

Heart-beat of a P.O.W.

Hungry For Freedom

My fellow prisoners speak hungrily
of each lost day they have spent here
as each one might be a lost year
Today ... i've had my fill of hunger!

Thoughts

My thoughts are of the past ...
The present ...
And of the future past ...
No, i'm not mad,
Just in Prison.

Loneliness

Is it as cold as it seems
Or does it seem as cold
As it is??
This bed
With only the wall as company,
Is sure lonely.

The East is Red

With each puff of my cigarette
The darkness engulfs the ember,
But the glow shines through.

Breakfast

This morning we had
Cold cereal in a box ...
But we are in a box
Every day.

Falsehood

The trustees laugh gaily ...
But not because they are
Trusted!
Is it because
They're not?

The Doctor (The Pusher-Man)

The Doc has a spoon at his side.
What's that spoon for, Doc?
"A spoon by noon,
On the floor by four."
What a cheerful old man.

Practicing Kung Fu

Block ...
Block ...
Strike!
So it is
Against the oppressor.

An Unneeded Man

The Sergeant informs us
That he is not here
To change the Channel.
What, then, is he
Here
for?

The Sun

Black, green, gray cracks
These are the colors
One can see ...
Only because the Sun
Shines through the screen.

Lunch

I can hear the trays
of Dogs
Rattling ...
Since i'm in prison
It must be time
To eat.

Freedom NOW

FOR POLITICAL PRISONER VERONZA BOWERS, JR.

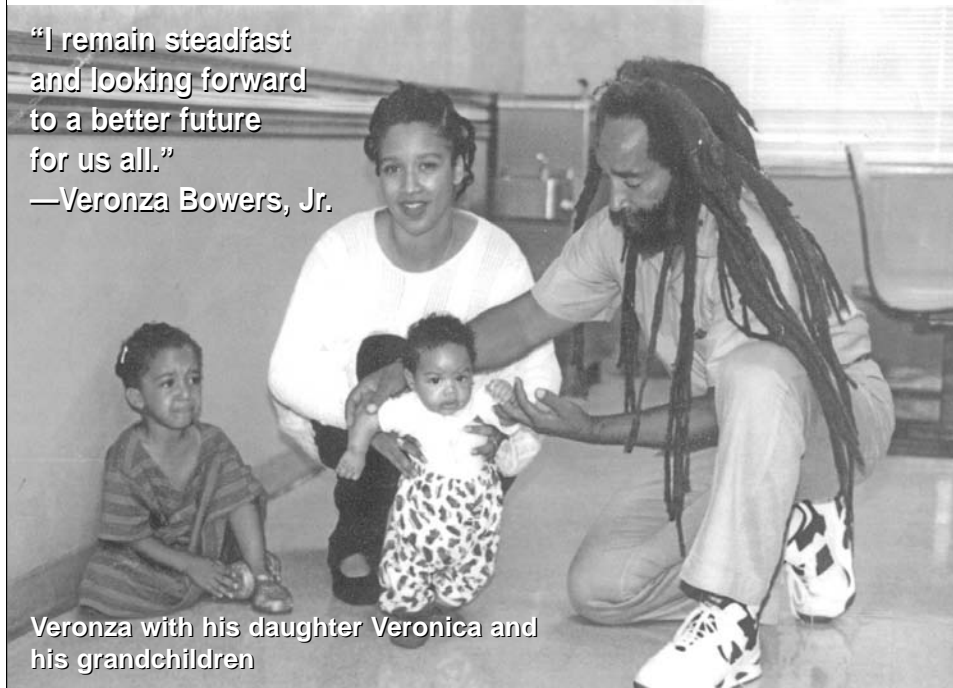
Justice Delayed is Justice Denied

—William Gladstone



"I remain steadfast
and looking forward
to a better future
for us all."

—Veronza Bowers, Jr.



Veronza with his daughter Veronica and his grandchildren

WHY SHOULD I CARE?

- Veronza Bowers, Jr., has been in prison for over thirty years for a crime he did not commit. He is one of the longest held political prisoners in the U.S. A former Black Panther Party member, he was unjustly convicted of murder on the word of two paid government informants.
- A musician, author, and practitioner of Asian healing arts, Veronza's daily practice is to, "Blossom where you're planted."
- A model prisoner, held in high regard, with the highest possible Bureau of Prison rating, he has been recommended for parole several times, only to have his release rescinded at the last minute.
- His petitions for parole have been strongly supported by numerous prison officials and administrators who have worked closely with him over the years. They speak highly of him in his role as a mentor and role model to younger prisoners.
- After serving a full 30-year term, Veronza was scheduled for Mandatory Release on April 7, 2004.
- Under pressure from political interest groups, the U.S. Parole Commission blocked this mandatory release. Veronza has been illegally detained since then.

