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Season 4, Ep. 11 - One Year Out

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[00:00:00] **X:** KALW.

[00:00:05] **GREG:** So we are standing outside of San Quentin Rehabilitation Center, waiting for Vincent O'Bannon to walk out into the free world. So Vincent O' Bannon is, is a, is a long time good friend of mine, and he became a part of our program, Uncuffed. It's my, it was like second time back to San Quentin. But this is my first time actually sitting out, waiting for somebody to get released back.

[00:00:35] **AMBI:** Get on up out of there. You coming from the back? Freedom on this side.

[00:00:45] Woo. Look at it. Yes, sir.

[00:00:47] **GREG:** After spending 30 years inside prison, after getting out a year ago when my people came out here to welcome me home. Now I get to welcome people home, not just because I want to, but because this is my job. This is what it's all about.

[00:01:10] How you feel, Vince?

[00:01:13] **VINCENT:** Uh, free.

[00:01:15] **AMBI:** I know that's right.

[00:01:15] **VINCENT:** I feel free.

[00:01:20] **GREG:** What's up, everybody? I'm Greg Eskridge, and this is Uncuffed, the podcast that empowers people in prison to tell their own stories. This season, I'm also telling my story. This is the last episode of this season. It's been one year since I got my freedom. A year

reconnecting with family, a year of navigating parole, and a year of telling you about my life, from when I was a little boy in Long Beach up until now.

[00:01:54] And today, I want to tell you about my job, the ups and the downs. Then I'll get some advice from my friends on the inside and the outside. As you know, I am one of the original producers of the program that became Uncuffed inside San Quentin, and now I'm on the outside, and I'm helping to lead the whole team.

[00:02:22] My official title is Associate Program Director. It's a big job, and sometimes it wears me out. But whenever I start feeling low, there's something that always sets me straight.

[00:02:35] **VINCENT:** And I really didn't expect to see Greg. That was a surprise. That was truly a surprise.

[00:02:41] **GREG:** I'm doing this so I can keep fighting for my brothers and sisters who are still incarcerated.

[00:02:47] **AMBI:** I feel good to come back, man. I want to see what it looked like.

[00:02:50] **VINCENT:** Yeah. Yeah.

[00:02:50] **AMBI:** See what it felt like. I need to, I need a refresher.

[00:02:52] **GREG:** So that's our episode for today. How to keep fighting a good fight. Even if you get tired sometimes. Maybe you can relate.

[00:03:05] So my new job is a lot of things.

[00:03:07] **AMBI:** Today I will say, great morning, Uncuffed.

[00:03:12] **GREG:** I run meetings in person and over Zoom.

[00:03:15] **AMBI:** It's almost 6:30. And so we want to go ahead and just, a one word checkout, how.

[00:03:19] **GREG:** I help raise money for the program.

[00:03:21] **AMBI:** And just to thank people for, for supporting us and believing in us.

[00:03:25] **GREG:** I speak on panels.

[00:03:27] I host this podcast.

[00:03:28] **AMBI:** Ah, aye aye aye aye. I'll hear some.

[00:03:37] **GREG:** And I represent Uncuffed in the media.

[00:03:40] **AMBI:** First up, I'm happy to welcome Greg Eskridge.

[00:03:43] **GREG:** At conferences and wherever I go.

[00:03:45] **AMBI:** In 2012, KALW came to San Quentin and gave incarcerated folks an opportunity to have their voices heard.

[00:03:54] **GREG:** I love leading our team weekly check-ins from my little patio, sitting in the sunshine.

[00:04:00] I love that my coworkers always bring in little treats for everyone to share. I love that at the office. I sit right next to the window, and I can watch the world go by.

[00:04:17] Recently, one of our Uncuffed advisors talked about one of her tattoos. It's a tattoo that a bunch of formerly incarcerated people have. It says, freedom in lowercase letters, and the M breaks away into a bird. She says the tattoo is a reminder to always embrace your physical freedom, but never forget the ones who are left behind.

