



UPAN Newsletter

Volume 5 Number 12 | DECEMBER 2018

"Empowerment and Growth Through Knowledge and Unity"

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Xmas Card Winners – BOPP & S O Reg Updates

NEXT UPAN MEETING: MONDAY, JANUARY 14, 2019 6:30 – 8:30 p.m.

Kafeneio Coffee House 258 West 3300 South, Salt Lake City

TOPIC: TBA or Family Meeting All UPAN Meetings are free and open to the public.

FEBRUARY UPAN MEETING: MONDAY, FEBRUARY 11, 2019 6:30 – 8:30 p.m.

Kafeneio Coffee House 258 West 3300 South, Salt Lake City

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Disclaimer: Formulate your own opinions about the information presented.
This information is presented for the reader's enlightenment and evaluation.

"This Christmas, we pray that happiness be at your door. May it knock early, stay late, and leave the gifts of peace, love, joy, and good health behind." From the UPAN Directors

Christmas Card Design Contest – 2018

The 2018 Christmas Card Design Contest winners' submissions are shown on the next two pages. As you will observe, the creativity and dedicated tenacity to accomplish these winners indicates an element of tradition and humanity that far exceeds the typical cultural view of offenders and inmates. These cards will be available on UPAN's website to download print and distribute as our readers might chose. Merry Christmas and Happy New Year.



First Place Contemporary Titled: Scents and Memories
by Jeremy English



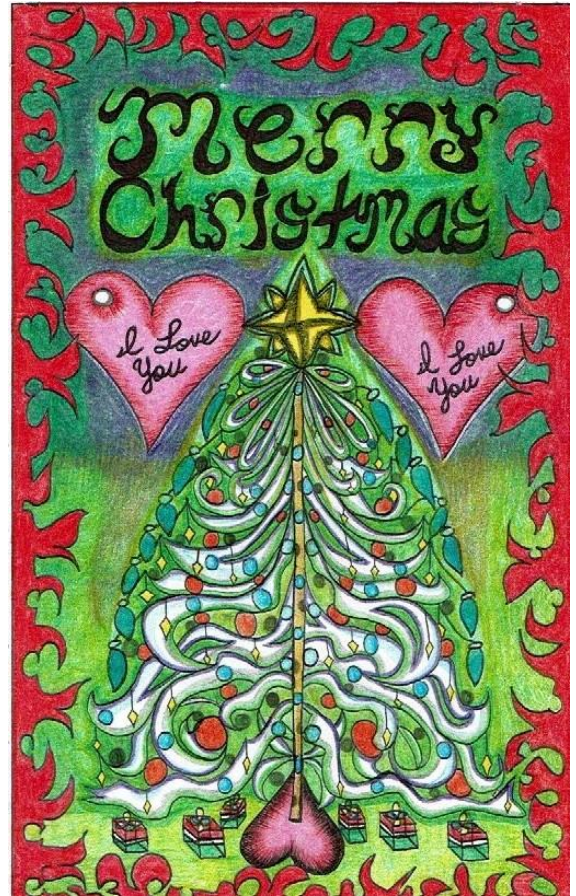
First Place Abstract Titled: Tree of Love
By Taecia Prows



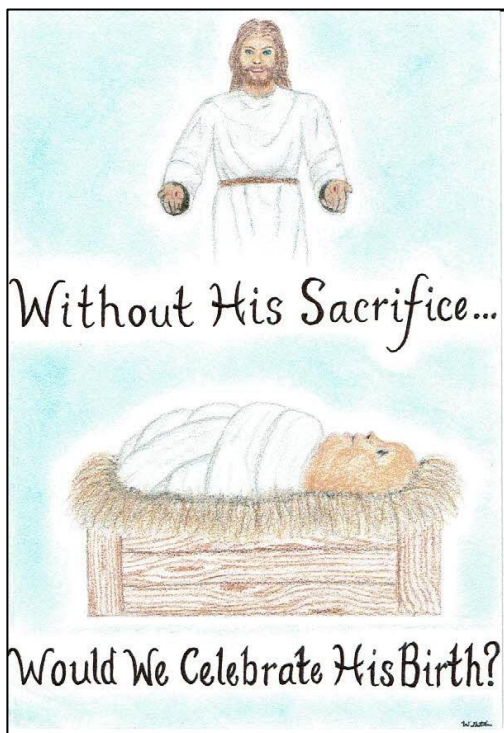
First Place Traditional Titled: Home for the Holidays by Troy Bragg



