

ANTI POLICE-TERROR PROJECT SACRAMENTO

NOV 2021

MONTHLY NEWSLETTER

GET INVOLVED

ATPT Sacramento meets every third Thursday of the month on [Zoom](#). Join us to hear about what we're working on, current events in the community, and how you can help prevent police violence. If you prefer in-person action, join us on Monday, November 29 for Jail Support where we provide people with food, water, clothing, shoes, community resources, and phone calls upon release. Follow us on [Instagram](#) or [Facebook](#) @aptpsac for more details.

MENTAL HEALTH FIRST TIP OF THE MONTH

Internalized capitalism looks like:

- Feeling guilty for resting
- Your self-worth is largely based on doing well in your career
- Placing productivity before health
- Believing that hard work equals happiness
- Feeling lazy, even when you're experiencing pain, trauma, or adversity
- Using busyness as a way to avoid your needs

It's okay to have days when your only major accomplishment is to rest and recharge.



M.H.FIRST
COMMUNITY FIRST RESPONSE

(916) 670-4062
Friday - Sunday, 7pm to 7am
Follow on Twitter @MHFirstSac



THIS MONTH WE REMEMBER

Before there was George Floyd's "I can't breathe," there was Sacramento's **Marshall Miles**. Marshall was 36 years old when he was murdered by Sacramento Sheriff deputies in the Sacramento County Jail by the same chokehold as Floyd.

Miles grew up in Sacramento, the only boy in a house of women. His youngest sister Flo fondly remembered him in a Facebook post as a goofball, always playing tricks and pranks. While he drove her crazy with all his antics he also taught her to stand up for herself and as a protector of the family. Her last time seeing him was at her baby shower where despite feeling hot and tired he insisted they take a picture together. She cherishes this memory. Miles is survived by his two children, his mother, and his four sisters.

This case in particular shows the intersections of so many issues we see constantly with law enforcement, mental health, and incarceration. Miles was experiencing a mental health crisis when he had the police called on him at a convenience store. His mother was called to the scene and pleaded with the police to take him to the hospital. Instead he was taken to the jail where he was violently restrained by officers, then left unresponsive in his cell. He was pronounced dead a few days later at Sutter General Hospital on November 1, 2018. The year prior there were seven in-custody deaths.

RADICAL ROOTS

Still Life with Toy Gun

for Tamir Rice and John Crawford III

After the after-party empties both of its fists
the seven of us gather like a murder
of crows to loose bread around the last

table the dining hall has left. It's late,
and vegetarian pizza is the best thing
the joint has going but we stay, mostly

to partake in what we would never call
gossip in front of our uncles but most
certainly is: who left with how many

numbers, top ten worst life choices
made that weekend, how Lauryn's cobalt
dress lassoed every human breath in the room.

Night unspools. Our attention plants
its feet in late Clinton-era Everywhere
& we sing of what we yearned for back then,

back home, what mocked our small,
stupefied hands like a white stove
or the promise of beauty.

Consensus lands on Super Soakers.
B.B. guns. All manner of false weaponry
we were barred from as boys

because of a mother's fear, her suspicion
that the rules of a given game might shift
& gunfire would be our only warning,

the policeman's voice an aftershock, his first mouth
having already made its claim. Even now, no one
among us calls this a kind of theft, which is to say,

the term never launches like a hex from our tongues,
but even if it did, somehow, rise & alight the air, if everything
we missed during the years we grew tired trying not to die

found its own body right then, right there in the center
of campus, what difference could it make now
that we have already mastered the rule book, the protocol

we learned before we learned to slow
dance, or smooth talk, or scream
the lyrics of a favorite song in a group

of two or more & not feel ashamed
of all the noise a black body can make
while it is still living

By Joshua Bennett

Health and Wellness Fund for Black Women

This campaign was started in April 2021 to provide self care opportunities to Black women in the Sacramento area. Since then, we've raised almost \$7,000! Thank you for getting us so close to the goal of \$10,000. We will continue to distribute these funds as long as possible.

Donate to the GoFundMe now [here](#) or go to www.gofundme.com/f/wellness-fund-for-black-women

Can't donate at this time? You can help by sharing on social media!

This month's **Recommended Reading:**

Beyond Survival: Strategies and Stories from the Transformative Justice Movement

Edited by Ejeris Dixon and Leah Lakshmi Piepzna-Samarasinha

The e-book is on sale right now at [AK Press](#)
<https://www.akpress.org/beyond-survival.html>



Tamir Rice was playing with a pellet gun outside a recreation center in Cleveland, Ohio when he was shot and killed by a police officer on November 22, 2014. He was only 12 years old.



John Crawford III was in a Walmart holding a BB gun and talking on his cellphone when he was shot and killed by police on August 5, 2014. He was 22 years old.

No charges have been pressed against the officers involved in either case.