

Harold Ford BH-1142

San Quentin State Prison

San Quentin, CA, 94974



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Prison university project.
Post office 492

SAN QUENTIN CA 94964

To: The Prison University Project.

From: Mr. Ford.

Hello, my name is Harold Ford and I'm a 41 yr old Black man, that's currently incarcerated at San Quentin state prison. The pertinence of this letter, is to briefly extend my gratitude to everyone that's involved with the prison university project. Thank you for all the work you guys put in to make prison settings more educational, productive and optimistic. I also thank you guys for advocating and being the voice for us, when we're unable to speak for ourselves.

Further-more, I appreciate the gift bags that contained items such as food, hygiene and stationery. That kind deed brought smiles, joy and laughter throughout the entire gym.

Initially, I was skeptical about the gifts being passed around. I'm so accustomed to dealing with people who give you something with hidden agenda's behind it, I was hesitant to accept it. Also, you don't really see good deeds being done that often by CDCR's correctional officers. We are used to the correctional officers always depriving us of anything that brings comfort to us inmates. So, I was actually shocked when I saw the correctional officers passing out gift bags.

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"A pessimist will always see the difficulty in every opportunity... but an optimist will always see an opportunity in every difficulty."

I say that, to say that prison seems to make you see the negative before seeing the positive. But once I sat down and read the letter and information that came with the gift bag, that's when I understood that there was no hidden agenda or catch to it. I finally understood that a group of good people just did a generous deed.

you guys may not know this, but some acts of kindness and compassion goes a long way with us inmates. I will perpetuate this thoughtful deed, while still incarcerated as well as when I'm released back into society, next year.

Sometimes we feel as if nobody really cares about us or that we don't really matter in the world. So, this act of kindness not only came at a time of stress in the world, but it also showed us inmates, that we do matter in the world and that people do care about other people.

It's amazing how some of the most smallest or the most simplest things can have a monumental and profound effect at times.

So, in conclusion, once again I want to say thank you to the Prison univer-

Sity Project. I also want^{to} thank Mt. Tamalpias college, Patten and coastline colleges, all the people that come in to teach us, learn from us, create with us and just converse with us. Just know that you guys teachings and efforts does not go unnoticed! Lastly, I would like to extend my appreciation to the Warden, MR. Ron Broomfield. Thank you for allowing programs, classes, religious services and these gift bags to be permitted in and at San Quentin. Thank you all.

Respectfully Submitted,
Harold Ford.

P.S. Yes you can share this letter, if you think it's appropriate!