







The Invisible Minority Jason Davis looks at the impact of discrimination against LGBTQ people

The Best of March 2025

An Inspiring Weight Loss Journey Jason Rosacia shares Richard Eredia's story 8 Reading for Recovery Dortell Williams explains the value that reading and writing have on one's recovery

Ione, California

To Our Readers

By D. Razor Babb, Feature Reporter

HE PHILOSOPHER PAUL Brunton writes in his book Perspectives: Timeless Ways to Wisdom, "What happens to a man is important, but not quite so important as what he makes of it." He and other deep thinkers suggest that there are lessons to be found by undergoing painful experiences, and the greater the discomfort the more important the lesson. In fact, when one undergoes calamitous experiences, one after another, the potential for advancement toward becoming a fully developed human being is greatest; this is due to the belief that we learn more from suffering than from pleasure.

Brunton tells us, "The kind of experience which man most dislikes to have is the very kind which forces him to seek out its cause, and thus begin unwittingly the search for life's meaning. The disappointments in his emotional life, the sufferings in his physical body, and the misfortunes in his personal fate ought to teach him to discriminate more carefully, to examine more deeply, and in the end to feel more sympathy with the sorrowing."

He is, of course, talking about empathy and how our journeys through personal pain and troubles lead to an understanding and compassion for our fellow humans. The failure, trauma, and suffering we have experienced and left in our wake are the rubble on which to reconstruct foundations to build something of value, for ourselves and those around us. It remains up to each of us to allow our experiences of life to affect our thoughts, emotions, and actions. It is up to each of us to determine whether they bring out our higher natures of love, understanding, and empathy, or our brutality, hate, and bitterness.

To all of our readers, we extend our most heartfelt invitation to write to us and share your thoughts and experiences and to be a part of the discussion and community. Submission guidelines are on page 4.

A Fish Story F. Orlando Wells shares his own whopper of an embarrassing tale



Established 2018

New Kind of Hard Time Manny Mendoza talks about his early experience in the prison, and the reasons for staying on the mainline for so many years — and why he eventually changed his mind



Warden P. Covello, James Whitmire, Linda McRae, and Arts In Corrections instructor Jim Carlson at the Mule Creek State Prison in early 2020. (A. Gonzalez / Public Information Officer)

It's Not All at San Quentin

By Marty Williams, Production Editor

N MY LONG career as a CDCR resident, the majority of it was dedicated to working in the Arts In Corrections program at the California State Prison-Sacramento (SAC). I worked for an amazing human being and mentor, Jim Carlson, who had dedicated himself to rehabilitation through the arts long before CDCR put the "R" in CDC. While San Quentin deservedly gets the spotlight for innovation and diversity in programs and events, I was witness to, and recipient of, two decades of Carlson bringing in extraordinary artists, poets, and musicians through SAC's grey walls, unknown to the rest of the world. Apparently, our spotlight was broken.

World famous guitar player Tommy Emman-

Try, Try Again: Release Date Granted After 34 Years

uel came to SAC five times, once with jazz guitarist Martin Taylor; Michael Franti and Spearhead gave a rousing concert in the chapel, headlining a handful of local and visiting artists, while filming a video as well. Rosanne Cash, contrary to what you may have heard, had her debut at SAC, not Old Folsom, on Facil-

ity C in the library, after a 10-year hiatus; she wanted to debut at Old Folsom, but was denied. Norton Buffalo, world-renowned harmonica player and part of the Steve Miller band, not only performed at SAC, but also gave several instructional workshops. Mellissa Mitchell and her group One Soul came to SAC annually all the way from Alaska; from Alaska also came Buddy Tabor, singer-songwriter and a state treasure to Alaska, who sadly passed away in 2012. Edgardo Cambon, internationally recognized percussionist (he was in Carlos Santana's band for almost a decade), gave workshops for several years in Latin percussion, and brought his Bay Area-based band Candella to SAC, complete with horn section. Henry Robinette is well known to generations of prisoners as a dedicated teacher, and gave (continued on page 4)



Certified Guitar Player Tommy Emmanuel (Wikipedia.org)

HE FIRST TIME I saw Thomas Moore, he was teaching himself how to throw horseshoes. One throw went sideways and hit the light pole, which caused a deafening clang that vibrated across the yard. Needless to say, it caught everyone's attention. He literally hit the wrong pole.

