

~~\$~~ I HOPE SOMEONE

GETS

my MESSAGE... ~~\$~~

IN

THE UNIVERSE!!!

RINGO...

1940 -

HAPPY BIRTHDAY

... 80!

HIGH NOON!!!

PEACE & LOVE!

# THE BLACK BACHELOR

MATT JAMES LIVE

"The BACHELOR" ON RACHAEL,  
THE BREAK UP AND FALLOUT,  
GMA COVER STORY

03-16-2021, TUES., 8:11 A.M.  
CAT SEGMENT

✓ I KNOW Rachael is a  
good Person! - James.

MY TURN

THE BACHELOR

"There goes the Neighborhood!!!"  
How the Hell can Ms. Kirk Connell  
be a RACIST putting her sweet Juicy  
Peachy mint TONGUE into a Black  
man's DESIROUS, accepting, wet-  
coming MOUTH ON Global TV



FOR THE WHOLE UNIVERSE TO SEE!

THIS IS RULING CLASS ELITIST  
STINKING BS DESIGNED TO DIVIDE THE  
MASSES.

PLEASE STOP!!! THIS STINK-  
ING BS IN THE NAME OF LOVE!

#HON. MARCUS GARVEY

# THE FINAL ROSE

On the final, James chose Kirk Connell and the two rode into the sunset together — but it didn't last. The pair split after the show wrapped, amid racially charged Instagram photos from 2018 that resurfaced of Kirk Connell. "Matt broke up with her to protect himself," a source tells *Us*. "It came," as a shock to Rachael.

US MAGAZINE.COM / WAR OF THE ROSES

MARCH 29, 2021, P. 35



IT'S NOT OVER  
TILL IT'S OVER !!!

Matt and Rachael are  
Back Together as of  
this writing...

For the Rest of the story  
SEE ABC NEWS, COM / THE VIEW  
05 / 12021  
10: A.M. CDT

TINA TURNER: THAT'S MY LIFE

BY TINA TURNER (Rizzoli, \$65)

SOURCE: THE WEEK.COM / ARTS Review  
OF REVIEWS: BOOKS  
DECEMBER 18, 2020, P. 26

### MY TURN

MS. Tina Turner, 80, "Queen of Rock"

You have your "cash cow" "I TINA"!  
And ridden that poor soul! Illi-  
rate: oppressed Southerner BLACK  
MAN - ONE OF ROCKS INVENTORS!!!  
- MR. IKE TURNER'S BUCKLED "Black  
BACK" To Superstar! Super Riches!

~~##~~ WHAT'S LOVE GOT TO  
DO WITH IT ~~##~~



GET THE HELL OFF HIM !!!  
LET HIM RIP !!!

STOP DANCING ON AND SINGING FAST  
MR. IKE TURNER'S GRAVE !!!

Without IKE you'd been a Nappy  
Headed, Barefoot, Poor UNKNOWN NEGROE  
Woman in Nut Bunch, TENN.  
Instead of with your second white  
husband in your Switzerland MAN-  
SION...

STOP! IN THE  
NAME OF LOVE!!!

#THE LOVE YOU SAVE MAY BE YOUR OWN

05-08-2021

2 of 2



DR. BILL COSBY, Ph.D

-VS-  
STATE OF PENNSYLVANIA  
ON APPEALS

UPLIFT HIM  
FROM THE FOULEST  
BELLY OF THE BEAST!

God does Answer Prayers!  
And the state of Pennsylvania High-  
est Court [Supreme] CAN Grant  
this wholly INNOCENT Black Leader  
his "FREEDOM" UPON Appeal TO said  
Court... NOW UNDER ITS CONSIDERATION!

TWO MOST MERITIOUS ISSUES  
PRESENTED,

IN 2018 CONVICTION

1. Trial Court in Re-Trial

Allowed Five Additional  
Witnesses?

