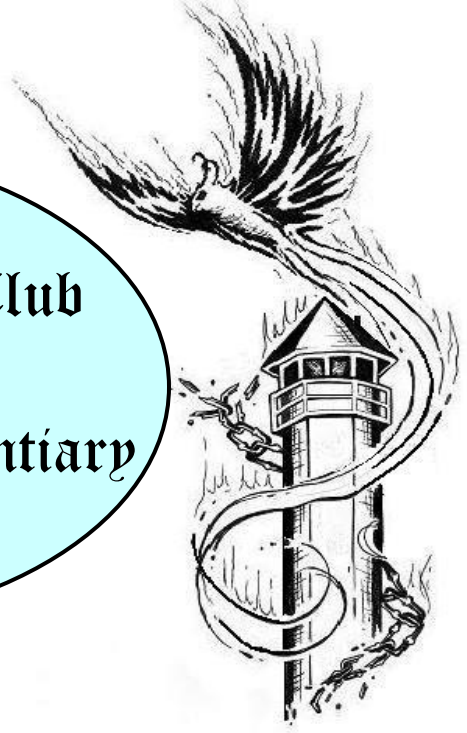




Lifers' Unlimited Club Newsletter Oregon State Penitentiary



Volume 54, Issue 3

Edited by Robert P. Langley

March 2021

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

Courtney McFadden, Staff Advisor
Phone: 503-378-2289
Email: courtney.d.mcfadden@doc.state.or.us

**MARCH
WOMENS'
HISTORY
MONTH**

Inside this issue:

Lifers' Club 2021
Prospectus – p. 2

Prison Staff Refuse
Vaccine – p. 4

A Change of Heart –
p. 6

AIC Resources and
Information – p. 8

Are You Interested In
Writing A Letter To
Your Victim? – p. 11

Coffee: Dark Roasts
vs. Light Roasts – p.
13



Workers installing new storage cabinets inside the Lifers' office.

Lifers' Unlimited Club 2021 Prospectus

One of the Lifers' Club primary goals for 2021 is to:

- ❑ Improve and strengthen the club's current revenue streams by increasing their stability, flexibility and longevity; and
- ❑ Create new and sustainable revenue streams that will ensure the club's financial viability into the future.

Simply put, the club's objective is to strengthen its existing revenue streams while creating new sources of revenue that will assist it in carrying out its Mission Statement. An overview of how we intend to accomplish this is as follows.

INFRASTRUCTURE

The Lifers' Club is in the process of renovating its office in order to make it more effective and efficient for conducting the club's business and services. In part, the renovations include:

- ❑ Adding larger storage cabinets, which will allow the club to keep more products on hand, thereby, speeding up deliveries and mitigating delays. (See photo on page 1).
- ❑ Adding a third computer station with an advanced "point-of-sales" tracking system that will not only speed up sales at the office; but provide better accountability, make it easier and faster to process AIC CD-28s and punch card requests, automatically (and simultaneously) track all of the club's inventory, provide real time information on the status of AIC orders and record all of the club's sales into a monthly statement.
- ❑ Hiring two full time clerks (Robert Langley and Chris Longo) to help the club's Executive Body members manage the club's business activities and provide services to its membership.

CURRENT REVENUE STREAMS

- ❑ **Coffee.** The club is currently in the process of establishing a business relationship with Allan's coffee distributors (based in Albany, Oregon). Not only will Allan's provide us with an excellent variety of coffee and Torani syrups, but also assist us by delivering our orders on a weekly bases. As opposed to Amazon and Starbucks, which, at times was no better than a crapshoot and more often than not worse. Needless to say, not only will Allan's service give our club the flexibility to make "specialty" orders for AIC, but it will also allow us to maintain a steady and predictable stream of inventory; which, in turn, will allow us to provide better service to our customers. Finally, for those of you who enjoyed some of our former brands of coffee – don't worry – we still intend to offer a limited number of these brands going forward. All monies made from these sales will go into Lifers' Account #2430.
- ❑ **Backpacks.** The club has recently found a new distributor that will provide us with a traditional two strap (over both shoulders) clear backpack with two net water bottle holders and two storage compartments. They are currently on sale for \$20.00 each. All monies made from these sales will go into Lifers' Account #2430.

