

**Ear Hustle**  
**"The Five Senses"**  
**September 7, 2022**

[bullfrog croaking]

**David:** *Sometimes, I remember it was so quiet early morning that I could hear frogs croaking. I didn't know what it was at first, but it sounded familiar. And it was springtime, I know that the bay is just right outside of West Block, and you could throw a stone and hit the water from the top of the building, if you get on top of the building. I'm not trying to escape. Put that in there. I believe there were bullfrogs. I love nature. So, I'm a little bit familiar with some of the different sounds. And there were dozens of them. I mean, there were lots and lots of frogs out there. And that was really cool.*

[keys jangling]

**New York:** Every morning around 3:30 AM, I can hear the guards opening up the doors.

[keys jangling]

Not only do you hear them keying each door like, click-clack, click-clack, click-clack, as they walk through between doors, you hear the keys jingle, ching, ching, ching, ching, ching, ching, ching, ching, ching, click-clack, ching, ching, ching, click-clack, ching, ching, ching. Click-clack, ching, ching, ching. So, I'm hearing that at 4:30. And it pretty much wakes me up every morning.

[yard noises]

It's 12:30 on a Wednesday, and we're out on the yard at San Quentin State Prison. Nigel and I are here and we have our eyes closed. What are you hearing, Nyge?

**Nigel:** Ooh. I just heard the sound of bird wings kind of flapping. Must be taking off from the cement ground. I definitely hear guys talking. I think some people are playing handball, so I hear the sound of a ball hitting the wall. And what sound just came up? It's really nice. Do you hear that?

**New York:** I just heard the sound of a saxophone, but also heard a New York City sound.

**Nigel:** What was that?

**New York:** The sound of a plastic bag blowing across the concrete abandoned.

**Nigel:** Oh, wow.

[laughter]

I just heard a gate open.

**New York:** I'm hearing somebody with a metal cane or something. I hear a cane scraping.

**Nigel:** Ooh, coming up behind us. Yeah, that's right.

**New York:** What are you smelling?

**Nigel:** Okay. [sniffing] I smell dirt. I smell heat coming off of the cement. A dusty smell. A dusty smell. How about you?

**New York:** At first, the yard smelled fresh. But then, I went around, shaking my head from left to right, taking deep breaths. And I smell something weird, I can't really identify.

**Nigel:** Wait a second. I just did what you said, and I turned my head to the left. [sniffing] I smell like a food smell, like something that was microwaved in cardboard and then like sat out for a long time so everything's hard in it. When was the last time you kept your eyes closed on the yard?

**New York:** I generally don't keep my eyes closed on the yard. This is probably the first time.

**Nigel:** How's it feel?

**New York:** Uh, ironically, it feels safe and comforting somehow, like I'm doing yoga somewhere in the yard.

**Nigel:** Oh, that's nice. But should we open our eyes and see what's actually around us?

**New York:** Yes.

**Nigel:** Okay.

**New York:** Three, two,-

**Nigel and New York:** One.

**Nigel:** I think it was odd when I opened my eyes, all of a sudden, I saw there were about 40 guys walking right towards us.

**New York:** Yeah, because the yard felt so empty when we closed our eyes. And now, a flood of people coming out down the stairs from the building units hitting the yard.

**Nigel:** Yeah. It's weird we didn't pick up on it, you know?

**New York:** Yeah, like being in prison, it affects your senses in a lot of ways. Some senses you start to forget about, like they recede into your memory. Other ones you wish you could just turn off.

**Nigel:** I'm Nigel Poor.

**New York:** I'm Rahsaan "New York" Thomas.

**Nigel:** Today, the five senses of prison life on Ear Hustle from PRX's Radiotopia, Season 10.

**New York:** We're still here.

**Nigel:** Smell-around Sensor-- what do they call it? Smellorama?

[Ear Hustle theme]

**Boots:** San Quentin, when I first got here, I was 23. And I walked into reception over in Badger section and it was just powerful. None of the sounds that you hear are the stuff that you want to hear. Music in reception center just doesn't even exist. No TVs, no radios. You become more sensitive to things like keys jangling. I don't know what it is, but when a male officer is instructing someone, giving an instruction, the demand, that voice, even if you can't see, you can only hear the voices, you know who is who.

