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## Prison Radio International

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[00:00:00] **x:** KALW.

[00:00:09] **SHAKUR:** Greetings, everyone. This is Tommy Shakur Ross coming to you from the free side of the wall and co-producing this special episode of Uncuffed. I hadn't even been outta prison for 60 days last summer when I was on an international flight to Oslo, Norway, with the Uncuffed team. We got invited to the world's first International Prison Radio Conference.

And here I was, I thought San Quentin and Solano were the only ones in the whole world producing radio stories in prison. But yet some countries have been producing radio stories for decades, before we even began. And the conference was a chance for us to meet our counterparts from all over the world. And in this special episode of Uncuffed, we're going to hear stories from some of our friends we met in Norway.

We'll go first to the UK, which is home to National Prison Radio, the world's first national prison radio station for people in prison. We'll hear an excerpt from one of their podcasts called The Secret Life of Prisons, which is hosted by Paula Harriott in Phil Maguire. Phil actually helped to organize the prison radio conference and Paula used to be incarcerated herself.

In this piece, you'll hear them talk to a young man named Zahid about what he was thinking when he was sentenced to a life term in the UK. The Secret Life of Prisons is all about the hidden stories of people behind bars, and this story is from a series they did on a secret life of lifers. Have a listen.

[00:01:45] **x:** The Secret Life of Prisons.

[00:01:48] **ZAHID:** I was 23 years old when I got my sentence.

[00:01:51] **PAULA:** So at that time then, when you got the sentence, what was your life like?

[00:01:55] **ZAHID:** Yeah, I was someone you would phone up and say like, we're going out tonight. You would definitely take me out. You know, I was a fun guy. I liked having people around me.

You know, if I saw a group of younger brothers of my friends and so forth, I'll make sure I'll buy them food. I, I, I was just a likable person. I liked myself a lot as well. My family was dependent on me. I was a, a member of the community, someone who is significant in the community. I felt, you know, a happy person.

Someone who, you know, you can come up to and talk to, feel relaxed, talk about anything, someone who can give you advice generally, and someone who is very kind of serious, but at the same time, someone who can lighten up the mood and make everyone feel comfortable.

[00:02:37] **PHIL:** So, it sounds like you were a, a happy, confident, respectful, and respected person.

[00:02:43] **ZAHID:** Yes. I, I was, yes, I, I'll, I'll agree with that.

[00:02:46] **PHIL:** And can I take you now to, to that moment you stood in the dock and the sentence was handed down. Can you try and remember and describe for me the words that you heard?

[00:02:56] **ZAHID:** I think my first reaction, you know, as soon as they said guilty, I looked at my family. We was joint enterprise, so I had two other co-defendants. And so when the first guilty verdict was handed down, you know, in the background, you hear, oh, and then someone crying, and then the next person. And then when it was my turn, you know, it got louder and a lot more people was making noises, unhappy noises. And I kind of looked up and tried to assure my family that I'm okay.

And at the same time, I was mindful that I didn't want to come across as this is nothing, I don't care towards anyone else, but there was a strong part of me that was really annoyed with the jury members. So I looked at them and I, and I really looked at 'em and thought, do you seriously know what you've just done?

Because some of them were really upset too, and I think it was puzzling for me to look at them and see them kind of one, two of them crying and, and I'm thinking to myself, why are you upset for, you've just set me down. It's because of your decision-making that this is happening now. So why are you upset for, it was really puzzling. And at the same time, of course, you know, I was listening to what the judge was saying.

[00:04:05] **PAULA:** So you were taking in a lot, weren't you, like, in that short sort of minute or two when you hear guilty?

[00:04:10] **ZAHID:** Yeah, absolutely.

[00:04:11] **PAULA:** What else was running through your mind in that moment?

[00:04:14] **ZAHID:** Yeah, I mean, I was getting myself prepared to, okay, I'm gonna be hit with a sentence. And I was thinking figures in my mind. And I was thinking, okay if he goes anything above that, I'll be really upset, and if he goes around there, okay. I'll be able to deal with it sort of thing.

[00:04:32] **PAULA:** Because that would've felt fair.

[00:04:33] **ZAHID:** Well, the judge said I was gonna give 30 years. But based on so and so, and so, I'm gonna give 15 years minimum sentence. And so it kind of sounded like, you know, I'm doing you a big favor. I would've given you 30 years. And at the time, I could, I said to myself, you couldn't have given me 30 years cuz that wasn't true.

