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Well, Covid-19 has arrived in San Quentin. We started with 15 known cases two weeks ago. We now have way over a thousand! My cellmate tested positive, but I negative. This leads me to believe I was previously infected and was a-symptomatic. They took my cellie away, himself with no symptoms, so I am now single celled and loving it. I work hard at my Business studies each day, workout to stay fit and pray a lot.

I haven't been posting much lately as I have been doing a lot of internal work, recovery stuff and such. It has been rough but I feel as though a last great stronghold of the enemy has been broken in my life surrounding, well surrounding hustle and what is and is not acceptable in financial acquisition. It feels like I was booted out of a comfy nest to fly or slam to the ground. :)

I shall not post much until this covid breaks in here as I don't want to send out the virus. Take care and know any letters or comments are always appreciated and welcomed.

God bless you now and always. Amen.

In Christ,
I remain,



Russ (Jn.8:31,32)