HOW CAN I HELP?

Contribute to the team fighting for Veronza's freedom!

Make your check out to: Veronza Bowers, Jr. Legal Defense Fund
and mail to: PMB 201, 2614 N. Tamiami Trail, Naples, FL 34103

Go to www.veronza.org to learn more about this illegal detention.

Write to Veronza!

Veronza Bowers #35316-136,
FCC Medium C-1, P.O. Box 1032, Coleman FL 33521-1032

Spread The Word!

YOU CAN MAKE A DIFFERENCE! ACT NOW!

Grandma

The silence of your heart brings pain to all who loved you.
Could i say good-bye to you in tears... i would.
But somehow i know you would only smile
and say "Boy, wipe your eyes, i'm free at last—
i'm free at last, thank God Almighty, i'm free at last!"
So, Grandma, i'll remember you in your strength.

You taught me to stand tall
with pride and dignity.
Although i live in shadow
at this moment in time
Grant me but the memory of you—
your face, your smile ...
In darkness then i live
without fear.

Lost though i may be for awhile
Wonderful memories of you sustain me
and i know the meaning of hope ...
Reflections of you spring from my heart
to liberate me
from the chains of men.

Grandma, could i say good-bye to you in tears ... i would.
But never can i say good-bye to all that you were. ..
to all that you gave me.
Grandma, May You Rest In Peace.

Butch

—Daoud Ahmed, 2 January, 1983, Lompoc Prison

Note: "Grandma" was very special. i knew of her death from a dream one night. i was dreaming that the eye tooth on my left side was hanging on by a single thread of raw nerve (like an umbilical cord). i awoke in the middle of the night in severe pain and soaked with sweat with the word Grandma on my lips. The next day i called Mama & asked her what was wrong. She told me, "Bucker (as she was known as by most people) passed on yesterday." (My Mama called her Mama's Mama, Mama) Of course, the authorities wouldn't allow me to attend Grandma's funeral. "Only immediate family." i knew it was useless to explain to them—with their rigid patriarchal concepts of family, what role Grandma's play in our Black (New African) communities—so after i wrote "Grandma" i mailed it to my sister & asked her to read it at the funeral & then place it over Grandma's heart where she lay. She did as i requested. i haven't written any "poetry" since these words were buried with Grandma.

On Receiving No Mail

Being in Jail and Receiving
NO MAIL
is like
Being in Hell and getting
No water
But
Being in Prison and Receiving
NO MAIL
/s
Being captured behind
Enemy lines with
NO COMMUNICATION!
Such being the case
Many of us become
One-SIDED ...



Veronza and daughter
Veronica

October 6, 1974 / Atlanta Pen

On Receiving Justice

Today, we received justice
(25,000 lbs. of it!)
It just so happened
that's the way it came ...
in boxes (20 lbs. net wt.)
Today, we unloaded justice
Tomorrow it will be fed
to all those who eat
JUSTICE BRAND Elbow Macaroni
JUSTICE BRAND Spaghetti—
It just so happens
that's the way it comes
JUSTICE BRAND
to relieve oneself of this JUSTICE
GO TO THE TOILET!
To relieve oneself of the
JUSTICE OF THE RICH?
Well, that's not quite so easy!

October 8, 1974 / Atlanta Pen

AN OPEN LETTER FROM A POLITICAL PRISONER

Dear People:

I send each and every one of you my very warmest greetings from 31 plus years deep inside of the "Belly of the Beast."

My name is Veronza Bowers, Jr., (so named after my father), but many people call me "Daoud." I am a former member and captain of the original Black Panther Party, and even though the government officials claim that there are no political prisoners in this country's prisons and jails, it's simply not true. Having already "served" over three (3) decades in continuous custody in federal prison, I am one of the longest held political prisoners in the U.S. of A. There are quite a number scattered about, but that's a very long story.

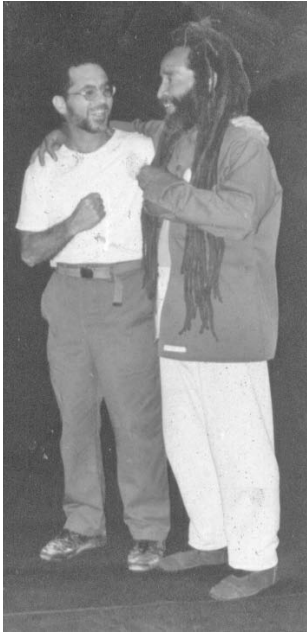
Picture in your mind ... If you dare:

After 30 years of being denied release on parole, despite the fact that your conduct has been exemplary for over 20 years and having long since met the criteria to be released on parole; finally your mandatory parole! release date rolls around. April 7, 2004. Everything is set.

