

FS News: TV-FREE WEEK is here!!

Hi Everyone ~

I'm excited because TV-Free week is upon us again!

As most of you know, I have not had a TV in my home (this includes our modern version of 'TV': streaming, et al.) for more than 30 years. It's amazing what we can do with the time that the screen takes away...which also includes the little computers we call phones. I'm sure I don't have to tell you about all of the fussing about 'social media killing our young girls', and 'violence in society from TV and games'...but it's very easy to push back on all of that by saying 'no' to devices and 'yes' to conversations, reading, board and outdoor games, walks, and creating reentry organizations ~ : ) We can flex our 'boundaries' muscle, build our 'critical thinking skills' and improve our possibilities and opportunities for the future by taking a break from the screen. All screens want to do is homogenize us. They want to limit our imagination by persuading us to want the same things, pursue the same goals, and fear each other, so that we will remain loyal to experts, devices and the economy.

We don't have to take this abuse! We are more than cogs in the machine and we can push back by saying no to their conditioning. I hope you will let me know what you found to be impactful replacements for TV! I'd like to add your ideas to the next Ownership Manual and share them in the newsletter next year for TV-Free week.

So, even though I'm not watching TV, I have to reiterate that I'm working full time at an outside job, so I have to be clear about what I can do during my volunteer hours with Fair Shake. (Most readers are aware of this...but the messages are coming at me so fast these days that I want to make sure these guidelines are clear.)

\* I don't find specific resources; I build the huge, free website, and free software, so everyone (family, friends, etc) can access the information...and the prisons can offer the info to you for free, too.

\* I can share the documents that I've created...they remain available always, and I'm happy to send them, but I don't search for other information like lawyers or info about starting specific businesses.

\* Responses from me may be slow!

Thanks for your understanding. I'm doing this all by myself and serving the entire country. April was Reentry Month and I spent a lot of time giving presentations and working directly with organizations.

THANK YOU to the donors who make this newsletter, and Fair Shake, possible. We're sending more letters than ever...now with a note saying that the envelope was donated by YOU! This is powerful social healing...just the beginning of what we are capable of doing. Ubuntu and gratitude!!

## INTERFERENCE ARCHIVE

Need information or trying to do research? Let PLSN be your human search engines. Send us your information and research-related questions and we will mail you pages about resources, articles from newspapers, magazines, or academic journals; and material published online on topics you're trying to learn more about. Prison Library Support Network can NOT address pen pal requests, legal advice or things that go against mail room policies.

Interference Archive ATTN: PLSN 314 7th Street Brooklyn, NY 11215

<https://plsn-nyc.tumblr.com/>

## LOOKING FOR MENTORS, SUPPORT OR FRIENDSHIP?

Adopt An Inmate connects outside volunteers with prisoners seeking mentors, support and friendship. "Stories are welcome, as well as poems, artwork, and book reviews. Send your request for a survey with a short bio (1-3 paragraphs) and include a pre-addressed, stamped envelope when possible. <https://adoptaninmate.org/> Adopt An Inmate PO Box 1543 Veneta, OR 97487

## PRISON HEALTH NEWS

"Prison Health News is an information network project. Our newsletter, published four times a year for people in prison, strives to lift up the voices, experience and expertise of currently and formerly incarcerated people. We are the only resource that responds to requests for health information from people in prisons and jails everywhere in the United States. With the radical power of information, we work to break down prison walls and build health and social justice for all. Would you like to see your art, writing or poetry in Prison Health News? Tell us your story of struggling to receive quality health care, either for yourself or others. Do you have tips and tricks for staying healthy and taking care of yourself behind the walls that could be useful to others in the same position?" Write to them to receive the newsletter, ask up to 2 medical questions and share your stories! <https://prisonhealth.news/>

Prison Health News 4722 Baltimore Ave. Philadelphia, PA 19143

## YOGA, ANYONE?

Write to ask for a free copy of one of these three books: Yoga: A Path for Healing and Recovery, Yoga: un Camino para La Sanacion y la Recuperacion, or the prison yoga book for women: Freedom from the Inside. Prison Yoga Project P.O. Box 415 Bolinas, CA 94924

## TAKE OWNERSHIP OF YOUR FUTURE SELF By Benjamin Hardy

<https://benjaminhardy.com/>

DOCUMENT AVAILABLE ON REQUEST Summary: Your personality, skills, likes, and dislikes change over time - but that change isn't out of your control. What can you do to become the version of yourself that you most want to be? Start by acknowledging the differences between your past, current, and future selves.... If you'd like to receive a copy of this document, please START A NEW MESSAGE with 'Future Self' in the subject line! Here is the link to share with your supporters: <https://hbr.org/2020/08/take-ownership-of-your-future-self>

