

Lifers' Unlimited Club  
Executive Body

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

## Proposal Updates

Proposal	Status
Coffee Bar In Visit Room	Approved
Food Truck	Pending
Evening Visits	Denied
Holiday Packages	Denied
Gaming Consoles	Pending

# Lifers' Seasonal Blends

StarBucks Peppermint Mocha. 11oz

StarBucks Holiday Blend. 10oz

StarBucks Pumpkin Spice 11oz

StarBucks Golden S'mores Blonde 12oz

Cameron's Toasted Southern Pecan 11oz

Dunkin' Donuts White Choc. Peppermint Mocha 11oz

\$10.00 per Bag Available NOW

### Announcements/Upcoming Events

2019 Meeting Dates  
December 12<sup>th</sup> Christmas Party

«Name»

«Cell»

## Lifers' Club Presents

Tuff-Enuff Long Rain Coats  
\$14.50 ea



Available in XS thru 3XL, the one in the photo is 2X  
48in Long CLEAR .20 mm PVC 100 % WATER PROOF  
Please submit separate cd-28s for each Fundraiser.  
NO REFUNDS UNLESS TRANSFERED

Write selection on back of CD-28, and Submit to Lifers #2430

# Lifers' Unlimited Club Newsletter



## Oregon State Penitentiary

Chartered 1968  
Volume 52 Issue 9

Bill Marion, Staff Advisor  
[bill.f.marion@doc.state.or.us](mailto:bill.f.marion@doc.state.or.us)  
PH: 503-378-2289

Oct./Nov. 2019

### Return of the Treasurer

Gentlemen,

It is good to be back as Treasurer and clerk in the Lifers' office. It was a humbling experience; to be stuck in limbo for such an extended period is nerve-racking to say the least. For the record, I was cleared of any wrongdoing (thankfully being trusting and stupid is not a crime) and have been fully restored to my job and my elected responsibilities. Thanks, to the kind words, endless support during this drug out process.

While I was away, Cyrus filled in as acting Treasurer, and Jeff volunteered as clerk. These two guys did a hell of a job keeping things together, so a big Thanks to them both. Not to mention the whole executive team and their support.

Bill.

### Inside This Issue

A Health Tidbit	9
Finding Life After Prison	4
Leadership Notes	7
Lifers Mind The Gap	11
Meeting Minutes 11/14/19	6
New Death Penalty Cases Fail	1
Proposal Updates	12
Public Op. Swayed by Entertainment	5

### New death penalty cases fail to meet higher bar

#### Execution issue casts shadow over Oregon

Conrad Wilson and Dirk Vanderhart/OPB/Statesman Journal

For a state that hasn't seen an execution in more than two decades, the death penalty has cast an enormous shadow in Oregon this year.

Now, the potential for any future executions has become much more limited, even in pending cases that were eligible for the death penalty when they were charged, an analysis by OPB has found.

A new Law that restricts the state's only capital crime took effect Sept. 29. Prosecutors, victims, lawmakers and an army of advocacy groups had already traded barbs on the issue for months. The debate was so fraught that Gov. Kate Brown nearly called lawmakers in for a special legislative session before deciding against it.

Especially controversial are decades-old death penalty cases – at least two inmates formerly sentenced to die are no longer eligible under the change to state law. But those cases represent a sliver of the impact Oregon's shifting approach to the death penalty will have. The greatest outcome, sweeping and immediate, will be felt in the everyday charging decisions made by prosecutors across the state.

As the new rules took effect Sunday, at least 43 open cases included one or more charges of aggravated murder, the state's only death-eligible crime. Under the now narrower definition of the law, though, OPB found just one of those cases appears certain to proceed as an aggravated murder charge. Up to five additional defendants have cases that potentially still qualify.

The remaining aggravated murder charges will likely be downgraded to first-degree murder, a new crime under Oregon law that carries a maximum sentence of life in prison without parole.

"The vast majority of cases will not meet that definition of aggravated murder," Washington County District Attorney Kevin Barton said, echoing prosecutors around the state who have fought the changes. "It's possible a few might, but I'm talking a few

Continued on page 2

## 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.



Continued from page 1  
statewide.”

For those who oppose the death penalty, that’s the very point of the narrowed law. They view the immediate reduction in death penalty cases, and their decreased use in subsequent years, as a long-needed correction.

“Oregon had a significantly expansive view of what constituted aggravated murder,” said Carl Macpherson, executive director of Metropolitan Public Defender, the state’s largest public defense firm. “The narrowing of the law was fantastic and, I think, was appropriate.”