[00:04:43] For me, this podcast is a tattoo. It's how I keep my eye on the prize and remember why I do what I do. But sometimes, I'm not gonna lie, it can be exhausting. The networking, the fundraising, the meetings, all the things I'm learning so fast.

[00:05:08] Doing a job here on the outside is very different than the routine I had in prison, when I kept a very regimented schedule to keep myself sane and safe. Now, on the outside, my schedule is different, much more flexible, and that can be disorienting. And some of the work can be uncomfortable too. When I'm the only brother in the room, or when The only thing people want to talk to me about is my incarceration.

[00:05:39] Before the season was over, I wanted to get some of my longtime friends from San Quentin together, here on the outside in the KALW Studios, and I wanted to talk about what it feels like for them to be role models, to represent people who are still behind bars and to carry that responsibility. I sat down with Thanh Tran, one of the great voices of our podcast. He's a filmmaker and an activist, and for the first time on this podcast, we got the co-host and co-creator of Ear Hustle, the one and only Earlonne Woods.

[00:06:23] **EARLONNE:** Skillet.

[00:06:24] **CROSSTALK:** What's up y'all? What's going on? What's happening man? G, dle. What's going on, man?

[00:06:27] **GREG:** How y'all doing today?

[00:06:28] **EARLONNE:** Man, I'm doing good, man. It's good to be here. You know? I was just thinking like, damn, man. It's been since what, 2012?

[00:06:36] **GREG:** Mm-hmm.

[00:06:36] **EARLONNE:** You know what I'm saying? Yeah. I just had a moment before a minute. It was just like, man, from there to here, we getting it..

[00:06:42] **GREG:** Man, we were, we were both there, bro. Yeah. At the beginning, definitely as soon as KALW gave us our opportunity to come in there and, uh, and, and share our stories with the world. Yeah. Man. To, to show that humanity. And I'll just never forget, bro, like you were a part of that.

[00:06:55] **EARLONNE:** Yeah.

[00:06:55] **GREG:** And then shortly left after, here comes the young phenom, Thanh, coming up in there. Yeah.

[00:07:02] Blessing us with all of that creativity he has. So, uh, so man, let's just jump straight into this.

[00:07:08] **EARLONNE:** Yep.

[00:07:08] **GREG:** Man. So here we are, like you said, Earlonne, we out here in society. Sharing stories, personal stories about our lives, about lives of folks inside of prison. I watched us all, like, I watched us all, like really take on this persona of like really rehabilitating ourself.

[00:07:25] Like this wasn't just something we were doing to get outta prison.

[00:07:28] **THANH:** Mm-hmm.

[00:07:28] **GREG:** We were doing this because like we, he grew up, we grew up, right. Yeah. You grew up, we grew up and we also had a responsibility.

[00:07:34] **THANH:** Mm-hmm.

[00:07:35] **GREG:** Like, so how does it feel? Even though we may not consider ourselves role models, I don't know how you guys may feel.

[00:07:41] I don't, I'm gonna put words in your mouth, but a lot of folks looked at us as role models.

[00:07:46] **THANH:** Well, I can kick it off first. I still go inside of San Quentin pretty often. And when I talk to, to all of these incarcerated folks there, like brothers I never met before. There's so many new people there, right?

[00:07:58] And they're all telling me it's like, Hey, bruh. I used to watch you on the institutional channel with first watch, or them like, bro, I used to listen to you on Uncuffed, right? And bro, like you inspired the hell outta me and like you inspired me to come here to San Quentin and rehabilitate myself, et cetera.

[00:08:15] Like, that blew me away. We've been blessed with a privilege and a platform. And so, you know, uh, for me to, to be perceived as a leader now, and, and a role model. Like, I take that ~~S***~~ hella seriously.

[00:08:29] **EARLONNE:** You know, it's, it is a trip, man. I think, um, we all did a damn good job opening the doors to get people's voices out.

[00:08:37] So, um, when it come to like role models and all that ~~S***~~, man, I'm just glad that we were able to kick that door down and, you know, let the marginalized be heard.

