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What Can California Learn From Norway's Prisons?

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

[00:00:11] **THANH:** Welcome to Uncuffed. This is the host you love the most at, but you never heard of me before. This is Thanh Tran, man, and we are here where you'll never expect it. This is not San Quentin. We're here in the podcast studio in Oslo right now called Klynge. Shout out to them for letting us use this space. It's beautiful.

Come on, let's go ahead and introduce who's in the room right now. Let's go to my right.

[00:00:33] **SHAKUR:** Yo, yo, yo. It's the one and only Tommy Shakur Ross coming at you all the way live doing it in the Norwegian way.

[00:00:40] **ADAMU:** Hey, y'all, this is Adamu Chan coming to you from Norway. I wanna give a shout out to Edmond. Back in San Quentin and every-

[00:00:50] **SHAKUR:** Edmond!

[00:00:51] **ADAMU:** And everybody else, we take you with us every time, every, everywhere we going, and especially here in Norway.

[00:00:56] **NATE:** How y'all doing out there? We coming to you guys live from Oslo, Norway. It's unbelievable. This is Nathan 'Nate' McKinney, and before I get started, I wanna give a shout out to Greg 'G-Dawg' Eskridge. Man, I wish he was here.

[00:01:10] **CROSSTALK:** You know, G-Dawg. Greg Eskridge.

[00:01:13] **NATE:** It wouldn't all be, it wouldn't be possible if it wasn't for y'all. Your dedication and hard work. But I'm feeling good about this, right? I'm in a relaxed state of mode, a mood. I'm

not under pressure. I think I can say what I really want, and I can truly say that I'm uncuffed at this particular time in my life, and it feels absolutely wonderful.

Freedom is freedom and I love it.

[00:01:33] **THANH:** Ooh, ooh, ooh. So like, we've been like touring all over Norway. We went to a conference, we done checked out some prisons. We were invited into Oslo Prison to, to be interviewed and interview some of the currently incarcerated fellows who's running a Norwegian prison radio project called RøverRadion, and I just want to say shout out to them because they're doing amazing work.

We saw Oslo Prison here. We saw Holden State Prison here, and today we jumped on a ferry and we skated on over to this island, Bastøy. And... Bastøy, man, that thing was like bananas to me. I was like, whoa. Nate, the grape man, holler at me, man. So you went to Bastøy too, man. You jumped on that ferry, you was floating.

What, when you pulled up on that island, what you see? Like what was the scenery, man? Paint a picture for the team.

[00:02:23] **NATE:** Well, first of all, every time I go down to the harbor or on a boat ride, I'm going on the cruise, and like all cruises, it starts off fantastic. We took the boat right across. It took a little while to get there, and all the while there I was thinking how beautiful the island was.

[00:02:38] **THANH:** Mm-hmm.

[00:02:38] **NATE:** And when I got there, it was still beautiful. The scenery, it kind of reminded me of a scene out of a movie. So the whole scene to me, was overwhelming. To see people wandering around in their civilian clothes, running marathons, riding bicycles.

[00:02:56] **THANH:** Mm-hmm.

[00:02:57] **SHAKUR:** Yeah.

[00:02:57] **NATE:** Living in cottages. And we got an opportunity to view how something is 180 degrees different from what I've experienced when I was incarcerated. I spent 23 years in California state prisons, and I've never seen a model that could equal or match what they showed me today.

So let's throw to some of that audio real quick. Let's check it out.

[00:03:29] **SHAKUR:** I see trees, I see a horse, right? We're walking on a, what's this? A dock, right? Leading to the prison.

[00:03:39] **AMBI:** Yeah, that's what you hear. That's.

[00:03:45] **THANH:** And I'm looking to my right. I see a freaking tractor freaking cutting grass, getting ready for the fields, and it smells so fresh. It, it, it is bananas. It's just so many trees around me, the air smells like platinum.

It smells like freedom. Weirdly enough to put it that way. It's like this prison smells like it's free.

[00:04:18] **GUIDE:** You have a lot of fields. What you produce on field is grain, basically. And potatoes. As you've seen, we have a lot of horses here. Those horses we keep for several reasons. Having residents that are, have experienced, you know, lack of empathy, very badly developed empathy skills and have, maybe have anger management issues. To tend animals is a good way of developing those empathy skills.

