

Lifers' Unlimited Club

Newsletter

Oregon State Penitentiary

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Volume 52, Issue 7

Edited by Robert P. Langley

September 2020

As your club,
 please know that
 we look to serve
 you, its members.
 Therefore, we in-
 vite your feedback
 on how we can
 best do so. Thank
 you.

If you would like to see an
 update regarding a bill,
 legal issue or anything that
 relates to us lifers, please
 kyte: Robert P. Langley
 Lifers' Club Clerk.

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Message from the President of the Lifers' Club

As most of you know, with the loss of his
 Level 3, Bill Knepper is unable to retain the
 position of Treasurer for the Lifers' Club.
 We have a lot of projects going on and our
 bookkeeping is piling up... As a result, a spe-
 cial election will be held as soon as it can be
 arranged.

As nominees for Treasurer we have:

- (1) Justin Link
- (2) Michael Kell
- (3) Shawn Freitag
- (4) Jeffery McCarty
- (5) Nestor Diaz-Miller.

Again, we will get the special election sched-
 uled as fast as we can. As you're aware, staff
 are reluctant to have large gatherings on the
 Activities Floor. Therefore, we'll need to
 come up with an alternative plan and we'll
 let you know what it is as soon as we know.

Nominees if you would like, you can submit
 a statement to the Lifers' Club to go out to its
 voting membership.

Regarding the Treasure's duties the Lifers'
 Unlimited Club Constitution provides:

"d. Treasurer— The Treasurer is the Chief
 Financial Board Member of the club. He is
 entrusted and tasked with the treasury and
 bookkeeping of the club. Only with the per-
 mission of the President or Vice President
 can he withdraw funds from the club's ac-
 count. He shall be prepared to present his
 bookkeeping records if asked to do so."

The Treasurer will need to spend time in the
 office (i.e., processing CD-28s, filling out
 order forms, tracking account information,
 etc.), be proficient with a computer and have
 excel skills.

Robert Kelley
 President
 Lifers' Unlimited Club



Soul Box Project



Please note this month's newsletter
 contains an insert seeking the Lifers'
 Unlimited Club's assistance in raising
 awareness of the United States gun
 fire epidemic through the *Soul Box*
Project (Art revealing the gunfire epi-
 demic).

If you or someone you know would
 like to contribute to this worth while
 project. Please send a kite to the Lifers'

Club Clerk and you will be provided with
 a sheet of colored paper to make a Soul
 Box. Afterwards, you can turn your com-
 pleted box into the Lifer's Club Clerk and
 he'll make sure that it gets delivered to
 the people at the *Soul Box Project*.

Thank you in advance for your help with
 this project—it's appreciated. (RPL).

What is Mindfulness?

By Michelle Fay Cortez

The term mindfulness was coined in 1881 by British scholar Thomas William Rhys Davids based on his understanding of the Buddhist concept of attention, one of seven qualities of mind necessary for enlightenment. The advent of the modern movement is generally credited to molecular biologist Jon Kabat-Zinn, who in 1979 established a program at the University of Massachusetts called Mindfulness-Based Stress Reduction involving weekly group meetings and daily practice over eight weeks. Today, UMass and other institutions offer variations, including adaptations for the workplace. The most common mindfulness practice is a form of meditation in which the practitioner sits in a comfortable position and focuses on breathing and the present moment. A variation, called body-scan meditation, involves directing the attention to points on and inside the body and observing the sensations there. In addition to yoga, mindfulness activities include tai chi – practiced by millions of people in China, often in groups that meet in parks – and the related qigong, both of which focus on slow, deliberate movements. Although the science is at an early stage, MRIs have shown that practitioners exhibit structural changes in the brain. An analysis of 47 high-quality studies found evidence that mindfulness can reduce psycho-

logical stress in just eight weeks, leading to less anxiety, depression and chronic pain. Other studies suggest it improves job performance by enabling workers to remain attentive longer, improve the quality of their communications and recover faster from interruptions and negative emotions.

As an aside, if anyone is interested see:

Prison Yoga Project
P.O. Box 415
Bollinas, California 94924

Write to ask them for a free copy of the book, *Yoga: A Path for Healing and Recovery*. (RPL).

* ~ * ~ Digital Disinformation ~ * ~ *

By Shelly Banjo

The kind of disinformation now known as fake news has tainted public discourse for centuries, even millennia. But it's been amplified in our digital age as a weapon of fearmongers, mob-baiters and election-meddlers that can widen social fissures, undermine democracies and bolster authoritarian regimes.

What's disinformation? It's often defined as false content spread with the specific intent to deceive, mislead or manipulate. (That's different from misinformation, which is spread without knowing it is not true.) Disinformation can take the form of news stories that look legitimate, tweets, Facebook or Instagram posts, advertisements and edited recordings distributed on social media or by messaging app.

