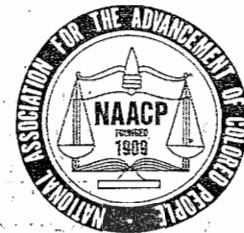


CRCC / NAACP (Charter 4003)
Crossroads Correctional Center
1115 East Pence Road
Cameron, MO 64229



20 THINGS YOU CAN DO RIGHT NOW ABOUT PRISONS

(adapted from Celling America's Soul: torture & transformation in our prisons and why we should care available from www.TrustOneKindness.com or SageWriters * P.O. Box 215 * Swarthmore, PA 19081)

- 1) Educate yourself about MO's laws & practices regarding the inefficiencies of the Board of Probation & Parole (e.g., holding non-violent offenders longer than the national average, costing taxpayers \$50 million in extra, needlessly prolonged incarceration expenses, for no greater safety).
- 2) Peruse the DOC \$650 million budget looking for cost reductions; speak out!
- 3) Identify individual prisoners' causes, their websites and blogs, and select one or more to support.
- 4) Identify activist groups and give your time, energy and/or donations to help them (see list on back).
- 5) If you are a member of a church, synagogue or mosque, start a prison ministry
- 6) Volunteer to assist an aspiring writer in prison through editing, and preparing for publication where possible.
- 7) Visit your elected officials and ask them their positions on alternatives to incarceration; if they maintain a tough on crime position, then educate them and tell them as a taxpayer you don't want to continue funding an expensive, ineffective system that threatens public safety and cuts down on funds for education and health care.
- 8) Research MO law on mandatory (85%) sentencing & connect with reform groups.
- 9) Make generous contributions to and join organizations whose goals you support such as FAMM, MASW, MO-CURE, NAACP, NDRAN, etc.
- 10) Speak out and write letters when a comedian or cop show uses the threat of rape to elicit a laugh or force a confession. Make the truth known - according to the Dept. of Justice, there are reported 88,000 Americans raped in prison every year, 1/5 within 24 hours, by staff or fellow prisoners.
- 11) If you're a lawyer, volunteer to help prisoners needing representation. Contact local Public Defender and regional ACLU offices.
- 12) Arrange related film screenings (e.g., "Writ Writer") and book signings (e.g., The New Jim Crow) at your church or organization.
- 13) Look for ways to support prisoners' families through organizations like Mothers of Incarcerated Sons & Daughters, Social Work Consolidated Youth Services, Coalition of MO Inmate Families.
- 14) Approach editors of mainstream media about giving more voice to prison issues and outstanding examples of transformation by prisoners.
- 15) Support efforts of NAACP prison-branches (@ CRCC, JCCC, MCC, PCC, SECC).
- 16) Hold all people in prison & their families in your prayers & meditations.
- 17) Provide mentorships & jobs to those with skills coming home from prison.
- 18) Have your book club read some excellent writings by prisoners (e.g., PROSE and CONS, Doing Time, IN THE PLACE OF JUSTICE, by Wilbert Rideau)
- 19) If you haven't already seen them, check out movies like "The Shawshank Redemption" or "The Green Mile" to see how little has actually changed. Shiny new prisons; same old marring of the spirit.
- 20) Subscribe to prison-issue coverage publications like the Cry Justice Journal, the Turning Point, Prison Legal News and the African News World.

Don't talk about it. Be about it.