Your beautiful and precious Daughter, who was 5 years old when you were taken away to prison, and is now 36, sent you a top-of-the-line fashion suit of clothes so that you would be properly dressed to "step in the name of freedom, with love." She along with three of your sisters, fly in from across the country to be there at the prison gate to pick you up. In fact, there will be a whole entourage of dear friends and well-wishers who will be out in front of the prison with plans to all gather at the home of a friend about an hour's new red Cadillac's ride away.

A grand celebration is planned: a big cook-out at which your Godmother had cooked hot-wings and your favorite home-made strawberry cheesecake. Another family of friends from the Island Kingdom of Tonga, in keeping with their cultural traditions, has roasted underground fresh fish. Others are bringing all kinds of foods.

There will be a live band playing jazz and blues, a swimming pool, etc., etc., etc. In a word, a lot of caring people have gone through a lot of effort, not to mention expense, to welcome you into their "brave new world," far removed from the world of prison walls



Veronza and Friend

that had kept you on “ice” for so long. They are there to welcome you with unconditional love and support.

On the inside of the prison there have been “going home gatherings” put together by friends, replete with food, music, and emotion-filled, open-hearted, teary-eyed talk and laughter. Everyone came together to wish you well and a prosperous new life.

You’d given away to friends all your meager possessions: watch, alarm clock, sweat clothes, running shorts and tennis shoes, handballs, weight-lifting belt, visiting clothes and shoes, commissary items, rain poncho and winter coat. The only things you kept were 3 “Tai-Hei Shakuhachi” (Bamboo Flutes), Silver Flute and some books.

You’d used up all your 300-for-the-month telephone calling minutes because after April 6th you wouldn’t be needing any more from the BOP. You’d made the rounds shaking hands and hugging so many men you’d probably never see again. You’d even tried to give words of encouragement and hope to young and old men alike who you were leaving behind in very desperate and hopeless situations.

Yes, the time was growing near to leave the world of concrete, steel, razor wire, and gun-towers—the land of the living dead—and you were very happy and at the same time very sad.

The last “official thing” that you were required to do, you did. All prisoners, on the day before their actual release date, are required to “go on the merry-go-round”, i.e., you must take a “check-out form” around to each department head for their signature, which means that you are cleared of all obligations to that department, viz: your commissary account is closed, your telephone access is shut off, the laundry department is satisfied that you don’t have any institutional clothing (you can’t imagine why they would think a prisoner would want to keep any, the education/library services department are satisfied you don’t have any books checked out, and a perfunctory signature from the psychology department, Lt’s Office, hospital and

3. Write letters to the U.S. Parole Commission, the Attorney General and the National Appeals Board. It is very important to make your voice heard in this matter. Emphasize Veronza’s excellent record in prison and unquestionable legal entitlement to parole.

U.S. Parole Commission
5550 Friendship Boulevard, Suite 420
Chevy Chase, MD 20815-7286
TEL.: (301) 492-5990 FAX: (301) 492-6694

Alberto Gonzáles
U.S. Attorney General
U.S. Department of Justice
950 Pennsylvania Ave. NW
Washington, DC 20530-0001
TEL.: (202) 353-1555
E-MAIL: AskDOJ@usdoj.gov

4. Write to Veronza! Uplift him with your words and stay updated. The increased mail will also show prison officials that Veronza Bowers has global support and give his legal team leverage!

Veronza Bowers #35316-136
FCC Medium C-1,
P.O. Box 1032,
Coleman FL 33521-1032

Fliers: Distribute Widely!

Press Release: www.veronza.org/U-PressRelease.html
Case Background: www.veronza.org/G-Summary.html
Letters of Support: www.veronza.org/B-TOC-Letter.html
(Including Prison Officials and State Attorneys)

**For more information, visit: www.veronza.org
or your local Jericho chapter:
www.jerichony.org • nycjericho@riseup.net • 718-220-6004**

For information offline, please contact:

Rhonda Jones (480-460-9232) or
Maynard Garfield (828-462-0249).



