

Lifers' Unlimited Club  
Executive Body

President: Robert Kelley  
Vice President: Brian Waybrant  
Acting Secretary: Troy Ramsey  
Treasurer: Bill Knepper  
Acting Facilitator: Stephen Weavill

## Proposal Updates

Proposal	Status
Food Truck	Pending
Gaming Consoles	Pending

### Notice

The Lifers' Unlimited Club has purchased coffee mugs as a Christmas present for each of its members. These cups will only be given to the men who were active members at the time of our Christmas party on December 12, 2019. It would be nice if we could include lifers who are not in the club, or lifers who are on the waiting list, but as we all know, money does not grow on trees, so there has to be a cut-off point. When the cups arrive, they will be delivered to everyone who was an active member at that time.

Season's Greetings  
Lifers' Unlimited Club Executive Body

## LIFERS' UNLIMITED CLUB PRESENTS

### DaVinci Flavored Syrup



- Classic Banana Flavor
- Classic Coconut
- Classic Eggnog
- Classic Gingerbread
- Classic Irish Cream
- Irish Cream sugar Free

NEW FLAVORS

\$10.00

Write your selection on the back of your CD-28  
and Submit to: **Lifers #2430**

**Raspberry, Red Velvet Cake and Mango still available**

### Announcements/Upcoming Events

2020 Meeting Dates  
January 9<sup>th</sup> (unofficial)

«Name»  
«Cell»

## LIFERS' UNLIMITED CLUB PRESENTS

### 2020 American Wildlife Calendars are here!

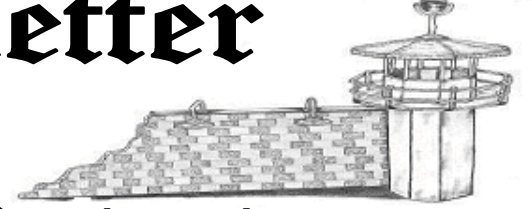
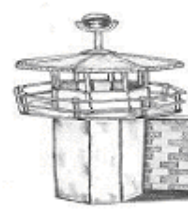
These are from the same publisher we dealt with last year, with glossy, high quality pictures of wildlife from North America. When open, they measure 11X17.

\$5.00



Send your CD-28's to Lifers' #2430

# Lifers' Unlimited Club Newsletter



## Oregon State Penitentiary

Chartered 1968  
Volume 51 Issue 10

Bill Marion, Staff Advisor  
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December 2019

*"Human kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel in order to be tough."* Franklin D. Roosevelt

### Inside This Issue

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### Club elections are coming!

#### Start planning now.

If you have any interest in running for a position on the Lifers' Unlimited Club Executive Body, you will want to begin planning your campaign now. Nominations will be held at our General Body Meeting in June, and elections will follow at the meeting in July.

The executive body positions are as follows:

1. President Currently held by Robert Kelley
2. Vice President Currently held by Brian Waybrant
3. Secretary Currently held by Troy Ramsey
4. Treasurer Currently held by Bill Knepper
5. Facilitator Currently held by Stephen Weavill

If you are considering a run for one of these positions please consider the following: Running the Lifers' Unlimited Club takes actual *work*. We need people who will show up for Executive Body meetings, take an *active* interest in how this club functions and follow through with their commitments to write proposals, make phone calls, have meetings with members of the Executive Team, etc...

If you think being a member of the Lifers' Unlimited Club Executive Body requires little or no effort, guess again. Just ask Rob, Brian or Bill; they can tell you how much of their time is required to run this club.

Having said that, if you think you have something to offer, and are not afraid of doing a bit of work, maybe you *should* run for office. Give it some thought.

Clerk

### Mission Statement

The purpose of the Lifers' Unlimited Club is to unite the incarcerated men of OSP with a goal of improving the quality of life for those inside and outside of these walls. The club will work with charity programs, informational services, youth speaking panels and other positive programs. We cannot change the past, however, we believe through rehabilitation and pro-social behavior we can create a more productive future.

## Justice sometimes needs a do-over

James Forman Jr.

Downloaded article

Two years ago, I wrote a book detailing how African American leaders in the District and elsewhere helped, sometimes unwittingly, to usher in the mass-incarceration era. Many black judges, mayors and legislators who served during the 1970s, ‘80s and ‘90s supported unforgiving criminal laws or imposed draconian sentences in the belief that they were advancing the public good. But now, surveying the devastation that mass incarceration has inflicted on America’s black communities, they’d like to take back some of those votes and sentencing decisions.

The prior generation of public officials doesn’t get do-overs, but the current generation can chart a different path. One way to do that is through “second look” laws, which allow judges to reduce long sentences after prisoners have served a specified period of time. The D.C. Council is considering the Second Look Amendment Act, which builds on the Incarceration Reduction Amendment Act of 2016 (IRAA). That law allows people convicted of serious crimes before they turned 18 to ask judges to review their sentences after they have served 15 years. The proposed law expands eligibility for sentence review to all those who committed crimes before age 25 and have served at least 15 years in prison.