First Place Religious Titled: Plentiful Mercy
By Tom Orton



Honorable Mention Traditional Titled: Love at Christmas
By Ismael Sanchez



Honorable Mention Religious Titled: Christmas
to Easter by William Butcher

At Christmas We Celebrate

*About two thousand years ago,
Prophecy no longer concealed;
The Prince of Peace walked with us,
His Glory from God revealed.*

*He gave to us a way to live,
Life's lessons, day by day;
His teachings help to lessen strive,
If we do not go astray.*

*Again, this Christmas we celebrate,
The proper way to live,
And thank the Lord, Jesus Christ,
With prayers we freely give.*

Poem Inserted in Mailed Christmas Cards
By Warren Rosenbaum

A Few Short Notes About the Impact of Christmas Cards Received by Inmates

Submitted by Faye Jenkins

Here are some quick notes I wrote down from my husband. He shared with me the responses he heard about the Christmas cards in the prison:

- He said one inmate was praying to God to know someone cared. The same day he received a card from UPAN with a message that they cared. He knows that card was sent from God.
- Another inmate said he was so grateful. He doesn't have any friends except from UPAN.
- Everyone is talking about the Christmas cards.
- One card gave an inmate hope when he was losing hope.
- Another message to an inmate was to hang in there, coming at a time he was ready to give up.
- The most common topic in response to the cards is hope. There is a lot of frustration and discouragement right now as inmates recently lost jobs and others had their pay cut, right around Christmas time, due to budget cuts. These cards were messages of hope that were greatly needed and appreciated.

2018 UPAN Card Program Surpassed Previous Years' Numbers

Audrae Rogers, UPAN's Holiday Card Coordinator reports that this Christmas Season there were about 1250 cards mailed to inmates by 72 volunteers, which included one group collectively as one volunteer. In addition, over 50 newsletter volunteer-mailers, mailed cards to the approximately 400 inmates on their newsletter mailing lists, for a total of 1650 cards being sent to inmates throughout the state of Utah. It has been challenging to get names and #s of inmates who do not have family or friends in the community to send holiday cards to them. Audrae's husband, Ernie, contacted prison officials to find a way to get more cards distributed to incarcerated individuals who otherwise would not receive one next year. If UPAN is successful in this endeavor, we will need a significantly larger number of volunteers to step up in 2019. Be thinking about this and look for the call for card volunteers next October.

An Unforeseen Angel

By an inmate in the Utah State Prison

When I was a little boy, our family of five moved out to the country to life on a small farm. I found that I had a love for animals and a special way of connecting with them. I had lots of fun and interesting pets, including two pet skunks.

When I was a teenager, my dad and mom got divorced; something my two older brothers and I didn't see coming. I quit attending church and stopped talking to God. I made bad choices, including smoking cigarettes, drinking alcohol, and dropping out of school. At age 18, one brother died from a drug overdose. He and I were very close!

As an adult, I continued the downhill spiral, using and abusing drugs, along with increased alcohol use. Eventually, I did the unthinkable, for which I was sent to prison - taking the life of an innocent person.

When I first arrived, I was in very bad shape mentally, emotionally, physically, and in grave spiritual darkness. I was separated from my family and the free world, addicted to drugs and alcohol, angry, frustrated, and in denial. I was a complete mess! While sitting in my cell, thinking about the innocent life I took and the pain I know I caused many, including God, I quickly fell into a very dark and deep well of depression for which, at the time, I could see no way out.