- ❑ **Raincoats.** After months of searching, the club has finally found a reliable raincoat distributor. They come in sizes 2-XL and 3-XL and are currently on sale for \$14.00 each. All monies made from these sales will go into Lifers' Account #2430.
- ❑ **Punch Cards.** The club will continue to sale punch cards in dominations of \$10.00, \$25.00, \$50.00 and \$100.00. The punch cards will permit AIC to make walk away purchases at the club's office, Pop-Up BBQs, bake sales and other fundraising events. All monies made from these sales will go into Lifers' Account #2430.
- ❑ **Lanyards.** The club will continue to sale lanyards. The current lanyards are all black with a chrome swivel head. They are on sale for \$2.00 each. All monies made from these sales will go into Lifers' Account #2430.
- ❑ **Microwavable Items.** The club will continue to offer AIC a variety of microwavable food items. We are currently offering Kodiak Cakes, Ghirardelli and Duncan Hines products for \$3.00 to \$5.00 respectively. It's our goal to expand the variety of microwavable and other products we sale. All monies made from these sales will go into Lifers' Account #2430.
- ❑ **Food Fundraisers.** The club will continue to host fundraiser events that will offer a variety of food choices from local restaurants and outlets (e.g., pizza, hamburgers, pies, donuts, etc.). On April 8th, the club is hosting a Shari's Bacon cheeseburger with French fries and 1/3 Marion Berry cheesecake fundraiser for \$16.00. It's our goal to continue to build on the relationships that we've established with local businesses in order to offer AIC a variety of fundraiser options at reasonable prices. All monies made from these sales will go into Lifers' Account #2430.
- ❑ **Specialty Item Fundraisers.** The club is in the process of submitting several fundraiser proposals that aim to benefit the AIC living conditions (i.e., offering items that are non-consumable). All monies made from these sales will go into Lifers' Account #2430.
- ❑ **Visiting Room Photos.** Once the visiting room reopens the club will continue to offer AIC and their visitors the opportunity to take photographs. All monies made from these sales will go into Lifers' Account #2430.
- ❑ **Pop-Up BBQ.** The club intends to begin conducting Pop-Up BBQs in April. We've learned a lot from last year's experience – and – we've taken measures to improve our services and expand the menu. Shortly, you'll notice the installation of a freezer under 10 Tower. This will allow the club to increase its productivity by purchasing meat products (in volume) and storing them closer to the BBQ. In addition, we'll be training workers to assist in point-of-sales purchases, which will make it faster to go through line and get your food. The BBQ purchases will be by punch card only. All monies made from these sales will go into Lifers' Account #2430.
- ❑ **Bake Sales.** The club will continue to host monthly bake sales. Discussions are currently under way with Food Services to expand the items that we're able to sale. All of the profits from the club's bake sales will go into the Christmas Bag Account. All monies made from these sales will go into Lifers' Account #2440.

NEW REVENUE STREAMS

- ❑ **Visiting Room Coffee Cart.** Once visiting returns to the institution, the club has been authorized to set up and operate a coffee cart in the visiting room. The purpose is to sell beverages such as coffee, cappuccino, hot chocolate, smoothies and a variety of other drinks to AIC and their visitors during visiting hours. All beverages will be sold by way of photo-tickets. All monies made from these sales will go into Lifers' Account #2430.
- ❑ **Yard Coffee Cart.** In the wings, are plans for the club to operate a coffee cart out on the yard. Similar, to the visiting room's coffee cart, we'll be offering the AIC population beverages such as coffee, cappuccino, hot chocolate, smoothies and a variety of other drinks during yard hours. The coffee cart purchases will be by punch card only. All monies made from these sales will go into Lifers' Account #2430.

CONCLUSION

The Lifers' Club 2021 business activities are meant to benefit the AIC community by providing them with items (backpacks, coffee, raincoats, etc.) and services (BBQs, restaurant food, etc.) they otherwise would not receive and in return – through its profits – allow the club's membership to enrich the lives of others, which, is in keeping with the club's Mission Statement of "improving the quality of life for those inside and outside of these walls." In an effort to supervise and administer the club's 2021 business activities, the Lifers' Club Executive Body and clerks will begin meeting once a week to discuss its business operations. Also, to promote transparency, each month the club's financial statement will be published in the Lifer's Unlimited Club newsletter. (RPL).

State Expect 45% of Oregon Prison Staff to Refuse a COVID-19 Vaccine (by Tess Riski)



Oregon Department of Corrections staff are responsible for all but one COVID-19 outbreak in state prisons, according to the department's infectious disease doctor. But only 55% of prison staff will elect to get the

vaccine, the state estimates.

"Almost every outbreak in the ODOC facilities has been caused by staff members bringing the virus into the prison before they were symptomatic." Said Joe Bugher, the department's assistant director for health services, in a Jan. 27 declaration in a federal lawsuit. "With limited supplies available, the state of Oregon determined that the most effective means of slowing transmission through the use of vaccines was to administer vaccines to staff as quickly as possible." But in

the same declaration, Bugher conceded the difficulty of convincing prison staff to get vaccinated.

The state estimates that "up to 55% of staff would accept the vaccine," Bugher said. "The national average for acceptance of the COVID-19 vaccine is around this number."