By Nemo Burgos, Post Reporter

For an introvert like Moore, drawing ridicule and laughter could be disaster. Many others would give up or make an excuse, but he wasn't discouraged. Well, maybe just a little. Instead, he sought help from advanced players and practiced again and again. Years later, he's competing with the best. Fortunately, Moore's approach to adversity transferred to his parole board prep.

Moore went going home after 34 years, two postponements, and three board hearings. Of course, he was relieved and excited, yet he was also introspective. He's proud of all the work and personal growth that led to finally being found suitable. Even before his first parole hearing, he

maturity, and buy in. He couldn't overcome his denial and destructive behavior. After his second hearing, he realized he needed yet more preparation and to take full responsibility for his crime. He took himself away from troublesome peers and joined AA and NA. Now he is six years sober. His persistence paid off and he was finally found suitable on the third appearance.

knew he wasn't ready. He needed more groups,

Moore credits the one and a half years in the Facility D dog training program as the final missing piece to his rehabilitation. He recognized himself in the rescue dogs that also needed a second chance. Like him, they were abused and often neglected through no fault of their own. The dogs also needed to be rehabilitated, loved, and properly socialized. In the dog program, Moore found a supportive family and a cause greater than himself. Saving the lives of the dogs paralleled the direction and discipline he sought. More importantly, he discovered the joy that had been missing in his life.



The amazing Norton Buffalo (HarmonicaBlog.com)



Bringing Awareness to America's Invisible Minority

By Jason Davis, Lead Reporter

When the prison gates slam behind an inmate, he does not lose his human quality... his yearning for self-respect does not end; nor is his quest for self-realization concluded. If anything, the needs for identity and self-respect are more compelling in the dehumanizing prison environment. —Supreme Court Justice Thurgood Marshall

THERE IS NOT one silence but many silences; for the transgender population this can be seen through the onslaught of discriminating legislation proposed across the nation. Beginning in 2016 with HB2, a North Carolina bill that aimed to restrict bathroom use to the one corresponding with a person's assigned sex at birth, states started creating laws targeting LGBTQ communities at a record-breaking pace. Advocacy groups raised concerns in 2021-22 as the number of anti-LGBTQ bills approached 200; this trend continues, as in the 2022-23 legislative session alone, state legislators introduced 510 bills, and 2024 was no different with just under 500.

The introduction of these laws harm LGBTQ communities. Even when bills do not pass, the effort to limit LGBTQ rights has a profound impact. Researchers are generating an evidence base to show how the stigma and discrimination exacerbated by these laws are creating an environment in which LGBTQ communities are at an increased risk.

Anti-LGBTQ laws take many forms. Seven states passed laws censoring discussion of LGBTQ people or issues in schools. An additional five states require parental notification of any LGBTQ content and can opt out of inclusion for their child. Nine states implemented laws affecting transgender individuals' ability to use bathrooms congruent with their gender identity in schools, with two states expanding the ban to colleges or government buildings. Florida makes using a bathroom inconsistent with assigned sex at birth a criminal offense. Of particular concern are states banning transgender youth from receiving gender-affirming care in accordance with medical best practices. Twenty-two states enacted bans on gender-affirming health care. Five states make providing gender-affirming care in accordance with medical best practices a felony.

Until recently, transgender people marginalized on account of their gender identity had no recourse under the Americans with Disabilities Act (ADA). Congress excluded "gender identity disorders" from the qualifying disabilities under the act. However, some courts have found that gender dysphoria, a condition that many transgender people experience, is a covered disability under the ADA. This has the potential to be a particularly effective tool for transgender people in the fight to be treated fairly. It was in 2013 when the American Psychiatric Association adopted the fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders*, which no longer contained gender identity disorders as a diagnosis and explicitly articulated, "gender non-conformity is not in itself a mental disorder." Rather, the revision contained a new diagnosis of gender dysphoria, with different diagnostic criteria. Instead of focusing on the person's identity, the new diagnosis is grounded in the clinically significant distress, or dysphoria, a person experiences when their gender identity does not match their assigned birth sex. Transgender congruence is the degree to which transgender individuals feel genuine, authentic, and comfortable within their external appearance and presence and accept their real identity rather than the socially prescribed identity. Still, not all transgender people engage in hormone transition therapy nor do all transgender people experience gender dysphoria.