How does it work? A blatant falsehood might spring up on something that resembles a legitimate news website and go

viral when it's tweeted by someone with lots of followers or turned into a "trending" YouTube video. The most sophisticated operations employ trolls, bots and artificial intelligence to flood the zone with social media posts to make a fake or doctored story appear authentic and consequential.

What's the harm? If the global reach of social media were being used merely to spread messages of peace and harmony – or just to make money – maybe there wouldn't be any. But the purposes are often darker. In what's known as state-sponsored trolling, for instance, governments create digital hate mobs to smear critical activists or journalists, suppress dissent, undermine political opponents and control public opinion. (RPL).

SUICIDE PREVENTION

The Lifers' Club has been given some fliers by the American Foundation for Suicide Prevention entitled *Have An Honest Conversation*. If you or anyone you know is interested in receiving one - please send a kite to the Lifers' Club and a copy will be sent to you. (RPL).

DOC Policy 40.2.11 Notice "This institution houses deaf and hearing impaired-inmates" For questions or additional information, contact:

- (1) Institution ADA Coordinator, Brent Erikson, 2605 State Street, Salem, OR 97310; and/or
- (2) Statewide ADA Coordinator, Marica Ventura, 2575 Center Street NE, Salem, Oregon, 97301.

LIFERS' UNLIMITED CLUB CONTINUOUS...

Sale of Tooth Brushes: \$12.00

Replacement Heads: 2pk for \$11.00

NO REFUNDS UNLESS TRANSFERED



Tuff-Enuff Long Rain Coats
**Approved at all
Oregon Prisons**



\$14.50

Available in XL thru 2XL ONLY! the one in the photo is 2X
48in Long CLEAR .20 mm PVC 100 % WATER PROOF

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



BRAIN TEASER



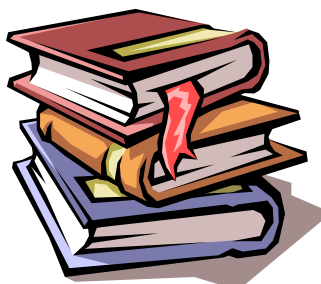
A man is on a game show. He is presented with two doors, one on the left, and one on the right. Behind one is 2 millions dollars, and behind the other is a donkey. Choose the correct door to win the prize. There are also two men in front of the doors, and they know which door leads to the millions. One wears a black hat, the other wears a white hat. The host explains that one man is a liar, and will always lie, and the other man will always tell the truth—but you don't know which is which. You can only ask one of the men one question. What is the question, and which man do you ask to ensure you win the money? (Answer on p. 12).

Criminal Court Reopening and Public Health in the COVID-19 Era

Resource: If any Lifers' Club member is interested in reviewing the June 2, 2020, NACDL Statement of Principles and Report adopted by the NACDL Executive Committee "Criminal Court Reopening and Public Health in the COVID-19 Era" (addressing a criminal defendant's constitutional rights during the COVID-19 era), please send a kite to the Lifers' Club Clerk and it will be made available to you. Stay vigilant. (RPL).

University of Oregon Book Donation

The University of Oregon's *Prison Education Program* has informed the Lifers' Club that: "[W]e have a large selection of donated books, some of which would be relevant and of interest to your club." Our contact went on to explain: "We have books and textbooks on a range of topics that I would love to get into the hands of folks who might be interested—psychology, business, commu-



nication, math, literature, poetry, science, social critique, etc."

Given the LIMITED space in the Activities Department, we'd like to know the topics of books you'd most be interested in reading? Once we compile a list of your favorite topics, we'll forward it to our contact at the *Prison Education Program* and request those books. Please send the topics of the books that you're interested in to the Lifers' Club Clerk. (RPL).

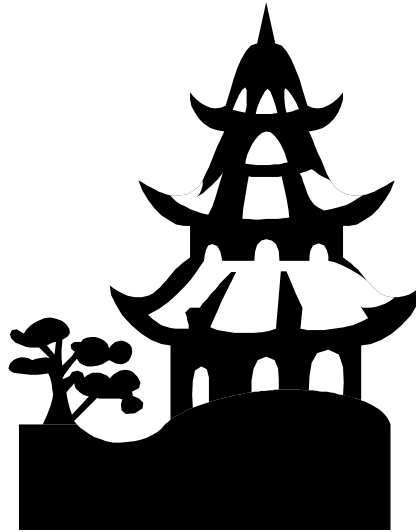
The Elements of Ethics

By W. Brad Johnson and Charles R. Ridley

Do Not Count the Cost of Integrity

In recounting the many years he was the Senior American officer imprisoned in Vietnam's infamous Hanoi Hilton prisoner of war camp, Vice Admiral James Stockdale often told this story: One American officer, to get himself out of harsh treatment, cooperated with his Vietnamese captors. While his fellow Americans held to the rules of conduct established by Admiral Stockdale, refused to cooperate with the enemy, and endured inhumane treatment, this particular officer handed over classified information, made propaganda videos for the enemy, and was rewarded with much better living conditions. Although the officer eventually suffered a crisis of consciences, ceased his cooperation, and returned to his countrymen, he never again was fully accepted by his peers. With a reputation permanently tarnished, a few years after his repatriation to the United States he took his own life.