The national acceptance rate is closer to 61%, according to a December 2020 study published in The Journal of the American Medical Association. (That same study found that vaccine acceptance rates varied based on political ideology: 44% Republicans, and 77% for Democrats.) Beyond that, Dr. Anthony Fauci, the country's top-ranking infectious disease doctor, told The New York Times in December that herd immunity could be achieved when about 90% of the population was vaccinated.

Other state and city agencies have surpassed vaccinating the majority of employees. Portland Fire & Rescue says 80% of its sworn staff have been vaccinated. The Portland Police Bureau says, as of Feb. 9, it has vaccinated 62% of sworn staff. Oregon Health & Science University has vaccinated at least 70% of its staff and students so far.

If past is prologue, the Department of Corrections might have an uphill battle achieving similar rates. For months, the agency struggled to enforce mask-wearing among its approximately 4,600 employees, with most resistance from corrections officers.

Dr. Daniel Dewsnap, the department's infectious disease physician, said in a November deposition, filed in federal court in January, that in late spring and early summer he witnessed fewer than 10% of prison staffers wearing masks. In July, after months of mask-flouting among staff, DOC deputy director Heidi Steward sent out a memo demanding mask use.

Questioned during the deposition, Dewsnap speculated as to why staff resists wearing masks. "I don't know: COVID rebellion, confusion, politicization, orneriness," Dewsnap said. "I don't think it was a lack of education, but lack of acceptance of education. There are still large parts of Eastern Oregon and – well, everywhere, really...50 percent of the population may believe that masking is part of a conspiracy. I can't explain that rationally."

Dewsnap echoed the same statistics as Bugher: All but one COVID-19 infection in Oregon prisons can be traced back to employees.

"The only way to get COVID into the institution is [to] have it come through a staff member. With the exception of one, that's been the way that each of these outbreaks have

started since April," Dewsnap said. "Everything has been staff-to-staff transmission and eventually staff-to-[inmate] transmission."

The most recently publicized vaccination rates for DOC staff hover around 35%, but the agency stopped keeping track of vaccinations among staff after the department switched from vaccinating employees in house to sending them to pharmacies at Safeway, according to spokeswoman Jennifer Black.

"With Safeway now overseeing the process, DOC is no longer tracking or reporting staff vaccination numbers," Black said. "DOC does not require staff to report that they have received the vaccine as this would be considered a violation of HIPAA guidelines." (Black added that the numbers might eventually become available through the Oregon Health Authority.)

In the meantime, COVID rates in the state's prisons have continued to climb. Since the pandemic began, over 3,400 inmates – about a quarter of the state's total adult prison population – have tested positive for the virus. Forty-two have died. Separately, more than 800 staff have tested positive.

Dewsnap said that in some prisons, like Eastern Oregon Correctional Institution (458 total cases), Snake River Correctional Institution (487 cases) and the Oregon State Penitentiary (385 cases), the rates of COVID are so high that the prisons might acquire resistance through sheer exposure to the virus (Dewsnap later clarified that he said so jokingly.)

"Yeah, I think EOIC, Snake River and OSP all have very high rates," Dewsnap said with a chuckle. "They're almost reaching herd immunity." (Rachel Monahan contributed reporting to this story). (RPL).

A Change of Heart (by Shawn Fox)

I was watching a Bill Moyer interview recently with a professor on OPB and the professor said:

"There is sort of a track for each of our individual lives and once we finally get on it, obstacles fall away, people show up out of nowhere to support us, and doors of opportunity open to us that we could never have imagined." (It's said that our spirit lives within our heart and that's where the real power is).

I haven't really known how best to extract hope from a sentence of life without parole. Unfortunately, my first ten years here were wasted in addiction, wallowing in my misery, trying to numb the reality I'd created for my loved ones, and myself and selfishly praying for my demise so I could stop dealing with it.

My healing came following a heartfelt prayer as I was coming down from dope, and the one time only childhood trauma class that followed presented by a Dr. Rex Newton.

I lost all desire to self medicate after that class and then I had to figure out what to do with my time here as I waited to grow old and die.

After some reflection I decided, "I need to start giving back/making amends by being in service at every turn." I did not want to show up in the presence of a God "that I believe in," never having contributed positively to this world.

I tried my best to get out of my head and opened my heart to the spiritual promptings flowing from there and no matter how odd or irrational my brain perceived each prompting I just stepped forward with action. And out of all that willingness to surrender to service and doing the next right thing no matter what; a pathway of hope opened up that cannot be orchestrated, and one that I could not even conceive.

In closing a story of sorts: I've went through a lot of alienation and mockery through this process, and I said to myself that's okay because the Bible I read directs me, come out from among them and separate yourself from them and I will receive you kindly and treat you with favor. 2 Corinthians 6:17.

But after an unusually relentless period of mockery for giving away all those leather gifts, I went to my friend and mentor Michael Tucker, and I said Michael do you think I'm crazy for giving all these gifts out to hurting people in this world? And he replied, "Shawn you are crazy for a lot of reasons but this isn't one of them!"