[00:04:46] **THANH:** I love like the, the idea of, they have like a com, communal style living where everybody is invested in participating in building up this community. Like they have people doing woodwork to cut up trees and create logs, create planks, whatever it is they need because they have these old buildings.

They have people who does building maintenance. They have people that take care of the, the grass, people who, who, who take care of their, their canteen and cook food. Back in San Quentin, we used to always talk about, it's like when you feel like you're a part of the community, when you feel like you're contributing to the community, right?

Like you are less likely to hurt the community. So I see that practice being displayed, but in the most extreme, best form possible fashion here at Bastøy. I'm just absolutely mindblown right now. Just floored that something like this exists in the world.

[00:05:49] **SHAKUR:** Now it looks like we're going into a barn.

[00:05:51] **AMBI:** From the workshop, in the night...

[00:05:53] **NATE:** It's a weight room?

[00:05:54] **SHAKUR:** Yeah.

[00:05:55] **AMBI:** In 2020 he...

[00:05:56] **SHAKUR:** Oh, it's a weight room. Hold on, let me throw this away. Wait a minute. Wait a minute.

So, so I just got outta prison in April 27th after doing 36 and a half years. So I used to love lifting weights, but they took the weights from us in California in the 1990s because they said we were getting too big and strong.

[00:06:28] **GUIDE:** Okay. Exercise rooms is about also letting out steam for the residents.

And then to do exercise. It's like a normal thing we do in the society. We actually encourage our general population to be fit, right.

[00:06:40] **THANH:** Is that an officer running with an incarcerated person?

[00:06:50] **BASTØY RESIDENT:** Ah, it's a marathon. It's a marathon. Oh, today we're gonna run a bit.

[00:06:56] **SHAKUR:** I like running too.

[00:06:57] **BASTØY RESIDENT:** You like running?

[00:06:57] **SHAKUR:** Yeah.

[00:06:58] **BASTØY RESIDENT:** Mm-hmm. Not me. I hate running, but I'm testing myself. Why not?

[00:07:03] **SHAKUR:** So what is, what is, what's, what stands out to you the most about this prison?

[00:07:09] **BASTØY RESIDENT:** The nature.

[00:07:10] **SHAKUR:** The nature?

[00:07:10] **BASTØY RESIDENT:** Yeah. The nature is amazing.

[00:07:12] **SHAKUR:** Like what? Gimme an example.

[00:07:13] **BASTØY RESIDENT:** The water, brother. The water. I like to swim.

[00:07:16] **SHAKUR:** You like to swim? So you can go swimming every day?

[00:07:18] **BASTØY RESIDENT:** Every day if I want to. You can also go out and barbecue, my friend. Yeah. Yeah.

[00:07:26] **SHAKUR:** Wow.

[00:07:26] **BASTØY RESIDENT:** It's a very nice place to be.

[00:07:27] **SHAKUR:** I, I imagine how that can be rehabilitative.

[00:07:31] **BASTØY RESIDENT:** Yeah. If you first are in prison, this is probably the best prison in the world.

[00:07:36] **SHAKUR:** So can your family come over here?

[00:07:38] **BASTØY RESIDENT:** Yeah. They come every week.

[00:07:40] **SHAKUR:** Every week?

[00:07:40] **BASTØY RESIDENT:** Every week they come. Twice a week.

[00:07:42] **SHAKUR:** Twice a week.

[00:07:42] **BASTØY RESIDENT:** Twice a week they come.

[00:07:44] **SHAKUR:** So what is the thing that you like least about this prison?

[00:07:46] **BASTØY RESIDENT 2:** You can can see the freedom, but we cannot go.

[00:07:48] **SHAKUR:** But you can't go. That. That's where my mind was at right there as well. You know?

[00:07:53] **BASTØY RESIDENT 2:** It's a good place.

[00:07:53] **SHAKUR:** Yeah, yeah, yeah, yeah.

[00:07:54] **BASTØY RESIDENT 2:** It's a good place.

[00:07:55] **BASTØY RESIDENT:** But if you are in prison, this is a good place to be. It's the best place to be, in fact.

[00:08:10] **THANH:** Hey, Shakur, you, you pumped up about Bastøy, man. Go ahead and kick it off, man. Like, how was you feeling about Bastøy?