2. Prior Agreement  
with DA Not To  
Prosecute?

ON JUNE 23, 2020 The court  
Agreed to hear his Appeal  
COURT TV LIVE.COM 12-20-  
2020

BAD ACTS  
IMMUNITY AGREEMENT



BILL COSBY  
AND YELLOW  
RIBBON...

The People will Love and  
welcome him Home.

BOOSIE questions his Guilt!  
TMZ LIVE.COM 11-27-2018

TINY and Girlfriend  
"FREE BILL" WENDY.COM  
@HOME 04-13-2021,

BILL IS TOO BIG and  
LOVED TO cancel.

5-13-2021



ALI!!!

JOE LOUIS

FRANK SINATRA

BILL COSBY!!!

DAVID CHAPPELL

GLORY DAYS

BACK in The Day the so-called  
"loud mouth" ALI Publicly EXposed  
how Frank Sinatra Paid Joe Louis  
to publicly castigate him in "Biggest  
Brightest Spotlight Days!!!

AFRICAN-AMERICANS

✓  
NEGROES HISTORY

So It is with Negroes "Black  
Face" Funnies Mr. Eddie Murphy  
Mr. Chappell, SUNNY [Shaddy] Hostin  
Wendy Williams and other MIN-



SNL

NBC.COM

EDDIE MURPHY

GUEST HOST RETURN

Minstrel EDDIE MURPHY played  
the old cash money "RACE CARD"  
IN INFORMING his "PAY MASTER" plot  
in accusing and convicting our  
INNOCENT Black Liberator DR. BILL  
COSBY (e.g. PAUL ROBESON) as  
falsely ACCUSED IN HIGH-TECH LYNCH-  
ING!!!

I ACCUSE

MR. MURPHY of Maise Com-  
plicity in The Hollywood Crime Style  
of Throwing out of a "Hotel Win-  
dow murdering and silencing the  
Young Beautiful Transgender with whom

1073



He'd been previously Arrested with  
after picking her - up in his car Late  
at night.

I Accuse

She was Murdered IN COLD BLOOD  
To protect HOLLYWOOD'S MILLIONS  
Invested in Mr. Murphy's Gold-  
en Star " Cold Actors RIM  
NOVAK AND SAMMY DAVIS JR. RO-  
MANCE IRL!

I Accuse

Mr. Murphy of Posing as A  
Baby Making Machine to BLUR  
COVER-UP, CONFUSE AND MISDIRECT  
PUBLIC EYES away from his own  
most Foul crime!

I Accuse



That Maddona Credibly Accused  
Mr. Aresion Hall of "F... NG" Mr.  
Murphy!

## I ACCUSE

THIRTY PIECES OF  
SILVER / BETRAYAL

Mr. Murphy as Being Richly  
REWARDED with his "30 pieces  
of SILVER": HIT TV SHOWS! EMMY!  
MOVIES! EXCELLENT REVIEWS!  
AND ALL THAT RAZZLE AND  
DAZZLE!!!

Mr. Murphy let he who is  
with SIN cast THE FIRST STONE!!!

Amen!

3 of 3 5-13-2021



We're all in this together  
they say;  
but I can't tell.  
I am packed up, piled up,  
and unprotected  
as frequent fliers pack out.  
Another day I wake up  
striving to breathe  
beyond Buchenwald.  
I go hungry  
with hunger to live; go hungry to forego  
being herded to chow  
for my state portion  
with a side of Covid.  
Society sardonically  
sanitizes its hands while hearts remain infected.

Six feet apart outside-  
six inches inside.  
Masks for those outside-  
none for those inside.  
Sanitizer outside?  
Not for those inside.  
Ten or less outside-  
ten times five inside.  
Global effort outside:  
S.O.L. inside.  
Net connected outside-  
disconnected inside.  
Out of sight outside-  
out of mind inside.

We've been washed  
from society's hands  
like Corona—  
but we are them;  
not some experiment  
gone viciously viral.  
Cleaning the surface  
never cleanses the system.  
Masking our maladies  
don't mitigate their existence.  
In the end,  
we breathe what we breed.