RESOURCES

1. For a free copy of Branch #4003's detailed & documented issue-publication, "Slammer State," send 61¢ SASE to CRCC-NAACP.
2. www.mogov/doc/budget.com / UNLOCKING AMERICA: Why and How to Reduce America's Prison Population www.jfa-associates.com
3. Google search
4. MO-NAACP * 1088 Austin Ave. * Columbia, MO 65203 * WWW.NAACP/MO.ORG / MO-CURE * POB 1245 * Cape Girardeau, MO 63702 * www.mocure.org / FAMM * 1612 K. Street, NW * Suite 700 * Washington, DC 20006 * www.famm.org / The Sentencing Project * 514 10th Street, NW #1000 * Washington, DC 20004 www.sentencingproject.org
5. For info how to establish prison congregations - www.prisoncongregations.org
6. For advice, contact: SageWriters * POB 215 * Swarthmore, PA 19081 * TrustOneKindness.com
7. Graphic educational comic books: "Prison Town: Paying the Price" / "Prisoners of a Hard Life: Women & Their Children" / "Prisoners of the Ward on Drugs" www.realcostofprisons.org
8. MO-CURE www.mocure.org / FAMM www.famm.org / CRCC-NAACP for petition forms.
9. Missouri Association for Social Welfare * 605 E. Capitol Ave. * Jefferson City, MO 65101 * www.masw.org / National Death Row Assistance Network of CURE * www.ndran.org /
10. Stop Prisoner Rape, Inc. * 3325 Wilshire Blvd, Ste. 340 * LA, CA 90010
11. ACLU-Eastern MO * 4557 Laclede Ave. * St. Louis, MO 63108 / ACLU-Western MO/KS * 3601 Main Street * KCMO 64111
12. "Writ Writer: One Man's Journey for Justice" www.writwritermovie.com / "Concrete, Steel and Paint" www.newdayfilms.com / "The Farm: Angola USA" / The New Jim Crow: Mass Incarceration in the Age of Colorblindness, Michelle Alexander / MARKED: Race, Crime, and Finding Work in an Era of Mass Incarceration, Devah Pager / Race, Incarceration and American Values, Glenn Loury / Texas Tough: The Rise of America's Prison Empire, Robert Perkinson
13. Mothers Incarcerated Sons & Daughters * POB 33091 * KCMO 64114 / Social Work Consolidated Youth Services * 12003 Beacon Ave. * Grandview, MO 64030 / Coalition of MO Families * POB 7 * New Bloomfield, MO 65063 / National Resource Center on Children & Families of the Incarcerated (has three excellent resources on website) www.fcnetwork.org
15. MO-NAACP, State Prison Project Coordinator: Rev. Elston McCowan * Star Grace Missionary Baptist Church * 55117 Lillian Ave. * St. Louis, MO 63120 * revemccowan@yahoo.com
17. Beyond Bars: Rejoining Society After Prison, Jeffrey Ross & Stephen Richards / Releasing Prisoners, Redeeming Communities: Reentry, Race and Politics, Anthony Thompson
18. PROSE and CONS: Essays on Prison Literature in the United States, D. Quentin Miller (ed.) / Doing Time: 25 Years of Prison Writing, Bell Gale Chevigny (ed.) / IN THE PLACE OF JUSTICE: A Story of Punishment and Deliverance, Wilbert Rideau / Dreams from the Monster Factory: A Tale of Prison: Redemption and One Woman's fight to Restore Justice to ALL, Sunny Schwartz & David Boodell / Let's Get Free: A Hip-Hop Theory of Justice to ALL, Paul Butler / A Question of Freedom: A Memoir of Learning, Survival and Coming of Age in Prison, R. Dwayne Betts / In the Society of Outcasts, Neil White / Justice...Is Just Us: A Story For Anyone Who Believes In Change, Harold Wooten / Choose To Do Right: A Proven Path to Criminal Rehabilitation, Andrew Matson
20. Cry Justice Journal / POB 2525 / New Bloomfield, MO 63807 / Turning Point is MO-CURE's newsletter / African News World * U.A.P.O. * POB 9226 * St. Louis, MO 63117 / Prison Legal News * POB 2420 * West Brattleboro, VT 05303 / The Angolite * c/o Louisiana State Penitentiary * Angola, LA 70712 / Fortune News * 29-76 Northern Blvd * Long Island City, NY 11101 / <http://celldoor.com> (extensive & free)