[00:08:16] **SHAKUR:** Yeah. One of the things that I really appreciated about today was like the marathon. You know, I love running, like running is one of my favorite exercises. And to see them like cheering when they, when they made it, completed the marathon. And then afterwards on our way getting ready to leave, I noticed that they were giving out medals, and they were giving them like water bottles.

And it was just a, an atmosphere of community. It was something that I appreciated, like just seeing the, the, the incarcerated people along with the, the, the officers, like, eating, you know, grilled hamburgers. Like that was, that was really a sight for me to see, man.

[00:08:55] **THANH:** Absolutely.

[00:08:56] **NATE:** Yeah. Wasn't that the best? My barbecue in the pen.

[00:08:59] **THANH:** Yeah. You know what I'm saying?

[00:09:00] **ADAMU:** I will say that, you know, I've been to a lot of different prisons in the California prison system, and like what I experienced today was something to seem like a fire camp. Right? No fences. A lot of like, relative freedom. Even there, though they are on an island, they can't, they can't go home.

But I've also been to like San Quentin, which is also like a, like a show pony type prison. I know what the tours are like at San Quentin, right? They show you what they want, what they want you to see. You don't see the, you know, back bar, fifth tier. You don't see all the ugliness, you

don't see, you don't see that. Like we weren't able to see everything, but these places are not accessible or available to everyone in the prison system.

[00:09:42] **THANH:** Mm-hmm.

[00:09:43] **ADAMU:** And so they're the exception. And I feel like that's what we experienced today. Right. I didn't, I didn't feel like this was something. I mean, how many people were there? 125 people. I try to take that into consideration, right?

But that being said, like I also experienced what I experienced like at every different stop. Which was there was a lot of folks who had similar backgrounds, right? And who were like immigrants, who came from like poor communities, who experienced refugee status or war in their, in their home countries, and who also experienced a lot of discrimination like in Norway. Or had experienced some type of like, trauma or, or, or drug abuse or something like that. And those were the people in prison. And those are the type of people that are mostly in prison in the United States too. So that was like a trend for me. Right.

[00:10:34] **SHAKUR:** Yeah.

[00:10:35] **ADAMU:** And I feel like everybody wasn't singing the praises of the Norway system. They were like, it's, it's, it's better. There's a lot of things that are good, and there are a lot of things that are better about this society in general, but there's still a lot of things that don't work.

[00:10:48] **THANH:** But that said though, right, like I really want to segue, I really want to segue to a different point now. We've seen three prisons in total now. We've seen Oslo Prison, Holden Prison, and Bastøy Prison over in, out here in Norway, right? So I want to ask, y'all I wanna throw it out right now, like what do you feel like California could be taken from these prisons?

We recognize that these prisons, for the record, these are not the golden examples of just perfectness, but that said. What are the good things that we can take back with us to Cali?

[00:11:18] **SHAKUR:** One of the things I wanna say that really stood out to me that I think it would, it would actually take work, but I appreciate the fact of the interpersonal relationships.

[00:11:29] **THANH:** Mm-hmm.

[00:11:30] **SHAKUR:** With, between the guards and the incarcerated people there. And the training that takes place with the guards. It's like a, it's not just something that a six week program that they go to or go through in order to be correctional officers. It's like a three year, you know, intensive approach to developing interpersonal relationships with the men on the inside.

So I think that from my experience, I can imagine what it would be like to be at a place where I know that the correctional officers actually see me as a person, and relate to me as a person, and they're willing to help me. I mean, I can imagine what it'll be like to be running around, you know, the track, right?

With another officer. And just having that conversation about like, you know, what's going on in my life personally. I think at the very least, that's something that we can, we can learn from. But I also think like in order to even try to implement that, it has to come from like a top-down model.

[00:12:33] **THANH:** Mm-hmm.

[00:12:34] **SHAKUR:** Like the administration would have to really push that. Right. And they would have to be able to model that and demonstrate that, at least to even try to even get it started.

[00:12:42] **THANH:** Mm-hmm.

[00:12:43] **ADAMU:** Can I say something real quick?

[00:12:44] **THANH:** Go for it.

[00:12:44] **ADAMU:** Because I think there was a lot of conversation this weekend, like, or this week about like officer training.

[00:12:51] **THANH:** Mm-hmm.

[00:12:52] **ADAMU:** Correctional officer training. And I think my response to that would be like, what if like judges, DAs, and politicians who oversee like criminal justice policy were also given like three years of training?