[00:08:46] **THANH:** Mm-hmm.

[00:08:46] **EARLONNE:** Um. As to like getting out and, and, and people inside looking at you. It, it, I just hope, you know what I'm saying, our going back into the penitentiary really inspires people to be like, man, I'm, I'm cool on this, this prison ~~S***~~.

[00:09:01] I need to get to the other side.

[00:09:03] **GREG:** Mm-hmm.

[00:09:03] **EARLONNE:** You know, 'cause prison ~~S***~~, that's the, that's the abnormal ~~S***~~. The, the, this side of it, this the normal ~~S***~~.

[00:09:07] **GREG:** Mm-hmm.

[00:09:07] And so just thinking about like, like this responsibility and it really weighs heavy on us, right?

[00:09:13] **THANH:** Mm-hmm.

[00:09:15] **GREG:** Like we all became leaders in our communities.

[00:09:16] **EARLONNE:** Mm-hmm.

[00:09:16] **GREG:** Inside of prison. Right. So there was a certain expectation.

[00:09:19] **THANH:** Mm-hmm.

[00:09:20] **GREG:** On us. like we were supposed to stay outta trouble.

[00:09:22] **EARLONNE:** Mm-hmm.

[00:09:23] **GREG:** Be articulate, understand curriculum, be able to teach and hold space, be an example, people examples. Right. And so getting out in the world, I still feel that. Right. I still feel it, but also, it feels more like a performance.

[00:09:41] **THANH:** Hmm.

[00:09:42] **GREG:** And it feels almost like a tap dance.

[00:09:44] **EARLONNE:** Hmm.

[00:09:44] **GREG:** Because I'm trying to show like, uh, I'm trying to show folks like. Look at what I'm doing. And then there's also a lot of other individuals that are incarcerated that are still doing this positive work too.

[00:09:57] **THANH:** I think when I was fresh out, I was tap dancing.

[00:09:59] **EARLONNE:** Mm.

[00:10:00] **THANH:** I was tap dancing 'cause I was trying to figure it out, and I felt like I had to. The longer I've been home now and the more soul searching I did, I found, man, best to be authentic, best to be self. And if, if they receive it and we vibe, those are the best connections and really they're the ones that you want to be in community with anyways.

[00:10:18] **EARLONNE:** I would define tap dancing as doing something that you really don't wanna do, something that you don't believe in, but you're doing it just because, you know? And I don't think that's the case with us. I don't think we do that ~~****~~.

[00:10:27] **THANH:** Mm-hmm.

[00:10:27] **EARLONNE:** I think we do exactly what we wanna do, how we wanna do it. Um, either accept it or reject it.

[00:10:33] But this is what I'm pushing. This is the line I'm pushing. This is my outfit. So I, I don't know if it's like a tap dance or if it's just us being us.

[00:10:40] **GREG:** Mm-hmm.

[00:10:41] **EARLONNE:** You know what I'm saying? All eyes is on me. I can't let nobody else, uh, get in the way of that.

[00:10:46] **GREG:** But it has to be pressure that comes with that, though. 'Cause you.

[00:10:49] **EARLONNE:** Not pressure, I'm telling you dog. It's more of just us being us and not really giving a f*** about everything else. This is what we, this is what we learned in the penitentiary. We learned that some of our problems was allowing other people to get to our course.

[00:11:03] **GREG:** Mm-hmm.

[00:11:03] **EARLONNE:** You know what I'm saying?

[00:11:04] And then make us respond in a way that we respond. And just in that moment, we was what it was emotionally unintelligent, you know what I'm saying? To make a decision that's going to dictate our lives. So I guess today, you know, I don't, I don't allow none of that s*** to get to me. I'm bulletproof when it comes to that.

[00:11:17] I'm repellent. You know what I'm saying?

[00:11:19] **GREG:** Yeah. I feel that I, I, I definitely feel that, uh, being out. Like this has been one of the things that's really been like weighing on me. It's always been that question in my mind, like, am I doing enough? You know, am I doing enough for the folks that I left behind?