One of the primary health consequences of prevalent discrimination and stigma is present in the rates of behavioral health issues in LGBTQ communities. Depression, anxiety, and substance use disorders are all seen at higher rates for LGBTQ individuals than for cisgender heterosexual peers. Lifetime suicide rates are nine times that of the general population. However, these rates are not inherent or absolute. Studies show that when an LGBTQ person is in a supportive environment that recognizes and affirms who they are, their suicide rates are closer to those of their cisgender and heterosexual peers.

Given the tremendous discrimination that transgender people continue to face, especially at this moment of tremendous backlash against LGBTQ people generally and transgender persons in particular, the protection of the ADA is desperately needed.

Consequently, it would be advantageous for the government to develop strategies aimed at enhancing the well-being and satisfaction of transgender communities. By adopting a conceptual approach towards this objective, policymakers can effectively address the specific needs and challenges faced by transgender individuals, thereby fostering a more inclusive and equitable society.

Sources: Vincenza Priola, et al., "The Sound of Silence. Lesbian, Gay, Bisexual and Transgender Discrimination in 'Inclusive Organizations,'" British Journal of Management, July 2014; Benjamyn C. Elliott, "Transition & Thaw: An Equal Protection Basis for Gender-Affirming Hormones in Carceral Settings," Virginia Journal of Social Policy & the Law, May 2024; Victoria Lynn Smith, "Gender Dysphoria and the Americans with Disabilities Act: The Shameful Wall of Exclusion," Duquesne Law Review, Summer 2024.

Having the Right Mindset: A Weight Loss Journey

By Jason Rosacia, Post Reporter

RISON LIFE IS what you make it. If you choose to program like you're supposed to, which is doing the right thing, the effect in your overall wellness can be fulfilling. We all can agree that having an ideal body weight (less body fat) feels great.

Meet Richard Eredia, a Facility D resident of the Mule Creek State Prison who struggled with addiction, suffered from depression, and was clinically obese. While residing on Facility B, honey buns and soups were his delight. At 5'6", 340 pounds, and with no clear direction, life seemed hopeless. When Eredia finally arrived on Facility D in 2023, he found a renewed mindset.

"I was only 34 with kids," said Eredia. "I had to do something for myself and my kids. I was prediabetic. I got tired of being unhealthy and that



Richard Eredia at 340 lbs. (Courtesy of Richard Eredia)

destructive lifestyle," he added.

Eredia started working out in summer 2023, doing cardio, pull-ups, and burpees. After a year of dedication and consistency, he lost exactly half his previous body weight, from a miserable 340 pounds to 170. But what was behind the motivation?

"My spiritual awakening," said Eredia. "I gave myself to God. And, whatever you're going through, just remember that there's always a second chance. Just give yourself to the Lord, and he'll help you stay on track."

This is indeed a good example of how a right mindset can positively transform a broken person. Eredia is currently attending Self-Awareness & Recovery (SAR) while sticking to his embraced workout routine.

The Mule Creek Post's mission is to present content and messaging that encourages rehabilitation and pro-social values, and enhances a sense of community, creativity, and positivity.



Richard Eredia today, workout king on the lifetime road to recovery. (J. Carson / Mule Creek Post)

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Amador & Calaveras Objective Regional News

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Best of March 2025

The *Mule Creek Post*



Making the decision to "drop out" from mainline population to PC/SNY/NDPF is not an easy choice, and many individuals resisted the move for up to several decades. This series explores the reasons individuals chose to remain in the stressful and toxic environment for as long as they did; what prompted them to change; what the actual process looked like for them; and what they see as the benefits and drawbacks of being on "the other side."

> Survive or Die As told to D. Razor Babb, Feature Reporter

ANNY MENDOZA IS one of many who have made the transition to a non-designated facility after surviving on the mainline for years. The following is his inspirational and impactful story.

"When I first came in, I was a 21-year-old Hispanic male sentenced to life without the possibility of parole (LWOP) and couldn't envision a life outside of the mainline. To me, I had no other options. I had sacrificed my freedom,

family, and everything the outside world had to offer. When my counselor walked the cellblock to tell me I'd be sent to either High Desert or Pelican Bay, I said, 'That's it? No other options?' I'll never forget what he told me. 'Don't worry, they'll make a soldier out of you wherever you land.'

"I eventually landed on a Level IV yard on the mainline, locked down due to ongoing race wars. I wasn't able to make any phone calls to my family; couldn't go to yard or canteen or leave the cell. It was a depressing situation and a depressing state of life. I was stuck in that cell all day long with nothing but my own thoughts. It was a place where you do what you have to do to survive; it's a dog-eat-dog, survive-or-die mentality."

