

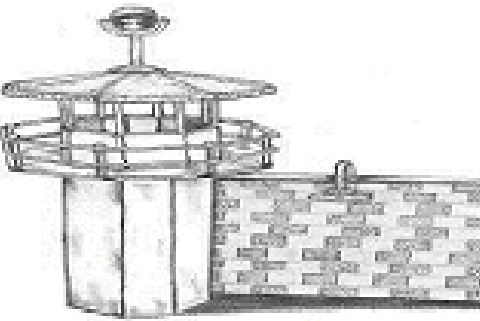
**Lifers' Unlimited Club
Executive Body**

President: Robert Kelley
Vice President: Brian Waybrant
Secretary: Jerrin Hickman
Treasurer: Bill Knepper
Facilitator: Nestor Diaz-Miller

Proposal Updates

| Proposal | Status |
|--------------------------|---------|
| Coffee Bar In Visit Room | Pending |
| Food Truck | Pending |
| | |
| | |
| | |

Lifers



**Chartered 1968
Volume 51 Issue 6**

**MEETING MINUTES
10/11/2018
Jerrin Hickman--Secretary**

OUTSIDE GUESTS:

- 1) Ruby.
- 2) Scott Spencer-wolf.
- 3) Don Berg.

CLUB BUSINESS

- A) President Kelly gave a update on the fans; they were sent back because they had metal on them.
- B) V.P. Brian clarified the banquet menu, and that the bratwurst will be beef.
- C) V.P. Brian explained that the bird presentation would be different this year due to cost, but that next year we would likely return to the presentation from previous years.

BIRD OF PREY PRESENTATION BEGAN AT 6:30PM.

- 1) We were introduced to “Penny” the raptor (falcon), who is 4years old. These birds normally only live to 1.5 years in the wild, but can live to be teenagers in captivity.
- 2) We met “Morgan” the owl (hybrid between a spotted owl and barn owl), who was struck by a car but survived with an eye injury, an eye injury that affects her depth perception. This birds’ habitat normally ranges from the Washington coast to the Oregon coast.
- 3) “Ferdnand” the turkey vulture made an appearance. This bird is found in every state, is under protected status, and is considered a bird of prey because it’s grouped into the hawk family. Fun facts: eats everything/dead things, vomits as a defense mechanism, and poops on their feet to clean because the poop serves as an antibacterial agent that really stinks.

THE MEETING CONCLUDED WITH TIME TO MINGLE WITH OUTSIDE GUEST, USE THE PHONE, AND THE OPPORTUNITY TO SEE BIRD ARTIFACTS AND LEARN MORE ABOUT THE BIRDS.



STATES VERSUS U.S. SUPREME COURT

Closed Minds Versus Common Sense

(A Closer View of Ourselves)

By Willis X. Harris

Across America, a.k.a. “Incarcerated Nation”, we have many lifers, adults and juveniles, male and female, infirmed and incapacitated, suffering from a multiplicity of mental, medical, and related problems resulting from the impact of stress associated with LWOP and LWP in an abnormal human and social environment and prolonged incarceration, many of whom have served from 30 to 50+ years. In some cases, both men and women, boys and girls, have committed suicide or attempted suicide. Many of our lifers are now in their 60’s, 70’s and 80’s and have aged out of the criminal mindset.

Our juvenile lifers who, at ages 16-19, were given LWOP and LWP sentences and who have served from 25 to 45 years which is nearly 60% of their lives, know little to nothing about the “free world.” They are ignored and overlooked by prosecutors, courts, parole boards, governors, and legislatures.

Despite neuroscience evidence on the immaturity and partially developed brain of teenagers, they are still ignored. Why? The mindset in force today is “Time for Crime”. There is little to no discussion on rehabilitation, academic and vocational programming. No talk on determining who the “rare” prisoners are, if any, no talk on providing appropriate psychiatric and medical healthcare to afflicted lifers.

The U.S. Supreme Court has ruled on the unconstitutionality of LWOP sentences for juvenile lifers. Some states, however, still challenge the Supreme Court for infringing on their “rights” to make and enforce their own laws. Also in resentencing some juvenile lifers, mostly African American, they are given preposterously long sentences that have the effect of LWOP or a Death Penalty.

In Missouri, a young prisoner was sentenced to 241 years for a non-murder. He was 16 and his “rap partner,” an adult, was only given 30 years. In California, a 17-year old female was given a sentence of 75 to 150 years for shooting three police officers (not killing them) who were attacking and beating her parents.

There are documented facts that lifers are the best parole risks of any group of prisoners, less than 2% return to prison and none for another first or second-degree murder.