And you know, that wasn't true. So stop trying to make it out like you're doing me a favor. But at the same time, now that I've been in and outta prison, and now I've seen so many people easily get 30 year sentences. I, I kind of started to re, I did realize and say to myself, you know what, I was fortunate that I didn't easily just get 30 years because it just gets dished out just like that.

[00:05:21] **PHIL:** So you got a life sentence with a minimum tariff for 15 years?

[00:05:24] **ZAHID:** That's correct.

[00:05:25] **PHIL:** Zahid, can you tell us what were the array of emotions you felt after, after the immediacy of that sentencing had had subsided and it started to hit home what was happening?

[00:05:36] **ZAHID:** For me, it was be tough, be resilient, just be strong.

That meant that there were a whole lot of emotions in me bottled up. And the only other people that could understand that is people who are given sentences just like me. Cuz your family you can't really talk to cuz you don't want them to realize that you're going for a tough time. The staff inside, there's a strong barrier between us and them, and that barrier is not just noticeable when you're in prison, but it's also before you come to prison.

I saw the way my whole case was dealt with. And in terms of being impartial, you, you feel like there's you and your legal team up against the prosecution team, the judge, the police, and it just feels like the whole government authority, everyone is against you. And so when you come in prison, you feel like you have to defend yourself against that whole team again, because the officers are also part of that mix then, because when you go with a problem to an officer and you say, look, this isn't right.

That isn't right. The kind of voice that you, you hear, generally is, well, you are convicted, you are here. You have to do your time. There's no room for any sympathy. And so where that leaves you is, you know, you either become extremely passive or you become extremely strong. There is no middle.

[00:07:03] **PHIL:** What did you become?

[00:07:04] **ZAHID:** I became, in the start of my sentence, extremely strong.

[00:07:07] **SHAKUR:** That story you just heard was from The Secret Life of Prisons, a podcast produced from the UK's Prison Radio Association, which operates their National Prison Radio.

So I can relate to Zahid. For me, it all came to a head when I was sentenced to life in prison when I was only 22 years old. I thought that I would die in prison.

But then I knew I had to be strong mentally, physically, and spiritually to survive such a sentence. The next piece we'll listen to comes to us from Australia's Jailbreak, which is produced at a community radio station in Sydney. Jailbreak is a weekly national prison radio program that features stories, music, and poetry for those who are incarcerated, as well as their families and communities.

In this interview, you'll hear from a man named John and another man who's anonymous because he's a professional athlete. They're currently incarcerated at John Morony Correctional Centre outside of Sydney. Both of these men come from the Indigenous community in Australia, which is also known as the Aboriginal community. Aboriginals have one of the highest incarceration rates of any group in Australia. You'll hear these two men refer to their Indigenous names and also talk about their families, loss, and rehabilitation.

[00:08:52] **ANONYMOUS:** Just wanna say hello to all the people joining us from abroad.

[00:08:57] **JOHN:** This is John, and coming from John Morony One, it's a medium prison. It's probably one of the only jails in the state that you, you can get, get a chance to involve yourself or enroll in a lot of programs. They generally want to help you and majority of the inmates here are all on remand.

So this is probably one of the only jails that you can do a lot of programs on remand and, and, and get your certificates, and I suppose try to address your drug and alcohol issues and get a chance to speak to jail.

Before we mentioned our, our tribal names, I'm a Djangadi man. He's a Kamilaroi man.

[00:09:32] **ANONYMOUS:** So we're the Indigenous, like the Indians in America.

We're the Indigenous of Australia. My totem is a goanna.

[00:09:41] **JOHN:** My, my totem's a praying mantis. Djangadi.

[00:09:43] **ANONYMOUS:** We've lived there for over 60,000 years. We're the first traditional owners of the land, and we're incarcerated at the moment at John Morony. This is my first time in jail. John's been here a couple of times, but there's a hell of a lot of Indigenous people.

[00:09:59] **JOHN:** In the prison system. Yeah, it's the most percentage in the prison of New South Wales anyways. One of the states in Australia.

[00:10:07] **ANONYMOUS:** And we're lucky to be in one of the jails where they actually do sort of look after us or not look after us. Looking to help us to better ourselves.

[00:10:16] **JOHN:** By the way, this is John speaking. My, my people's from the North Coast. Djangadi tribe.