Now we're all locked down.  
No one is safe for real.  
In a world gone Wuhan bats,  
they now know how we feel.

—Sandra Brown,  
Logan Correctional, Lincoln IL

GREAT MEADOW CORRECTIONAL FACILITY

COMSTOCK, NEW YORK 12821-0051

NAME: Michael HartSita Lozoff/CO HKFP.O. Box 61619Durham, NC 27715

This morning i woke up and thanked god for letting me see another day but for the rest of the day i lived in fear. Am i really being thankful that God spared me? I'm afraid to go outside of my cell to even use the washroom because in my mind this "monster" is every-

where!! I watch people move around the unit with no masks or gloves. I hear staff saying that the virus danger is being blown out of proportion. I'm a woman of color with high blood pressure, arthritis and diabetes. I'm afraid that after all of the things i've been through this silent killer will take me out!! I've already written my good-byes to my children and let them know that i've never known unconditional love until they came into my life.

I've been locked up for 16 years from my children and now grandchildren and i'm innocent but coronavirus doesn't care about that.

The only hope that I have is the ladies from Women's Justice Institute that i've met. One in particular told me that she helps people because she was taught that the world is broken and it's her duty to try to repair it so being righteous don't make you a good person it's

just what you're suppose to do!! I will carry that with me always, but coronavirus don't care about that!!

—"V," Logan Correctional



**"In the midst of winter, I found there was within me an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, there's something stronger, something better, pushing right back." —Albert Camus, 1953**

From our friend Helen to each of you spiritual warriors: "I send you my admiration for continuing your spiritual practice. You're healing yourselves, you're healing me, and you're healing the world. We all need you. May you each be blessed by the Light of Love."



## In Memory

One of many hard parts of the pandemic—with echoes of the experience of incarceration—is the inability to gather and mourn our losses together.

Although you may not have access to the internet, we hope it helps to know that the people at Mourning Our Losses care enough to make this effort.

Smart Communications/PADOC

SCI- Green

Name Travis Nagash



[MourningOurLosses.org](http://MourningOurLosses.org) is a website created to honor and remember those who have died while living or working behind bars during the Covid19 pandemic.

From their website: "Mourning Our Losses was launched by a volunteer group of educators, artists, and organizers—many of us formerly incarcerated. ... Mourning Our Losses was also born out of personal grief and anxiety over the fate of our friends, students, and colleagues marooned inside, many of whom are now ill, some of whom have died. For those of us who were formerly incarcerated, our pain is amplified by the knowledge that a few months or years are all that have separated us from these horrors. For those of us who have had the incredible privilege to teach or run programs behind bars, we fear that we have been forced to abandon our students at the moment of their greatest need and peril."

Memorials of people you knew and loved, including a photo if you have one, may be submitted to:

Mourning Our Losses  
C/O Texas After Violence  
Project  
PO Box 15005  
Austin, TX 78761

**\*\*Please note, they cannot return any items to you or answer letters. They will post memorials on their website. With your submission, please include the name of the person being remembered and directions about whether your name can appear on the website.\*\***



## Sikhs Practice Seva

Sikhism, a religion practiced by more than 25 million people worldwide, teaches followers to engage in selfless service, which they call seva.

On June 8, 2020, *The New York Times* reported: "The Sikh Center of New York, in Queens Village, has served more than 145,000 free meals in the last two months. *The Times* says

that providing these meals is part of Sikhism's "centuries-old faith tradition of nourishing anyone in need."

As demonstrators filled the streets in early June, volunteers from the Center took meals to the crowds. "'Where we see peaceful protest, we are going,' said Himmat Singh, a coordinator at the World Sikh Parliament."

Because they regularly practice the *seva* of feeding large numbers of people, this Sikh community and others around the world are well prepared to help during this time of extra need.

## Small Gifts to say "We Care"

Benevolence Farm employs formerly incarcerated women to make natural body-care products while

participating in programs to help them make a healthy transition back to their communities. In June, the women of Benevolence Farm made all-natural hand-made soap to be given to people at a prison in their area.