In contrast, consider the indomitable courage of conviction of the late Rev. Dr. Martin Luther King Jr. The slain civil rights leader, always speaking with great eloquence, once spoke these words: **"I submit to you that if a man hasn't discovered something he will die for, he isn't fit to live."** Standing on his conviction, Dr. King sadly paid the ultimate price at the hands of an assassin. While his assassination is stain on the pages of this country's history, Dr. King's legacy of fighting for freedom, equality, and justice lives on forever.



Maintaining integrity is often difficult

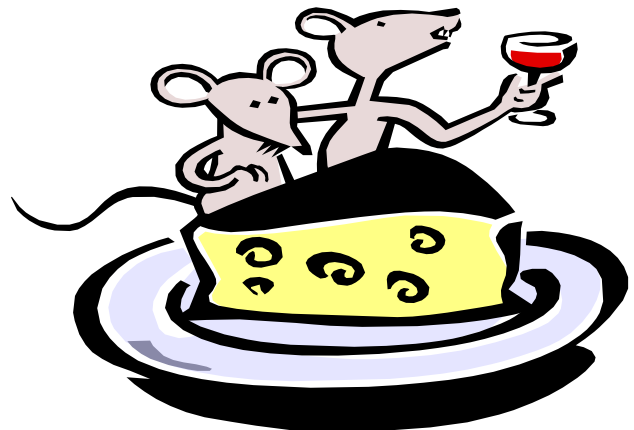
Integrity matters. Originating in the Latin word *integer*, which means something that acts as a whole, integer signifies consistency between one's moral convictions, actions, and emotions. Integrity is a characteristic of the whole of life. The hallmark of genuine integrity is a persistent commitment to do what is right, even in the face of tremendous adversity. Persisting in adherence to moral principles precisely when the going gets tough is the defining feature of integrity.

The price to be paid for integrity comes in various forms— inconvenience, self-denial, social

isolation, passive-aggressive attacks, harassment, or vicious persecution. This is what can happen to you when you tell the truth, refuse to cheat, condemn fraudulent activity, criticize mismanagement or otherwise take the ethical high road. Certainly, we are not suggesting that you should have to pay with your life, as in the case of Dr. King. The ostracized "whistle-blower" illustrates what is more likely to happen. In the short term, integrity may feel like a bad investment. Honesty, transparency, and assiduous regard for the best interests of others may mean lower profits, less personal pleasure, and more hours at work. While integrity is costly, a failure in integrity is infinitely more costly, as in the case of the officer who could not live with himself. (RPL).

When you find that you're in a hurry for no good reason just remember:

"The first mouse wins the race, but the second mouse gets the cheese!"



LIFERS' RESPONSE TO EVACUATIONS

I think everyone can agree the evacuation from Mill-Creek, Santiam and Oregon State Correctional Institution to the Oregon State Penitentiary (OSP) caused a lot of discord and disruptions within the walls. Or, as Oregon Department of Corrections spokeswoman Jennifer Black put it, the mixing of inmates from different facilities, paired with the heightened stress from current events, led to several altercations at the state penitentiary. (9/17/2020, Statesman Journal, p. 2A). So far, a lot has been made about the negative impact the evacuations has had on those living and working in OSP. However are you aware the vast majority of OSP's AICs kept their composure and worked individually and collectively to make the best out of the unexpected and, often times, chaotic events? For example, in keeping with its Mission Statement "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 Lifers' Unlimited Club donated six cases of coffee, board games, 100 decks of playing cards and personal hygiene products (in the form of toothpaste, deodorant and body wash) to our guests. Similarly, many individual lifers contributed to the well-being of our guests by providing them with books and magazines, writing materials, clean clothes and/or a place to sit and friendly

conversation in the dining room. Although the negative impact of the evacuations has garnered most of our attention, let's not forget that the majority of OSP's AICs assisted and contributed to the well-being of those who, through no fault of their own, found themselves displaced and in need of compassion. Our awareness and appreciation for the subtle acts of kindness should be what endures. So, thanks from the Lifers' Club to all of the OSP AICs who – in the face of adversity – chose to become the best version of themselves. Peace. (RPL).

PEN Writing Program for Prisoners

PEN American Center
588 Broadway, Suite 303
New York, NY 10012

This program provides incarcerated people with skilled writing mentors and audiences for their work. Write to them for a free *Handbook for Writers in Prison*. (RPL).