**Nigel:** Can you tell me any good sounds inside prison? Are there any good sounds?

**Boots:** Yes. So, there's a guy on the second tier in West Block, down towards the back bar who plays guitar. He's a white guy, but you would think just by hearing what he plays that he's some black guy from Louisiana somewhere. His blues are just like it's raw and crisp. It's really emotional stuff. I dig it.

[guitar playing]

**Boots:** Your mom, your sister, your wife, your girlfriend, your boyfriend, partner, your kids, you don't have that. You don't have any affection, physical affection, tactile affection. I think that the empty void is a lot of times what turns men into monsters.

I saw something a few months ago when I was coming to work, on my way to work. I guess one of the lifers had gotten found suitable for parole. And this correctional officer walked up, "Hey, man, I heard." Grabbed him and gave him this huge bear hug. And I'm seeing a cop and an inmate hugging each other. I'm like, "What the F dude? What-- what is happening here?" I was so shocked, like, I think I talked about it for like three days before I processed and analyzed it, like, "What is wrong with me that this is so shocking?" Two human beings. One of them is proud of the other, one of them is proud of himself. They're just celebrating literally this life changing, this life-giving news, and they're celebrating it. And to me, it was shocking.

I know I should be ashamed to say this, but I have gotten out a number of times. After seven and a half years in the youth authority, two and a half years in prison, six years fighting a life case. So, I've gotten out after long periods. And it takes forever to get used to sitting and laying down on a mattress.

When you go home tonight, just stop-- before you even sit down, just stop. And experience the sensations of lowering yourself onto a mattress, sitting down, feeling your weight sink into it a little bit. I am telling you that my first several days, like I have to sleep on the floor. I have to lay down a couple of blankets and just sleep on the floor because it takes that long to get used to the softness. The comfort, it's not comfortable, it's so comfortable.

[PSA in background]

**David:** I think, in here, I look for things to remind me of what it was like outside of prison. And things to look forward to when I get out of prison and seeing nature. And these things I realized that the world hasn't stopped. It's still going. It's still going to be there when I get out. It's very calming and soothing to me. And so, I'm really thankful that here at San Quentin, we have a beautiful hill and a mountain where we can see a lot of nature. Every morning when I come down from the top of the stairs, we can look over and see a little bit of the bay. And then at the bottom of stairs, you look over and you can see the hillside where you can see deer. Sometimes, a coyote or a fox. There's a lot of birds flying overhead

*and on the yard and the geese on the yard. This morning there were about a dozen geese when we came down to work. There's about two or three dozen out there right now. We have osprey that I've actually seen carrying fish from one part of the bay to the other part of the bay. Hawks. The other day I saw a hawk, just swoop down and snatch a pigeon right out of the air right above the yard.*

*We have pelicans that fly in the V formation. Sometimes, a hundred pelicans. A great blue heron. There's usually just one, they fly alone. Cormorants, egrets. And just here on the garden, we have finches and sparrows. We have the swallows that build the mud nests up on the top of the housing units, the cellblocks. And so, they build nest out of mud every year.*

*One year, it was so quiet on the yard because of the pandemic, that they were coming down and grabbing the mud right off of the yard, which is cool to see them flying around grabbing the mud and building their nests. There were, I think, 50 nests just right there on the wall, the big wall outside the yard.*

**Nigel:** *Have you been at one of those prisons, like High Desert or Soledad where there's just desert everywhere?*

**David:** *Ironwood.*

**Nigel:** *Ironwood. What is that like?*

**David:** *It's a desert, but there's tarantulas, there's lizards, there are bats. We had bats flying around outside of the yard with the big bright lights. They attract moths, and the moths attract birds that feed on moths. There's nighthawks. A guy might have a pet snake. In the desert, there's wildlife too.*

**New York:** *What are you missing?*

**David:** *Oh, my goodness. Where do I start? [chuckles] The glimmer of the water over the ocean as I walk across the beach. Seeing wild rivers flowing and hearing them and stepping into them feeling the cold water on my feet. Seeing a forest from the inside out is a beautiful thing.*

**Nigel:** *What are the things you wish you didn't see?*

**David:** *Well, we all take showers with men. And if you look at the wrong spot, you learn right away, "Ah, I got hit on the eye, man." Don't look there. So, you learn. The bathrooms here, I mean, [toilet flushing] even on the yard and up here, outside of work.*

**New York:** *The refreshing sounds of a toilet flushing in prison.*

**David:** *They don't have guards, so you're just right next to each other.*

**Nigel:** *When I walk through the yard, I very purposely avoid looking at the toilet.*

**David:** *You have to, right?*

**Nigel:** *I always feel bad for the guy. But I always feel like it must be so humiliating to-- some person's walking by and just looks at you going to the bathroom. But do you think you just get over that?*

**David:** Well, thank you for that, Nigel. We're in a spot. Yeah, 99% of us are not trying to be seen going to the bathroom. But here, yeah, everyone walking by, guests, volunteers, teachers, if they just glance over, they see something they don't want to see.

