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KERN VALLEY STATE PRISON  
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2 POST REPLY TO DELACRUZ SILENT 79@GMAIL,

4 I JUST RECEIVED THIS MESSAGE WHICH IS PRETTY ANCIENT, SORRY FOR  
5 THE DELAY OF THIS LONG PERIOD. BUT THE MAIL WAS NEVER DELIVERED.

6 I HAVE BEEN OUT OF THE SHU FOR YEARS NOW. BUT I'M STILL EXERCISING  
7 DAILY. IN THE SHU AT PELICAN BAY I HAD ALL DAY TO WORK OUT. I HAD  
8 NOTHING ELSE TO DO.

9 EXERCISE IS A GOOD MEANS TO DEAL WITH STRESS, AND I'D ADVISE IT TO EVERY  
10 ONE. I'M 67 YRS OLD AND I STILL CAN DO ANYTHING LIKE I WAS DOING TWENTY YEARS  
11 AGO. MY ROUTINES HAVE HAD TO CHANGE BECAUSE NOW I'M ON A MAINLINE, I GO TO  
12 SCHOOL, AND I'M LEARNING VOCATIONAL SKILLS. I FINISHED SMALL ENGINES, AND NOW  
13 I'M TAKING OFFICE SERVICES - COMPUTER COURSES. AND I HAVE BEEN STUDYING THE LAW  
14 FOR A LONG TIME, IN FACT I JUST GRADUATED FROM PARALEGAL STUDIES. SO I'M NOW  
15 A CERTIFIED PARALEGAL. I UTILIZE MY EDUCATION TO HELP OTHER INMATES WITH  
16 THEIR LEGAL PROBLEMS.

17 I'VE BEEN STAYING OUT OF TROUBLE I HAVE THREE YEARS CLEAN. I JUST WENT TO THE  
18 BOARD AND GOT DENIED 5 YRS. SO I HAVE TO CONTINUE TO STRIVE TO BETTER MYSELF AND  
19 BECOME A PRODUCTIVE INDIVIDUAL. I STILL EXERCISE DAILY. EVERY DAY. ONE MORNING  
20 I'LL DO ARMS/CURLS-BACK ARMS, AND PUSHUPS - SIT UPS. BUT I WARMUP WITH JUMPING  
21 JACKS, AND OTHER CALISTOTICS FIRST. THE NEXT MORNING I'LL DO MY WARMUP AND  
22 THEN I'LL DO BURPEES. IF I HAVE EXTRA TIME I'LL DO A SECOND WORKOUT AFTER DINNER  
23 BECAUSE OF THIS COVID VIRUS THINGS HAVE CHANGED FOR EVERYONE, BUT FOR US IN  
24 PRISON ITS REALLY TIGHTENED UP. VERY LITTLE YARD AND PROGRAM. SO I SPEND A LOT OF  
25 TIME IN MY CELL STUDYING, WATCHING TV. AND I HAVE A TABLET NOW THAT I CAN TEXT  
26 FOLKS, I CAN LISTEN TO MUSIC, PLAY GAMES ON IT. I LIKE TO PLAY CHESS. AND MUSIC HELPS  
27 ME RELAX AND REMEMISCE OF THE OLD DAYS. OLD FRIENDS AND LOVES, MY FAMILY, KIDS,  
28 I'M SORRY FOR BEING SO LATE IN RESPONDING. BUT ITS THE MAIL NOT ME.