~ Resolve ~

"So I'll walk the plank
And I'll jump with a smile
If I'm going to go down
I'm going to do it with style
And you won't see me surrender
And you won't hear me confess
Because you left me with nothing
But I've worked with less."

Ani DiFranko

LIFERS' UNLIMITED CLUB



Smoky Midnight, Dark Roast
An intensely dark roast with a robust body and smoky finish

Rich Satin, Dark Roast
A dark roast with a bold body and rich finish

True Dusk
A dark roast with a delightful taste of complex dark coffee.

McCafe:
Premium Blend
McCafe:
Breakfast Blend

\$10.00 per 12 oz Bag



\$7.00 per 10.3 oz Container

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

LIFERS' PUNCH CARDS

The Lifers' Unlimited Club is offering a new way to purchase items from our club without the hassle of using a CD-28.

You now have the opportunity to purchase a "Punch Card" for \$25.00, \$50.00, \$75.00 and/or \$100.00. You can purchase more than one card, however, your total limit for all of your cards must not exceed \$200.00.

The benefits of using a Punch Card include the ability to make immediate purchases from the Lifers' Club without having to wait for the Business Office to process your CD-28. Moreover, on occasion the Lifers' Club will have "specialty

items" for sale at their cage. **All of the "specialty items" must be purchased with a Punch Card.**

Finally, if you haven't heard yet, the Lifers' Club intends to sell BBQed food items out on the yard on the weekends (weather permitting). **Please note that all purchases from the Lifers' "Pop-up BBQs" will be by Punch Card only.** Of course, you can still use a CD-28 to make other purchases from the Lifers' Club. However, purchasing a Punch Card will provide you with additional benefits. (RPL).

The 1996 Anti-Terrorism and Effective Death Penalty Act Works (Unfortunately)

By the Los Angeles Times Editorial Board

Texas death row inmate Ray Freney asked the federal courts last year to grant him a new sentencing trial because of the bizarre practice among some Texas judges of simply adopting language written by prosecutors as their rulings. Freney sought a new sentencing hearing on the grounds that his lawyer incompetently failed to present mitigating evidence, but the judge rejected that claim and adopted the prosecutors' findings of fact, word for word, even before his attorneys presented their arguments. The 5th Circuit Court of Appeals rejected Freney's appeal, and the U.S. Supreme Court refused to take it up. Why? Because a 1996 federal law effectively said they had to.

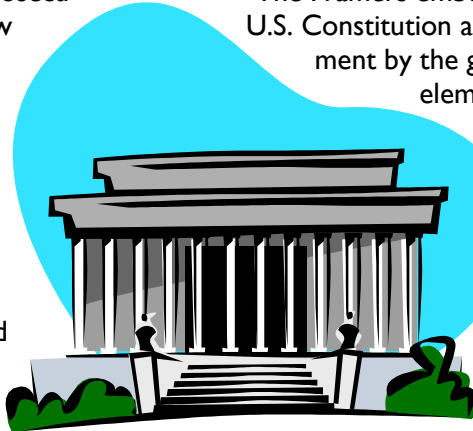
For decades, supporters of the death penalty have complained that executions are needlessly held up by time-consuming, frivolous appeals that the condemned file to delay their date with the executioner. That was one of the impulses behind the 1996 Anti-Terrorism and Effective Death Penalty Act, which limited consideration of the habeas corpus appeals that inmates can use to challenge their state convictions and sentences in federal court.

The law undermined the spirit of vital constitutional guarantees and granted unwarranted deference to state court rulings on capital cases. This should trouble us on a number of levels.

The Framers embedded habeas protections in the U.S. Constitution as a bulwark against false imprisonment by the government. It is a fundamental element of the concept of individual liberties that dates back to the Magna Carta.

Briefly, people who believe the government has unconstitutionally imprisoned them can seek redress in the courts. In the capital punishment system, habeas petitions are used primarily by the condemned to argue

that their state convictions or sentences involve constitutional violations—false evidence, perjured witnesses, prosecutorial misconduct and other acts that unfairly tipped the scales of justice against them. Not every error, of course, leads to an unfair or unjust trial. The federal courts, which get involved after state appeals have been exhausted, often distills habeas appeals into that pivotal issue: Did the constitutional violation occur, and did it lead to a denial of justice? (RPL).



Laughter Really Is The Best Medicine

A group of guys are in the locker room when a cell phone rings. One of them picks it up.

Man: "Hello."

Woman: "Honey, it's me. Are you at the club?"

Man: "Yes."

Woman: "Well, I have news. The house we wanted is back on the market. They're asking \$950,000."

Man: "Well then, go ahead and make an offer, but make it \$1.2 million so we'll be sure to get it."

Woman: "Okay. I'll see you later. I love you!"