**Nigel:** Some guys will stop and try to talk to me by the bathroom. And I'm like, "Can we just move on?" How long do you think it takes to get used to going the bathroom in front of other people?

**David:** It took me a long time. Yeah.

[scintillating music]

**Ryan:** You get used to seeing patterns.

**Nigel:** Can you explain that?

**Ryan:** For instance, if I would be on a crazy yard in High Desert and I would notice one person every day just work out in a certain area. And then one day, I would notice him somewhere else, and immediately red flags would go up like, "Oh, wait, this ain't right. He's not right there. He's over here." You notice that. You notice, "All right, this person is always playing chess," or, "This person is always playing cards," "This person is always working out." "This person is always doing other things." So, you notice these things. And then when you realize that one of them is off, it sends alarms, signals to your brain, like, "Wait, hold on, something's up," and I was right, something bad was about to happen. Like I said, your senses are attuned. They have to be if you are on a violent yard. If you're oblivious to it all, you might become a victim yourself.

**Arbuckle:** It's hard being like this with one eye to walk around. Then, I'm on a second tier, almost fell a couple of times.

**Nigel:** Kevin Arbuckle has been in prison since 2010. He has glaucoma. He's blind in one eye and only has partial vision in the other.

How do you get down all the stairs?

**Arbuckle:** I hold onto the rail, tap with my stick, try get to the next step to find out where the end of it is.

**Nigel:** Are people helpful?

**Arbuckle:** Some people helpful, some of them don't. You got a step to get in the shower. So, guys see me coming in, they say, "Hey, OG, you got it? You got it, OG?" I'm like, "Yeah." I hold on to the rail and do the best I can do. It's hard to get around in a crowd of people. I wouldn't even participate in coming out here to the yard. Unless I come and do laundry or going to the program somewhere and stuff. Other than that, I stay in the cell.

**Nigel:** You don't go out to the yard?

**Arbuckle:** No.

**Nigel:** Oh.

**Arbuckle:** *Because I don't want to go out because I don't have nobody really right there to help me, protect me, or be around with me. It'd be fine if I had two or three people with me, that I can walk around and go over here, sit down or be somewhere or whatever, but not just by myself.*

**Nigel:** *What do you worry about happening if you go out to the yard?*

**Arbuckle:** *Anything can happen. A fight can break out or I can bump into somebody or something, you know what I am saying? I could be walking one minute and trip.*

**Nigel:** *So, you spend most of your time in your housing unit?*

**Arbuckle:** *In a cell. It's dark. I just sit there and watch TV all day. Go to breakfast, come back, come down, and try to get on the phone. Come back upstairs, come back, go to dinner, come back, go to my bunk, and that's it.*

**Nigel:** *That sounds lonely.*

**Arbuckle:** *It's hard. It's hard on me in a little bitty space. It's hard. Just sitting up on the bunk all day in a little bitty cell like that. Always got to pay attention. I don't care whatever prison I go to when they do the unlocks because I never know who's coming in on me or whatever. I always got to be cautious, so I always be right there on my bed. Only way when I feel comfortable after 8:45. That's when they're locking down.*

**Nigel:** *That's when you feel safer?*

**Arbuckle:** *That's when I feel more safe, so that way I can get out of my shoes and can relax a little.*

[yard sounds]

**Nigel:** *We've talked about two senses, hearing and seeing. So, how many more to go?*

**New York:** *Three more to go.*

**Nigel:** *Mm-hmm. Coming up after the break, the glorious aromas of San Quentin State Prison.*

[ambient noises]

**David:** *I have really bad gas, and I apologized once to my cellie after weeks because he never said anything, never complained, which is weird because gas stinks. And I've had actual problems with cellies before where it had actually almost come to a fight, literally throwing punches because I have gas. I have bad gas, and I know it smells but I can't really do anything about it. My cellie actually threatened to beat me up the next time I farted when I was asleep. I can't get up and use the toilet when I'm sleeping.*

**New York:** *Did you know in prison what you expect to do when you have gas?*

**David:** *I was told by my cellie who it became a problem with to drink a lot of water. He also asked me to stop eating certain foods.*

**New York:** No, no, I'm referring to something else. So, in prison, I didn't know this either. When I came to prison for the first time, I got to Calipatria, and I would pass gas, "Excuse me," like it's no big deal, you're going to pass gas. My cellie, he made some smart comments, but he didn't tell me that the custom is you're supposed to go to the toilet, sit on the toilet, and flush the fart. Time your fart with the flush.