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

[00:13:09] **ADAMU:** On that. Like how, how, how much would the system actually change if it was like, that training was done at that level?

And I'm not saying that that's like a perfect plan, but I think that like when, when we just trained the officers, it's kind of like... that's, it's as if, it's as, it's as if saying the system only functions at this interpersonal level. Right.

[00:13:31] **SHAKUR:** Right.

[00:13:31] **THANH:** Mm-hmm. I, I, I really appreciate it, your suggestion right there too, because I, yes, we do need to, to.

I think that's a great idea to take over that interpersonal model between incarcerated and the staff. However, like you, I feel like that's like addressing symptoms, right? At that point, they are sentenced, they're already, they're gonna be serving 25 to life in California, 30 to life if it's Edmond's case.

You know what I'm saying? So at that point, it's like, yeah, you'll make Edmond feel a little bit better in prison, but he's still gonna be serving 30 years with those nice guards. You know what I mean? So I definitely like what you were saying. Making sure that the people who's creating

these sentences are more informed. More informed about the impacts of what these sentences do, and whether it's really accomplishing this goal of quote unquote, public safety.

[00:14:17] **SHAKUR:** Right.

[00:14:17] **THANH:** So Nate, hey. I know, I know you over there. You, I see wheels spinning, and you standing really still. So it's like, I'm curious what, what's going on in your mind right now.

[00:14:28] **NATE:** Well, I think it has to be a cultural change. These unwritten rules.

[00:14:34] **THANH:** Mm-hmm.

[00:14:35] **NATE:** Have to be unwritten. The culture of us against them has to be eradicated for California to be successful implementing the Norwegian model.

It has to be a change of the mind, and how do you change that? That's a very difficult thing to do. To get into somebody's head and make 'em, make the prejudice go away, make the preconceived ideas about who we are and what we did, and to see the humanity and the person that they're supervising or they have charge of. That's a very difficult task.

[00:15:11] **ADAMU:** Yeah, I think that overall, what I saw... I'm not sure whether or not like it would work in the United States or California, just because of the way that our society is set up. Norway has like a robust social net. You know, there's not as much disparity and, in like wealth and, and, and things like that, that like influence the way that like, you know, how people get to prison and stuff like that.

So I'm not sure about like, bringing the Norwegian model to, to the United States. It's not as easy as that, right? Like the, the prison system is like related to like what's happening outside in broader society. But what I would say though is that like, if there is any takeaway, right, if there's a, if there's one takeaway that I would say that California, if they were to bring something, or if they were bring, to bring elements of the Norwegian system, I would say if they were to execute that, they would have to release, I don't know, like 80% of the people in California prisons.

And I think that's a good thing. There are so many people in California prisons. I mean, I don't believe in prisons, period, but I think there are so many people in prisons in California today that could go home and be fine.

[00:16:39] **THANH:** For sure.

[00:16:40] **ADAMU:** Yeah.

[00:16:40] **THANH:** So the whole purpose we came out here to Oslo, Norway is to attend this prison radio conference, right?

To learn about prison radio and also learn about like best practices that's going on in Norway, right. And you hear about this Norwegian model, right? And I think one of the main things, one

of the main tenants that they profess, right, is what type of neighbor do you want returning home to you? Right?

When we're at the conference, one of the speakers at the conference, prison radio conference, was a currently incarcerated woman. And it wobbled my noggin. I was like, this person is currently incarcerated at a international prison conference.

[00:17:24] **SHAKUR:** Yeah.

[00:17:25] **THANH:** From people all over the world is here right now, and she is allowed to participate in society.

That person is going to be a healthy person, in my opinion.

[00:17:37] **NATE:** In other words, she was able to take a break from her incarceration, come and entertain us, conduct a conference, an international conference, and then go back to prison.

[00:17:47] **SHAKUR:** Yeah.

[00:17:48] **NATE:** It was mind blowing.

[00:17:49] **THANH:** Couldn't believe it.

[00:17:50] **NATE:** It was a timeout in your sentence to be a citizen.

[00:17:53] **THANH:** Right. And, and what? And what I couldn't believe is because in California, it is very difficult to even attend a funeral. If your mom died while you were in prison, barely anybody ever gets to go leave on a funeral to go see their parents. And this person is not leaving for any crazy emergency. This person is leaving prison to engage with society, right? That is civic engagement. That is becoming a part of society and not apart of society, right? And I believe that if we took that thinking and that practice to California, I think that that could make a huge difference. And I can only speak about my own experience of when I became more engaged with the community.