## REFORM ALLIANCE <https://reformalliance.com>

Readers have asked me to reach out to REFORM Alliance (RA...founders incl: Jay-Z, Meek Mill and Van Jones)...and I did! I said that FS is devoted to the same goals; that we're working on the 'culture' aspect of their mission: (RA) aims to transform probation and parole by changing laws, systems and culture to create real pathways to work and wellbeing." Like RA, FS is "working to

move people from the justice system into stability”, too. I asked if they would be interested in collaborating with Fair Shake. I asked: How much of recidivism is due to lack of resources and proper preparation? Could better preparation reduce revocation? What would you like to see in this free resource? What can we build together? If you’d like to send a note of support or ask them questions, the website says “If you have inquiries, suggestions, or concerns, please reach out to us”:

REFORM Alliance 1675 Broadway, 21st Floor New York, NY 10019-5820

#### BOP READERS:

The CRN info will be coming soon. I received more than 200 responses which I’m entering on a spreadsheet. The information was complex since the availability of the information was inconsistently available. I’ll get my report to you by May 15th. Unfortunately, I don't have CARES Act updates, but LISA Legal might be able to help: [newsletter@lisa-legalinfo.com](mailto:newsletter@lisa-legalinfo.com).

#### WI READERS: Have a software request for your tablet?

A reader has asked me to ask you for the name and address to write to to suggest games, music and movies for the tablet. If you have a specific name and address in mind, please let me know, but for now it might be helpful to send letters to the DOC HQ in general. I went to the website and found no info, you might want to try:

Wisconsin Dept. of Corrections

Attn: Person in Charge of Tablet Software Requests

3099 East Washington Ave. Madison, WI 53704

#### SPIRITUALITY RESOURCES:

American Bible Academy PO Box 1490 Joplin, MO 64802-1490 Bible correspondence courses at no cost.

Catholic Home Study Service PO Box 363 Perryville, MO 63775-0363 Free correspondence courses on the Catholic Church and the Bible.

Catholic Worker 36 East First Street New York, NY 10003 Free bimonthly newspaper.

International Bible Society 1820 Jet Stream Drive Colorado Springs, CO 80921 Bibles and Christian literature in English and Spanish.

Barre Center for Buddhist Studies 194 Lockwood Rd., Barre MA 01005 Free Theravada Buddhist tradition books.

Dharma Companions P.O. Box 762, Cotati, CA. 94931-0762 Free Buddhist books and mentoring correspondence for those practicing Buddhism without a teacher.

Liberation Prison Project PO Box 31527 San Francisco, CA 94131- 0527 Free Buddhist books, prayer and practice materials

Prison Dharma Network PO Box 4623, Boulder CO 80306 Buddhist books and Buddhist pen pal program.

The Aleph Institute 9540 Collins Avenue, Surfside, FL 33154 Jewish Religious Educational materials, pen pal program, religious freedom advocacy.

Jewish Prisoner Services International PO BOX 85840, Seattle, WA 98145-1840 Religious services and materials to Jews in prison.

Human Kindness Foundation PO Box 61619 Durham, NC 27715 Free interfaith spiritual newsletter sent 3 times a year.

Alavi Foundation 500 5th Ave, 23rd floor, Suite 2320 New York, NY 10110 Free Koran for Muslim prisoners.

Islamic Society of North America 6555 S. County Road 750E Plainfield , IN 46168 Sends Qurans and other introductory books on Islamic study.

#### QUOTES:

“Success is when potential meets opportunity.” -Jahaun McKinley (formerly incarcerated person who ‘climbed the corporate ladder’)

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” - Leo Buscaglia

“People cling to their hates so stubbornly because they sense, once hate is gone, they will be forced to deal with pain.” – James Baldwin

“There seems a general rule that, the more obviously one’s work benefits other people, the less one is likely to be paid for it.” - David Graeber

“I have been a believer in the magic of language since, at a very early age, I discovered that some words got me into trouble and others got me out.” - Katherine Dunn

"Which government is best? That which teaches us to govern ourselves." - Johann Wolfgang von Goethe

“Live as if you were to die tomorrow. Learn as if you were to live forever.” – Mahatma Gandhi

Ubuntu and gratitude, ~ sue

As always, when you are released, remember to find support in your phone-gizmo:  
2-1-1 Fairshake.net HelpYourselfTherapy.com FindHelp.org

Newsletters are available at FairShake.net for your family and friends to read or print.