It's a presentation of the heart, it's not a cerebral one, once we get into the heart and stay on that track then things begin to happen! It's not immediate, in fact, its rather long and drawn out. But we're just here anyways.

I cannot make this main decision for you, you have to chose to forgive yourself and choose to love yourself and decide that you have value and redeeming qualities that are worth more than a life reduced to the size of a prison cell.

Peace – Shawn Fox

Astronaut Food Experiments

A dozen bottles of French Bordeaux landed safely back on earth on Jan. 13 after a year long experiment aboard the International Space Station (ISS) to see how weightlessness affected the wine's aging process – and its taste. Here are more giant leaps for astronaut foodies:

- Cosmic Cookies: In December 2019, astronauts aboard the ISS prepared the first-ever baked goods in space. Their batch of chocolate chip cookies reportedly smelled great but couldn't be eaten pending safety tests back on earth;
- Galactic Greens: To help astronauts stay well fed on long-haul space missions, a 2019 experiment saw red romaine lettuce grown on the ISS in a "passive orbital nutrient delivery system" – PONDS units for short;
- To Boldly Brew: Two hundred and fifty six-packs of a special Space Barley Sapporo beer were sold via a 2009 charity lottery in Japan, made with grains descended from malting barley kept on the ISS for five months in 2006. (Madeleine Carlisle) (RPL).

Three Executed in Trump's Last Day in Office

The Department of Justice put to death three federal inmates – Lisa Montgomery, Corey Johnson and Dustin Higgs – just days before President Biden took office and amid a COVID-19 outbreak at the prison. The Trump Administration is now responsible for the most federal executions ever undertaken during a presidential transition. (RPL).

Mindfulness Skill: Wise Mind – Skills you can use to enhance your life and work (by OSP's Behavioral Health Services)

There are three different states of mind that a person experiences in any moment. These mind states are Emotion Mind, Logic Mind, and Wise Mind. Emotion Mind is when you experience intense emotions and your emotions drive your behavior. Many times Emotion Mind results in an outcome you later regret because your decision was made impulsively.



Logic Mind makes decisions based on facts and does not use emotions to make decisions.

Wise Mind is a balance between your Emotion Mind and your Logic Mind. Wise Mind is being mindfully aware of your emotional experience while you consider the facts to make a clear decision. One step toward wise mind is taking a moment out of your day to slow down and breathe. This reduces intense emotions and helps you think clearly.

Skill Benefits

- Wise Mind helps you to figure out how you feel, what your goals are and then how to interact in life.
- In Wise Mind you do not run on emotions or shut them down. You pay attention to your long term goals instead of focusing on your short term wants and needs in the moment. (RPL).

AIC Resources and Information...

The Sentencing Project

1705 DeSales Street NW, 8th Floor, Washington, DC 20036, 202-628-0871 -

<http://www.sentencingproject.org>

The Sentencing Project is a national policy research and advocacy organization that works for a fair and effective criminal justice system by promoting sentencing reform and alternatives to incarceration.

They produce reports on prison-related topics, including prison populations nationally, state-by-state data, life sentences, voting rights, and more. May not respond to all letters.



A – Block (circa 2021)

Innocence Project (National)

40 Worth St, Suite 701, New York, NY 10013

212-364-5340 - <http://www.innocenceproject.org>

The Innocence Project works to exonerate the wrongly convicted through DNA testing and reforms to the criminal justice system to prevent future injustices. They accept only cases in which DNA testing can prove innocence. Write to request intake form. Accepts applications nationwide EXCEPT from AZ, CA, IL, MI, OH, WI or Puerto Rico.

Oregon Innocence Project

PO Box 5248, Portland, OR 97208

503-944-2270 - <http://www.oregoninnocence.org>

The Oregon Innocence Project's mission is to exonerate the innocent, educate and train law students, and promote legal reforms aimed at preventing wrongful convictions. They provide free legal assistance to inmates convicted in an Oregon court who assert factual innocence, and where there is the possibility of proving innocence. Serves Oregon only.

The Exoneration Project

6020 S University Ave, Univ. of Chicago, Chicago, IL 60637

312-789-4955 - <http://www.exonerationproject.org>

Legal clinic reviewing cases of innocence for people who have gone to trial and were found guilty of crimes they did not commit. They consider post-conviction cases from across the nation for individuals wrongfully convicted of different types of crimes and with different sentence lengths, including cases where a defendant has served their complete sentence or pled guilty. They do not consider cases of self-defense. In order to apply for representation, the defendant must be innocent of the crime and the trial must be completed and have resulted in a conviction. Expect delays in the summer. Will consider cases nationwide.