Yeah. But I grew up in Sydney over the last 20 years, and I've got three beautiful kids that live down here. I, I've been in, out of prison like since '98. Yeah. I only, only, every now and then I have contact with him over the phone. I haven't really been around enough.

[00:10:38] **ANONYMOUS:** That's pretty sad, John. So why have you been in and outta prison?

[00:10:41] **JOHN:** I suppose not having the family support, mean. Yeah, it's just the struggles from home. Like me, mum and dad split up when I was young, and it wasn't the same. Like didn't get the, the mother and father love. Just started getting in trouble from a young age.

[00:10:53] **ANONYMOUS:** Yeah, like I, I can relate to that. A lot of Indigenous kids, the majority of our families back in the day, have come from broken homes. I'm from Narrabri, so I'm a proud Kamilaroi man. Although when my dad died, he died when I was two. So mum moved us to Sydney. I'm the youngest of three. We come to Sydney, and I understand what you're talking about, John, cuz we had no family whatsoever in Sydney. A single mother coming down with three kids that are big smoke, and I'm probably the whitest Koori Black fellow at inside,

I feel, because I don't know any about my culture. And it's taken me to come to jail to learn how to play the didgeridoo. So that's something that I'd love to get in contact with, and I will definitely be doing that on the outside when I get out of here.

[00:11:38] **JOHN:** If you don't mind me asking, could you tell us a bit what led you to come to jail? Like.

[00:11:43] **ANONYMOUS:** Yeah. Well, like I said, I was talking about my mother. She was me, my rock. My mum was only four foot, nothing. She got stomach cancer two years ago in 2019, and then I, lucky I was in worker's comp, so I got time to spend with mum. I spent the last 18 months, 24 /7 with my mum. And I gave her an end of life medication.

So that was pretty tough. And then after that, I went off the rails. You know, I got on the drugs, hitting the ice there pretty bad at one stage, and I'm just in here for a common assault and intimidation. But I had bail charges on something else. So that's how I ended up in here. I've only got a little four month lagging or whatever they call it, or sentence.

I've done two months already, and these have been the toughest years of my life. Tougher than any footy game, put it that way.

[00:12:30] **JOHN:** Just enough time to clear your mind, I guess.

[00:12:32] **ANONYMOUS:** Yeah. Yeah. Well, I've been clean since, on my birthday was 16th of February. I turned 50 then, but I've been clean. Yeah, before that's got a few programs in jail here. And really made me think about what I've done and everything that's happened to me, it's all my fault. I'm not gonna blame anyone else. At one stage I was blaming everyone, but I was the one who made these silly mistakes. And, you know, we all make mistakes, but I'll, you just gotta learn from 'em, and I'll definitely learn from this.

[00:13:03] **JOHN:** Being a high profile person as you, as you are. What, what impact do you think it's had on yourself and your family, coming into jail?

[00:13:10] **ANONYMOUS:** Well, the one thing, in jail they don't make you feel any special, you know, no one's better than anyone else.

[00:13:15] **JOHN:** Just another number.

[00:13:16] **ANONYMOUS:** Exactly. Coming into jail has made me pretty, very humble about what I've got on the outside or what I had on the outside. Everything's been taken away from me on the inside, but I'm making the most of my time here. I talk to people how I want to be spoken to. Being high profile, I was a bit embarrassed about it.

Um. I don't think I'm better than anyone else. I'll give anyone the time of day or the last 10 dollars I've got. But it has sort of hurt me on the outside. I've lost my kids at the moment, but programs I've done in jail have made me realize that I've gotta rectify that. And my main aim on the outside is being a better father and a better man.

So coming to jail, although I feels like I've hit rock bottom, this could be the start of something else.

[00:14:09] **SHAKUR:** That was an excerpt from Australia's Jailbreak. The two men you heard from mentioned they were in a prison that has a lot of opportunities and programs. Now our next story takes place at a prison much closer to home that also has a lot of programming. San Quentin.

We'll hear an excerpt from the podcast Ear Hustle. You might have heard of it. It's the first podcast created and produced inside of prison and hosted by Nigel Poor and Earlonne Woods. What you might not know is that Ear Hustle and Uncuffed were both born out of San Quentin Radio, where I trained in radio alongside Earlonne and Nigel.

After knowing each other at San Quentin, it was amazing to get to hang with them both at the conference in Norway. And I can definitely relate to some of the guys you'll hear in this story who are also reckoning with life sentences. Here are two of my favorite co-hosts, Nigel and Earlonne, taking it away.