Man: "Bye. I love you too."

The man hangs up. Then he asks, "Anyone know whose phone this is?" (Reader's Digest).



Marshall Project Newsletter

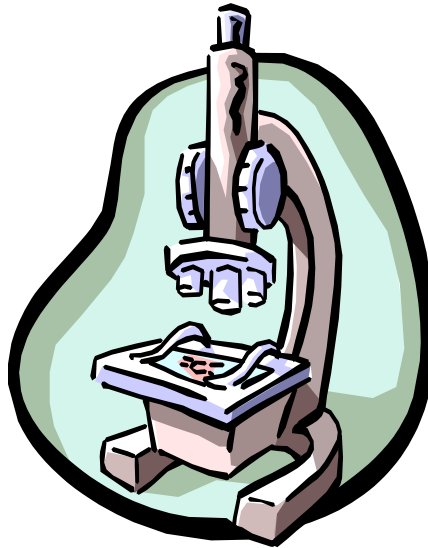
Subscribe to the free "News Inside" newsletter published by The Marshall Project specifically for incarcerated individuals. Please contact "News Inside" for your printed copy at: 156 W. 56th, Suite 701, New York City, NY 10019. For any questions you may call: 212-803-5200.

COVID-19 Information

As of mid September there were 13,393 adult inmates in custody (AIC). Of those, the Oregon Department of Corrections (ODOC) has tested 4,485 of them for COVID-19. Out of the 4,485 AICs tested, 890 came back positive for the coronavirus. (9/16/2020, Oregonian, p. A9). In other words, 19.8% of those tested were found to be positive for the coronavirus. As an aside, AIC's collective goal should be to get the ODOC's infection rate below 5%.

There have been 225 prison staff who have tested positive for COVID-19 and 196 who have recovered. (9/16/2020, Oregonian, p. A9). Similarly, the Statesman Journal reported: "So far, 904 inmates and 227 prison staff have tested positive for the coronavirus. (9/17/2020, p. 2A).

If you're interested in current ODOC-related COVID-19 infections and other stats, ODOC is still posting current COVID



-19 information on the CenturyLink video kiosks under the "DOCS" tab. This is the same type of updated information they formerly left on the phone and Telmate tablets.

If you would like some additional information you can write to:

Prison Covid
P.O. Box 48064
Burien, Washington 98148

Prison Covid provides a free monthly newsletter with updates on how COVID-19 is impacting people in prison.

Please stay safe and wear a mask when you're unable to socially dis-

tance. (RPL).

AI is now the undisputed champion of computer chess

It was a war of titans you likely never heard about. One year ago, two of the world's strongest and most radically different chess engines fought a pitched, 100 game battle to decide the future of computer chess.

On one side was Stockfish 8. This world-champion program approaches chess like dynamite handles a boulder - with sheer force, churning through 60 million potential moves per second. Of those millions of moves, Stockfish picks what it sees as the very best one - with "best" defined by a complex, hand-tuned algorithm codesigned by computer scientists and grandmasters. The algorithm values a delicate balance of factors like pawn positions and the safety of its king.

On the other side was a new program called AlphaZero, a chess engine in some ways very much weaker than Stockfish - powering through just 1/100th as many moves per second as its opponent. But AlphaZero is an entirely different machine. Instead of deducing the

"best" moves with an algorithm designed by outside experts, it learns strategy by itself through an artificial-Intelligence technique called machine learning.



programmers merely tuned it with the basic rules of chess and allowed it to play several million games against itself. As it learned, AlphaZero gradually pieced together its own strategy.

The head-to-head battle was astonishing. In 100 games, AlphaZero never lost. The AI engine won the match with dazzling sacrifices, risky moves, and a beautiful style that was completely new to the world of computer chess.

British chess grandmaster Matthew Sadler and mathematicians and chessmaster Natasha Regan are still piecing together how AlphaZero's strategy works in

their new book, *Game Changer*. We're breaking open two moves in just one of the games to show the aggressive style, what it does, and what humans can learn from our new chess champion. (RPL).

Stretching, The Truth

~ STRETCHING ANATOMY ~

By Arnold G. Nelson and Jouko Kokkonen

Good flexibility is known to bring positive benefits in the muscles and joints. It aids with injury prevention, helps to minimize muscle soreness, and improves efficiency in all physical activities. Increasing flexibility can also improve quality of life and functional independence. Good flexibility aids in the elasticity of the muscles and provides a wider range of motion in the joints. It provides ease in body movements and everyday activities. A simple daily task such as bending over and tying shoes is accomplished better with flexibility.