Mendoza says he chose to put myself through this because of fear, the fear of dropping out. Everything he had heard about SNY yards (Sensitive Needs Yards, now non-designated programming facilities) kept him where

he was, and he felt stuck in that stressful environment. "People I associated with told me that those on SNYs have no morals or values; everything I heard was negative. My thoughts were that I can't go over there, it wasn't even a possibility, that was it for me ... till 2018.

"That year a close friend of mine got killed and it changed my perspective. I was tired of all the gang culture and gang life. I had an epiphany that although my body was incarcerated, my mind and soul didn't have to be. I made a choice to go SNY and got sent to Mule Creek.

"Once there, I discovered that all the horror stories I had heard were false. I actually ran into individuals who wanted better for themselves and those around them. I was introduced to CGA (Criminals & Gangmembers Anonymous) and that changed my whole thought process to how I was living my own life. I discovered I had a huge addiction to the criminal and gang life growing up. I was able to gather tools and utilize steps to undo a lot of the personal and cultural trauma that impacted me through adolescence.

"I was able to take education seriously and enrolled in college. I earned an A.A. degree in social behavioral sciences and am currently in the bachelor's program at Sac State studying for a communications degree. I'm in the Juvenile Diversion Program, helping and mentoring at-risk youth.

"I believe that my coming to this side has helped me to reconnect with family; my no longer being in the gang and mainline lifestyle has given me peace of mind, and I have my kids back in my life. Most recently, my mother told me that she's proud of the man I am today ... that means a lot.

"I don't believe any of this would have been possible without the grace of God and without making the decision to step away from the mainline and that life."

Mendoza is currently involved in ongoing court action to attempt to remove the LWOP designation from his sentence. The court is taking into consideration all the positive things that he's done, as well as the negative, and he believes his choice to transition to a non-designated facility may be the determining factor in how the court proceedings go.

Reading and Writing are Fundamental to Recovery

By Dortell Williams, Post Reporter

OME REMEMBER THE phrase, "reading is fundamental." As a teen, I always wondered what it meant. Later, after I'd earned a stay in the Los Angeles County Jail, this catchy phrase took on real and personal meaning.

Sheer boredom led me to read an entire book for the first time; I was 23. The Autobiography of Malcolm X had a profound effect on my outlook. It was as if Malcolm spoke directly to me, and what he said was that I was the problem. He explained that, as a drug dealer, I helped to destroy my community. Likewise, just being in prison, I was not only a negative statistic, but that I confirmed all of the adverse labels foisted on my community in a continuous generational cycle of hurt and harm. Malcolm's book provoked me to self-reflect for the first time; it challenged my value system up close and personal.

I hated history throughout my school years. I didn't know that if you are ignorant of the past you are bound to repeat it. That's what makes me a statistic, one of millions who fell into the same hole and never saw it coming. It's because I was looking ahead; however, you can't predict the future by looking ahead. Looking back, on the other hand, offers clues to possible outcomes.

From that first book, I've never been bored in spite of 36 years of continuous imprisonment. Books have become my best friends, and what I love about them is they don't argue. They say what they've got to say and leave it at that. In addition, I can go back to them and nobody gets mad. They don't cut you off when you're talking, and if you listen they can teach you a lot. It's these teachings that have given me substance to share with folks on the outside.

I often hear friends complain that guys have nothing interesting to talk about, nothing stimulating for the mind, nothing that makes them think or teaches them something new. Gossip, complaints, or just run-of-the-mill conversations can only go so far. People want substance, conversations they'll remember, some mental gymnastics. And, like gymnastics or any exercise we do for our physical body, the mind needs the same level of attention. The thing about books is they feed you just enough information for you to follow along. The best writers make you come up with your own conclusions. And, unlike television that gives you all the scenes, imagery, and colors, books make your mind do the heavy lifting. You brain has to fill in the blanks, which is why books are a great tool for writers.

thing. Not only does this help me learn new words and definitions, but to also absorb a creative repertoire of adjectives to dazzle my friends and family with in letters and texts home.