[00:15:23] **NIGEL:** This episode starts sometime ago, election night, Tuesday, November 2nd, 2004. George W. Bush was running for a second term. John Kerry was his opponent. But no matter who they wanted to win, prisoners could not vote.

[00:15:38] **EARLONNE:** Nope. But a lot of guys in prison have been following the campaign on TV, and for some of those guys throughout the California Penal System, the presidential election was a sideshow. All we were thinking about was Prop 66.

[00:15:50] **CURTIS:** Proposition 66. I remember watching the TV that night, and I was sitting in my prison cell and I went to sleep knowing that we were way ahead. And I thought, tomorrow morning when I wake up, I'm gonna go home at some point.

[00:16:09] **NIGEL:** The idea of Prop 66 was to reform the California three strikes law. One reform was that if your third conviction was not a violent or serious crime under Prop 66, your sentence might be dramatically reduced.

[00:16:21] **EARLONNE:** Yeah, it was gonna be a huge change. Here's how Curtis got his third strike.

[00:16:27] **CURTIS:** The crime I committed was, I walked into a liquor store. I snatched two \$20 bills outta the cash register. No weapon. After I got caught for stealing the \$40, I pled guilty to burglary, robbery, and they gave me 50 years to life. Currently, I'm on my 23rd year. The first time I'm eligible for parole is 2044.

[00:16:49] **EARLONNE:** But on Wednesday, November 3rd, 2004, Curtis and other three strikers woke up hopeful that Prop 66 had passed and they just might be getting out sooner than expected.

[00:17:00] **CURTIS:** Then when I turned on the news and I saw that Prop 66 had fallen, that it did not get passed, I, along with a lot of other three strikers, it was, you could cut the tension with a knife. It was a really sad, sad moment. I mean, it, it was, it was devastating. And a lot of three strikers were very at, at their wit's end, I would say.

[00:17:27] **EARLONNE:** This is life in prison. Things on the outside with the law, with our families, they happen beyond our control. Our hopes go up. Our hopes go down. And when they're down, you gotta figure out how to carry on.

[00:17:40] **NIGEL:** That's what we're talking about on this episode, hope and hopelessness in the face of these really long sentences.

[00:17:46] **EARLONNE:** Some prisoners have every reason to hope because they may only have a few years left on they sentence, so they see light at the end of the tunnel.

But for guys under the three strikes law, hope is harder to come by.

[00:17:58] **x:** They gave me biblical time. I, they thought people could live that Joseph and all them people lived in the Bible would have you. We know that ain't a factory. What is it for a man about 75, 70? You know, what have you?

[00:18:08] **NIGEL:** E and I went out to the yard to talk to some three strikers about their sentences.

[00:18:13] **STACY:** My name is Stacy Bullock and I have 150 years to life.

[00:18:18] **EARLONNE:** So how old will you be when you go to parole with 150 years?

[00:18:22] **STACY:** I, something like 208 years.

[00:18:29] **x:** I have 425 to life, so I have to do at least a hundred years before I'm eligible for parole.

I was sentenced to 1010 years and 19 life terms for armed bank robbery.

[00:18:43] **FANAN:** My name is Fanan Figures. I'm serving a sentence of 210 years to life. When I go to my first board appearance, I'll be approximately 250.

[00:18:53] **x:** I won't go up for parole until Jesus will come back first.

[00:19:01] **NIGEL:** Earlonne, Curtis said he'll be eligible for parole when he served 50 years. So compared to those guys in yard talk, dare we say he actually got a light sentence.

[00:19:12] **EARLONNE:** Yeah, he got a light sentence because if he gets up in, well, let's see, 2044, he'll only be 82. Meaning he'll only be on crutches, a walker, a wheelchair, a cane.

They're going easy on him. I mean, you know. But as we know, Curtis don't feel that way.

[00:19:31] **CURTIS:** I feel like somehow I have fallen into this type of, of loop or hole or whatever you wanna call it, that I have been labeled the worst criminal in the history of the United States of America. I've never shot a gun. I never molested no kids, never raped nobody, never put my hands on nobody.

I mean, surely they're gonna see the error of their way of giving me 50 years to life.

[00:19:57] **NIGEL:** Okay. When I hear a sentence like that for the kind of crime he committed, the first thing I think is that this guy's feeding me some bull\*\*\*\*. And you know, we always say we aren't investigative journalists.