Prison Health News

4722 Baltimore Avenue, Philadelphia, PA 19143

215-525-0460 - <https://prisonhealthnews.wordpress.com/>

Publishes a quarterly newsletter and health resource. Their newsletter is published four times a year for people in prison and strives to lift up the voices, experience and expertise of currently and

formerly incarcerated people. On their website, articles on many health topics are available for download. Write to them for a free subscription or with health questions. Serves people nationally.

SYDA Foundation Yoga Prison Project

PO Box 99140, Emeryville, CA 94662

323-219-5362 - <http://www.siddhayoga.org/syda-foundation/prison-project>

Dedicated to disseminating the Siddha Yoga teachings and practices to incarcerated individuals. Sends free monthly newsletter and the Siddha Yoga Home Study Course to prisoners. Write to get signed up for the Yoga Study Project. Serves people nationally.

Prison Yoga Project

PO Box 415, Bolinas, CA 94924

<https://prisonyoga.org>

Prison Yoga Project supports incarcerated people with trauma-informed yoga and mindfulness practices as a means of self-empowerment and self-rehabilitation. PYP believes yoga helps everyone develop the self-awareness, self-worth, empathy, and compassion that leads to positive personal and pro-social choices. Since 2010, it has sent more than 26,000 copies of Yoga: A Path for Healing and Recovery free of charge on request. Serves people everywhere.



Rogue Liberation Library

PO Box 3418, Ashland, OR 97520

<https://peacehouse.net/RLL/>

Rogue Liberation Library believes in the right to read and that books are tools for liberation. This all-volunteer, nonprofit organization is located in Southern Oregon's Rogue Valley. They do not send legal materials. They provide educational and recreational reading materials in multiple subject areas. Request books by subject, not specific titles. Limit requests to once every three months. List prison book restrictions if known. Books are sent free of charge to people in most federal prisons; and state prisons (no jails) in OR, CA, ID, TX and NV only.

Slingshot Magazine

PO Box 3051, Berkeley, 94703

510-540-0751 ext. 3 (voicemail only) - <https://slingshotcollective.org/>

Slingshot is a quarterly, independent, radical newspaper published in the East Bay since 1988 by the Slingshot Collective. Subscriptions are free to USA prisoners. Accepts submissions of articles, artwork, calendar items, spots to add to the radical contact list, suggestions for distribution, and thoughts about what they should be doing next. Serves people nationally.

Prisons Foundation

2512 Virginia Ave NW, #58043, Washington, DC 20037

202-393-1511 - <http://www.prisonsfoundation.org/>

Prisons Foundation publishes books written by or about prisoners. Their publishing program includes posting books onto their website for download. They also exhibit art created in prison (see www.SafeStreetsArts.org). Write directly for book submission guidelines prior to sending a manuscript. The prison author retains full rights to their book, for later placement with a literary agent or commercial publisher if desired. It also now offers quality Dictionaries and Thesauruses for only \$3.95 each, and will mail them directly to prisoners. Serves writers nationally.

Chuang Yen Monastery

2020 Route 301 Attn. Rev. Richard Baksa, Prison Program, Carmel, NY 10512

845- 225- 1819 or 845- 228-4288 - <https://www.baus.org/en/>

Our organization sends free Buddhist books to prisoners who request them, answers questions regarding Buddhist beliefs and practice that prisoners may have, and sponsors a free Buddhist Correspondence Course for prisoners. Sends nationally. Expect delays due to COVID-19.

**Compassion Works For All**

PO Box 7708, Little Rock, AR 72217-7708

(501) 508-4334 - <http://www.compassionworksforall.org>

Provides monthly Dharma Friends newsletters, and also the following resource lists; Personal Health and Nutrition, 12 Step and Buddhism, Buddhist Resources, Christian Spiritual Resources, Hindu and Yoga Spiritual Resources, Other Spiritual and Psychological Healing Resources, Todd Fletcher's Buddhist Resource List, Ani Tendron's Recommended Buddhist Readings.

Rock of Ages Prison Ministry

PO Box 496760 c/o Prison Bible Institute, Port Charlotte, FL 33949

423-479-3243 - <https://roapm.org/>

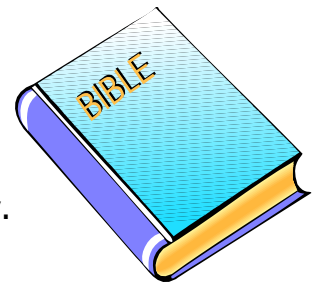
Offers Christian ministry outreach to prisoners as well as a New Testament correspondence study course through their Prisoners Bible Institute. Serves people nationally.

Set Free Prison Ministries

PO Box 5440, Riverside , CA 92517

1-951-729-5499 - <http://www.setfreeprisonministries.org>

Provides Bible study courses in English and Spanish to people free of charge. Curriculum consists of Bible courses from the Navigators in Colorado Springs, Moody Bible Institute in Chicago, and Emmaus Correspondence School in Iowa. Provides free postage both mailing and return. Serves people nationally.