**David:** Yeah. No, I've heard the flush it and I've seen guys try it but with limited flushes, you don't want to lock the toilet out and then you really got to use the toilet and then it's worse than a fart.

**New York:** How many farts you're going to use in five minutes? You get two flushes every two minutes.

**Nigel:** This is not where I thought this conversation was going. [laughs]

**David:** This is not what I had planned.

[PSA]

**Ryan:** I bring up High Desert because that place, I pretty much grew up there. But the food was just so terrible. I remember they would serve like scrambled eggs. And I used to work in the main kitchen too. So, the eggs tasted like how the kitchen smelled. It was terrible.

**Nigel:** Can you describe it?

**Ryan:** Like mildew. I don't know. Every time I would taste the eggs, I would associate the two, and I would like gag, like [makes retching sounds]

**Nigel:** It's almost like a phantom taste?

**Ryan:** Yeah, it's a phantom and it ruined everything for me out there. It ruined all my meals. I could not eat in the kitchen. Every time I tasted something, that's what I--

**Nigel:** It tasted mildew.

**Ryan:** Yeah.

**Nigel:** So, I'm imagining the smell of like a mop bucket.

**Ryan:** Exactly. Just think of a mop bucket with some smelly old mops.

**Nigel:** Do you think you've had long-term damage done to your feelings around taste?

**Ryan:** Well, I could tell you one thing when I get out of here, I'd probably never eat pancakes. I'm never going to eat ramen noodles. I'm never going to eat peanut butter and jelly sandwich. Probably never going to eat scrambled eggs. And I love pancakes. I grew up on pancakes. My mom used to make pancakes. I enjoyed them. Now, I don't even want to see a pancake, to be honest.

**Nigel:** Okay, 15 years ago, if you could have brought one taste in with you, what would it have been?

**Ryan:** One taste?

**Nigel:** Yeah.

**Ryan:** Steak, I guess. [laughs] I like some meat.

**Nigel:** What associations do you have with that taste?

**Ryan:** Just family gatherings and being with loved ones, always barbecuing. Man, I really don't want to get into it, but it's just having something cooked rather than preheated.

**Nigel:** Wait, why don't you want to get into it?

**Ryan:** Because I can't even-- honestly, I almost can't even remember what it tastes like. I can remember that I like it, but I can't sit there and give you those details. It's like I lost them.

**Nigel:** And when you say you don't want to go there, is it because you don't want to open those feelings, or you just can't remember?

**Ryan:** Ah, honestly, I feel like I'm forgetting things. To be honest, even though being in here, I'd always want good food. But it's like I'm forgetting things, I'm forgetting how that tastes. Yeah, it's kind of sad, but that goes with being incarcerated for a long time.

**Nigel:** Yeah. I wonder if it's sad or it's protective, or it's adaptive. I don't know.

**Ryan:** I would go, [sighs] man, a long time without calling family members. I don't want to really think about them. It sounds kind of cold, right? I don't want to think about them. I don't want to stress on what they're doing. It's like I close them off. Some people reach out to the families every day or have that connection. For me, I guess I unconsciously tried to sever connections. And then now, ever since my mom passed away, I tried to re-establish those connections with my family. But I think it's almost like it's too late because they have moved on without me. And so, I'm trying to get back in their lives, I don't see my place in it.

**Nigel:** You just did that very emotional story with us about last memories. Did it bring back any smells or sounds or tastes for you?

**Ryan:** It brought up-- I try to remember what my house smelled like. And that, I don't know, I forgot. But I remember how my mom smells like. It's crazy because I was at a visit and someone was wearing perfume somewhere and I had to walk past it or something, and I smelled it and it immediately conjured up a memory of my ma. And I didn't say anything. I didn't say anything at all. I just went on with my visit.

