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6/18/22

Between the Bars

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To: \* REPLY I.D.: gbdj

Dear Julianneashford,

Hello, it's so great 2 hear from you!! 😊  
I appreciate your reply, thank you for taking the time to write.  
I received it - approx. 7 days ago.

F.Y.I. - you can still contact me on jpsx, however any day, it will be switched to gtl (global tel link). Calif prisons will convert to tablets (<sup>(will still be able to)</sup> we can still get letters via snail mail) that will allow us to also do college, & supposedly more stuff, if you like you can still write or email. I do the best I can in here. I've become "infamous" to staff (in adjusting to this prison life). I say that bc - since I've been in, I can never stop seeing injustices, the way staff exploit inmates lack of knowledge re: rules - (staff of all rank). I've become the person to assist inmates with grievances in re: to getting medical care, challenging unfair <sup>disciplinary</sup> findings, etc. which makes me a target for staff. But also while in, I've obtained over 100 certifications in courses, training, paralegal; Microsoft, <sup>(JUNIOR)</sup> college courses. Hopefully this year, I'll officially be a "published writer". Adjusting to "prison life" is never ending - e.g. covid-19 was horrible deaths of 28 at San Quentin, 29 at Chino; despite not being at either one during covid, I've seen <sup>PAST</sup> prison boxing legends, simply wither & die. (PTO)

If anyone had told me how serious civil rights violations were behind prison walls, I would not have believed it. The prison day starts at wake-up, <sup>then</sup> wash-up, <sup>then</sup> go to am chow, return to bldg. & do what you can (because this prison has hardly no jobs, vocations etc (no rehab) so I start with my self created job of: "affirmative advocate" & write grievances - free of charge - for inmates who have: low or no education; english as a 2nd language & for mental health issues. After a few hours of this, I will shower, then eat lunch unless I have <sup>A</sup> medical appointment (as I have ~~the~~ multiple comorbidities myself) because despite coming in at 21 yrs old (in 1996), 25 years of incarceration has taken a toll. After lunch, I'll usually nap for 2 hrs, then listen to music, use the phone or do some course work or reading. At <sup>30</sup><sub>4pm</sub> it's time to lock up for <sup>5pm</sup> count, which clears approx. <sup>at</sup> <sup>30</sup><sub>5pm</sub> - then go to dinner. After dinner I'll get a table & read/write til 8pm, then wash up & watch t.v. til 10pm then go to sleep. In prison people (even me) come/go to different prisons, die, get released. After so long, you'll see some of the same people again. I most definitely appreciate a friend - & you are truly appreciated! Before this, I'd never even been arrested or in juvenile hall. I faced the death penalty & proclaimed my innocence so loudly that, "I didn't do it" became the newspaper headline. I'm at one prison until I've written so many grievances that the prison transfers me to another yard (within same prison) or another prison (at least 25 different transfers)! I like what you said, "I push because I have no choice." I appreciate you so much. Hearing from you is so awesome! I hope you are doing alright because I haven't yet got your email or letter. Please stay in touch. Hearing from you has given me strength. Take care, be well & God Bless You.

P.S. I have your name, city & zip code  
but no street name + address number,  
I promise to send you a nice card!



Respectfully,