Unfortunately, flexibility is generally not a focus of people wanting to start a fitness program. In fact, many times it is minimally addressed or neglected altogether. While the benefits of regular cardiovascular and strength training exercise are well known, few people realize that flexible joints and regular stretching are also essential for optimum health and activity. Recently, many whole-body fitness and wellness programs, such as yoga and Pilates, which incorporate some flexibility training, have increase in popularity. While these programs may improve the flexibility of individual body segments, their emphasis is not specifically aimed at improving the range of motion of all the major joints. Yoga emphasizes balance in all areas, seeks to strengthen all muscle groups equally, creates balance between the mental and physical, and encourages moderation in everything. Yoga involves holding static poses while exploring breathing, physical feelings, and emotions. The increase in flexibility comes from holding the body in the desired poses. Pilates, on the other hand, is an exercise program that encourages the use of the mind to control the muscles. It emphasizes strengthening the postural muscles that help keep the body balanced and provide support for the spine. In contrast to traditional strength training programs that involve multiple sets and repetitions of a single exercise, a Pilates workout stress few repetitions of each exercise and emphasizes doing these movements with precise control and form. The increases in flexibility are primarily accomplished from the ballistic movements used to increase strength.

How much stretching should a person do every day? Usually, most stretching tends to be a very brief routine concentrating on the muscle groups of the lower body. The total time spent in a stretching routine hardly ever exceeds 5 minutes; people tend to stretch a particular muscle group for no more than 15 seconds. Additionally, the stretching usually occurs at the start of the exercise session. Even in sport training, stretching is given minor importance in the overall training programs. An athlete might spend just a little more time stretching than the average person. This is usually because it is part of a warm-up routine. After the

workout, however, most athletes are either too tired to do any stretching or simply do not take the time to do it. To be the most effective, however, stretching should be performed both during warm-up before a workout routine and as part of a cool-down after the workout.

For any person, whether an athlete or not, a regular stretching routine can bring some interesting benefits. Research studies on hamstring injuries have shown that those people with the lowest flexibility have the greatest chance of injury. Interestingly, the type of increased flexibility needed for reducing injury did not come from doing stretching exercises right before the activity. Rather, the increased flexibility required for fewer injuries came only from doing weeks of stretch training. Additional research has shown that regular, intense stretching for a minimum of 10 minutes will bring some major beneficial changes in the neuromuscular-tendon units. Increased strength and endurance gains have been reported as well as improved flexibility and mobility. (RPL).

LIFERS' UNLIMITED CLUB



Smoky Midnight, Dark Roast
An intensely dark roast with a robust body and smoky finish



Rich Satin, Dark Roast
A dark roast with a bold body and rich finish



True Dusk
A dark roast with a delightful taste of complex dark coffee.

McCafe:
Premium Blend
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\$10.00 per 12 oz Bag

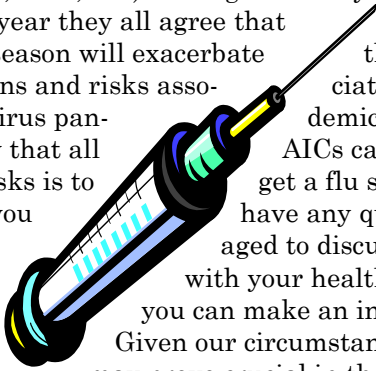


\$7.00 per 10.3 oz Container

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

Flu Season Is Approaching

Rarely, do the major news networks (CNN, MSNBC, FOX, etc.) ever agree on anything. However, this year they all agree that the approaching flu season will exacerbate the underlying conditions and risks associated with the coronavirus pandemic. Importantly, one way that all these risks is to get a flu shot. There are many questions you're encouraged to discuss getting a flu shot with your health care provider so that you can make an informed decision. Given our circumstances, your choice may prove crucial in the long run.



Additional information: According to the Centers for Disease Control (CDC), when the match between flu vaccine and circulating strains of flu virus is close, a flu vaccine is between 70 and 90 percent effective in warding off illness in healthy people under age 65. For older adults it's 30 to 70 percent effective in preventing hospitalization for flu or pneumonia.

In some cases. People who get the flu vaccine can still get the

flu, but they get a much less severe form of it. Most importantly though, they'll have a decreased risk of flu-related complications – especially, pneumonia, heart attack, stroke and death.

The CDC recommends the flu vaccine annually if you:

- Are 50 years or older
- Have a chronic medical condition such as asthma, diabetes, or heart, kidney or lung disease
- Have a weakened immune system such as from medications or HIV infection
- Are a resident of a long-term care facility (Note: OSP is considered a long-term care facility).

As an aside, if anyone is interested see:

Prison Health News
4722 Baltimore Avenue
Philadelphia, PA 19143

Write to ask them for a free subscription to their newsletter, *Prison Health News*. (RPL).

What's the "life expectancy" of a lifer?

Anyone curious about the "life expectancy" of a lifer?