The core idea behind this is that everybody – including people in prison grows and matures with time. Social science research shows that most people who commit violent crimes do so while they are young.

I teach in prison, and my students are living proof that people can change. My seminars are full of incarcerated men who committed violent crimes as teens or young adults. Their violence didn’t spring from nothing: Most of my students were victims, too, often at the hands of family, neighbors or people they mistakenly called friends. Despite their histories, many of my students have found ways to resurrect their lives while incarcerated. They long to atone for the harm they’ve caused and to contribute to their families and communities.

Of course, some people in prison remain a threat. That’s why D.C.’s Second Look Amendment Act would not give judges carte blanche to shorten every sentence that comes before them. Instead, the law instructs them to consider a long list of factors, including evidence of maturity and rehabilitation, medical and mental health reports, prison disciplinary records, victim impact statements and the views of the U.S. attorney’s office.

The Second Look Amendment Act offers a promising corrective to the harsh (and ineffective) practices once commonplace in courthouses across America. But while the law has the support of the majority of the city’s elected officials, the *unelected* U.S. attorney is leading a campaign to scuttle it. [Emphasis added]

I’m not surprised by this opposition. Beginning with the Reagan administration, the U.S. attorney’s office has reliably supported laws that would send more D.C. residents to prison. In the 1990’s, for example, the U.S. attorney pushed for harsher marijuana laws and pretext-stop policing, a tactic targeting black drivers for traffic stops to search their carrs for evidence of more serious offenses. Most notoriously, when the D.C. Council considered eliminating racially discriminatory mandatory minimums for drug offenses, the U.S. attorney fought to keep those laws.

But I am disappointed by the office’s willingness to mislead the public in making its case. Consider one of its central criticisms of IRAA and the Second Look Amendment Act: It says that the laws eliminate a judge’s ability to consider the nature of the crime when deciding whether to reduce a sentence. In fact, the laws do nothing of the kind. Though change to IRAA this year removed “the nature and circumstances of the offense” from a list of factors that judges must consider, noghing in the law prevents judges from engaging in such consideration, and several provisions still in force effectively require them to do just that.

Don’t take my word for it. The U.S. attorney’s office has made this very point in court.

Last, month, when prosecutors opposed a sentence reduction in the case of United States v. Momolu Stewart, the U.S. attorney’s office told the judge that he must consider the defendant’s crime because it is “essential context for evaluating other factors that remain relevant under the IRAA.”

It appears that the U.S. attorney’s office wants to have it both ways. In court, prosecutors tell judges that they are logically bound to consider the crime, while in the press and community meetings, they frighten voters by telling them that the law doesn’t allow that.

The Second Look Amendment Act gives the D.C. Council a chance to restore a measure of fairness to a criminal system often lacking it. Standing up to the U.S. attorney’s office may not be easy, but the D.C. Council did so when it rejected that office’s scare tactics and eliminated mandatory minimums for drug offenses in the 1990s. That decision now is universally admired. If the council is willing to embrace reason over fearmongering again, I am confident the Second Look Amendment Act will be recognized as another proud accomplishment. ✕

If you, your friends, or family are experiencing difficulty with the Telmate system,  
the official Telmate Customer Service Number is: 866-516-0115

## Kurt Evans is cooking to end mass incarceration

Author Unknown

The chef behind the successful End Mass Incarceration dinners in Philadelphia makes his debut in New York City with the nonprofit, Drive Change.

The trip between Brooklyn and Philadelphia, some 100 miles by bus, car, or train, can be hard on commuters, but Kurt Evans is bouncy, his enthusiastic Philly lilt on display as he talks about his “life Work:” cooking to bring awareness to mass incarceration. Evans is the chef behind the successful End Mass Incarceration dinner series in Philadelphia, a multi’ course meal where families impacted by mass incarceration, law makers, law enforcement officials, and curious diners have conversations about prison reform over his seasonal dishes.

“The EMI dinners came about as a way to bring awareness to mass incarceration because people didn’t now it was an issue and didn’t know race was a factor,” says Evans.

This Month, he will become the new culinary director of Drive Change, an organization started in 2013 in New York City, offering eight-month culinary arts fellowships to formerly incarcerated youth via pop-up lunches in Brooklyn and a roaming food truck. He recently spent the day with his new team members at Drive Change, where he discussed how his grandmother’s intuitive, loving approach to cooking helped shape techniques he would later use in professional kitchens. Evans remembers watching her make fried chicken; she began by adding sage, thyme, and rosemary to the fryer oil as it heated, the herbs’ flavors leaching into the oil, which would be imparted to the chicken as it fried. Today he uses those same herbs, but in a different way. “The herbs would burn in the oil, so I add them to the marinade,” he says. ✕

## Lifers Insight Group

### Preparing men for their parole hearings

Hey guys I’m David Peel and I’m the Lifers Insight Group Coordinator. It is a position that I’ve held for almost a year. Our club President Robert Kelley appointed me. I replaced one of our former Vice Presidents, James Anderson.