Speaking of home, I suppose this is where writing becomes most fundamen-

tal. Prep for the Board of Parole Hearings requires a lot of writing. The better we can express those remorse letters or that relapse prevention plan, the more likely we'll have the opportunity to take those expressions to the outside world. Literacy literally adds value to our lives, whether it's preparation for the board or for life. It really makes sense when you think about it — employers pay those with the most skills the highest rewards.

Take it from a guy who once hated history and made some of the stupidest decisions — reading really is fundamental.

Roleplaying as Training By John L. Orr, Feature Reporter

OOT COURTS IN law school are a tried-and-true example of roleplaying. Law students make presentations, in an emotionally charged atmosphere closely mimicking real trials, to prepare for future, real-world legal battles after they graduate. Roleplaying sessions can also be adapted effectively for use in all rehabilitative groups. To prepare for a parole board presentation or a job interview, both inside and after release, roleplaying works as a proven strategy.

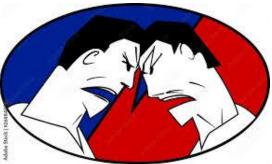
One or two members of your group who have prior parole board experience can play the panel and ask the prospective "candidate" a variety of questions presented to them in a real board appearance from the past. A candidate's poor responses in this controlled environment carry no weight like they would in a real parole hearing, so one can make mistakes here and not in front of the parole board panel. Innovate as the session progresses to make it realistic. The entire group benefits from the roleplaying experience. Marty Williams used roleplaying sessions in the Men's Support Group at the California State Prison-Sacramento. "In one circle, we staged a confrontation between a father and a son," Williams said. "I'm older and had a little gray in my beard then. I looked like the kid's dad so the experience was realistic." The intimacy of this session may never have occurred between father and son in real life. "The son found the experience cathartic," said Williams. "He always had a hard time talking to his father." Whether a roleplaying session is a rehearsal for a job interview, parole board prep, or a staged one-on-one emotional encounter, the strategy is beneficial to the group's audience, as well as the active participants who learn by doing.



As a writer, reading offers me an expanded vocabulary, a diverse world of writing strategies to learn from, and endless ways of describing any one

Call for "A New Kind of Hard Time" Submissions

Do you have a story similar to Manny's about making the decision to leave the mainline? Are you interested in sharing that story, with the hopes of encouraging others to make the jump? The Mule Creek Post is seeking writers who can talk about the reason they chose to stay on the mainline for as long as they did, what prompted the change, how the process went, and what they see as the benefits and drawbacks of making the decision. We are not looking for war stories or the names of victims or perpetrators of violence, but first-person accounts of what life was like and what contributed to the decisions to stay and to eventually leave. Interested writers should keep their submission under 750 words, include information about how long you served on the mainline and how long ago you left, and answer the question "What do you wish younger you knew?" Please send your pitch to the address on



Best of March 2025



My Fish Story By F. Orlando Wells, Feature Reporter

NYONE WHO'S EVER gone fishing or is a fishing enthusiast probably has a great story about their experience. Some are whoppers, pun intended, and others not so much. In any event, this is my fish story.

My friend Anthony, one of my closest friends, took me to get our striped bass fishing permits on a whim during the season. I was off work at the time since the construction season was winding down and the jobs were becoming scarce, so I of course jumped at the chance to go fishing. You know what they say, "The worst day of fishing is better than the best day of work."

After getting our permits we loaded up my car with rods and tackle, drove to the bait shop, got everything we needed and took off down the road. We drove to a place far from civilization where no one was around for at least 20 miles a supposed hot spot for catching the big ones.

We baited our lines, dropped them into the river, and then waited. It wasn't long before Anthony was pulling up fish. At first, it was small ones below the keeper size, then he started catching bigger and bigger fish. I, on the other hand, wasn't even getting a nibble. This went on for what seemed like hours — Anthony catching fish and me not so much. I couldn't understand why because I was using the same bait, had the same setup on my line, and it didn't take a genius to cast into the water. I was even fishing some of

(from **It's Not All at San Quentin**, pg. 1) numerous performances as well as supporting prisoners' original recordings. Molly Holmes, who recorded with Bobby McFerrin and many others, and was an amazing jazz singer and teacher, taught and performed for years at SAC, forming a racially integrated jazz choir on Facility B in the '90s.

The People's Choir of Sweden, 50 voices of all ages, came all the way from Europe to perform an original choral piece based on the poetry of Spoon Jackson, who was at SAC at the time. Linda



Percussionist Edgardo Cambon (sfcv.org)

Americana music, came several times over the years, as well as earth-goddess and California muse Diane Patterson.