[00:11:31] **EARLONNE:** Mm-hmm.

[00:11:32] **GREG:** Obviously that was everything we were doing, like the radio. It was about uplifting all of our voices, you know? And then here I am, I get this opportunity to go to parole board for the first time, make it up outta prison, come home, get a job, be in a space where it feels like I can do a lot. But that's not always the case.

[00:11:54] **EARLONNE:** I wanna, I wanna, I wanna clarify something too, though, Thanh, uh, like I didn't have the same reentry as everybody else. You know what I'm saying? Like, people struggle on reentry. I didn't have that issue, you know what I'm saying? I didn't have worrying about a job, I didn't have, worrying about housing, worrying about cars. All that was provided to me when I came home.

[00:12:13] So I, I just wanna be transparent on that one. Um, so some people do go through a lot of stuff. Some people do have to, uh, do certain dances maybe, or they probably feel they have to do certain dances to get to where they want to get to because it's the objective that you want to get to.

[00:12:28] **GREG:** And, and that's like my whole point is. We know, like what it takes to keep what we doing going.

[00:12:34] **EARLONNE:** Mm-hmm.

[00:12:35] **GREG:** We know we need, we need funders. We need supporters.

[00:12:37] **EARLONNE:** Definitely need, need funders. Yeah.

[00:12:39] **GREG:** And so like, so it just makes me think that now we're outside.

[00:12:43] **EARLONNE:** Mm-hmm.

[00:12:44] **GREG:** In the free world. And essentially, our incarceration has become our occupation.

[00:12:51] **EARLONNE:** 100 on that ~~3***~~.

[00:12:52] You mean we, we, we are experts in that field.

[00:12:55] **CROSSTALK:** We experts in that field. Just one time. We're experts

[00:12:57] **GREG:** And so. It's almost as if we can never get away from it.

[00:13:02] **EARLONNE:** Yeah, no, I I I get it. I get it.

[00:13:03] **GREG:** So are there ever times when where you're out, is there ever a time where they say, Thanh, what you do, Earlonne, what you do?

[00:13:10] And you like, damn, if I say this, I'm gonna have to go into this long spiel about this incarceration.

[00:13:14] **THANH:** Mm-hmm.

[00:13:14] **GREG:** So was ever a time where somebody asks you, Thanh, like, what you doing? You'd be like, man, here I go, here you go again.

[00:13:19] **THANH:** Man. A lot of times, hell yeah. Especially 'cause I'm a, uh, I'm doing a personal documentary, so people are like, tell me about your film.

[00:13:27] It's like, damn, is there ever gonna be a time when I don't have to talk about incarceration? And I think this last year, I think I got to a point to like, like you talked about early on, when I realized like, man, I'm, I'm a leader in this space. I'm a role model in this space, you know, and I understand, I'm a bridge in this space because I, I feel, I still feel fresh out.

[00:13:52] At three years, you know what I mean? Mm-hmm. Like prison feels vivid to me. I still have nightmares about that place. And, and when I go inside now, I also bring all of this perspective of, of a free person, and I also got access that's beyond my wildest dreams, you know what I mean? And I'm talking to people who got a lot of influence and can change the circumstances that our people are suffering through.

[00:14:18] You know what I mean? And so it's like I, I feel a responsibility to that. And I feel a privilege to that too, right? Because also the success that I have today, mm-hmm, is unfathomable to me. Mm-hmm. You know what I mean? And it's inextricably tied. To this incarceration experience. And so, so no matter how much I, I feel a way about it.

[00:14:39] You know what I mean? I'm spiritual and I feel like, you know, the universe picks a path for us for a reason. Mm-hmm. You know what I mean? And, and I feel like, you know, I've been set on this path since freaking 18 months old when I was put into foster care.

[00:14:52] **GREG:** Mm-hmm.

[00:14:52] **THANH:** You know what I'm saying?

[00:14:53] **GREG:** Absolutely. I'm glad you chose it because we just sometimes just need to just hear somebody else say, this is what I went through and this is how I came out of it.