A brief history of the Lifers Insight Group: The group started about four and one half years ago after two former parole board members attended one of our club meetings; Ms. Candace Wheeler and Ms. Darcy Baker. James Anderson approached Ms. Wheeler and asked the simple question, “What can we do to help guys prepare for the parole board and rehabilitation hearings?” The group started small and as things went, more people were invited to join.

The group as it is now has been going for just about four years. We conduct mock hearings with Ms. Wheeler and members of CURE as well as members of our own group holding positions on rotation as parole board members, playing the role of a DA and as a victim advocate. We have found that this interaction between ourselves, the critiquing of your hearing by your peers has been quite beneficial. We focus on the rehabilitation hearing mostly but from time to time we have had other community members come in and speak or we have round table discussions about what the board may be doing or planning for future dates.

We have on average 23-25 members. Over the last 4 years, 5 members have been found capable of rehabilitation and/or paroled, including myself. We currently have a waiting list of about seven guys. I would say we are successful at what we are trying to accomplish and we will always have a long way to go to help everyone. As much as I would like to have everyone come through the program we are all lifers and as we all know not everyone is being paroled anytime soon and time moves slowly.

The thing to remember is that there are *NO MAGIC WORDS* to say to the board. Just gaining a connection with them and saying things that will put their minds at ease. What do I mean? If they believe that you are not a danger to yourself, then you probably will not be a danger to society. That is one of the issues that need to be identified within you. Be humble, honest, speak clearly and answer their questions truthfully. What is in your PSI/PSR is the truth, as they know it, not necessarily as how it happened. Also keep in mind that over the years the actions of the board has ebbed and flowed, back and forth. So what this board is doing does not mean that when you go and see them the same thing will happen that is happening now or even years ago. You never can tell what will happen in the future.

If you are interested in what we do please feel free to ask me any questions you like and I’ll try to answer them the best that I can. Or send a request to be placed on the waiting list

Respectfully,

*David Peel*

Lifers Insight Group Coordinator

My apologies to Mr. Peel for taking so long to get this into the newsletter. Cy.



Words from our President

Greetings!

We just has our holiday event signaling the end of the year. I hope everyone had a good time.

I want to thank everyone for their support throughout, we’ve had a good year sponsoring programs, starting new groups, fostering cooperation between the clubs and improving the quality of life with our fundraising efforts.

As 2020 will be an election year for our club, I encourage everyone to take it seriously. If you are considering running for a position on the Executive Body, reach out to the club office and learn as much about the position you want to run for as you can.

Nominations will be in June, with elections in July.

Also: feel free to start sending in your suggestions for next years Banquet. Getting an early start on this will insure that we are not making last-minute rush decisions. Your proposals and ideas are always considered.

Thank You,  
Robert Kelley

LIFERS' CLUB COFFEE

\$7.00 Coffee

➤French Vanilla

➤Blue Berry Cobbler

➤NEC Choc. Cappuccino

1Pound Bags

➤Death Wish \$25.00

➤Dutch Bros \$17.00

Folgers Premium Dark 1850

12oz \$10.00

BLACK GOLD

Please submit separate cd-28s for each Fundraiser to Lifers' #2430



•Drip Cone: \$6.00

•Coffee Filters: \$6.00

LIFERS' UNLIMITED CLUB PRESENTS

➤Maple Bacon \$18.00 3- left

➤Red Velvet \$18.00 3-left

➤Wht, Russian \$18.00 7-left

➤PB & Jelly \$18.00 5-left

➤Mustachio \$18.00 3-left

Big Train Drink Mix

•Cookies n Cream -3

•White Chocolate-4

•Orange Cream-3

•Caramel Latte-3

•Chocolate Mint-1

NO REFUNDS UNLESS TRANSFERED

\$25.00

3.5 lb Bag

This is the last of the

Bones Coffee and the Drink Mix.

Please submit separate cd-28s for each Fundraiser to Lifers' #2430

LIFERS' CLUB COFFEE

\$7.00 Coffee

➤French Vanilla

➤Blue Berry Cobbler

➤NEC Choc. Cappuccino

1Pound Bags

➤Death Wish \$25.00

➤Dutch Bros \$17.00

Folgers Premium Dark 1850

12oz \$10.00

BLACK GOLD

Please submit separate cd-28s for each Fundraiser to Lifers' #2430



•Drip Cone: \$6.00

•Coffee Filters: \$6.00

would like to hear from us.

u read the news and how you feel about it. Were you a news ws? Where do you get your news now? What media, if any, do onal experience with the media, if any? Tell me about any of

ine to co-publish a series of essays reflecting your experiences will respond to the prompt: “What do you see through the window?” This could be a window in a common space, or a remembered window from a past life.