One source claims: "The ACLU of Michigan reports that the average life expectancy of an inmate sentenced to life in prison is 58 years; for African Americans like Kelly the average life expectancy is 56; and for juveniles sentenced to life the average is 50 1/2 years. See ACLU of Michigan, "Michigan Life Expectancy Data for Youth Serving Natural Life Sentences," April 2003, <http://fairsentencingofyouth.org/wp-content/uploads/2010/02/Michigan-Life-Expecancy-Data-Youth-Serving-Life.pdf> (visited March 15, 2017, as were the other websites in this opinion)."). *Kelly v. Brown*, 851 F.3d 686, 688 (7th Cir. 2017).

Here's to all of OSP's lifers outliving these statistics! Clearly, the majority of us are. For example, in the Oregon Department of Correction's Report to the Oregon Legislature, HB-5201-A (2018), p. 2, they noted: "As of January 25, 2018, the Department of Corrections had

297 inmates in custody over the age of 70." And, as reported by Claire Withycombe, "According to the Oregon Corrections Department, in 2018, people 50 and older made up 21 percent of the inmate population. That compares to 12 percent in 2004." (4/20/2019, Malheur Enterprise, *Oregon prisons brace for growing population of elderly inmates*).



Given these increases, the Lifers' Unlimited Club would like to hear back from its members on this subject: How do you think the elderly are being treated at OSP? What improvements would you like seen made? If you could, what practical changes would you make? Send your replies to the Lifers' Club Clerk and let's continue this conversation. (RPL).

Pro-Social Behavior

The Oregon Department of Correction's Oregon Accountability Model, Staff-inmate interactions provides: "A key part of the OAM recognizes that staff interactions with inmates help shape positive behavior. The department encourages staff to influence inmates' behavior, acknowledge positive change, and provide incentives to engage in pro-social behavior." (emphasis added).

Similarly, the Lifers' Unlimited Club's Mission Statement provides, in part: "[W]e believe through rehabilitation and pro-social behavior we can create a more productive future." (emphasis added)

Needless to say, there are going to be times when the OSP's staff and lifers' interactions will be less than ideal. However, on these occasions we (staff and lifers) have to remind ourselves that our goals are congruous. (RPL).

Fan Accessory Delays

The Lifers Club would like to extend an apology to all of its members who have been affected by the delay in receiving their fan accessories. This is not how we like to do business. Unfortunately, and through no fault of our own, the Lifers' Club order has been held up by our vendor. Please know that we understand your frustration and we thank you for being patient. (RPL).



General Topic Resources

National Prisoner Resource Directory

Prison Activist Resource Center
P.O. Box 70447
Oakland, California 94612

Free 26-page national resource guide for people in prison. It contains contact information for other organizations that can provide free books and information on finding legal help, publications and more.

Partnership For Safety & Justice

825 NE 20th Avenue, Suite 250
Portland, Oregon 97232

Partnership For Safety & Justice advocates for reforms in the Oregon criminal justice system, including supporting more treatment options, alternatives to mandatory minimums and prison, and many other efforts to make public safety more effective and just. Write for prisoner support packets, a transitional directory, fact sheets on prisoner rights, and their newsletter, *Justice Matters*, all free to Oregon prisoners.

PEN Writing Program for Prisoners

PEN American Center
588 Broadway, Suite 303
New York, NY 10012

Provides incarcerated people with skilled writing mentors and audiences for their work. Write to them for a free *Handbook for Writers in Prison*.

Critical Resistance Portland

P.O. Box 11055
14 NE Killingsworth Street
Portland, Oregon 97211

Critical Resistance is a national grassroots organization that works to build an international movement to end mass incarceration in the United States. Through chapters all over the United States, they develop and carry out organizing projects and campaigns covering a wide variety of topics that work towards their goal of dismantling the "prison industrial complex (PIC)." If you're interested, they will provide you with a free subscription to *The Abolitionist*, a newspaper published by *Critical Resistance* 3-4 times a year. (RPL).

Chess Puzzle

Are you bored?
Tired of those pesky little late counts?
Why not exercise your mind?
Here's a quick little Chess Challenge. See if you can figure it out. As it states, it's black's move and mates in three.
Have FUN - Good Luck!

Thanks, to the OSP Chess League for the puzzle. If anyone is interested in joining the Chess League send a kite to Randy Woodfield, Coordinator and/or Reyes Miranda Coordinator/Arbiter. (RPL).