Let’s not forget our elderly lifers and other elderly prisoners, male and female, who have been imprisoned from 30 to 60 years. Medical expenses and other geriatric problems run very high. All of these offenders can safely be released and placed in group homes or senior citizens quarters.

Continuing to hand out excessive prison sentences and parole /commutation denials and giving no reasons why, will result in our nation doubling the annual criminal and prison budget from its current \$80 billion, to \$160 billion, a financial hardship we just can’t handle.

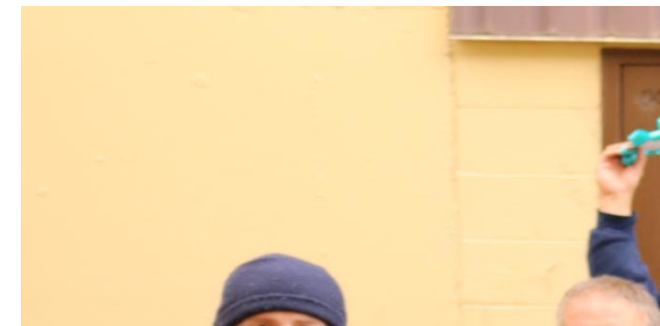
Finally, let’s eradicate political fear and other hypes and use common sense. Many of these lifers and non-lifers have usable skills needed in society. They can help change the criminal mindset of our younger men and women and boys and girls by sharing their own experiences as criminals, how they have changed, and the consequences of criminal behavior. ✕

On, July 03, the residents of ICH are helping out everywhere.

Some of the men in ICH are lifers and some of us do. These men genuinely appreciate helping out. ✕



Volunteers from the



Awaken The Giant Within

Small Improvements are believable and therefore achievable!

Adapted from *Awaken the Giant Within*, by Anthony Robbins

Pat Riley, formerly of the Los Angeles Lakers organization, is the winningest coach in NBA history. Some say He was fortunate because he had such incredible players. It's true that he had incredible players, but many people have had the resources to succeed and have not done so consistently. Pat's ability to do this has been based on his commitment to CANI! (Constant And Never-ending Improvement.) In fact, he said that at the beginning of the 1986 season he had a major challenge on his hands. Many of the players had given what they thought was their best season in the previous year but still had lost the championship to the Boston Celtics. In search of a believable plan to get the players to move to the next level, he decided upon the theme of small improvements. He convinced the players that increasing the quality of their game by a mere 1 percent over their personal best would make a major difference in their season. This seems ridiculously small, but when you think about twelve players increasing by 1 percent, their court skills in five areas, the combined effort creates a team that's *60 percent more effective* than it was before. A 10 percent overall difference would probably be enough to win another championship. The real value of this philosophy, is that everyone believed it was achievable. Everyone felt certain that they could improve at least 1 percent over their personal bests in the five major areas of the game, and that sense of certainty in the pursuit of their goals caused them to tap even greater potentials. The result: Most of them increased by at least 5 percent, and many of them by as much as 50 percent. According to Pat Riley, 1987 turned out to be their easiest season ever. CANI! Works if you commit to it.

Remember, the key to success is developing a sense of certainty—the kind of belief that allows you to expand as a person and take the necessary action to make your life and the lives of those around you even greater. You may believe something is true today, but you and I need to remember that as the years go by and we grow, we'll be exposed to new experiences. And we may develop even more empowering beliefs, abandoning things we once felt certain about. Realize that your beliefs may change as you gather additional references. What really matters now is whether the beliefs you have today empower or dis-empower you. Begin today to develop the habit of focusing on the consequences of all your beliefs. Are they strengthening your foundation by moving you to action in the direction you desire, or are they holding you back?

“As a man thinks in his heart, so is he.”

Proverbs 23:7

Leaders are those individuals who live by empowering beliefs and teach others to tap their full capabilities by shifting [away from] beliefs that have been limiting them [into beliefs that empower them]. ✕

After b

I've always been a dreamer—remember in the morning. Most I ran full-speed. I'd eventually jump attic-turned-bedroom in Reading,

Then there was December 11t

I'd cut a sharp left, hurdled a stomping and keys and handcuffs backyard.

Half a block more. Barking screeching tires echoed in every di

I gasped for air. Just a few mo

Suddenly a loud pounding bro a small window, a steel toilet-sink eyes—wishing this too was a dream

After 12 hours of interrogation nothing more than to sleep. But no

Then the pounding returned.

I reached through the open carefully pulled it in and opened it

I stood there, frozen. Staring for murder. Instantly I remember

I sat on the bunk and devoured witnesses—my cousin and my chil

When I got to the last period, else I'd taken that night, I began t

With no way to awaken from between my hands and the thin m

Lacking the audacity to ask t me.”