**Changed Approach**

The steep reduction in potential death penalty cases is the result of Senate Bill 1013, which passed the Legislature this year almost solely on the strength of Democratic support.

Oregon has a fickle history with the death penalty, but it’s been enshrined in the state constitution since 1984. It can only be removed through a public vote. SB 1013 was a way for lawmakers to drastically reduce instances in which a death sentence is even an option.

To do that, the bill strictly narrowed a wide array of potential factors. SB 1013 ensures it can only be used in a small subset of murders. Those include premeditated murders of children under 14 years old or murders of law enforcement officers, terrorist attacks that kill at least two people, and prison killings carried out by someone who’d previously been convicted of murder.

The practical impact of the law on Oregon executions is negligible, for now. The state’s last two governors have halted executions in the state, a policy that has been in place since 2011. Yet that political environment has not stopped prosecutors from seeking the death sentence.

To get a sense of how SB 1013’s changes would impact Oregon’s criminal justice system, OPB compiled data for all open aggravated murder cases awaiting trial, then compared the facts of the alleged crimes against the law’s new definition. District attorneys in 11 of the 16 counties with such cases also offered some insight into how they believe SB 1013 had impacted them. Prosecutors in Multnomah, Lincoln and Tillamook counties declined to comment, while officials in Linn and Douglas counties didn’t respond to inquiries.

The cases OPB found span a wide array of narratives, from prison-yard stabbings, to drug deals or romantic entanglements gone awry, to alleged serial killings. They reveal the latitude prosecutors used to have in wielding aggravated murder charges, sometimes saddling the same defendant with multiple counts of Oregon’s most severe charge for a single killing.

Now – in at least 86% of cases OPB analyzed – the charge is no longer an option.

In Washington County, seven open aggravated murder cases will no longer be eligible for the death penalty, Barton confirmed. Executions are also “off the table” in three Lane County cases, District Attorney Patty Perlow said.

In Multnomah County, as many as nine murder cases could be downgraded from aggravated murder. Though neither a spokesperson nor District Attorney Rod Underhill would discuss specifics, that list potentially includes the case of Jeremy Christian, the alleged white supremacist accused of carrying out a 2017 triple stabbing on a Portland light-rail train that left two men dead.

Homer Lee Jackson, an alleged serial killer accused of sexually assaulting and murdering four Portland women in the 1980’s and ‘90’s, also appears ineligible for the death sentence.

In Malheur County, prosecutors had planned to seek the death penalty against a defendant named Anthony Montwheeler, but the man’s alleged fatal stabbing of his ex-wife doesn’t qualify, according to District Attorney David Goldthorpe.

The list also includes two men who’ve previously been sentenced to death, but who have been granted new trials. The defendants, David Lee Cox and Martin Johnson, are no longer eligible for execution under the new definitions.

Even one case that appears to fit snugly within the new definition of aggravated murder is off limits, a prosecutor said. Marion county defendant Craig Bjork was convicted of a quadruple murder that included his two young sons decades ago in Minnesota. He subsequently killed an inmate in that state.

Bjork was eventually transferred, and wound up in the Oregon State Penitentiary. He is now accused of killing a fellow inmate there in 2013.

The details of Bjork’s history – a twice-convicted murderer now accused of killing a fellow inmate – appear to match up well with Oregon’s revised aggravated murder law. But Marion County Deputy District Attorney Katie Suber said that’s not the case, and that the county is dropping its bid to have Bjork sentenced to death. The reason: Suber said the precise language of the crimes of which Bjork’s lawyers know our analysis is correct.”

In Clackamas County, District Attorney John Foote also has an open aggravated murder case that will move forward as a murder charge, no longer eligible for the death penalty. He argues the focus on changing the law has ignored crime victims.

“We have a double murder here where the family has been dealing with that,” Foote said. “And now they find out that the Legislature changed the law in their case, in the middle of their case. ... They don’t understand why someone would do that to them.”

In other cases, it’s less clear how prosecutors will proceed.

Continued on page 3

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

## Lifers Mind The Gap

### James Keown

One of the challenges of the push by many states to focus on reducing recidivism is that lifers can find it difficult to engage in traditional rehabilitative programs. Many states are reducing their prison budgets which forces prison officials to evaluate how best to use their limited resources. Priorities and policies regularly dictate that those closest to completing their sentences should be moved to the front of the line for programming, while those serving life are often relegated to the back of the line.