[00:20:08] **EARLONNE:** Right.

[00:20:08] **NIGEL:** We can't do that much fact checking on the stories people tell us.

[00:20:10] **EARLONNE:** Nope.

[00:20:11] **NIGEL:** But I found this so hard to believe that I actually asked Curtis, and I've never done this before for any story, if I could see his legal status summary.



[00:20:21] **EARLONNE:** That's the sheet that lists your crimes and convictions and all that. Every prisoner has a copy.

[00:20:25] **NIGEL:** And as far as we could tell, what he told us was true. He got convicted for three robberies. None of them involved a weapon, and none of them were violent.

[00:20:34] **EARLONNE:** But they were three felonies, three strikes, so the judge had to give them a long sentence. That's just the way it is.

[00:20:47] **SHAKUR:** Thanks to Ear Hustle for sharing that story with us. That's the way it is with these life sentences. Sometimes it feels like a joke because these are astronomical years. You gotta laugh to keep him crying. But guess what? That guy in that story, Curtis? He's now outside. He was able to leave San Quentin after he received a commutation from Governor Jerry Brown on December 24th, 2018.

He's now a preacher, an author, and a husband. So it goes to show you, even with these bureaucratic laws and red tape, change is possible.

Now in our fourth story, we're going to Colorado and hearing from Inside Wire, which is the first statewide prison radio station in the United States. It broadcasts out of radio studios at three facilities in Colorado and reaches people who are both inside and outside of prison.

In this piece, you'll be introduced to a woman named Amber Pierce, who's at the Denver Women's Correctional Facility. Amber is a playful kind of person, and she learned to use humor as a coping skill, as you'll hear this interview series Behind the Mic.

[00:22:15] **x:** Behind the Mic on Inside Wire.

Stories of the people across Colorado who keep this radio station in your ears and on the airwaves. This is Behind the Mic.

[00:22:33] **SARAH:** Today on Behind the Mic, we get to meet Amber Pierce. Amber is a producer for Inside Wire at Denver Women's Correctional Facility. Amber walks us through her journey finding humor in hard situations, a painful past that led her to prison, and her path to healing that led to the work she's doing on Inside Wire.

Before we get started, I wanna share that this episode mentions experiences of abuse. If you choose to stay with us, I ask you to listen with compassion and an open heart. Amber's story is not just about challenges. It's also a story of hope. I'm Sarah Berry at Denver Women's Correctional Facility, and this is Behind the Mic.

First, I just want to thank you for coming into this space. Like it's such an honor to be able to have you in here and to be able to have this time getting to know you. And to delve a little bit deeper into who Amber is.

[00:23:30] **AMBER:** Sure, darling, anything for you.

[00:23:32] **SARAH:** So, like you've already brought humor into this already, which I love. Has humor always been a thing for you?

[00:23:39] **AMBER:** Oh yeah. I , yes. So, I've always been like this. Ever since I was little, me and the sisters would find things to play with.

[00:23:52] **SARAH:** How many sisters do you have?

[00:23:53] **AMBER:** I have two. I have one older and one younger.

[00:23:56] **SARAH:** Awesome.

[00:23:57] **AMBER:** Yeah, so I'm the middle child.

[00:23:58] **SARAH:** How did you find yourself using humor to deal with the circumstances around you?

[00:24:05] **AMBER:** Well, growing up we were very, very poor. So we all had to share a bedroom. And shoving three of us in the same room at the same time.

[00:24:17] **SARAH:** And three girls.

[00:24:18] **AMBER:** Lord have mercy. Oo wee. I'll tell you what. My oldest sister was always the fashion coordinator, my youngest sister, she was always the artist, and always the intellectual one.

And I'm like, well, where do I fit in? You know, I gotta find something that's gonna be my niche, that's gonna be, that I have to bring to the sister group. And so I found humor in things, you know.

[00:24:48] **SARAH:** How would you say that the interactions with your sisters helped you to become the person that you are today?

[00:24:59] **AMBER:** My oldest and I don't talk very much anymore. Growing up, she was never around. But my little sister and I, we were thick as thieves. If she hadn't have been there, I don't know where I would be, you know?

[00:25:20] **SARAH:** Hmm.

[00:25:20] **AMBER:** Having somebody there to listen to you, to be there for you...is essential in life.