I'm not one who believes in ghosts or paranormal activity. I smelt that and I'm like, "Oh, she's here." That's what my brain is telling me or some part of my brain, and the other half is like, "No, she's moved on. She passed."

[somber music]

**Reggie:** I think it was in 2019, they had started giving us oranges. They started giving us citrus. And it had been a while since I had peeled the orange. When I peeled that orange, the citrus, it lit up the whole cell. I tried to break every wedge without breaking the skin in between. I did my best. Sometimes I succeeded, sometimes I didn't. It was like a reminder. It let me know that I'm getting closer to



*freedom. That I'm getting closer to going home. It was small, it was subtle, but it was something that gave me a glimmer of hope. And the touch of having that peel stuck in my nails and pulling it from under my nails, I just realized how long it had been since I actually peeled an orange and ate an orange.*

**Nigel:** How long do you think it had been?

**Reggie:** Let me see, 2019, probably like 20 years. It was a little bit over 20 years.

**Nigel:** Did you eat that orange fast or slow?

**Reggie:** I ate it slow. That's the only way you're going to enjoy it.

**Earlonne:** Thanks to David Ditto, Andrew "Boots" Hardy, Ryan Pagan, Kevin Arbuckle, and Reggie Thorpe for speaking with us for this episode.

**Nigel:** Earlonne?

**Earlonne:** What's up [unintelligible 00:28:33]?

**Nigel:** Can you believe it? This is the first episode of Season 10. Yep, Season 10.

**Earlonne:** And this felt like a good time to check in with some of our peeps who've been featured on our show. So, you'll be hearing those updates throughout the season.

**Nigel:** Yep, we've got a lot of great updates. But there are a few tough ones about people who have passed. So, E, for this episode, let's start with those.

**Earlonne:** The first one is Paul Redd. Here he is talking about how he and other incarcerated guys used to honor Black August.

*Paul: For them 31 days, it was all about education. You have a book, a journal, and you make entries on what you're doing. So, the next day, you might take it a little farther. So, you're stretching yourself. Say you may read five pages a day. The next day, you might jack it up to 10. You always try to push yourself. It was about us making ourselves better when you come out of August than what you were when you went into it. That was the whole thing.*

**Earlonne:** Paul spent close to 40 years incarcerated, the majority of it in the SHU. He was a good dude and had a great legal mind too.

**Nigel:** If you're curious about Paul, please check out our episode called [August 21st, 1971](#).

**Earlonne:** We're thinking of you, Paul.

**Nigel:** Next, Ronnie Young. We interviewed him right before he was about to get out of prison, remember?

**Earlonne:** Right.

**Nigel:** It was actually your first interview that you did after you got out.

**Earlonne:** Yup. [Kissing the Concrete](#), that's what that episode was called.

**Nigel:** Mm-hmm.

*What are the three things that you're looking forward to the most after you get out?*

**Ronnie:** Okay, three things I'm looking forward to. Showering alone [chuckles] and not standing in line for the shower or going to brush your teeth and having to smell someone else on the toilet. Oh, my God, that's so huge. [laughs] Being able to open a refrigerator door, grab a pickle or something to drink. Ice cream. And then, I've got to have milk on ice cream. [laughs]

**Nigel:** What flavor?

**Ronnie:** Oh, God, it doesn't even matter to me. I just love ice cream.

**Earlonne:** I was there when Ronnie walked out of San Quentin.

**Nigel:** Yeah. And we tried to stay in touch with him, but it wasn't always easy. He was a good guy but, man, did he wrestle with some inner demons?

**Earlonne:** Yes, he did.

**Nigel:** And the last one, Earlonne?

**Earlonne:** Ooh. Yeah. This one, this one hits different. The loss of my sister, Tyra Marie Woodson. Left our hearts and minds in shambles. I mean, her passion, her laughter, her unconditional love will forever be missed.

**Nigel:** Oh, you know what I always think about?

**Earlonne:** What's that?

**Nigel:** It's just her smile.

**Earlonne:** Yeah, that was her.

**Nigel:** And I just still expect that she's just going to pop up.

**Earlonne:** Anytime you see her, she's smiling, she's laughing. There's something positive going on. And the true gift of this podcast is that we have her voice recordings. So, I can hear her laugh when I need to, or I can just hear her talk. So that's a blessing for me.