In Massachusetts, at MCI-Norfolk, the Lifers’ Group Inc. is helping close the programming gap by developing educational programming that specifically targets the prison’s lifer population. Since 2014, the Lifer’s Group has offered informal classes called Education Discussion Groups (EDGs). Each EDG focuses on a single topic such as financial literacy and is facilitated by a member of the Lifers’ Group.

Over the past five years, EDGs have grown markedly. In the early days, the group did not have a formal space to present classes, so EDG sessions were conducted after the Lifers’ Group general membership meetings twice a month. Classes quickly filled up. A year later, administrators provided the group with a space to hold two additional classes each month, which allowed the Lifer’s Group to add a writing class as well as one on the Bill of Rights. Then, in 2017, after seeing the success of EDGs, the Norfolk School department partnered with the Lifers’ Group to expand the program.

This semester, the Lifers’ Group opened an EDG classroom in the school dedicated to providing educational programming for lifers. The new space has allowed the group to broaden its offerings. Lifers now have the opportunity to take classes on physics, investing, chess trigonometry and calculus, the Massachusetts Declaration of Rights, Spanish and creative writing. Each EDG is developed and facilitated by a lifer or a team of lifers. The men write their own curriculum, design class materials, and deliver lectures. The model has proved to be popular, so much so that many classes now have waiting lists. What makes EDG’s success all the more remarkable is that unlike the prison’s traditional educational programs, EDGs offer no credit or earned good time. The students participate simply because they want to learn.

The Lifers’ Group Inc. is currently planning the Spring 2020 semester. The group hopes to add new Education Discussion Groups to its menu and recruit volunteer professors to teach additional classes. The Lifers’ Group also intends to create a tutor/facilitator academy that will help lifers evolve from students into facilitators. The group hopes to inspire lifers to use the transformative power of education to reach more people in the Norfolk prison community – lifers and non-lifers alike. The Lifers’ Group also believes that academy participants will create the next generation of EDG programming. ✕

*James Keown, a journalist in his former life, is serving an LWOP sentence at MCI-Norfolk and can be reached at P.O. Box 43, Norfolk, MA 02056. James serves as a Vice-Chairman of the Norfolk Lifers’ Group Inc.*

# LIFERS' CLUB PRESENTS

## Clear PVC Backpack

Clear sling bag is compact, However big enough to carry your most important things in large zip compartments, external pockets and water bottle holder.

Style and Color May Vary based on Availability

**NO REFUNDS UNLESS TRANSFERED**

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



\$23.00



# LIFERS' CLUB PRESENTS: BHU FUNDRAISER

## DaVinci Flavored Syrup



25oz Plastic Bottle

- > **Classic Raspberry**
- > **Red Velvet Cake**
- > **Banana Flavor**
- > **Classic Mango**
- > **Classic Chocolate**

**We are changing flavors soon, send your kytes with suggestions.**

**\$10.00 Per Bottle**

**NO REFUNDS UNLESS TRANSFERED**

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

# LIFERS' CLUB PRESENTS

**Frontier Deluxe Veggie Mix**

- 1 Pound Bulk Bag
- All-Natural, Kosher
- Non-Irradiated
- No Additives
- No Preservatives
- Certified Gluten Free
- Rated 4 out of 5 Stars



**\$18.00**

**Approximately 5 lb of fresh Vegetables per bag!**

(Carrots, onions, potatoes, peas, tomatoes, celery, peppers, green beans)

**NO REFUNDS UNLESS TRANSFERED**

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

Continued from page 2

"I'm still deciding how to address the matter in this case," Deschutes County District Attorney John Hummel wrote in an email regarding the case of Tashina Jordan, who allegedly shot and killed her 7-year old disabled son last year.

In the sole instance where a prosecutor signaled he will likely move forward with an aggravated murder case, Malheur County's Goldthorpe said he believes the law still applies to a convicted murderer named James DeFrank, who is accused of killing another inmate at Eastern Oregon's Snake River Correctional Institution in 2011.

"My evaluation up to this point (so not a permanent determination) leads me to believe that the new statute ...does still allow [the death penalty] to be sought in Mr. DeFrank's case," Goldthorpe wrote in an email to OPB.

## A Sick Charade

The State's prosecutors have often said SB 1013 has injected unwarranted confusion into the state's criminal justice system. Perlow, the Lane county District Attorney went so far as to suggest that the bill's backers welcomed "chaos."

But death penalty opponents say the new arrangement makes more sense than the system Oregon has worked within for decades.

They point out that death penalty cases often require more resources, as defense attorneys scramble to minutely investigate not only their clients' alleged crimes, but their lives. Salient details about a history of abuse suffered by a defendant, for instance, could be key in convincing jurors they don't deserve death.