Kristen Powers, interim Executive Director of Benevolence Farm, says of the project: "we hope to send a message to those who are incarcerated that someone does care about you and wants to make sure you are safe and healthy during this incredibly stressful time."



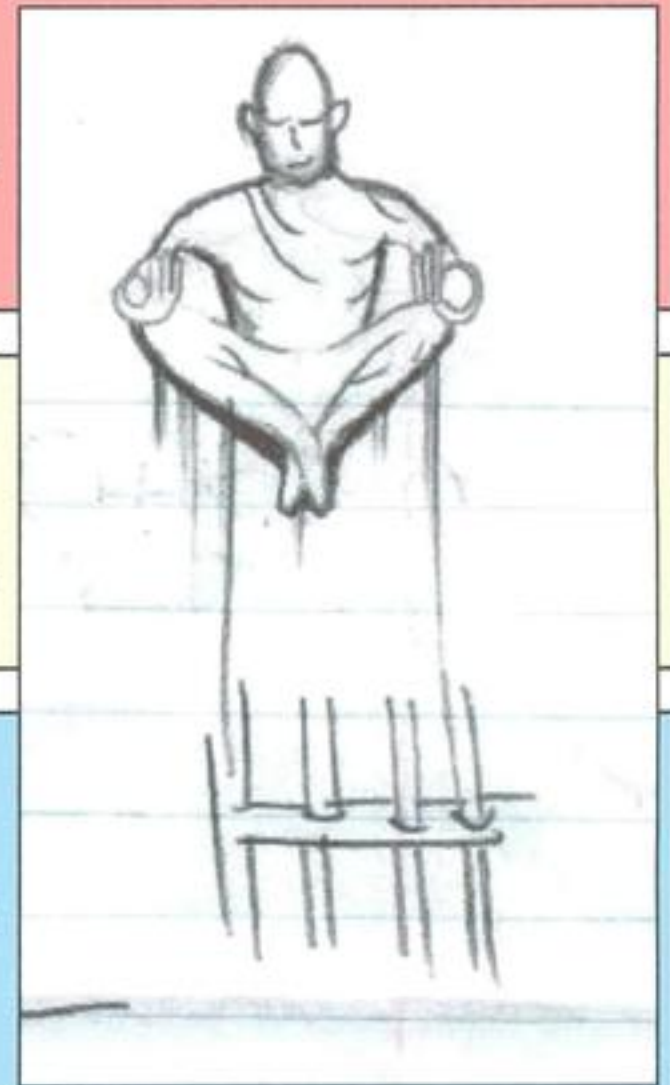
## Sister Jerilyn Hunihan, Chaplain, Hartford Correctional Center



*Sister Jerilyn chose to continue working inside a jail even though it puts her at risk of getting Covid19 and it means she cannot live in her home community during the pandemic. We asked her to talk about that decision.*

I would describe my ministry with those who find themselves incarcerated as a 'Ministry of Being With.' I try to practice 'reflective listening' with others. When Covid19 began I chose to come to the jail because, for me, it was the right thing to do. In my community we live in Love, Service, and Reparative Love. Reparative love is not fixing the way things are for the other person, but rather, being with a person in his time of anxiety, fear, anticipation, and sadness—listening and not judging.

So many times I am present when a gentleman comes to a realization, a decision, or a hope unto himself. I am blessed—I was graced with witnessing this discovery by simply being with him.



## Jeffrey, Boise, ID

Music is so spiritual and powerful. Here in County we take turns singing songs and lifting each others spirits. I am doing mantra practice, and "I Am Loving Awareness" has helped me. I was able to refocus on helping others.

## Father George Williams, Chaplain, San Quentin State Prison

The murder of George Floyd at the hands of police has sparked outrage and protests. The struggle between good and evil is becoming more



visible. It's clear that the virus of racism continues to infect the soul of our society. People are tired of being treated as less than or as second-class citizens. We are all in need of healing, of justice, of real freedom from fear and oppression.