Submissions should be sent to:

Lawrence Bartley  
156 West 56<sup>th</sup> Street, Suite 701  
New York, NY 10019

Have you heard of the Responsibility Letter Bank?

Below is information regarding sending a letter to the Responsibility Letter Bank. This is the only way many incarcerated people can express remorse for their crimes, as victims are not allowed to be contacted by their offenders. The more letters that are placed in the Letter Bank, the more victims can have a chance at closure and the more A.I.C.s can have hope for redemption. These letters can be mailed in an envelope to:

Victim Services Program  
4305 Deer Park Dr.  
Salem, OR 97310

You may also do this by sending a kyte to your institution counselor or Chaplain.

Every A.I.C. is strongly encouraged to write a letter adhering to the following guidelines and submit it as soon as possible.

Department of Corrections  
Chapter 291  
Division 205  
VICTIM SERVICES PROGRAM  
291-205-210

Participation of Inmate in Responsibility Letter Bank Program

- (1) An inmate who wishes to participate in the Responsibility Letter Bank Program must do so by submitting an inmate communication form or other written request to the Victim Services Program or by requesting to do so through their counselor or chaplain.
- (2) To Participate, inmates must acknowledge guilt, take responsibility for the crime and be willing to express those sentiments in their responsibility letter.
- (3) Sentence, reward, or status gain from participation:
  - a. An inmate’s participation in the Responsibility Letter Bank Program will not affect the inmate’s sentence or status within the correctional facility.
  - b. Part5icipation in the Responsibility Letter Bank Program will not be assigned or evaluated as part of the inmate’s Oregon Corrections Plan for purposes of the Performance Recognition and Awards System (OAR 291-077) or application of any earned time credits or extra good time credits (OAR 290-097).
  - c. Inmates will not receive any benefit because of their participation in the Responsibility Letter Bank Program other than any benefits that are inherent to their participation.
- (4) Eligibility to participate in the Responsibility Letter Bank program is at the discretion of the program and may be denied due to, but not limited to:
  - a. Misconducts involving the victim or survivor; and/or,
  - b. Current stalking order or restraining order involving the victim or survivor.
- (5) When the Victim Services Program has determined that an inmate may participate in the Responsibility Letter Bank Program, it will send the inmate a letter of acceptance, letter writing guidelines and an explanation of the process.
- (6) Inmate responsibility letters shall be initially screened by the Victim Services Program Coordinator or designee and at least one Victim Services Advisory Committee member to determine appropriateness. If the letter is determined to be unacceptable, the inmate may be provided with feedback explaining why or offering suggestions about how to write an acceptable letter. Letters shall be no more than 10 pages unless the program coordinator makes an exception.
- (7) A letter may be deemed unacceptable if, but not limited to:
  - a. The inmate fails to accept responsibility for the crime;
  - b. Offers excuses or requests forgiveness;
  - c. Contains inappropriate or sexual language or content;
  - d. Threatens harm, violence or revenge; blames the victim or anyone lse for the crime; or
  - e. Contains any other content that the Victim Services Program Coordinator or designee determines would be harmful or inconsistent with the goals of the Responsibility Letter Bank Program.
- (8) Unacceptable letters will be returned to the inmate.
- (9) The inmate may receive an explanation about why the letter was unacceptable and how to write an acceptable letter.
- (10) An inmate may withdraw their letter at any time before it has been sent to the crime victim or survivor. Upon request to withdraw, Victim Services shall return the letter to the inmate.
- (11) If an inmate wishes to write a new letter after they have withdrawn a letter, the inmate must re-apply to the Responsibility Letter Bank Program.
- (12) After a letter has been received and screened by Victim Services Programs, the responsibility letter shall be placed in a locked cabinit until the crime victim or survivor requests the letter. ✂

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# Nationwide movement to end LWOP sentences

## Crime victims who’ve lost loved ones to murder in Pennsylvania want to end life without parole.

By Elizabeth Hardison

Kimberly King woke up at 5 a.m. on a February morning in 1997 to her phone ringing. Her mother was on the other end, calling to tell her that her brother, Damani Carter, had been shot in the head in North Philadelphia.

King, who was 26 years old at the time, said she entered a state of shock. She threw up. Then she began to pray.

“When my mother said he was shot, I just knew he was gone,” King said. “My faith has never been shaken as much as it was shaken at that time.”

Damani, who was 23, spent five days in a coma before he died. Police never charged anyone with his murder.