**American Bible Academy**

PO Box 1627, Joplin, MO 64802-1627 - <http://www.abarc.org/>

Free English and Spanish Bible correspondence courses for prisoners. All courses are 120 pages in length. Info also available from www.abarc.org

ISKCON Prison Ministry

PO Box 2676, Alachua, FL 32616

<https://iskconprisonministry.org/>

Sends free material about bhakti-yoga study and practice; books, prayer beads, CDs, MP3s, and incense. We need to know: 1) Which items you are allowed to have; 2) Are you allowed hardbound or only softbound books?; 3) Which items can be sent to you directly and which only through the chaplain? The books cover reincarnation, karma, and how to live a simple, godly life, and find internal peace and joy no matter what your circumstances.

The Pathfinder Network

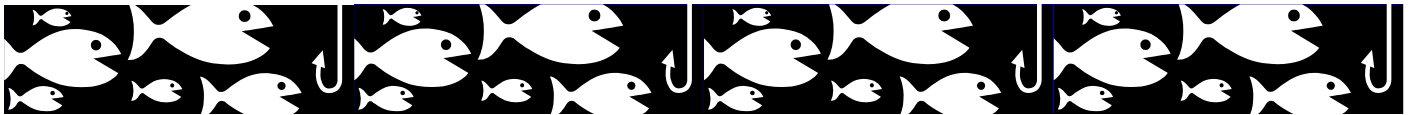
PO Box 3257, Gresham, OR 97030

503-892-5396 - <http://www.thepathfindernetwork.org/>

Formerly Pathfinders of Oregon. Has several successful programs in prisons and the community. Classes inside prison including Parenting Inside Out and the Healing Opportunities, Promoting Empowerment (HOPE) program. Outside, Pathfinders Network provides reentry support, including peer mentoring and parenting classes, at the Center for Family Success. Serves people in Oregon only.

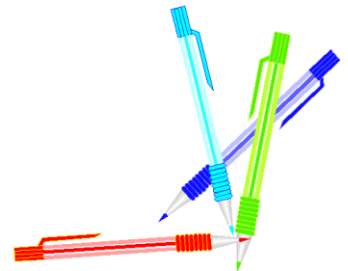
Marshall Project Newsletter

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. (RPL).



Are You Interested In Writing A Letter To Your Victim?

There has been a lot of talk lately about writing letters to victims. Well, did you know there are actually guidelines and certain expectations involved in writing letters to the Responsibility Letter Bank?



There is a 3-week workshop being offered on the chapel floor dealing with these expectations and guidelines. We will discuss the rules and limitations of these letters, perform some exercises to get you seeing things from the Victims perspective, and help with letter structure and word choice.

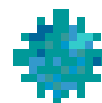


Our goal is to help create letters that are substantive and do what they can to help people heal.

If you are interested in participating in one of these workshops please send an AIC Communication Form to the Chapel. (CRH).

Update: From The Oregon Justice Resource Center

On January 21, 2021, the Oregon Justice Resource Center filed a motion for a preliminary injunction (an emergency order) on behalf of their clients in a class action lawsuit over the handling of COVID-19 in Oregon prisons. On February 2nd, federal magistrate judge Stacie Beckerman ordered Oregon Department of Corrections (ODOC) to offer COVID-19 vaccines to all people incarcerated in state prisons as soon as possible. Governor Kate Brown has announced that the State will not appeal the judge's ruling. ODOC is expected to offer vaccination to all AIC over the coming weeks, beginning the week of February 8th. If anyone would like to know more about this class action lawsuit they can contact the Oregon Justice Resource Center at P.O. Box 5248, Portland, Oregon 97209.



Time Travel: Should We Go Forwards or Backwards?



You likely don't realize it, but you're holding a time machine in your hands right now. When you're done reading this article, you will have traveled perhaps 90 seconds into the future – and maybe even more if you've misplaced your reading glasses. This may sound like a “joke” (indulge us), but the truth is that it is easier, theoretically speaking, to travel forward in time than it is to travel backward, and that's partly because we're all moving forward in time naturally.

The possibility of time travel stems from Albert Einstein's theory of special relativity, which, loosely speaking, describes the relationship between space and time. An outgrowth is something known as “time dilation,” which suggests that time can move at different rates for different observers – and therefore at different rates in different places. This theory is borne out by the (rather freaky) fact that clocks on the space shuttle – whether internal clocks or atomic clocks placed aboard for experimental purposes – run more slowly than reference clocks on Earth. In this sense, astronauts on extended missions may already be considered time travelers, as they arrive home very slightly later than the elapsed time measured on their own instruments would suggest. Moreover, “Time beats faster on the moon than on Earth, and time beats slower on Jupiter,” says celebrated physicist Michio Kaku of the City College of New York. “So if you were to simply camp out on the moon or Jupiter, you'd be going backward and forward

in time. Now of course these are for fractions of a second.”