When the community became more engaged in me, I became a more healed and and well-rounded individual. I became more capable of returning home and being successful.

[00:18:45] **ADAMU:** I also feel like the the best insights that I heard this weekend to me came from the folks that I spoke to inside it. Like especially, I wanna shout out Molly.

He was a young brother from Somalia that was inside and hosting a radio show inside and, and really touched me with like, with his, his, like when I talked to him and interviewed him, just talked about the power of, of using his voice and the power of like, his own transformation, like how that instilled a sense of like, commitment to his community and like, and, and speaking for others and trying to inspire others.

[00:19:24] **THANH:** Mm-hmm.

[00:19:24] **ADAMU:** So I think that that, that, that to me was, you know, the biggest impact for me. And, and, and something that I'm thinking about as like, all of these other people talk about, like the changes that need to be made and in the system, and all these conversations that are being had, like at these other levels.

[00:19:41] **NATE:** Right. Well, how was that for you, Thanh?

[00:19:43] **THANH:** Yeah, man. Just like Adamu said, I felt like we talked to a lot of prison officials. We had tour guides, we had all types of things going on, but I feel like the most impactful thing that I'm taking home with me was the conversations I had with the currently incarcerated people. Like those, those men are powerful. They're intelligent, they're capable. You know, they're dreamers. They, they deserve every opportunity they got coming. And it's so fascinating because when we were doing radio, like you said, when we was doing Uncuffed and radio at San Quentin, we felt like we was this isolated small niche that may or may not make an impact. But we're doing it because we, we have no other choice. We have to utilize our voices. Otherwise we're not gonna, if you sit down and do nothing at all, you're just becoming a part of the problem too, right.

[00:20:29] **SHAKUR:** Right.

[00:20:30] **THANH:** So that said, like just to be out here, and then gathering and community and collective all over the world and saying, Hey, we don't have to be alone fighting.

We all are participating in this fight. We are trying to center the voices of incarcerated people. We all are trying to bring us all together so we can create some changes in the system worldwide. I think that was, like, for me, the most powerful part of this whole conference, of being out in Norway, was being able to meet those, meet the, that directly impact the people, the currently incarcerated people, and, and, and see how they're using radio to fight for themselves.

So, man, I wanna segue to this final question and just close it off for the team. You know what I mean? I really appreciate y'all presence here today. We've seen a lot of stuff out here. We learned some things. Like we were able also, not just to observe, but also to create impact by pouring life into the fellows incarcerated.

Like after this whole experience, what do you feel the path of change in California prisons is?

[00:21:33] **ADAMU:** I think that the pathway to change for me, from my perspective is that we really have a conversation about the function that prisons have in our society, and like... The way that prisons disappear people.

[00:21:55] **THANH:** Mm-hmm.

[00:21:55] **ADAMU:** Who represent social problems, right. And when those, when those problems don't get addressed outside of prison, then we use prison to kind of like, take people who do, who don't fit this like, idea of normality, right. And, and, and disappear them. And I feel like that's universal, right? That's not just something about California. It's not a United States

thing, it's, it's. I see it here in, in Norway too. And so I think the pathway to change, like the long vision, is that we figure out a, a, a better way to deal with the issues, the most pressing issues in, in our society and in our country.

[00:22:41] **THANH:** Mm-hmm.

[00:22:42] **ADAMU:** And don't use prisons as, as a solution to them. Right?

[00:22:46] **THANH:** Absolutely.

[00:22:47] **ADAMU:** Yeah.

[00:22:47] **THANH:** Absolutely. Thank you for that. Yeah. I wanna, I want to bounce over to Nate just to catch him on unawares, just so I can get some truth outta here.

[00:22:54] **NATE:** Oh no, I knew you was coming. I heard you walking. I think I want to everybody to focus on two words, effort and consistency. The effort is already there. You know, the, the, all the, the mo, it's already in motion.

People recognize it's a problem, so therefore they're trying to affect a change, and so they're making an effort. Now, this is where consistency. This is the part two of it is. Just don't give lip service, you know? Be consistent with your change. Be consistent with your work and your work ethic when you're trying to change.