My prison cell was a very gloomy place to live. Not only did it have the usual prison bars, the front of each cell

was covered entirely with a heavy, steel, diamond-pattern screen. With no window and lack of paint, it certainly had that dungeon look and feel to it.

One day, a little furry-faced mouse came wandering into my cell clearly looking for trouble or an easy snack. This was my happiest moment on A-block! I was happy to give the little guy anything he wanted. I broke off a piece of cracker and put it on the floor. He quickly grabbed it and was off in a furry flash! Minutes later he was back. After several times of having my new friend scampering off with his chunks of food, leaving me with no one to chat with, I decided to give him much smaller pieces in the hope that he would stay and eat, instead of leaving to store it. It worked!

The next day, he was eating small pieces of food from my fingers. Soon after, he would sit on the palm of my hand happily eating his yummy treats. He would sit on his hind legs, proudly holding his food with his tiny front claws while staring at me with his beady, little eyes as I sat on my bed having a serious chat with him. I was clearly the talker as he seemed content with just nibbling on his yummy treats while listening to my non-stop chatter. Only when I stopped talking did his nibbling and whiskers come to a complete halt.

A favorite thing I enjoyed doing with my little furry friend was to rub peanuts on the tips of my fingers. He would lightly grab a fingertip with his teeth, tugging and pulling with all his might hoping to take the giant morsel to his

secret hiding place. Once he realized that my finger wasn't going anywhere, he would sit on his hind legs while firmly holding onto a finger with his tiny claws as he licked the delicious salt and peanut oil from the tips of my fingers.

I thoroughly enjoyed his company! For 3-4 weeks he was my little buddy. [This] may sound strange to most people, but that little creature that God put on this earth distracted me just long enough to help get me through the darkest, loneliest, most unstable time in my life!

It is my sincere belief that everyone will have an "Unforeseen Angel" come into their life in some way, shape, or form. It may not happen today or tomorrow, but it WILL happen.

Whether you are a teenager or an adult, male or female, no matter your race, religion, color, or just different in some special way, we are ALL children of God. We ALL have value and a purpose here on earth! And no matter what issues or challenges you are going through in your life, know that you are NOT alone! (Related article on Solitary Confinement, page 7. Ed.)

More About Animal and Critter Friends at Draper

And the Rehabilitative Opportunity This Offers

by Warren Rosenbaum (UPAN Newsletter Editor)

Giving Some Credence To These Stories

Further research by your newsletter editor developed a few reliable, anonymous sources. From those sources I'm including the following, regarding strange animal pets in prison, similar to the story above. Family members and other readers might benefit from this additional explanation. I'm thinking these stories about what these animal and strange critter stories show – inmates respond to being of service and having a friend, human or not – this should be acted upon by all Corrections departments, both state and federal, as a useful tool to help rehabilitation and reentry into society, home life, and the job market.

Humanlike Traits Seen In Animals And Critters

My reliable, anonymous sources have informed me of some of the following details that I've included in this narrative: My sources have known people who had a "pet" mouse, a "pet" praying mantis, etc. in their cells. It helped keep them sane. Mammals, such as a mouse, have become acclimated to being around humans (inmates). Mice are in the walls and tunnels where the pipes run between the cells (like in A East and A West in Draper, etc.). The 'human' traits of the mouse are much like those with any pet, i.e. pet mice (FYI, there are numerous pet mice breeds in all colors and sizes), hamsters, cats, dogs, etc. One of my sources stated, "I don't think these stories sound like the animals or critters have too many unbelievable 'human' characteristics. After all, it is humans that label and assign human characteristics to them."