The question of who killed her brother consumed King in the days and months after his death. But that changed with time, King said, as she came to realize that learning the identity of her Damani’s murderer wouldn’t take away the pain of loosing hem.

“The only thing that could remedy that pain was bringing my brother back,” King said. “And that’s not reality. I couldn’t bring him back. So I had to find a way to heal.”

King’s reversal—from a crime victim seeking retribution to a merciful one—may sound extreme, but she says that another loss, one that rocked her family years earlier, tempered her thirst for revenge.

As king’s family mourned Damani, another brother, Terrell Carter, sat in a cell at a state prison in Montgomery County. He’d been there since 1990, and was convicted of a second-degree murder—a charge that carries a mandatory sentence of life without parole in Pennsylvania.

“I could not ask for forgiveness for Terrell and turn around and not be willing to give it to the individual that took Damani’s life,” King Reasoned.

Watching one brother serve a life sentence, King said, is a different, distance loss from losing another one to gun violence; but both events inform her work as a victim advocate.

King is one of many people in Pennsylvania who considers herself a “dual victim”—someone who’s lost a loved one to violent time, and who also has a loved one serving life in prison.

King is far from alone: Sandra Hill, a Philadelphia grandmother of 10 also considers herself a dual victim. So does Lorraine Haw, whose brother was killed by gunfire and whose only son, Philip, is serving a life sentence with no possibility of parole.

These Pennsylvanians are pushing the state to reform sentencing practices to give lifers a chance to get out of prison—a move that faces staunch opposition from the Office of the Victim Advocate, Pennsylvania’s official victim advocacy agency.

### ‘The epicenters of violence’

King, Hill and Haw all belong to the Coalition to Abolish Death by Incarceration, a Philadelphia-based advocacy group. CADBI organizers estimate that scores of crime victims across the state also have loved ones serving long sentences in prison.

That phenomenon is due to the simple fact, they say, that the areas hardest hit by violence are also the most heavily incarcerated.

“Philadelphia, Pittsburg, Chester—these are the epicenters of violence,” said Robert “Saleem” Holbrook, a coalition member who was sentenced to live in prison as a juvenile, and who was released on parole in 2017, after the U.S. Supreme Court ruled his sentence and hundreds of others unconstitutional.

“But you know what they are too? They are the epicenters of mass incarceration. You can’t separate these two issues.”

Pennsylvania legally recognizes crime victims and provides them services through the Office of the Victim Advocate, Jennifer Storm, who heads that office, pointed out that “dual victim” isn’t a legally recognized classification.

“You can’t be a ‘dual victim,” Storm said. “By law, you’re not a victim if a family member has been an offender...[but] if you are a homicide survivor, meaning you are a family member of somebody who was murdered, then you’re a victim and you have the ability to register with our office.”

That’s true under state statute, but people like King who have experienced the criminal justice system as both a victim of violent crime and as a witness to a loved one’s incarceration, say they’ve felt firsthand the competing pulls of vengeance and mercy.

They say that perspective will be critical as Pennsylvania continues its quest to cut prison populations.

It’s been nearly a decade since a bipartisan coalition of lawmakers and advocacy groups decided that America’s strategy of mass incarceration had failed. In Pennsylvania, lawmakers began scrutinizing the state’s criminal justice system, from its sentencing practices to its parole guidelines.

That movement has already generated some landmark policy reforms. Pennsylvania’s Clean Slate Law, which took effect earlier this year, made thousands of non-violent criminal charges eligible for automatic sealing. One advocate called it a “completely revolutionary law” that’s unprecedented in American history.

The state Senate approved a package of bills this spring designed to reduce prison populations by improving probation, parole, and diversionary sentencing programs. Reformers have high hopes that they can secure sweeping changes to the state’s probation system this legislative session.

To date, the successful reforms in Pennsylvania have benefited non-violent offenders. But advocates like those at the

Continued on page 5

# A Health Tid-Bit

## Bromide In The Bread

Submitted by J.R Oslund

Producers of potassium iodide had no idea that after the earthquake that rocked Japanese nuclear reactors they would financially benefit from the catastrophe. Fear of radiation fallout coming to the west coast of the United States led thousands to buy our available supplies of potassium iodide pills. The theory is that ensuring a sufficient amount of iodide in the body will limit the absorption of radioactive iodine. One company, who sold 10,000 boxes of pills in one day, stated that, “Those who don’t get it are crying.”