**Nigel:** That is. We tried to find tape of Tyra talking about herself, but--

**Earlonne:** She always is going to talk about Tyler.

**Nigel:** Yeah, her son.

**Earlonne:** Because that was her life, and that's when she shines the most talking about him and smiles and exudes all that love.

**Nigel:** So, here she is reading from a letter that she wrote to her son, Tyler, when she was incarcerated.

***Tyra:** Baby, please listen to what I'm saying. It's all out of love. You are all that I have, and God gave you to me and I don't want to lose you in any way. I'll try and call you on Thanksgiving. I love you and miss you tremendously. Write me back, let me know how you feel about what I said. I'll be waiting. Talk to you soon. Love, always mom.*

**Earlonne:** That's Tyra from our episode, [The Christmas Boxes](#). We love you, Tyra.

[Ear Hustle theme]

**Nigel:** Thanks also to Tony de Trinidad for speaking to us for this episode.

**Earlonne:** This episode was produced by me, Earlonne Woods, Nigel Poor, Rahsaan "New York" Thomas, and Bruce Wallace, with help from Tony Tafoya and Rhashiyd Zinnamon.

**Nigel:** It was sound designed and engineered by Earlonne Woods, with help from Fernando Arruda and Bruce Wallace.

**Earlonne:** It features music by Lee Jaspar, Antwan Williams, Rhashiyd Zinnamon, Fernando Arruda, and David Jassy.

**Nigel:** Amy Standen edits the show. Shabnam Sigman is our managing producer, and Bruce Wallace is our Executive Producer. And we want to mention, this episode about prison and the five senses was the idea of our beloved former executive producer, Julie Shapiro. Thanks as always for the inspiration, Julie. We really miss you.

**Earlonne:** We do indeed. We'd also like to thank Warden Ron Broomfield. And as you know, every episode of Ear Hustle has to be approved by this cat here.

**Ron:** Ear Hustle, welcome to Season 10. And just as I get going my phone rings in the background, but I am focused on you. It is amazing that we have made it this far. I don't know if anybody would have thought that Season 10 would get here. And we still have untold stories to tell. So, with that, I will say that in our 10th Season, Episode 1, that I do approve this episode.

**Earlonne:** This episode was made possible by The Just Trust. Working to amplify the voices, vision, and power of communities that are transforming the justice system.

**Nigel:** Ear Hustle is a proud member of Radiotopia from PRX. Radiotopia is a collection of independent, listener-supported podcasts.

**Earlonne:** Some of the best podcasts around. Hear more at [radiotopia.fm](http://radiotopia.fm).

**Nigel:** When we're outside of San Quentin, we record at KQED in San Francisco.

**Earlonne:** And as we said, this is the first episode of our 10th Season. And we have a couple small gifts we want to ask our dear listeners for.

**Nigel:** Yup. First, if you like the show and you haven't done it already, could you head over to Apple Podcasts and leave us a review? That helps other folks find us.

**Earlone:** We haven't asked for that in a long time.

**Nigel:** Oh, my God, since probably Season 1.

**Earlone:** Also, tell a friend about our show. And if they want to know where to start listening, we just made a list of 10 essential episodes.

**Nigel:** Do not miss these episodes.

**Earlone:** Those are at [earhustlesq.com/essential](http://earhustlesq.com/essential). And while you're on our website, you got to check out the show art. Tell them about it, Nyge.

**Nigel:** Oh, yes, yes. This season, each episode will feature new works by a different incarcerated artist. We're working with the San Quentin Prison Arts Project on this. You can see the work and find out more about the Prison Arts Project on our website. Please make sure you do. They're an amazing organization.

**Earlone:** All righty, that's it. And we're glad to be back for season number-- what?

**Nigel:** 10, 10.

**Earlone:** 10. Damn.

[laughter]

**Nigel and Earlone:** Thanks for listening.

[Ear Hustle theme ends]

**Person:** Oh, I didn't even hear that. There's a guy punching a bag not too far away. I still can't hear it. It's like he's punching inside a movie.

**Nigel:** Do you see how delicately he's punching it?

**Person:** He's hitting that bag hella nice, huh?

**Nigel:** Yeah, very gentle. [laughs]

**Person:** He doesn't want to hurt the bag.

**Nigel:** He's tapping it to wake up.

**Person:** He's an environmentalist.

[laughter]

Radiotopia from PRX

**End of Episode**

*[Transcript provided by SpeechDocs Podcast Transcription]*