[00:15:03] Give that person that inspiration, that motivation to say like, oh, damn. Thanh did it. Earlonne did it. Greg did it. Oh, I can do it. Get throw the same question as you, man. You, uh, you ever get tired of being Earlonne Woods, the Mr. Ear Hustle, Mr. Mr. Voice of the, those, you know, incarcerated.

[00:15:22] **EARLONNE:** I'm gonna tell you, man, and this is, this is a, this is the truth, man.

[00:15:27] I think, you know, when I pull up. And if you know, if you know who I am or if you, you know about what it is, then you know about the prison. 'cause that's what it's, you know, that's what we represent, you know. So I don't never really have a problem, um, telling the individual, like, you know, I spent total of 27 years in prison, and I would go with like, Thanh says, you know, I think a lot of us are chosen for our paths.

[00:15:52] **GREG:** Mm-hmm.

[00:15:52] **EARLONNE:** You know what I'm saying? And hopefully people can learn something from it, or especially if it's something we say that, you know, really resonates with people.

[00:15:59] **THANH:** Man, we only knew. And, and I shared that to say too, it's like my relationship with time has got so distorted because I was incarcerated.

[00:16:09] **GREG:** Mm-hmm.

[00:16:09] **THANH:** Right? Like when I was inside, like the clock was my enemy, and I felt such urgency to bust about that joint. Mm-hmm. You know what I'm saying? And, and I feel like when I got released, I came home and still carried that urgency with me that, that San Quentin Hustle and Bustle, you know what I mean?

[00:16:25] Mm-hmm. That go, go, go. And, and so I wanna ask you, Greg, how are you feeling? Are you doing what you want to be doing? Right. And, and, and do you still feel this urgency.

[00:16:36] **GREG:** Mm-hmm.

[00:16:37] **THANH:** You know what I mean? That we inherited from freaking doing all that time.

[00:16:41] **GREG:** Absolutely, bro. Absolutely. I definitely still feel that urgency.

[00:16:44] Like I felt like I got out and had to hit the ground running. I'm going 200 miles an hour right now, and now I'm burnt out. I'm literally burnt out, bro. Like just this morning, I stayed in the bed. I normally go to the gym, like I love going to the gym. I try to stay, stay healthy, stay routine. I stayed in the bed, it was like eight o'clock this morning, bro.

[00:17:04] I'm like, I'm not, I'm gonna stay in bed. I'm, I was just mentally exhausted. And so I need to get better. And I realize that if I'm wore down, I'm no good to myself or nobody else. Right. You know? And I still wanna continue to be that beacon of hope, you know that example. But if I don't have the energy to do it.

[00:17:27] I'm just in the way.

[00:17:28] **THANH:** Mm-hmm.

[00:17:28] **EARLONNE:** But a lot of this stuff will burn you out because none of us had jobs prior to coming to prison. Mm-hmm. Maybe I, I don't know. Where did you work at?

[00:17:37] **GREG:** On the street.

[00:17:38] **EARLONNE:** See what I'm saying? So, so this whole workforce $\*** is new to us, you know what I'm saying? Outside of a prison job, you know what I'm saying?

[00:17:45] So, you know, trying to balance our time, balance, work with, with family, with just kickback and play time and travel, that $\*** is hard. It ain't, it ain't ain't easy. And then we are coming from a 30 year deficit.

[00:17:59] **THANH:** Mm.

[00:18:00] **EARLONNE:** We wasn't in the workforce for 30 years. We have nothing. Um, so it, it, it is hard and you will burn yourself out, you know?

[00:18:08] **GREG:** But I can say at the end of the day, man, I know it's for a righteous cause.

[00:18:12] **EARLONNE:** Mm-hmm. Definitely.

[00:18:13] **GREG:** Like, we, we are those examples.

[00:18:17] **EARLONNE:** Definitely

[00:18:18] **GREG:** We examples and we, we can't, and I'm not gonna run from it.

[00:18:21] **EARLONNE:** Right.