Iodine is about as ubiquitous in the American diet as March sunshine in western Oregon! We don’t typically consume enough iodine-rich foods. American soil is lacking in iodine and, therefore, in our food supply. Controversy surrounds the how-much-iodine-do-we-need subject, but some health practitioners say that the vast majority of the American population is deficient in iodine. The average American takes in 170-250 mcg/day (micrograms are 1/100th of a milligram) of iodine. We lose up to 146 mcg of iodine in sweat with only moderate exercise. Our iodine intake at least meets the U.S. Recommended Daily Allowance (RDA) of 150 mcg. Consuming 2mg per day is generally considered safe for healthy adults. In stark contrast, however, “60 million mainland Japanese consume a daily average of 13.8 mcg. of elemental iodine” (that’s 13,800 mcg), “and they are one of the healthiest nations based on overall well-being and cancer statistics. Japanese women do not stop consuming iodine-rich foods during pregnancy.... Either the Japanese are mutants capable of surviving on toxic levels of iodine or we have been grossly deceived,” writes Guy E. Abraham M.D. he obviously believes that the human body needs more iodine than the RDA.

In addition to this, the potential low iodine intake is exacerbated by exposure to environmental toxins. Iodine has competition lurking around every corner. The elements fluoride, chlorine, and bromine compete by binding to iodine receptors. In rats, enhanced bromide intake resulted in one-third of the iodine in the rats’ thyroids being replaced by bromide. The greater the exposure to bromine, in particular, the more it displaces iodine and, some say, the sicker people are.

Bromide is highly toxic and yet it is astounding to see where it lurks. It is used to bleach white flour, to prevent rancidity and deter insect infestation. Soft drinks like Mountain Dew and Fresca, energy drinks and orange Gatorade all contain brominated vegetable oil (BVO). Bromide is in agricultural fumigants, insecticides and pesticides. Residue is found on various foods. It is found in gasoline, hot tub cleansers, certain asthma inhalers, prescription drugs, plastic products, some fabric dyes, furniture, medications, fabric softeners, carpet, personal products, fire retardants and yes, even in baby clothes.

I am sure that the producers of these various items would assure us that the levels of bromide we are exposed to in their products is negligible. Tell that to our thyroid cells. Tell that to all of our body cells for that matter. This ever-present additive doesn’t just come and go. It parks itself in iodine’s cellular parking space and, because it is fat-soluble, can build up in fat cells. Consider the story of a man “whose diet included three or four liters of BVO’d soda every day. In a month, he was in the ER with confusion, headaches, tremors, memory loss, and fatigue. By the time he was correctly diagnosed two months later, he couldn’t walk and was pretty much down for the count. Luckily, the diagnosis of bromism and six hours of hemodialysis brought him around.” Unfortunately, his is not an isolated case. More moderate soda drinking has resulted in elevated bromine and symptoms of diminished cognitive function.

Apparently, psychiatric literature used to abound with cases of elevated bromide levels being implicated n mental conditions from depression to schizophrenia. Ever heard of Bromo-Seltzer? It was used in the 1920’s to cure headaches and hangovers. The resulting buildup of bromide caused paranoia and schizophrenia. Doctors labeled this “Bromominia.” The New England Journal of Medicine reported that from 1920 to 1960, 20% of the people admitted into psychiatric hospitals had acute paranoid psychosis (Bromominia) because of Bromo-Seltzer. In 1964, the FDA was concerned so Bromo-Seltzer left the market. But that same year, another form of bromine hit the market. Brominated vegetable oil was used to evenly disperse citrus flavor in a sugar water concoction and was called Mountain Dew.

Some physicians and researchers testify to a broad range of symptoms of bromide dominance. Jorge Flechas, M.D., has observed that drinking beverages with bromide cause low thyroid function in some of his patients. Thyroid disease, including hypothyroidism and thyroid cancer, has been associated with elevated bromide levels. Researcher and author, A.F. Malenchenko, found iodine levels to be significantly lower in thyroid cancer and bromine levels “50 times higher in thyroid cancer than normal thyroid tissue.”

Breast tissue used iodine as much as the thyroid and can therefore concentrate bromine. David Brownstein, M.D. has found his patients with breast cancer consistently have iodine deficiency and elevated bromine levels. Dr. Flechas’ research has shown that replacement therapy can reduce risk of breast cancer and elevated serum bromide levels was put on a iodine supplementation program for six weeks. Serum bromide decreased 10-fold and a 3-fold increase in the saliva/serum iodine ratio was experienced. The reason for this decrease is that iodine supplementation at certain levels can then give appropriate recommendations and treatment.

At one time iodine was used in baking bread. But it was replaced with potassium bromate. In 1990, Britain banned the use of bromate in bread. Canada banned it in 1994. Brazil outlawed its use in flour in 2000. In America, the FDA has urged bread makers to stop using it. Japanese researchers have labeled potassium bromate a complete carcinogen.