Oquirrh 5 And Ducks

Several stories about Oquirrh 5 in Draper circulate where there are a lot of ducks. The full grown ducks would parade around with their ducklings and the inmates would sneak food to them. Often some geese would swoop in and try to steal the food from the ducks. Inmates began keeping watch and at a certain time daily, when the ducks were in the yard, the inmates would do the sneak-feeding and shoo the geese away, being protective of the ducks. The ducks got used to this and frequently, when an Inmate would go in the yard, a mama duck and her ducklings would

parade in front of the local resident (inmate) and expect food. The ducks became conditioned and made friends with the inmates, trusting them for treats, protection, and friendship. Trusting indeed, sometimes they would even eat out of inmates' hands. One inmate told my source that this was the highlight of his year that summer. Love and interaction being the ingredients of this "highlight."

Swallows Build Mud Nests At Oquirrh 5

Also, birds (swallows) build mud nests under the large roof extension at Oquirrh 5. The building was originally designed as classrooms with windows on one side, like classrooms of older schools. The large roof extension over the wall of windows is an ideal place for swallows to build their mud nests. Probably getting a lot of the mud from the banks of the Jordan River, about a half-mile away. Or the canal on the property. This prompted knowledgeable folks to joke that Oquirrh is for the birds.

Birds Mimic Inmates' Dispositions And Actions

It's been recognized that birds' dispositions adjust to the resident inmates' temperament and attitude. The birds act differently in different housing unit areas based on the type of emotional or angry energy present in those areas. In Oquirrh 5, I'm told, the birds were "normal." People in the system know that Oquirrh 5 is a gentler housing area with people who care about taking care of themselves and each other. The birds respond accordingly.

However, in the Wasatch yards, where the inmate population was younger and the social climate more intense, the birds have been known to dive bomb inmates and also fight each other frequently – much like what Wasatch was like when my reliable, anonymous source was in Wasatch A east, Baker Block and Dog block from the mid-2000s for about five years.

Deep Signs Of Caring/Service Are Inmate Assets

I especially like the story about Oquirrh 5 and geese. Another source was telling me about Oquirrh 5 and Canadian geese, a protected species. This story gave me some additional information prompting me to

suggest this avenue as another path to rehabilitation. My theory: Treat inmates with respect and some dignity and they will respond in kind, at least some will, and those are the inmates that all (Federal and State) Corrections departments should work with and encourage. This would be another major step toward rehabilitation – rather than the friction that reportedly so often exists between prison staff and inmates. I've been informed that the prison staff in Oquirrh 5 has the friendly and relaxed temperament and disposition that corresponds with the inmates in that unit. How fitting and appropriate for fostering rehabilitation and reentry.

An epilogue: It seems that the prison staff didn't like the geese building nests and hanging around within the fence-line, especially those who were somewhat friendly with the inmates. The story goes that one time the staff called in some Fish and Game agents, they invaded the geese's few nests, gathered up the young ones that couldn't fly, put them in a truck, and took them to an area east of Vernal near the Dinosaur National Monument. Totally on the east side of Utah. That's a good 170 miles away. Within two months, the young

geese had learned to fly and were back. If they were the same geese, apparently they returned to visit with their friends in defiance of Fish and Game, the prison staff, and DOC supervision co-conspirators (looking at it from the geese's standpoint); seemingly the geese's statement that their visiting privileges had erroneously been violated. (Is that how geese say, "Fooled You?" or something a little stronger! Ed.)

Therapist & UPAN Director Molly Prince's Comment

"I am fine for you to share about the ducks and geese and praying mantis. Frankly, anything that gives an inmate a reason to care for another living being (human, animal, insect or bird) is positive and allows the inmate to connect with that side of themselves that often gets buried in the fear and anger associated with being in prison. These animal/bird/ insect stories are not unusual throughout the prison system in all cultures. You may find collaborating info online."

Thank you, Molly, for your comment, in-depth analysis, and noting this human trait and the benefit of pets. Ed.

Reviewing Life's Seasons Brings a Gift

By Warren Rosenbaum

As seasons change, like summer to fall,
My life's seasons I wish to recall;
Review gives pause to meditate,
Seasons changes I contemplate.