And don't look for a reason to give up. That's what I'm saying to California Department of Corrections and Rehabilitation. And that's what I think that I have to applaud them on their first step. Now the second step is yet to be seen. And if we can get those two together, I think that it'll be a successful transition to a better prison system.

We may not reach Utopia, but if we keep, if we keep those two words in mind, I think we'll have great success. That's what I think.

[00:23:50] **THANH:** Thank you for that. And to answer the question myself, I believe the next path for change is to continue to expand the power of the currently incarcerated people. And what that looks like is continuing to expand radio programs. Expand media programs for the incarcerated people to express their voices and, and express their truths about their realities in prison. So one thing that Michelle Alexander said that, she said, if you wanna really create change in the criminal justice system, you gotta, you gotta fight and create change in the court of law, but also the court of public opinion.

Right. And I feel that's the next path for change right there. Let's focus on that court of public opinion. So that's what I believe is the next pathway for us. Strengthening our voices and the power of the currently incarcerated people.

Man, I wanna close out, I just wanna make our voices heard. I wanna pass it around the room real quick just so we can say, shout out, peace out.

You know what I mean? So I just wanna say y'all, I love y'all, man. This is bananas. We on the streets.

[00:24:50] **SHAKUR:** It's beautiful, bro.

[00:24:50] **THANH:** Hey, I love y'all. For real, man. Hey, so go ahead Nate, man. How you feeling?

[00:24:54] **NATE:** I feel good. I want to thank everybody that made this trip possible. This has been a wonderful trip. This has been the best time I've had in my entire life since I've been let outta prison.

[00:25:07] **THANH:** You ain't done a lot.

[00:25:09] **SHAKUR:** Yeah.

[00:25:09] **THANH:** Shakur. Go ahead man. Close it out.

[00:25:11] **SHAKUR:** Basically, I want to shout out to everybody's that's doing time in, in San Quentin State Prison.

[00:25:16] **THANH:** Mm-hmm.

[00:25:17] **SHAKUR:** Right. We miss y'all. We love y'all. Alright, I'm gonna pass it on to Adamu.

[00:25:21] **ADAMU:** Yeah, I mean, I just want to give a shout out to y'all, man.

I feel like you know, when you're inside, you have these dreams about what's possible and what's not possible. And it feels like my life since I've been out has been a, a series of things that I never thought were possible.

[00:25:39] **THANH:** Mm-hmm.

[00:25:40] **ADAMU:** And it is only, it's only possible through the relationships that we have. Right. And.

[00:25:44] **THANH:** Mm-hmm.

[00:25:45] **ADAMU:** The fact that we establish relationships when we are inside, and that we make each other stronger. We inspire each other. It's been a really awesome time. I feel really sleep deprived. It's beautiful though. And, and, and I appreciate all of y'all.

[00:25:59] **THANH:** Absolutely. And I just want to close, man, like shout out to, to all the donors, KALW, that made this trip happen for us.

For real, like, this has been a movie. For real. Shout out to us. Shout out to the currently and formally incarcerated people that made our worth seen, that made our values known, because

they brought us out here because they saw our value. You know what I'm saying? And, and it was, that's decades of organizing. That's decades of fighting.

While we are suffering, we deserve to be seen. So shout out to us for real, man, like y'all deserve to be in this room right now. And I hope y'all see that for real.

[00:26:30] **SHAKUR:** For real.

[00:26:31] **THANH:** Like, like man, when I was on that ferry boat riding, and I was riding back and I was staring out in that water, that wind was blowing in my face and that salt water was on my lips.

I swear to God, I started tearing up.

[00:26:40] **SHAKUR:** That's right.

[00:26:40] **THANH:** I swear to God, I'm like, this is what freedom feel like.

And that's a wrap for the second season of Uncuffed. You just heard Adamu Chan, Nate McKinney, Tommy Shakur Ross, and me, Thanh Tran, reporting not from San Quentin, but from Oslo. Check out more pictures and videos from our trip on social media at WeAreUncuffed. And stay tuned for our next season by subscribing to our newsletter.

That's at WeAreUncuffed.org. This episode was produced by Angela Johnston, Eli Wirtschafter, Ninna Gaensler-Debs, Sonia Paul, James Rowlands, Andrew Stelzer, and our sound designer, Eric “Maserati-E” Abercrombie. Our theme music is by David Jassy.

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This episode was produced on the free side of the wall, and so we did not need approval from a public information officer. Thank you for listening. We'll see you next time.