Why is there still bromate in our bread? In the aftermath of Japan’s horrific disaster, where exposure to radiation and toxic substances has increased, it is easy to ask the question why did this happen? To both questions we can answer, it is because our world is a mess. ☹

## Awaken The Giant Within The Key To Achieving Goals

Adapted from Awaken the Giant Within, by Anthony Robbins

I believe that life is constantly testing us for our level of commitment, and life’s greatest rewards are reserved for those who demonstrate a never-ending commitment to act until they achieve. This level of resolve can move mountains, but it must be constant and consistent. As simplistic as this may sound, it is still the common denominator separating those who live their dreams from those who live in regret.

I’m a student of those who have learned to take the invisible and make it visible. That’s why I respect poets, writers, actors, and entrepreneurs—people who take an idea and bring it to life. One of the people I believe is an outstanding role model of creativity and ever-expanding personal growth and success is Peter Guber, the chairman of the board and CEO of Sony Pictures Entertainment Inc. (formerly known as Columbia Pictures). At the age of 48 Peter has become one of the most powerful and respected men in the motion picture industry. He and his partner, Jon Peters, have racked up a combined total of over 52 Academy Award nominations. His work includes films from *Midnight Express* to *Missing*, from *Rain Man* to *Batman*. In 1989 their joint company, Guber-Peters Entertainment Company, was purchased by Sony for over 200 million in order to get the duo to take charge of the Columbia Pictures empire. How does someone at such a young age achieve such impact in an incredibly competitive industry? The answer is through vision and absolute, never-ending persistence.

One day I had the privilege of receiving a phone call from him and finding out that he was a great fan of my Personal Power audiotape program. Each morning as he worked out, he listened to my tapes so that as he got his body in shape he could simultaneously get his mind in shape! He wanted to thank me because he’d never made a purchase like this before from television, and certainly never listened to tapes such as these. As a result of this conversation, I got a chance to meet Peter and develop a friendship with him.

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I have found that one key ingredient of his incredible success is his ability never to let go once he locks on to a goal. Back in 1979, he and Jon Peters had bought the rights to produce *Batman*, but it wasn’t until 1988 that they could begin production. Along the way, virtually everybody tried to kill the film. Studio executives said there was no market for it and that the only people who would see it were kids and comic book nuts (who became inflamed when Michael Keaton was selected to play the powerhouse role of Batman). In spite of continuous disappointment, frustration, and considerable risk, the team of Guber and Peters made *Batman* one of the biggest blockbusters of all time, netting the highest opening-weekend revenues of any film ever released. Proceeds from the film and all ancillary products are estimated to have produced over \$1 billion!

Another example of Guber’s persistence was making the film *Rain Man*. This film should never even have survived. At various stages of its completion, the script was handled by five writers, and three directors walked off the project, including Steven Spielberg. Some of them wanted Peter Guber to change the script by adding some action, some murders, or at least some sex. They argued that no one would ever watch a film that featured nothing but two guys sitting in a car and traveling across the country, especially when one was “retarded.”

But Peter understands the power of emotion; he consistently chooses to produce movies that move the human spirit. He knows what touches people’s souls, and he refused to budge, telling everyone that this was a film about a relationship, that this story of two brothers getting to know each other was all the action the film needed, and that *Rain Man* would in fact win an Oscar. The best minds tried to convince him otherwise, including Spielberg, but he would not relent. Sure enough, the 1988 film went on to garner four Academy Awards, including Best Picture, Best Actor, Best Director, and Best Screenplay. Persistence pays. Guber believes that with every new film you’re starting over, that in Hollywood you’re only as good as your last film. Doesn’t this create a lot of fear? You Bet! But he says he uses his fear and the stress of the environment not to paralyze, but rather to *propel himself forward*.

Too often people never even begin to pursue a goal out of their fear that they’ll fail. Or worse, they stat pursuing a goal out of their fear that they’ll fail. Or worse, they start pursuing a goal, then give up too soon. They may have been on track to achieve what they want, but they fail to maintain the patience of the stonecutter. Because they’re not getting immediate feedback, they give up far too soon. If there’s any one skill that I’ve seen in champions—people who have really achieved their highest desires—it’s an unbelievable level of persistence. They’ll *change their approach* as necessary, but they won’t abandon their ultimate vision. ✕

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Sentencing Project, a D.C.-based research organization, point out that such offenders make up less than half of prison populations nationally. Reducing sentences or creating diversionary programs for non-violent offenders alone won’t cure America’s epidemic of mass incarceration.

“We’re never going to see a massive reduction in our prison populations until we start looking at sentencing reform for everyone,” said Celest Trusty, a Pennsylvania lobbyist for FAMM, a national sentencing reform organization. “We have to look at people who have offended violently and see that they too, can change.”

A good place to start, Trusty said, is with inmates who were sentenced to life in prison without the possibility of parole.

### No. 2 in life without parole

Pennsylvania is the sixth-most populous state in the country, but it’s second only to Florida for the rate at which it doles out life without parole sentences, according to the Sentencing Project. It’s one of only four states where more than 10 percent of prisoners have no chance of ever leaving.

