

SHOW NOTES

Episode 3 - Push The Button

In 1994, Sterling walked into prison a scrawny, 17-year-old biracial kid. His mettle was immediately tested by a much older white supremacist cellmate. That first night would set the tone for the years to come. But eventually, he would discover new ideas, and new ways of being - in unexpected places.

****This episode includes description of a suicide attempt approximately 10 minutes in. Listener discretion is advised.****

If you or anyone you know is struggling with a mental health crisis or suicidal thoughts, please call 988. That's the Suicide and Crisis Lifeline, 988.

Watch as Anthony shares his life story with both “inside” and “outside” classmates in our 6-minute video: *Anthony's Story*.

Featured in this Episode

Sterling Cunio

Anthony Pickens

Carly Baetz, JD, PhD, Associate Professor of Psychology, [Purdue University Northwest](#) (formerly Clinical Assistant Professor, Department of Child and Adolescent Psychiatry, [NYU Grossman School of Medicine](#))

Cheryl Cunio

Media

[Goodreads](#): *The Autobiography of Malcolm X* (1965)

[Goodreads](#): *Long Walk to Freedom* by Nelson Mandela (1994)

[Goodreads](#): *Sophie's Choice* by William Styron (1979)

[Youtube](#): Clip from 1982 film adaptation of *Sophie's Choice*

[Youtube](#): Audio Performance of “3285” by Sterling Cunio

[Youtube](#): Solitary Confinement, Last Week Tonight with John Oliver (HBO)

References and Sources

Solitary Confinement

[Article](#): Prison Policy Initiative, “The research is clear, Solitary confinement causes long-lasting harm”, December 2020

[Paper](#): Washington University Journal of Law & Policy, “The Psychiatric Effects of Solitary Confinement”, January 2006

[Article](#): United Nations, “Solitary confinement should be banned in most cases, UN expert says”, October 2011

[Webpage](#): Juvenile Law Center, “Solitary Confinement and Other Conditions”

Prison Book Bans

[Article](#): TIME, “How Prison Book Bans Dwarf All Other Censorship”, October 2023

[Report](#): The Marshall Project, “The Books Banned in Your State’s Prisons”, February 2023

[Report](#): PEN America, “Reading Between the Bars”

More Information

[Organization](#): Books to Prisoners