"It is extremely time consuming, extremely long and very expensive," Macpherson said. When Metropolitan Public Defender fields a death penalty case, he said, each defense team includes two attorneys, a mitigation specialist, a fact investigator and legal assistants.

But in the majority of aggravated murder cases, prosecutors don't seek death. Death penalty opponents said that has led to a waste of resources in many aggravated murder cases.

"It's like a sick charade that we put on that defense attorneys, prosecutors and all the other system stakeholders are going through," said Bobbin Singh, executive director of the Oregon Justice Resource Center. "I think 1013 mitigates the impact of the ineffectiveness of that charade. It makes that charade a little bit smaller."

Lewis and Clark College law professor Aliza Kaplan has extensively studied the costs of capital punishment in Oregon and believes the death penalty should be eliminated in the state. "SB 1013 is a step in the right direction," she said.

"To me, it's moving cases along faster and resolving them, and it's getting to the very same result that we've always gotten: that very few people end up with the death penalty in Oregon," Kaplan said.

The debate between these two viewpoints was seemingly decided on Sept. 29, when the bill went into effect without any changes. But the outcome might have been far different.

The state's prosecutors were key voices calling on Brown and legislative leaders to convene a special session to tweak the bill, which they say extended to more cases than they initially realized. Prosecutors wanted the special session to change the law so nearly all 43 aggravated murder cases OPB analyzed would still potentially qualify for the death penalty.

That opinion had backing from Brown, and Sen. Floyd Prozanski, D-Eugene, one of SB 1013's key authors. The tweak prosecutors had in mind appeared amenable to many Republican lawmakers, too.

But a special session didn't materialize. Brown announced Sept. 18 that not enough votes had emerged. Ultimately, the proposed changes could not muster enough support it seemed among House Democrats, who'd achieved their goal: drastically limiting the death penalty. ✕

## A quick hello from our new Facilitator

**Stephen Weavill**

My name is Stephen, but most call me by my last name, which is Weavill...

When Rob Kelley asked me why I wanted to be the new Facilitator, I quoted the great American Forest Gump and screamed, "to do whatever you say, sir!!" as if I was in boot camp. But alas, he merely raised an eyebrow and replied, "Make sure to wear pants and keep it professional then." I can never get that guy to laugh! Let's facilitate that; the first guy to get Rob Kelley to laugh out loud gets my cookies at the next club meeting! Ha ha!

Anyhow, on a less serious note, I'd like to point out an observation I've had about the men of this club. We all have one thing in common over the other clubs: TIME. I just found out a lifer I've been in here with for 20 years is a great artist. That got me thinking. I bet a lot of us have hidden skills or are great at something in here... I'd like to brag us up, so if you can tell me who and what, I want to put examples in here of lifer's using their time to create positive vibrations. Whether it's school, basketball, chess... we got some serious AWESOMENESS! Once I find out if you guys are good with this, I'll write more! Oh, and I gotta see if Rob Kelley's eyebrow goes up or down when I tell him!

Be well my friends.



**This man is nicer than he looks!**



Finding Life After Prison
By Mikhaila Bishop

After 18 years of wrongful imprisonment, Danté Farmer is free to create his future. Without any physical barriers, the Portland native is finding personal success working as Blanchet House’s assistant cook, an expert gang witness and a minister. When released from prison, his attorneys thought Blanchet House would be a good transition to become acclimated to city life again. He says living and working at Blanchet House provides a lot of necessary structure to reach his goals.

“I know there was a lot of concern, for a person imprisoned at a young age and then released as an adult, not knowing how they were going to transition their mindset,” Farmer says. “For me, it was less difficult because my mindset wasn’t in a prison mentality.”

“I’m using the experiences of everything that I went through for the positive now,” he continues. “I’m taking responsibility and ownership for how I was in the past. It’s easy to see how a person can bump his head along the way.”

Growing up in North Portland Crip territory there were many places to “bump his head,” according to Danté. He grew up on the streets, moving in and out of group homes. He describes a personal dispute between himself and a grade-school rival as a key factor in getting involved with gangs, a choice which altered his life permanently.

When Danté was 18, he was sentenced to 25 to life for a crime he didn’t commit. It took 18 years to get the conviction reversed, and his release issued.