For the next seven month pattern that persisted another few

At some point, though, a shift

It happened in increments. A chow hall or yard or corridor. P outside world would become spars

Even when I wasn't physically run or I'd just gotten out but, for s

N



Continued from page 3

Soon, aspects of my wakeup wandered into my nocturnal voyages. In one of them, I was walking alone on the 700 block of Chestnut Street, which at least as I remembered it was one of the roughest in my city, and ran into a group of dudes who surrounded me and started asking me who I was and what I was doing there.

Without hesitation, I jumped into a version of the spiel I give at the beginning of the workshops I now facilitate. “My name’s Phil, and I’ve been fighting a death-by –incarceration sentence for the last X years...”

Within minutes, all eyes in the dream were on mine. The masks of displaced aggression fell, just like they do in prison classrooms. Hugs and pounds ensued. I ended by begging them not to be me.

Still, in the back of my dream’s mind I wasn’t free. I had to hurry and return to Graterford before count-time.

Around that time, a friend stopped me on the way to chow to tell me, excitedly, that he’d dreamt I was free. He described the whole scene in full detail, us on the outside kicking it at some spot in Philly familiar to him from his pre-prison days.

Not long after, someone else would tell me about having dreamt of me free. Then another. And another. I started a list on my Inspiration Wall (where I hang pictures, prayers, cards, newspaper clippings and other items that inspire me to fight for my freedom).

Today, 16 names, from inside and outside prison, decorate a rectangular yellow Post-It titled, “Have Dreamt Me Free.”

And after two decades behind Graterford’s 30-foot-high, fortress-like concrete wall, I too finally dreamt of myself free—completely free. I was sitting on the stoop of a row house in the northeast section of Reading, 11th Street maybe, talking with different people who stopped on their way east.

I didn’t know a single one of them. They weren’t guys I eat chow with or C/O’s asking to see my ID or folks I’ve met through organization work over the years. Just random, ordinary people from my hometown. I didn’t have to be back before the next count. I just sat there breathing in all that free air.

When I woke up, I wasn’t gasping, sweating or cursing the walls of the cell that has trapped me for more than half of my life. I wore a calm smile that remained throughout the day.

The day will come when I no longer wake up wishing I hadn’t. I sometimes wonder if when I finally make it home, my dreams will take some time to catch up, if I’ll wake up relieved to be in a bedroom and not a cage.

For now, I’ll just keep dreaming and fighting my way there, where my days can be as free as my nights, and where I can help those kids from Chestnut street wake up and not be me, for real.

Felix Rosado, 41, is incarcerated at SCI Phoenix in Montgomery County, Pennsylvania, where he is serving a sentence of life without parole for one count of first-degree murder. Rosado is also the cofounder of Let’s Circle Up, a restorative justice project. In 2016 he earned his Bachelor of Interdisciplinary Studies degree from Villanova University. ✕

LIFERS' CLUB COFFEE

\$7.00 Coffee

- French Vanilla
- Blue Berry Cobbler



Drip Cone: **\$6.00**

Coffee Filters: **\$5.00**

\$10.00 Coffee

At our meeting on July 11th t
Penney; a Barn Owl/Spotted Owl
for all the men to see these wonder

When Penny was introduced,
mere 1, ½ lbs. They can reach 100
the air, which is a rare technique i

Penny was rescued as a baby a
The barn owl/spotted owl hyb
California, through coastal Oreg
nature’s way of preserving the s
damaged her right eye. Her lazy
attention and was returned to her

Ferdinand was showcased to
acid is so caustic that it is antibact
Given as a side-note, their favorite

These birds actually do their
takes heat with it.

Ferdinand was lively, and pro
my hands—ever.

Now if a barn owl can interbr
call it a Turkey Casserole. ☺

We sincerely thank the Chintia



If you have issues with the food here at OSP...Read On

Gentlemen,

Many of us complain about the food situation, but are we ready to say something to someone that has the ability to make our voices louder and reach people that can make a difference? We can complain amongst each other, but is that really an effective method toward change? I have sent Ms. Beatrix a copy of the canteen sheet as well as each week's menu from the Walled Street. She knows the menu is presented as 5-Star though the quality we actually receive is well below optimal. If you are willing to fill this out, but do not want to use a lope; attach to a kyte and drop in the box addressed to **7th Step Marshall Project** no later than Aug. 15th. I will buy a Priority Mailer and send to her the week after. Thanks for your help, David (just one member of Lifers', 7th Step, and Asian Pacific Family looking to make a difference). Her letter of request follows:

Thursday, June 13, 2019

Beatrix Lockwood
The Marshall Project
156 W. 56th St #701
New York, NY 10019

Dear David,

This is Beatrix Lockwood from The Marshall Project, a criminal justice reporting nonprofit. I hope this letter finds you well and in good health and spirits. It must be strange to get a letter from a stranger out of the blue, so let me explain why I'm reaching out: I am working on some reporting on food inside American prisons and am collecting information to help me understand nutritional habits and needs of people inside.