[00:25:32] **SARAH:** Do you feel like you've ever had experiences where you didn't have someone to listen to you?

[00:25:39] **AMBER:** Yeah, I would say so.

[00:25:41] **SARAH:** What was that like?

[00:25:45] **AMBER:** It was like being lost, and it hurt.

[00:25:54] **SARAH:** I'm sorry that that's something that you've had to carry.

[00:26:00] **AMBER:** We've all had stuff to carry. It's just part of our journey, and that's okay.

[00:26:05] **SARAH:** Yeah. How did you find healing?

[00:26:10] **AMBER:** I had to come to prison.

[00:26:16] **SARAH:** Prison is what brought healing to you?

[00:26:18] **AMBER:** Yeah.

[00:26:20] **SARAH:** How so?

[00:26:21] **AMBER:** No lie. I had to learn to stand on my own two feet. And learning to stand on your own two feet brings healing, brings growth, brings maturity. It brings a lot of things. And even though people don't consider prison a blessing, I do. It's saved my in a lot of ways.

[00:26:56] **SARAH:** What do you think you've gained over the last 11 and a half years?

[00:27:01] **AMBER:** Oh, that's a good question.

The strength to hold my head high...

To know that I'm not my crime...

To know that I'm not a burden to those that love me...

That I am loved no matter what people say.

[00:27:39] **SARAH:** I love that. Would you be willing to share what led you to prison or, or choices in decisions that you've made in your life that brought you here?

[00:27:49] **AMBER:** Sure. my choices in men, meaning I went from one abusive relationship to another. My first husband was physically abusive, and after nine years of that, I left him. And then I met my second husband. And that's where I jumped into that. It's like I couldn't be alone, I couldn't be without a man. And little did I know that he was sexually molesting my daughter while I was at work.

So I told on him. I got 18 years. He got three years and was out within the first year.

[00:29:03] **SARAH:** How do you process that during this time?

If you don't feel comfortable at any time, Amber, you can tell me too, okay.

[00:29:26] **AMBER:** I continuously process it. Because times like this, it's hard to know a man like that is still free.

[00:29:42] **SARAH:** You're very brave. I hope you know. And I hope you recognize that.

[00:29:49] **AMBER:** I'm not.

[00:29:50] **SARAH:** You sitting here across the table from me and being willing to open up something that's very vulnerable is extremely brave. There are a lot of women that struggle with this. There are a lot of women that have a hard time processing abusive relationships, decisions that they made that brought them to prison. How do you recognize, how do you take accountability? How do you how do you learn to live with wrong? And you get to be a voice for that, and that is incredibly powerful and it is beautiful.

[00:30:34] **AMBER:** Thank you.

[00:30:38] **SHAKUR:** That was Sarah Berry interviewing Amber Pierce for Inside Wire Colorado Prison Radio. You know what stood out for me with that story? There was humor, hurt, and healing. And as you heard in all these stories, prison experiences are pretty universal. And being able to tell our stories and reframe the narrative without fear is what Uncuffed and our partners in Prison Radio International are all about.

Now, for our very last segment, we're going to go to India where the Tinka Tinka Foundation has been encouraging prison reforms in the country through art, culture, literature, and media. The foundation launched its first radio program in a district jail in northern India in 2019. And in this piece, you'll hear a song born out of its radio program during the Covid 19 pandemic. Songs are instrumental to India's Tinka Tinka Jail Radio. This one was composed and performed by a radio jockey named Sheru. He's incarcerated in the Central Jail, Ambala, which is in the Indian state of Haryana. In this song, which is in the language of Punjabi, Sheru is urging people to wear masks to keep themselves healthy.

Have a listen.

(Music)

[00:33:34] **SHAKUR:** That was Sheru, a radio jockey for Tinka Tinka Jail Radio, helping us to feel the spirit of what life is like for him and his fellow incarcerated brothers and sisters in India. Thank you so much to Dr. Vartika Nanda for sending that song to us. She founded the Tinka Tinka Foundation as a charitable trust in India.

And thank you to everyone else who made this episode possible. Ryan Conarro, Phil Maguire, Kate Pinnock, Amy Standen, Bruce Wallace, and Andrew Wilke. And of course, the people who shared their stories. This episode was produced by myself, Tommy Shakur Ross, and Sonia Paul.

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Learn more about Uncuffed and support our program. Go to [weareuncuffed.org](http://weareuncuffed.org). Thanks for listening.