In 2017, a member of Kate Brown’s general counsel attended a prison event to speak about clemency. A coworker in attendance then connected Danté to Lewis and Clark’s law school’s Criminal Reform Clinic, organized by Professor Aliza Kaplan. The clinic hadn’t started yet; his letter was the first they received. The team signed on, and when the decision was unanimously reversed, they went for a new trial. The case ultimately went to the state Supreme Court. After spending his entire adult life in Oregon State Penitentiary, he was released two months ago.

“You can definitely get discouraged, especially when going through the legal process. You need drive and determination to weave your way through it. That was always my focus. I never got comfortable [in prison]. I was content to make the best out of a difficult situation, but I was never comfortable with doing time, and I was going to come up out of there one way or another.”

In those 18 years of incarceration, Dante learned how to advocate from himself.

“I always worked in the kitchen, I always had a strong work ethic,” he says, “The ministry came later, but my faith kept me occupied as well. I also spent my time fighting my own case, I did my own research.”

Dante describes reading Stanley Tookie Williams’ III autobiography, Blue Rage, Black Redemption, as a turning point: he realized his purpose in life was to work with gang outreach.

“I knew the life,” he says. “I want to reach out to others using my particular experience in any way that I can.” Last year, he graduated from the Urban Ministry Institute seminary program. Now, he’s currently building a career as a legal consultant and expert witness in gang-related cases.

Shortly after this interview, Dante will be leaving Blanchet House to live with his family. He secured a part-time position as a pastor at a local church. His short stay at Blanchet House gave him a transition into the world outside of prison as an adult.

“Getting out, I wanted to come into my own, but I know if I need help, I don’t have to hesitate to ask for it,” he says. “My experiences provide me with a strong backbone, to fend for myself.” ✕

LIFERS' CLUB COFFEE

- \$7.00 Coffee
- French Vanilla
- Blue Berry Cobbler
- NEC Choc. Cappuccino

1Pound Bags

- Death Wish \$25.00
- Dutch Bros \$17.00



Drip Cone: \$6.00

Coffee Filters: \$6.00

PRICE INCREASE ON FILTERS

\$10.00 Coffee

- Kauai Coconut Car. Crunch
- SB Morning Joe DARK
- SB Pike Place Med. Roast
- SB Colombia
- NEC Toasted Hazelnut
- Archer S’mores Light Roast
- SB Espresso
- SB Sumatra Dark 12oz
- SB Caramel 12oz
- SB Verona Dark (DECAF)

NO REFUNDS UNLESS TRANSFERED

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

A Health Tid-Bit
Too Hot

Submitted by J.R Oslund

This article was gleaned from Rise Rafferty who wrote it for a publication I once received from an Adventist organization.

“James had requested hash browns for supper. Only our daughter Kierra knows how to make them just the way he likes them. She had warmed up the cast iron skillet, done her thing with the oil and potatoes, and put a glass lid that was a bit large on top. Leaving the potatoes to cook, she came into my office. Suddenly, there was a loud explosion. Venturing into the kitchen, we saw zillions of pieces of glass everywhere. The glass lid had literally exploded. Chunks and shards of glass were strewn on the stove, counter and floor. While I don’t know the physics of why that took place, one thing is for sure, things had gotten too hot.” Which leads us into this month’s article.

As most anyone who knows me knows I love to cook and as such I am constantly keeping myself apprised of the latest technologies in cooking equipment and the latest pots and pans and the like. And I recently learned some health concerns regarding non-stick cookware.

When things get too hot in the kitchen watch out! When exposed to high temperatures, non-stick pans can release 15 toxic gasses and chemicals, including two carcinogens. Microwave food in microwave packaging can lead to very high temperatures. For example, pizzas heated on their paperboard and metallized covering can reach 500 degrees. At these high temperatures, components from the packaging can migrate into the food.

In our haste to make meals, we can all too often forget how cooking temperatures impact not only cookware but also the food itself. The amount of nutrients lost in cooking ranges from 25-75%. “In particular, processes that expose foods to high levels of heat, light and/or oxygen cause the greatest nutrient loss.”

Cooking temperatures can also impact and, at times, produce chemicals in the foods themselves. When meat is exposed to direct flame or cooked under high temperatures, the protein in meat reacts with the creatine and produces carcinogenic heterocyclic amines (HCAs). The higher the temperature, the more this compound is produced. One study said that HCAs tripled when the cooking temperature was increased from 392 degrees to 482 degrees Fahrenheit. A typical gas grill easily reaches 500 degrees Fahrenheit. Frying, boiling and barbecuing produce the largest amounts of HCAs. It doesn’t matter if its chicken, beef, pork or fish. In some studies, grilled chicken formed higher concentrations of these cancer-causing substances than other types of cooked meat.