“There are nearly the same number of people serving life sentences in Pennsylvania today as the entire state prison population back in 1980,” Ashley Nellis, a senior research analyst at the Sentencing Project wrote in the Philadelphia Inquirer earlier this year. “This growth poses a major obstacle to ending mass incarceration, and it is counterproductive to public safety.”

One reason Pennsylvania’s population of lifers has remained so stubbornly high, Nellis argues, is because the sentence is mandatory in all first- and second-degree murder cases. And under state statute, a defendant can be found guilty of second-degree murder if he was an accomplice in a crime.

Many states have abolished mandatory minimum sentences as lawmakers try to give more discretion to judges. Pennsylvania tossed its own mandatory minimums for drug offenses in 2015, after the state Supreme Court ruled them unconstitutional.

For decades, the commonwealth was also the world’s leading jailer of juvenile offenders sentenced to life in prison. The state has resented and released *hundreds* [emphasis added] of them, including Holbrook, in the wake of the Supreme Court ruling that found their sentences unconstitutional.

Now, Trusty and other reformers think it’s time to re-examine the role of mandatory minimums in more serious cases.

They say bills like one sponsored by Sen. Sharif Street, D-Philadelphia, which would create automatic parole eligibility for some people found guilty of murder charges, could bring about much-needed change in Pennsylvania’s prisons.

It would allow for the release of aging inmates, who are the most expensive to care for and the least likely to re-offend, Trusty said. Street’s bill would also give a second look to women convicted of murdering abusive husbands and inmates serving life sentences for their involvement in murders they didn’t personally commit.

### But not everyone agrees.

The Office of the Victim Advocate sent surveys to more than 800 registered victims this year to hear their thoughts on parole eligibility for second-degree murderers. Less than half responded, but the vast majority said they didn’t support the reform, Storm said.

“[They] came back saying they absolutely, strongly oppose any form of parole eligibility,” Storm said. “Our office is in this position where we have to reflect the overwhelming majority of survivors that we provide services to. And they have overwhelmingly asked us to oppose this legislation.”

Storm also disagrees with the belief, held by Trusty and others that Pennsylvania needs to reexamine its sentences for violent offenders.

“I don’t think we’re there yet, and I don’t think we should be there yet,” Storm said. “We have not yet instituted the necessary reforms on non-violent offenses, nor have we studied them properly, for us to start moving into violent offenses.”

Storm said that every crime carries a cost to a family, and that any reform in the criminal justice system will affect victims as much as it will people in prison. It’s a point she also raised before the Senate Judiciary Committee in June during a two-day hearing on probation reform.

“We cannot have conversations about change, reform, diversion, reentry, release, and so on, without appreciating and analyzing how this will shift the scales for crime victims,” Storm said in a prepared testimony. “[Rehabilitation, redemption, restoration, and restitution]...are all vitally important concepts in or justice system, and they have a rightful place. So does retribution. However, it has become a word that we seem to feel uncomfortable saying, as though it has no defensible place in our system.”

Crime victims like Haw know how it feels to want retribution. Thirty years ago, after Haw’s brother, Peter, was killed in a Philadelphia housing project, she wanted his murderer to pay with his life.

“When you’re raw with emotions, forgiveness is the last thing you have in your heart,” said Haw. “Vengeance is what comes at you.”

That changed after Haw saw her son, Philip, sentenced to life in prison for his role in a murder. In the 25 years since, she says she’s watched him accept accountability for his crime. That’s convinced her that long sentences have diminishing returns, and it’s part of the reason she’s fighting to get her brother’s killer off of death row.

Her son’s case also convinced her of the need for individualized sentencing. Haw struggled with drug addiction for most of her son’s life, she says, and only got clean after Philip was in prison.

“There’s a stigma that lifers are savages or animals, that they’re in prison because they deserve it,” Haw said. “My son never had a chance because I was an addict.”

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King says her brother, Terrell, was fighting addiction when he participated in the murder that led to his incarceration. Attorneys who reviewed the case after his conviction said he should have been charged with third-degree murder, which doesn't carry a mandatory life sentence. But the appeal would be too hard to fight, King said, so her family has put their hope in a commutation application that's two years in the making.

"Our system has failed in having a one-size-fits-all sentencing model," King said. "I know my brother's background story, but there's a background story for everyone."

King recently visited her brother in the Montgomery County prison where he's being held. He's served 27 years there—turning 30, 40, and recently 50 years old behind bars.

King brought along her two sons. In a visiting room, her 11-year-old turned to her, eyes wide, and asked if some of the men in prison uniforms were murderers.

King told him that some of them were. And then she told him what she's learned from decades of loss, healing and advocacy.

"Nobody should be careless with life," King said. "Not the people who take a life, and not those who are granted authority to punish them."x

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