While Supplies Last on the Veggie Mix

LIFERS' UNLIMITED CLUB

Frontier Deluxe Veggie Mix

1 Pound Bulk Bag

All-Natural, Kosher **\$18.00**

No Additives

No Preservatives

Certified Gluten Free

Rated 4 out of 5 Stars

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

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

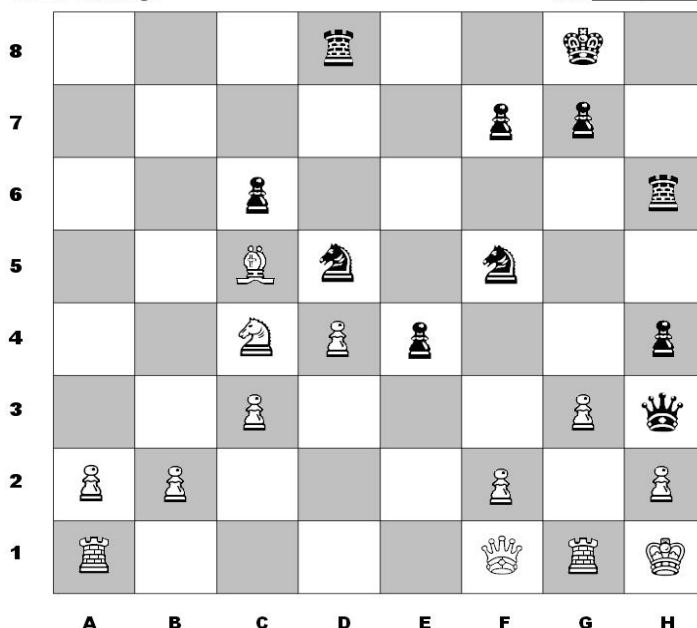
- 9 Flavor S.S Liquid Creamers Salted Caramel, French Vanilla, Italian Sweet Creme, Original, Cafe Mocha, Cinnamon Vanilla Creme, Vanilla, Caramel, Irish Creme, Hazelnut
- No refrigeration needed



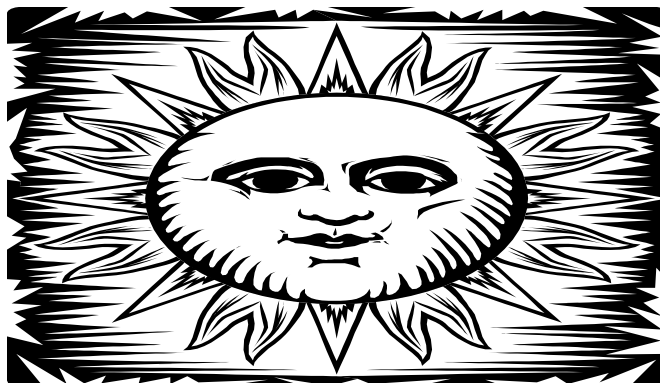
180 prepackaged cups: \$34.00

#2430...NO REFUNDS UNLESS TRANSFERRED

Puzzle Challenge

No. 1

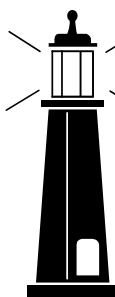
Black to move – and mates in 3



Message From The Lifers' Unlimited Club Clerk

In last month's newsletter, I asked the following questions: 1. In your opinion, how do you think we can make the newsletter better? 2. How do you think we can use the newsletter to better serve our membership? 3. What changes would you like to see made to the newsletter?

Since then I haven't received a single response to my inquiry (not even from my Lifers' Club friends)... So, this past week I met with Tonya Gushard (OSP's Information Officer) to discuss our newsletter and gain some insight on how I could provide our membership with the information that's important to



Share your thoughts and ideas about our newsletter

them. Mrs. Gushard suggested that I needed to first "establish the newsletter's purpose." Then, afterwards, I could dedicate my time to fulfilling its "purpose." Therefore, in addition to getting your feedback on the above questions, I would also like to know (from your perspective) what is the "purpose" of the Lifers' Unlimited Club Newsletter? Again, my only goal is to find ways for the Lifers' Newsletter to better serve its membership.

Please send your response to this inquiry to the Lifers' Club Clerk. Or, if you see me around please feel free to share your thoughts and ideas directly with me. Thank you. (RPL).

NEWSLETTER

Oregon State Penitentiary
Activities Section
2605 State Street
Salem, OR 97310-0505

Did you know?

15,000 steps is the number of steps people should walk daily to keep their hearts healthy, according to a study of 111 middle-aged Scottish postal service workers in the *International Journal of Obesity*.

LUC 2020 Calendar

Unfortunately, all events are closed until social distancing restrictions are lifted. The Lifers' Club will do our best to keep everyone advised as events and/or circumstances develop. Thank you for your patients.

Brain Teaser Answer, from p. 3: You ask either man the following question: "If I asked the other guy which door has the money, what would you say?", then choose the opposite door.

WE ALL HAVE UNLIMITED POTENTIAL

Lifers' Unlimited Club Executive Body

President:	Robert Kelley
Vice President:	Martin Wendt
Secretary:	Juan Solis
Treasurer:	Open
Facilitator:	Stephen Weavill

«**L_NAME**», «**F_NAME**»
«**SID**»
«**Cell**»

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.