A well-done piece of meat contains more than 10 times the concentrations of HCAs than rare meat prepared by the same method. “It is well known that foods cooked at high temperatures inflict massive damage to the genes. Women who eat very well cooked hamburgers have a 50% greater risk of breast cancer than women who eat rare or medium hamburgers. A nested, case-control study among 41836 cohort members of the Iowa Woman’s Health Study found that women who consistently consumed well-cooked beefsteak, hamburgers, and bacon had a 4.62-fold increased risk of breast cancer.... Heterocyclic amines have been linked to prostate, breast, colorectal, esophageal, lung, liver and other cancers. While health-conscious people try to avoid foods that are known carcinogens, even grilled salmon contains a potent dose of gene-mutating heterocyclic amines.”

Colon cancer seems to be particularly associated with increased consumption of HCAs. “A recent case-control study at the University of Utah that included 952 subjects with rectal cancer and 1205 controls found that men and women with the highest consumption of processed or well-cooked meat had an increased risk of rectal cancer.”

Another case-control study found that “not only was red meat intake positively associated with colon cancer risk, but also pan-frying was the riskiest way to prepare meat due to high HCA formations... [H]igh frying temperature was found to increase colon cancer risk almost twofold, and rectal cancer risk by 60%.”

A study conducted by the Cancer Research Center of Hawaii showed that steaks that were marinated overnight in a garlic and turmeric mixture had 50% fewer HCAs when cooked for 15 minutes. Other protein foods, such as eggs, tofu and milk have little to no HCAs when cooked.

There is nothing quite like the smell, or the cancer causing potential, of a good barbecue. Burgers grilled over an open fire are an excellent source of polycyclic aromatic hydrocarbons (PAHs). When meat is grilled or broiled over a direct flame and fat drops onto the fire, PAHs are produced. These PAHs rise with the smoke and adhere to the surface of food; the more intense the heat, the more PAHs. PAHs are widely believed to play a significant role in stomach, colorectal, pancreatic and breast cancer risk.

Well at least you still have French Fries and drink left from your Happy Meal, right? Not if you don’t want to eat acrylamide. Acrylamide is produced when potatoes are fried or baked at high temperatures, as in French fries and potato chips. But potatoes are not the only starch that develops acrylamide when fried or baked at high temperatures. We can’t forget how donuts are made! They, too, pack a substantial acrylamide punch.

But is acrylamide dangerous? Acrylamide is a white, odorless substance that was first discovered by Swedish scientists in 2002. The researchers found that the levels of acrylamide in potato chips and French fries are often hundreds of times higher than the maximum level considered safe in drinking water. This initially caused alarm.

To determine whether a substance is a carcinogen, the American Cancer Society basses their conclusions on evidence from laboratory, animal and human research studies conducted by certain agencies. The International Agency for Ressearch on Cancer is part of the World Health Organization. Based on the data from lab animals, this agency classifies acrylamide as a “probable human carcinogen.” The National Toxicology Program, which comprises the National Institutes of Health, the Centers for Disease Control and Prevention, and the Food and Drug Administration (FDA), has classified acrylamide as “reasonably anticipated to be a human carcinogen” based on the studies in lab animals.

The key words “probable” and “reasonably anticipated” reveal that while acrylamide has been found to cause cancer in animals it has not been proven to cause cancer in humans. The American Cancer Society, the FDA and many other organizations have recognized the need for further research on this topic. In the meantime, many health-minded doctors and health professionals see acrylamide as something to avoid. We must remember that they never advised us to eat French fries, potato chips or donuts anyway.

Reducing HCAs, PAHs and acrylamide in the diet can be as simple as turning the heat down. Nature has revealed to us that when a substance is placed in an extreme environment, unhealthy changes take place.... Happy Eating! ✕

# LIFERS' BONES COFFEE

- Maple Bacon 12oz \$18.00 3- left
- Red Velvet 12oz \$18.00 3-left
- White Russian 12oz \$18.00 9-left
- PB & Jelly 12oz \$18.00 5-left
- Bananas Foster 12oz \$18.00 1-left
- Mustachio 12oz \$18.00 3-left

This is the last of the Bones Coffee, We are looking at other options and you should see them soon.

**NO REFUNDS UNLESS TRANSFERED**

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

# LIFERS' UNLIMITED CLUB



- Cookies n Cream
- Cotton Candy
- White Chocolate
- Orange Cream
- Caramel Latte
- Chocolate Mint

3.5 Lb Bag

\$25.00

**PRE-ORDER ONLY**

This is a stand alone drink mix. Add it to water and ice for a smoothie type drink. You can also add it to your coffee, milk, or ice cream to blow your mind.

