUAL" TIMES NOT "UNNATURAL" TIMES.

THE FEAR OF BEING POOR, HOMELESS,
DESTITUTE, DEPENDANT, HUNGRY, AND HOPELESS IS TRUMPING GUARANTEED HEALTH AND SAFETY FOR TODAY. I KNOW THIS FOR A FACT. I CAN NOT CHANGE WHAT HAPPENED YESTERDAY, NOR CAN I TELL SOMEONE WHAT IS GOING TO HAPPEN TOMORROW. HOWEVER, THIS VERY MOMENT, “RIGHT NOW” IS THE MOST IMPORTANT TIME OF MY LIFE. WHAT I CHOSE TO SAY, CHOSE TO THINK, AND CHOSE TO DO WILL NOT ONLY AFFECT ME, BUT EVERYONE ELSE IN THE WORLD ONE WAY OR ANOTHER. THIS PANDEMIC HAS ADDED STRENGTH TO THE CONDUIT THAT CONNECTS US ALL.

IF ANY OF US ARE SICK OR DEAD DUE TO OUR SELFISH AMBITIONS, OUR WE ARE NO GOOD TO THE ECONOMY. MOREOVER, OUR FEARS WILL NOT MATTER AT ONE POINT, I TRULY BELIEVED THAT
This pandemic would force us to change our perception of how we see and value life. Moreover, make us a better people. Today, I am not so convinced.

Before I go, I will leave you all with this...

I have been sheltering-in-place for almost 22 years. At times, it was difficult to cope with being locked up and locked down. However, I found some key things that helped me survive and persevere.

1) Prayer and/or meditation daily—regularly.

2) Exercise if possible. Try to get a good, drenching sweat.

3) Read or study material, do
PUZZLES, SOLVE PROBLEMS, AND TRY TO ANSWER QUESTIONS THAT HAVE AN ANSWER WITHOUT LOOKING. IF YOU DO LOOK AT THE ANSWER, FIGURE OUT HOW IT WAS SOLVED.

4) TALK TO SOMEONE; DO NOT BE ANTI-SOCIAL! NOT TALKING TO PEOPLE ABOUT MY FEELINGS & EMOTIONS LED TO Destructive ACTIONS/BEHAVIOR.

5) BE OF SERVICE HOWEVER POSSIBLE.

6) GO BACK TO NUMBER 1.

Sincerely,
Reggie

P.S. IT IS OKAY TO SHARE THIS LETTER ON THE PUP WEBSITE OR IN E-MAIL MESSAGES.