The All-Faith Meditation Group, Coleman, Florida

Participate

What You Should Do Now:

1. Even with some of the attorneys working pro bono, there are many legal and court costs. In order to continue the struggle for Bro. Bowers' freedom, please find it in your heart and pocketbook to help in any way that you financially can. Donations should be sent to:

Veronza Bowers, Jr. Legal Defense Fund

PMB 201
2614 N. Tamiami Trail
Naples, FL 34103-4409

2. Veronza's immediate concern is staying out of the prison mess hall. There are too many fights and problems there. He buys food (sardines, crackers, etc.) from the commissary and takes it back to his cell and is hurting for phone and food money. Please send whatever you can (check or m.o.) to help our Bro. survive this gulag:

Federal Bureau of Prisons
Veronza Bowers, Jr. #35316-136
P.O. Box 474701
Des Moines, Iowa 50947-0001

receiving & discharge. You did all that on April. 6th. Everything is all set and good to go. "We have Lift off, Houston!"

After doing all that, you're sitting outside in the Native American's Sweat Lodge area with two of your closest friends, just enjoying each other's company in SILENCE. A loud announcement over the loudspeaker ordering you to "report to your unit-team immediately" breaks your peace. You know that something is not right ... Years and years of dealing with representatives of The Beast have honed your 6th sense (maybe even a 7th one), that lets you know the "hidden" right away.

As you walk into your counselor's office, you know what he's about to say, even before he says it. So you focus upon that one thing that has sustained you and always pulled you through the roughest of times—even pulled you through those times when knife blades were slashing at flesh, when bullets were flying through the air trying to find your body, when you learned of the passing of your Dear Mamma and the officials wouldn't allow you to attend her funeral even though you had seven (7) months left until your Mandatory Parole/Release date. Yeah ... one breath at a time.

"You won't be leaving tomorrow."

You already knew that, but you didn't know why. A strange silence fills the room, and since it's quite obvious that some reaction is expected of/from/by you, you just continue focusing upon the Breath. "Why?"

"Well, all we know is that the National Parole Commission called the institution and ordered that you not be released tomorrow. The Warden is very upset and he's been on the phone with them all day trying to get some clarity."

Just like that! A simple phone call from the National Commission in Chevy Chase, Maryland, and all of the plans for you to be "steppin in the name of freedom, with love" are cancelled, wiped out, voided until further notice.

How do you feel? Me, too!

September 23rd marks the 544th day of unlawful detention ...
If I am not released: December 19th marks the 640th day of my unlawful detention!

AN ACT OF TERROR

Veronza Bowers Held Hostage by the Federal Prison System!

“Justice will be maintained when those who are not injured by the system are as outraged as those who have been injured by the system!”

IT'S NEVER TOO LATE TO RESPOND, PLEASE TAKE A FEW MINUTES & DO THIS VITALLY IMPORTANT ACTIVITY!

Plan of Action:

Specific action requests include the concrete support of Brother Bowers' legal defense team; the concrete support of Brother Bowers himself; and to substantially increase the level of involvement of freedom-loving people globally in spreading the word about this despicable travesty.

Purpose of Action:

Support Veronza Bowers, Jr. who remains in prison 18 months past the expiration of a 30-year sentence he has already completed.

Scheduled for mandatory parole on April 7, 2004, Veronza Bowers, Jr. was a model prisoner whom prison officials showered with praise in the past. Mandatory parole is a requirement by statute after a prisoner has completed his full sentence if there is a record of positive institutional behavior and if one cannot consider the inmate a “threat to society” upon release. Four different Parole Examiners, as well as the U.S. Parole Commission (USPC) itself, the most powerful parole authority in the nation, agreed that Mr. Bowers has complied with these prerequisites. In spite of this, just minutes before his April 7th release, the USPC rescinded his parole at the request of a law enforcement lobby group known as the Fraternal Order of Police (FOP), which claimed to have evidence that Bowers had violated prison rules.

At a subsequent hearing, the court dismissed FOP claims as unsubstantiated and a new parole date was set. But, the FOP then lobbied U.S. Attorney General Alberto Gonzáles to intervene and, as a result, Mr. Bowers has been held in prison over 18 months past his scheduled release date.

Mr. Bowers' conviction occurred during the FBI's infamous COINTELPRO operations, which used covert and illegal actions to eradicate civil rights, political and peace organizations. On October 6th, 2005, the five members of the U.S. Parole Commission met at the request of the U.S. Attorney General. They upheld the U.S. Attorney General's request to deny Veronza Bowers parole and to keep him indefinitely in prison.

Like filthy, disease-carrying cockroaches, this system prefers to do its dirt under cover of darkness. As in countless other situations, it has been the voices and actions of righteous people that freed those incarcerated unjustly by shining light on their dirty work.

TOGETHER, we can help force the U.S. Parole Commission and the federal prison system honor its obligation to let Veronza Bowers go free.

Acknowledgments:

Veronza Bowers Legal Defense: www.veronza.org

The Jericho Movement: www.thejerichomovement.com

The Freedom Archives: www.freedomarchives.org