**NO REFUNDS UNLESS TRANSFERED**

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

## Public opinion on wrongful convictions swayed by entertainment series, study finds

By Jon Niccum

LAWRENCE—Americans are hooked on the Netflix series “When They See Us,” which reconstructs the true story of five Harlem teens falsely accused of a brutal crime.

But a new study suggests entertainment programs about cases of wrongful conviction actually change public opinion more effectively than facts or statistics.

That’s the finding of Kevin Mullinix, assistant professor of political science at the University of Kansas. His article (co-written with Robert Norris) titled “Framing Innocence: An Experimental Test of the Effects of Wrongful Convictions on Public Opinion” can be found this month in the Journal of Experimental Criminology.

“Advocacy organizations often want to know, ‘How do we persuade people to care about this issue and support policy reforms?’ Our study would suggest that if you want people to support policy change, then you probably want to communicate accurate information through narratives and stories,” Mullinix said.

Mullinix noted that according to the National Registry of Exonerations, nearly 2,500 individuals were exonerated after being found guilty of crimes they did not commit over the last 30 years. Those convicted served an average of almost nine years in prison.

“When we give people numbers about a society, they think broadly, and it impacts things like their trust in the justice system,” he said. “When we give them a narrative such as ‘When They See Us’ that elicits emotional reactions, they get concerned and actively want change.”

Mullinix, an expert in public opinion and public policy, and Norris (author of “Exonerated: A History of the Innocence Movement”) began discussing this project while both were faculty members at Appalachian State University. They were first prompted by the “Serial” podcast, the Netflix docuseries “Making a Murderer” and increasing media attention to wrongful convictions.

“Any time there is an important problem in society that’s getting media attention, I usually want to know what the effects are on people’s attitudes. Is it shifting the way they’re thinking about the justice system? Is it impacting things like their punitiveness, their willingness to support capital punishment?” Mullinix said.

His methods hinged on two national surveys in which he embedded experiments to examine how wrongful convictions affect public opinion. These compared/contrasted statistical information about such convictions with stories spotlighting individual cases. More than a thousand people were surveyed in each study.

The Topeka native explains that giving people only statistics makes them view cases as a general societal problem. But presenting a specific case narrative, which he terms an “episodic frame,” compels them to focus more on a particular individual and situation.

“It can also prompt these more emotional reactions that lead people to seek bigger policy changes. It’s on the narrative we see the bigger effect on death penalty attitudes and supporting policy reforms that mitigate a likelihood of wrongful convictions,” Mullinix said.

“It’s really easy for us to pretend that doesn’t happen or doesn’t happen with much frequency. But each one of the thousands of verified exonerations since 1989 is a story where somebody’s life was changed forever.”

One of the obstacles when working with this topic is how unaware many people are to the prevalence of innocence among prisoners (Just look at the case of the Central Park five).

“We tend to think the justice system gets it right most of the time.” He said. “It’s really easy for us to pretend that doesn’t happen or doesn’t happen with much frequency. But each one of the (thousands of) verified exonerations since 1989 is a story where somebody’s life was changed forever.”

Now that this information is out there, what kind of change is he hoping to induce?

“One of the big problems is with eyewitness testimony and eyewitness identification procedures. So you see some states and police jurisdictions making changes to that, forensic procedures and oversight, and to the way interrogations are conducted. Sometimes

there are false confessions, and even things like videotaping interrogations can help with that,” he said.

Mullinix, who earned his master’s degree at KU and doctorate at Northwestern University, has just completed his first year back at his Jayhawk alma mater. He and Norris plan to expand their research into a book project.

He said, “I hope this calls attention and provides recognition to the power of narratives to prompt concern about important problems and shape attitudes we thought were pretty entrenched.” x

Entertainment programs about cases of wrongful conviction actually change public opinion more effectively than facts or statistics.



**Lifers’ Unlimited Club Meeting Minutes**  
**For November 14, 2019**  
**Troy Ramsey, Secretary**

Outside guests in attendance:  
Roger Martin; Ruby, Dave and Jeannie Berg, Don Engle.

From Lewis and Clark Law School: Aliza Kaplan; Kathryn Skylor Losik; Jesse Hoffman; Michelle Ganow-Jones; Grace Elizabeth White.