A more useful implication of time dilation is the fact that the closer to the speed of light you're moving, the slower your internal clock will be ticking relative to time on Earth. “If you reach 99 percent of the speed of light and spend like a year moving at that speed – around the solar system, say – and then come back to Earth, you will find that the Earth has moved on, 100 to 200 hundred years into the future.” Says Dr. Ulvi Yurtsever, coauthor of a seminal paper on time travel. So, in theory, if we could improve propulsion systems enough, we could skip ahead centuries. But we still couldn't move backwards.

Indeed, backward time travel, while theoretically possible, is far trickier and would involve black holes and “tunable wormholes” and more energy than a kindergarten class on a sugar binge. “You can write down solutions of the equations,” says Clifford V. Johnson, a professor of theoretical physic at USC, “and those equations tell you two things: how you twist up space and time, and what matter you need to do that. And every time you get those weird twists in space and time that look like a time machine, the matter and energy you need to do that is in a form that may not exist in this universe. So that's just a fancy way of saying the jury is out.”

So from a technical standpoint, it seems far more likely that we'd move forward in time first. But how about an ethical one? “Scientists and physicists may say ‘You know what, it's much safer for us to go to the future, because if it's possible to alter the past and therefore have that reverberate into the present – create a paradox – that's pretty dangerous,’” says Bob Gale, who has spent some time thinking about this stuff, given that he cowrote the 1985 time-travel blockbuster *Back to the Future*. “So they would say, ‘Well, to preserve the sanctity of the space time continuum, we better go to the future, because that provides the least amount of risk.’” Ryan North, author of the

recently published book *How to Invent Everything: A Survival Guide for the Stranded Time Traveler*, argues that by going backward, we could advance society hundreds of thousands of years. Even so, North muses that if we had a single shot at round-trip time

travel, the better choice might be to plunge ahead. "Download the equivalent of Wikipedia onto a thumb drive and bring it back," he says. "I'm all about stealing ideas from the future." So there you have it: 25th century, here we come! (from Popular Mechanics). (RPL).

Coffee: Dark Roasts vs. Light Roasts (by Kicking Horse Coffee's Mythbusters)

So which is it? Which type of roast contains more caffeine?

I've heard countless times people declaring to only drink dark roasts because they have higher levels of caffeine. I myself was in the opposite camp. Under the impression it was actually light roasts that contained more. I naively assumed caffeine was burnt off during roasting (you can rest assured to know I'm not a Roaster). I too was wrong... It happens.

The truth is that caffeine is extremely stable during the roasting process.

If you went bean for bean with a light roast versus a dark roast, each would have relatively the same level of caffeine. Comparing our Hola and 454 Horse Power blends, beans from each have a very similar percentage of caffeine.

Yet, it's not complete madness the notion of some sort of difference in caffeine levels. There can be a change in caffeine depending on how you measure your coffee.

Let me explain with a little experiment.

I took exactly ten grams of both a light and dark roast.

Counting the beans of each, I had sixty-five light roast beans and sixty-seven dark roast beans. Only a two bean difference, big deal, right? Well, actually yes, because if there is a two bean variance with just ten grams how many beans separate a pound of light and dark?

There is an estimated ninety-bean difference between a pound of dark and light roast coffee, with the dark roast winning the count. (Don't worry I didn't count an entire pound to figure that out).

So, what does this mean? You should only buy dark roasts because you get more beans for your buck?

No, because volume is not everything. During the roasting process, a bean loses its mass. The density of the bean changes; beans that are roasted longer are less dense. That's why you have more beans by mass of dark roasts. When coffee is roasted the beans lose roughly 90% of their water content.

So, how does this change a pot of coffee?

If you measure your coffee by scoops, light roasted coffee will have more caffeine. Since the beans are denser than a darker roast. However if you weigh out your scoops, darker roasts will have more caffeine, because there is less mass. What should also be noted is that Arabica beans vary in levels of caffeine depending on the plant species.



And, as we know from our caffeine basics the amount of caffeine in a cup of coffee is so minimal, we might not even notice the difference.

Myth be damned. Depending on how ground coffee is measured, we find only a minimal variance in caffeine content with dark and light roasts (<https://www.kickinghorsecoffee.com/en/blog/caffeine-myths-dark-vs-light>). (RPL).

Message from the Lifers' Club Former Treasurer

I want to thank Lifers' Executive body for allowing me the opportunity to again put on the Santa Suit and put smiles on the faces of all the children young and old that came to OSP this past Christmas Eve. Even though I have served the Lifers' Club for many years in a variety of ways, the Santa gig is one of my proudest and most fulfilling roles. I find it very rewarding to see the smiles on those little ones during the Christmas season.