The pain is real and palpable: the fear of coronavirus, the uncertainty, the pain of separation from our loved ones, the loss of work and the anxiety over how to survive as the economy tanks. The unfairness of our economic and our justice system is exposed by both Covid19 and the tragic events unfolding in our cities.

Yet as a person of faith, I know we are not completely helpless. We have God's grace all around us, even in this frightening time. We still have hope and light, even in a world that seems to have gone crazy.



## Letters

Dear HKF,

I would like to start by saying thank you for all the good you do for people who are incarcerated like I am. I got the book *We're*



*All Doing Time* about two years ago. I had been down over two years and was in a very dark place knowing I may die in prison for something I did not do. I would pray for death every night or beg God to let someone kill me. Finally, after a few years of living a miserable, unhappy life, I came to realize that I would not kill myself, and I started to read *We're All Doing Time*. At first, when I was reading it, I was thinking that it just wouldn't work, but then when I read the letters and could feel that these were written by people who

were originally as miserable as I was, but were now happy, I made myself a deal: I would try to meditate 30 minutes a night.

So now, I meditate for an hour in the morning to get my day started and an hour at night to reflect on the day. I still don't know what I believe in. I just know that when I take time to clear my head, my day is a lot better, and life is good on the inside today.

Thank you for everything you do, J



Dear HKF,

I wrote you before, but not like this. I came into prison with little to no education. It was there in the box that I first heard of Bo Lozoff and *We're All Doing Time*. A man next to me in another cell had the book.

Although he was willing to loan it to me, I couldn't read it. He wrote to Bo for me and I got the book.

When I got the book, the man next to me would read page by page of his book while I would follow him in mine. After doing this in the box for two years, I was able to read and write. My very first letter was to Bo thanking him. If not for him sending me *We're All Doing Time*, I would not be able to write today.

I read your newsletters now and I send them home to my daughter. I know one day I will go home and my story will be told. Love and thanks to all of the rest of you who are keeping Bo's work alive. Love, B

**"...And if one day, trekking across some vast open field, despair should take hold of him, he would stop in his tracks and shut his eyes and he would think of the falcon feather Pari had found in the desert. He would picture the feather coming loose from the bird, up in the clouds, ... twirling and spinning in violent currents... to finally land, of all places and against all odds, at the foot of that one boulder for his sister to find. It would strike him with wonder, then, and hope too, that such things happened. And though he would know better, he would take heart, and he would open his eyes and walk." And The Mountains Echoed, Khaled Hosseini**

Hello my friends,

Oh man! This is some crazy shit that we are living through. Sita, I hope that you are safe and well. Chris, Catherine, and all the rest of you who work so hard to keep the Human Kindness Foundation going, I thank you for being there for all of us in here.

Being in here, while the world seems to be going nuts out there is in many ways very surreal and somehow, "safe." I know that in other prisons, in other states, Covid19 is running rampant. However, in here, there is no virus. The directives of the Governor's office are being strictly enforced inside these walls.

I am both freaked out and comforted. Freaked out because I am stuck in an impotent position. I am not there to help my sisters take care of our mother. I can do nothing to ease anyone else's pain. And I am comforted by the fact that those who are responsible for my well-being are taking the threat of this disease very seriously.

I am experiencing more opportunities for despair to enter my life now than ever before. I find my thoughts going to feelings of impotence, sadness and fear. I find my thoughts going back to concern for my family, my 80ish mother, my sisters who live in an area that relies heavily on tourism for its economy. Are they going to be ok after this initial shock is over? Will my friends, many of whom are in their 70s and 80s, be alive in a few months? Will I?

But then, I "take heart, open my eyes and walk." I let myself take hold of a feather and, recognizing the inherent goodness in the world, the goodness that is in me ... I am able to pick my head back up and move forward.

I wish you the best and hope that one day I am able to give you the hugs that you so deserve for having such a massively beneficial impact on my life. Each and every day that I am alive and able to be of use, I thank you.

—Mark D., Lone, CA