**Subjects for speakers: Parole; SB 1013; Felony Murder**  
**Parole- (Christian)**

- Murder Review Hearings
- Parole Board changes-New members are getting added, looking at AIC programs during hearings, getting attorney’s appointed for guy’s who parole was denied
- Getting psych and collecting data on parole hearings
- Best way to put AIC in front of board
- Parole board members asking AIC to do programs but the one’s their requesting are not available
- AIC being denied parole because of personality not performance
- Future dangerous has been remove but is still being applied during hearings

**Non-Unanimous Jury- (Ms. Kaplan)**

- Oregon last State to have non-unanimous jury
- In LA used to imprison blacks at higher volume
- In OR added 1934 immigrants (Jewish) issues
- Both States used law as discrimination
- Waiting for Supreme Court ruling about February
- Not necessarily retroactive but should be retroactive
- Petition court on Post-Conviction
- File for Post-Conviction under ineffective assistance of counsel for not bringing up non-unanimous jury verdict, use State law, not Federal law
- No statute of limitation
- Lewis & Clark law students may help out in the future

**SB 1013- (Ms. Kaplan)**

- Limited Agg. Murder definition (Death Penalty eligible)
- Not retroactive for cases that are final- *meaning No more Appeals, Post-Conviction or Federal Habeas*
- Sentence or conviction reversed new law applies
- Conversation are happening around getting Lifer’s out at some point Looking towards 2021, for legislative action

**Felony Murder Review- (Ms. Kaplan)**

- In prison for murder when offender didn’t actually commit the murder
- Looking at all data around felony murder statute to show legislative
- CA & several other States have passed laws to prohibit
- Show cases by telling stories of impact-No other country uses this law
- Questionnaire will be coming out to all of those sentenced under this law
- Need more data to argue case OR doesn’t record data for reference

**FYI-**

For those of you that want to join the lawsuit here is the info:  
The Oppressed State Prisoners

vs.  
TELEMATE, LLC, et al.  
Case# 19 cv 37075-Marion Cty. Cir. Ct. Or. App. Ct.  
If Governor uses her power and grant one clemency for Life Without parole-Lewis & Clark said they will take up every Life Without parole case. Let’s keep our fingers crossed!!!!

**Leadership Notes**  
**Part 3: Make Up Your Mind!**

It sounds so simple, but one of the most common problems people who want to be leaders face is that they can’t make up their mind about things. If you decide today that you are going to take your organization in a particular direction, that decision sets things in motion. The people who are following you will begin to adapt whatever it is that they do to align with your decision. But if you change your mind in a week and decide to go the opposite direction, you place everyone in the position of having to reorient their efforts again. Then if you decide on yet another option after another week, you are going to have some people who are grumbling about how they just wish you would make up your mind!

So what causes indecision, and how do you get past it?  
Indecision may be caused by not having enough information to sway your opinion one way or another. Worrying too much about keeping everyone happy can also lead to indecision. It is very rare that your decisions will be unanimously agreed with or appreciated. A leader must be willing to accept the fact that some of their people will not like their latest decision. You can please some of the people all of the time, and all of the people some of the time, but you can never please all of the people all of the time. Maybe *nobody* likes your decision. The fact that your decision is unpopular does not mean you should change it. If you truly believe it is the right thing to do, then stick to your guns.

Indecision can also be brought on by insecurity. If you are unsure of yourself or your ability to choose right, you may waffle. Stop it. Make a decision and go. If it turns out to be wrong, call your people together and own it. Then do something different.

The process of making decisions is usually not as complicated as we make it out to be. Here is a simple process for decision-making:

1. Do some research to find out as much as you can about it the possible choices you can make
2. Seek advice from experienced people who’s opinions you value
3. Speculate on the outcome of the various choices in front of you
4. Listen to your “gut”. What does your gut tell you?

From those things you should be able to have some sense of the direction you should take. If all of this does not make your path clear, maybe you should wait a while. If a decision must be made right away then pick one and go with it. Whatever you do, don’t waffle.

Indecision will undermine your position of leadership. It makes you look like you don’t know what you are doing, and it will erode the confidence other people have in you. ✕

Indecision will undermine your position of leadership. It makes you look like you don’t know what you are doing, and it will erode the confidence other people have in you.

**Lifers’ Unlimited Club Fundraiser Specials:**  
**This month’s snack fundraiser features Andes Chocolate Mint Cookies with chunks of Andes chocolate mints @ \$3 per dozen... Mmm!**

**Also our holiday coffee selections are in.**  
**We have White Chocolate Peppermint, Pumpkin Spice, Peppermint Mocha and Holiday Blend.**