If you are interested, please log the following for one week and send it back to me:

- The date and time of your meals
- What you ate
- Where you got it (ex: commissary, state-issued, club fundraiser, etc.)
- If you paid for it, how much
- Any additional notes you may have

I'd like to thank all the people
and support with the planning. I'd
to thank all the men who helped ba

LIFERS
Clear PVC E



**Style and Color
based on Av**

Please submit sep

LIFERS

**ARM & HAM
brush Class**

Leadership Notes

Part One: Vision and Communication

So, to begin with, let's clear something up: Before I tell you anything about leadership, I'm sure you will want to know who this guy who calls himself "Cyrus" thinks he is to tell you anything, and what makes me think I am qualified to say anything about this particular subject? In answer to that question, I have been in several leadership positions in my life, both official and unofficial. So I have learned a few things from experience. However, the knowledge I personally treasure on the subject has come first from studying, then from experience. I studied it and then put it into practice and found these things to be effective. So, if you see yourself as a leader, or a future leader, keep an open mind and allow me to share a few things with you that can be helpful.

The first thing that we all need to understand is that effective leadership is *not* about the leader. That may come as a surprise, but the best leaders aren't the ones who enforce their will on the people they lead, but the ones who people willingly follow. So that means that effective leadership is first and foremost about the people who are being lead.

Anyone who's got a pair can say, "look, I'm the boss and this is the way we're going to do this," and in reality sometimes this may be necessary, but if it is a regular practice, something is wrong. That isn't leadership, it's bullying. The *real* leader is the guy who can communicate his vision to the people he is working with and get them to buy in.

The best leaders
are the ones people
want to follow.

If you watch football, you have heard talk of players "buying in" to their coaches system or way of doing things. If the players don't buy in, the team don't succeed, and the coach don't last. So what is the difference between getting people to do what you want by force of will and getting them to "buy in" to your ideas? If they genuinely buy in, they will give you their best effort. If they only do it because you're the boss and you said so, you will not get their best. So what do you want? You will always get the best from people who respect you and what you are trying to accomplish. In addition, when people "buy in," they become emotionally invested in what you are doing. It becomes their project as much as yours. That is why they will give you their best effort.

People will want to follow your lead if you demonstrate that you aren't in it just to satisfy your ego. You need to show them that it is the best interest of the *organization* that you have at heart. If you are just in it to make your self look good, or because you want to run something, people *will* see through you. Don't think you are smarter than everyone else. They *will* see through you.

There are those who don't care if they are followed out of fear or out of respect. They think the results are the same. If you are running a crew of criminals, there is something to be said for that, but, even in that scenario, if you get them to buy in, you get more respect and better effort.

In short, if you wish to be an effective leader, get your freakin' ego out of the way. It's not about you.

The things I am writing about here are intended for us. By us, I mean *lifers*. We need to be leaders. We are the ones who should always be leading the way within these walls. We should be the ones who set the tone for how things go.

Professional leadership is never expected from us. Most administrators think we're all stupid. But when we put together an intelligent game plan and present it with attention to the details, guess what happens? *They*

If you wish to be

A

Men are thought to be at the peak of their physical health in their 20s and 30s. But men hold on to their youthfulness through healthy eating and drinking habits as much as possible. But there is another element to male vitality: testosterone.

By the time men reach their 70s, their testosterone levels have declined by more than 25 percent. On top of this, the decline has accelerated over the past 60 years.

In the Massachusetts Male Aging Study, more recently were found to have lower levels. Sixty-year-olds of 2003 were found to have 25 percent less testosterone than the 15 Years ago. Had they made it to 70, they would have even less.

Then in the summer of 2006, a study by the University of Turkey, in Finland, found that the decline in testosterone was happening among younger men as well. It was the father's generation at the same time. It was convincing to me that we were seeing a trend.

According to Dr. Ron Rothermel, Director of Preventive Medicine at the University of Michigan, "The decline in testosterone in the father's were." Grandfathers of today are the sons of the fathers of today.

Apparently there are a number of factors that can power men with high-powered testosterone.

Excessive body fat has been found to be a major factor. More fat around the mid section can convert testosterone into estrogen.

Researcher Plamen Penev, M.D., found that older men resulted in lower testosterone levels, and those with a shorter sleep (less than an average of six hours)."

Then there is the increasing influence of modern life, supply, plastics, even medications, all of which have a larger influence upon our hormones.

While scientists have not put enough emphasis on understanding how important its decline is, it is a major factor in the aging process. One study found that older men with lower testosterone levels had a higher risk of heart disease.