[00:18:21] **GREG:** Because can't run from it. You, you just, if it wasn't, if, if it wasn't for somebody else being an example for me. I wouldn't have chose the path that I took.

[00:18:29] **EARLONNE:** Right.

[00:18:30] **GREG:** And so hopefully, we all could just continue to do what we do and hopefully everybody could just latch on and say they went down that path.

[00:18:39] **EARLONNE:** Mm-hmm.

[00:18:39] **GREG:** I'm gonna go down the path that they did. I remember one of my buddies, man, when I was going to parole board and I got found suitable, my boy Sadiq, my boy Sadiq said, man, I'm gonna go down our straight same path you went down. It just felt so empowering, man, for him to just say that like, bro, I'm gonna go down the same path that you went. Everything that you did. I'm just gonna follow that. Mm. Because that right there leads to freedom.

[00:19:06] **EARLONNE:** Definitely.

[00:19:14] **SADIQ:** What's up, Greg? This Sadiq at San Quentin. It's warming to hear that you remember the things that we talked about. I'm still working on my stuff. I'm still following that same path that you left for me. I'm actually in Uncuffed now. You know, and, uh, it's just amazing to see that it's actually working.

[00:19:32] You know, I never thought that I would be in a place that I'm in today, and thanks to you that I am, and I got some producers from San Quentin and CIW who also want to share some messages with you.

[00:19:44] **CROSSTALK:** Greg, aka G-Wagon. Greg.

[00:19:47] Hi Greg. Hi Greg.

[00:19:48] Hey, Greg. Hey, Greg.

[00:19:50] **ANTHONY:** What's up man? It's your boy, Ant.

[00:19:51] **DAPHNYE:** This is Daphnye.

[00:19:52] **WILL:** This is your boy, Will.

[00:19:53] **KEYNA:** This is Keyna.

[00:19:54] **MATT:** It's your boy Matt Sheppard

[00:19:55] **JULIE:** This is Julie.

[00:19:57] **RYAN:** This is Ryan.

[00:19:58] **DRE:** This is Dre. You know Dre ain't every day. You know how I go, Andre Davis, man.

[00:20:03] **HAENA:** This is Haena. First of all, I just wanna say that I'm very grateful for you.

[00:20:07] **ANTHONY:** I just wanna say, man, as I'm getting ready to transition out there. Seeing and, and knowing all the things that you're accomplishing, it really helps bring me comfort, man, and I can't wait to be on the other side with you.

[00:20:18] **KEYNA:** Thank you for giving us this, this space to be able to get on here and speak our minds and tell our stories.

[00:20:24] **WILL:** I remember them days in New Folsom when we never thought we'd ever get out, so now I'm proud as hell that you are on them streets. And I hope to join you soon. Thank you.

[00:20:34] **HAENA:** I say when you get tired, keep going.

[00:20:38] Keep going. 'cause it's not just about one of us, it's about a lot of us.

[00:20:44] **MATT:** My only really advice to you is to take those little moments, you know, where you could decompress, self care. And it's just like when your cellie go to the yard and you stay back, bro, do your thing.

[00:20:54] **JULIE:** If at some point, you come to the point that you decide you don't wanna be that formerly incarcerated person anymore, it's okay.

[00:21:03] You have the freedom to choose what comes next for you and your next chapter.

[00:21:07] **RYAN:** I'm, I'm rooting for you. And I just really hope to see you soon. I hope to, you know, parole eventually, and hopefully you're out there waiting for me at the, at the gate,

[00:21:18] **KOI:** And I want you to know that there will be days that are difficult to stand, but I hope that you always tap into that inner strength and you tap into that power that God has given you to keep pushing forward and being that force and being that strength and being that face of, not incarceration. 'cause that's not your identity, but the face of fighting against this oppression. So thank you. Thank you so much.

[00:21:43] **DAPHNYE:** It's very important to do self care. Take that day, sleep in. Like you say, you slept into eight o'clock, it's okay.

[00:21:51] Sleep in if that's what you feel like doing. You have to set a day always to just do you. That's all I have to say. And I'll see you in a minute.