I am also proud to have been a part of the Lifers' push to acquire a lot of the creature comforts we all enjoy now like fans, toothbrushes, backpacks, continue flow of designer coffees and the various fundraisers brought to you by the Lifers' Unlimited Club.

I am pleased to see the Lifers' Club continue in its efforts - and - improve on them in a team orientated fashion. I believe it's our responsibility to take the time to understand and appreciate the sacrifices of each club and their workers endure to bring this stuff to the AIC population.

I can only hope to do more to help them in the future. I have been honored to help several clubs lately with financial questions, spread sheets and I'm working diligently with 7th Step on the X-Box program.

I look forward to serving you and our club in the future.

Bill Knepper

Counting Down the 100 Books to Read Before You Die (Trust book recommendations from real people, not robots)

Continuing from November 2020's newsletter...

89. *Things Fall Apart* by Chinua Achebe

The first novel in an acclaimed trilogy, *Things Fall Apart* is the seminal novel of the African experience. More than that, it is a wrenching tragedy of one man's futile fight against change as British rule overcomes the land.

88. *The Tale of Genji* by Murasaki Shikibu

Dating to the early years of the eleventh-century, this ancient classic of Japanese literature is the famous portrayal of Hikaru Genji's life, love affairs, and aristocratic customs in Heian Period Japan.

87. *The Stranger* by Albert Camus

In Albert Camus' own words: "In our society any man who does not weep at his mother's funeral runs the risk of being sentenced to death." Such is the absurdity of life that Meursault faces in this dense crowning jewel of Camus' career.

86. *The Sound of the Mountain* by Yasunari Kawabata

As the patriarch of his family in Kamakura, Ogata Shingo is troubled when his memory begins failing and he keeps hearing the mountains shaking in his sleep. A sparse and beautiful meditation on old age from a celebrated Nobel Prize-winning author.

85. *Slaughterhouse-Five* by Kurt Vonnegut

Under Kurt Vonnegut's sure touch, Billy Pilgrim's journey through time during World War II is rendered scathingly well, making *Slaughterhouse-Five* one of the most greatest anti-war books ever written.

84. *The Shadow of the Wind* by Carlos Ruiz Zafon

Young Daniel Sampere finds *The Shadow of the Wind* in the Cemetery of Forgotten Books. In this story-within-a-story, Daniel uncovers the mystery behind the book's author and must now protect it from someone who's determined to burn every single copy in existence.

83. *A Series of Unfortunate Events* by Lemony Snicket

The Baudelaire siblings have the worst luck ever. No wonder their stories are called *A Series of Unfortunate Events*. First their parents die in a fire, then they are shipped off to a remote house — and then they discover that their new caretaker, Count Olaf, wants to kill them! Now they must have their wits about them and rely on each other more than ever if they are to survive Count Olaf's schemes.

82. *Romeo and Juliet* by William Shakespeare

Shakespeare's masterpiece tells the story of two young lovers separated by a bitter family feud. Featuring one of the most well-known couples ever, *Romeo and Juliet* has launched a legion of fans.

81. *Remains of the Day* by Kazuo Ishiguro

Stevens, a butler in post-World War II England, takes a trip through the countryside. This celebrated novel is all the more powerful for its deceptive simplicity, as it shows that the quietest stories are sometimes the most dangerous.

80. *Pride and Prejudice* by Jane Austen

The source of film and TV adaptations, sequels, and several hundred reimaginings, *Pride and Prejudice* is one of the cornerstones of English literature. Through wit, sarcasm, and humor, this 19th-century novel centers on the five unmarried (gasp!) Bennet sisters while exploring themes of family, society, and, yes, love.



Oregon State Penitentiary
Activities Department
2605 State Street
Salem, Oregon 97310-0505

Lifers' Unlimited Club 2021 Calendar

Unfortunately, all events are closed until social distancing restrictions are lifted. We will, however, do our best to keep everyone advised as events and/or circumstances change. Thank you for your patience.



Just a reminder the Lifers' Unlimited Club intends to bring back the Pop-Up BBQs in early April. All purchases will be by punch card only. Also, please know that we're open to suggestions as far as the menu goes, therefore, if you have any ideas please send them to the Lifers' Club for consideration. Thanks.

Word Origins

Gypsy. How did the "Gypsies" get their name?

The Gypsies claim Egypt as their original native land and their name is derived from "Egypt." But it is far more likely that they originally came from India in the Middle Ages — and merely passed through Egypt on their way to Europe.

Double-Cross. Where did we get the term "double-cross"? From prize fighting. The fighter who intentionally loses a fight "crosses up" the spectators and those who have bet on him. The fighter who wins, after all he "crosses up" his manager and those who have bet on him. Those who "cross ups" make a "double-cross."

Lifers' Unlimited Club Executive Body
President: Robert Kelley
Vice President: Marty Wendt

Secretary: Juan Solis
Treasurer: Jeff McCarty
Facilitator: Stephen Weavill