McCrae, master of

Blues harpist and consummate soulman Rick Estrin brought the nationally famous Little





the same spots. I thought, "Why do these fish hate me?" Yeah, I know, fish don't think that far, but I was sure it was true.

After hours of disappointment and even trying different baits and lures, I finally got a big bite. "I got one!" I yelled happily as I began reeling in my first fish, which felt like a giant.

It seemed like it took forever to get this monster to the shore, but soon enough my line began to surface. As it came into view, I was utterly surprised to find I hadn't caught a giant striped bass. It wasn't even a fish. On the end of my line chewing on my bait was a clam. That's right, a clam. Anthony was rolling on the ground laughing hysterically. My face, as you might imagine, was locked in a deep scowl.

Now, I come from a fishing tribe in the Northwest and a long line of professional fishermen, but, apparently, the fishing gene must have skipped me. If I were to be judged by my ancestors on this catch, I would qualify for the worst Native American fisherman in the history of my people.

I have since made a pledge after this unfortunate circumstance, that one day in the near future I will be free and able to go fishing in that spot again. I vow to avenge myself by catching fish, not by catching another stupid clam.

Charlie and the Night Cats to perform, and held several harmonica clinics. Mark von Wagenbingen, bassist for Tower of Power and Aretha Franklin, gave several bass guitar workshops, and the Fish from Country Joe and the Fish performed with his blues band, using an incarcerated bass player when his original one couldn't make it. International bass violinist and social activist Dobbs played many times over the years, performing Bach cello pieces adapted to the bass violin, and telling outrageous stories. Zoe Boekbinder not only performed, but collected works by prisoner writers and musicians, sharing them with Annie Defranco and Jack White, leading to a number of original pieces getting recorded by



Indigena

There's nights of cold sorrows and days of forgotten dreams, things of reality that forever I'll call enemies of my Destiny. When a bird sings it brings joy into my soul, when I look up to the sky I notice the touch of my Creator in the clouds of a rainy

day as drops cleanse my Soul from life's misfortunes. Songs and soulful prayers I offer to Grandfather as I feel the blessings from the far directions, on a spiritual red road I walk to the beauty of my heart. Tarahumara blood I feel running through my body, Mexica until I die and forever a brown legacy on your mind. The dream world waits for my mind, my spirit will fly away as the sacred eagle flies and takes my prayers to God in the peaceful sky.

-Jose Monsivais



Michael Franti and Spearhead (MichaelFranti.com)

those artists. Local poet Tony Montoya gave an all-day workshop at a writing class, and Nuyorican Poets Café founder Piri Tomas came all the way from New York to share with and listen to incarcerated poets. There were a lot more.

San Quentin has done brilliantly in bringing

real-world communities together in the arts, and nothing could diminish that. But it should be remembered that other prisons and the dedicated people there pushed boundaries, took risks, and created amazing opportunities for both



<u>Submissions</u>

Freelance writers, staff, and others may submit articles or material to the *Mule Creek Post*, % MCIC AW's Office,

P.O. Box 409090, Ione, CA 95640, or by interdepartmental mail if living at MCSP. Submissions may be edited for length and content and become the property of the *Mule Creek Post* (authors retain intellectual rights to original material). When submitting legal news articles, include source material documentation. Include your name, CDC#, and address.

Little Charlie and the Nightcats (Alligator.com)

the incarcerated and outside artists to share, teach one another, and be human.

Roseanne Cash (Wikipedia.org)

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For more information regarding the Board of Parole Hearings, write to: BOARD OF PAROLE HEARINGS P.O. Box 4036 (916) 445-4072 Sacramento, CA 95812-4036 www.cdcr.ca.gov/BOPH

or read the *California Parole Hearing Process Handbook* in the Free section of your state-issued tablet, under the "Newspapers" tab in the Facility Information app.



The Prayer Warriors Alliance (PWA) is a non-denominational organization of volunteers who will assist anyone of any faith with research. The PWA charges no fee; return postage (up to 20 pages per request) is paid by PWA. See the July 2023 edition of the *Mule Creek Post* for more information about the PWA.

PWA follows all departmental mail restrictions and guidelines. PWA cannot search for legal or case information or individuals. Donations are gladly accepted. Prayer Warriors Alliance P.O. Box 28352 San Diego, CA 92198-0352 SupportPWA.org