[00:22:01] **DRE:** I just want to tell you a minute. Just keep up the good work and um, just like how we used to say back in the day. Can't stop. Won't stop. That's what I want you to do is just don't stop bro.

[00:22:09] Continue doing what you doing man. And I appreciate you and I love you and I will see you at that front gate, man. Peace out.

[00:22:23] **GREG:** First of all, let me just say thank you, thank you, thank you to all my brothers and sisters in CIW, and at San Quentin. You are a part of my family, the Uncuffed family, so thank you to all your amazing people. Man, you know, this whole first year of freedom has come with so many different emotions. So much has gone on in my life.

[00:22:53] I've learned to read the parking signs before you park. I've learned to play miniature golf. I've learned to set boundaries with family and friends. I'm learning how to continue to stay accountable on the outside, to be a force for good in my community. And to be the kind of man people can rely on and be proud of.

[00:23:22] So let me just say this before I go, whether you're on the inside or the outside, fighting for people's rights, their dignity, their freedom, it starts with hope. We can't do it without hope, and hope is not always easy. It's a struggle. And you have to believe no matter what you go through, things will get better if you keep fighting.

[00:23:47] And I'm with you in that fight. All of you on the outside and inside, I got you into the wheels, fall off.

[00:24:04] That's all for the final episode of this season of Uncuffed, a production of KALW Public Media. You can subscribe to Uncuffed in any podcast player or find us on the radio in the Bay Area at 91.7 FM or Uncuffed dot org. If you like hearing our stories this season, it's time to show us a little love, especially now when government support is disappearing.

[00:24:34] We need your help to keep going. Support the show at Uncuffed dot org slash donate. That link is also in our show notes. I am so grateful to you for the love and trust and belief that our stories matter. Thank you. The Uncuffed crew at San Quentin is Andre Davis, Matt Sheppard, William Harris, Vincent O'Bannon, Anthony Gomez, Jeremy Strain, and Ryan Pagan.

[00:25:05] The Uncuffed crew at the California Institution for Women is Koi Bagnerise, Patricia Bellows, Julie Harper, Daphnye Luster, Keyna Osorio, and Haena Worthing. The outside team who works on the show is Eric "Maserati-E" Abercrombie, Chirae Cannon, Ninna

Gaensler-Debs, Galnadgee Joe-Johnson, Angela Johnston, Kelly McEvers, Kathy Novak, Sonia Paul, James Rowlands, and Eli Wirtschafter.

[00:25:40] Our theme music is by David Jassy, and thanks to the staff at San Quentin and CIW who make this possible, especially Lieutenant Berry who approves our stories from San Quentin and Lieutenant Newborg, who approves our stories from CIW. A big thank you to Leesa Nomura with the California Coalition for Women Prisoners for sharing her tattoo story with us. Now more than 65 formerly incarcerated people have the tattoo. You can find out more by searching for "Freedom looks good on us" on social media. Thanks to my boy Derell "Sadiq" Davis for coming on this episode. He's in our current cohort, so you'll hear his stories real soon. Thank you to the people who advised us during this season: Rebecca Rabkin, Rebecca Weiker, Natasha Baker, and Rochelle Edwards. And a special thank you to my family for agreeing to be a part of this podcast and for also standing with me and standing by my side. And thank you, thank you, thank you to all of you who listen to Uncuffed. It means the world to us, and we couldn't do it without you.

[00:26:53] This season wasn't easy, but you made it meaningful. You remind us why this work matters, so we are deeply grateful to have such awesome human beings in our corner. We're gonna take the next several months to prepare the next season of Uncuffed for you. We will keep releasing stories online, social media, videos, and music shows through the Uncuffed Playlist.

[00:27:18] Go to Uncuffed dot org to sign up for our newsletter to get all the updates from all of us at Uncuffed. Big love and respect to you all. Uncuffed gets support from the California Arts Council, the California Department of Corrections and Rehabilitation, the Unlikely Collaborators Foundation, and donations from listeners like you.