From toddler to youth, then adult;
Often the changes were difficult.
Yet each change, each new season,
Seems to have had a specific reason.

Beginning to see, during quiet insight,
My path to life's purpose becomes my delight;
Directing me to my life's mission,
Getting me closer with each transition.

With each new season, I gradually see,
My purpose for life, my destiny;
Gradually improving my self-worth,
I'm finding my purpose for being on earth.

When moving from winter into spring,
That seasonal change, so welcoming;
But some season changes are a reverse,
A stumble makes living my life much worse.

Then with the changes, a lesson learned,
A better season to which I've turned;
Closer does each change bring me,
Toward my purposed destiny.

I've bounced thru life, success then stumble,
Some advances and then a fumble,
I tripped on truth and took a tumble,
Bad attitude, I grumble and mumble,
But all this taught me how to be humble.

Because of my seasons and desire to learn,
A payoff Christmas concept I'll earn;
This vision I'm winning, this gift has me grinning,
"It's never too late for a new beginning!"

GIVING BACK AT CHRISTMAS TIME **GUNNISON INMATES CREATE BACKPACKS FOR KIDS IN NEED**

This article is taken from the UDC Public Information Office, Dec. 12, 2018

A team of inmates working in the sewing shop at the Central Utah Correctional Facility in Gunnison recently spent two weeks designing, fabricating and finishing more than 500 backpacks.

The backpacks – created with materials donated by the Utah Department of Corrections – were delivered to the Children's Justice Center on Monday, Dec. 3. There,

they will be filled with donated items before being distributed to younger children served by the center.

"There are a lot of inmates here who wanted to be on the project," said Steve Gerber, a supervisor for Utah Correctional Industries, which operates the sewing shop. "Some of these guys, you know, they've made some big mistakes. I think they're looking to pay some

restitution in other ways and this is just one opportunity that they can give back to the community.”

The Children’s Justice Center is dedicated to helping

local communities respond to allegations of child abuse in ways that are effective, efficient and that minimize trauma for the child.

Some Appreciative Comments Received by UPAN During This Christmas/Holiday Season

-- May God bless you all throughout this Holiday season and the New Year to come. We really appreciate all do. I look forward to working with you when I get out of prison. Forever grateful, (inmate writes from CUCF)

-- Thanks for all your time, effort, and hard work on our behalf. Enclosed, please find a small donation to use toward your continued efforts. Thanks again, (inmate writes from CUCF)

-- First I want to thank you for all you do for us, our families and society. It has been a beautiful thing to see UPAN grow over the years. I hope you will continue to fight for us and hopefully help us get UPREP up and going to its full potential. Thank you again, (inmate writes from CUCF)

-- Dear Wonderful Advocates of UPAN, Please use the enclosed donation to cover [expenses] at your discretion. The newsletters are such a treasure-trove of information, both helpful and hopeful. The founders and other directors, each of whom have contributed their talents, are –collectively and undisputedly – one determined and dynamic force, influencing meaningful changes, long overdue in the correctional arena. Thanks to all of you for the hard work of the past, and the successes yet to come. Wishing you and yours every joy at Christmastide and throughout the New Year. With Gratitude ‘n’ Prayers, (a mother supporting a loved one)

Board Member Positions to be Filled on Utah Board of Pardons **by Molly Prince**

As discussed in November’s UPAN newsletter, Chyleen Arbon Ritchey, the Chair of the Utah Board of Pardons and Parole, has been appointed Deputy Director of Utah Dept. of Corrections. This goes into effect January 1, 2019, leaving a vacancy.

We have been informed by Executive Director Greg Johnson that Pro-Tempore Board Members Jennifer Bartell will retire this year, and S. Camille Anthony will also be leaving.

Pro-Tempore members are part time employees who participate in pardon hearings and conduct parole hearings, filling in when regular BOPP members are unavailable or must recuse themselves for various reasons.

We were informed that the State posted the job position for the full BOPP member position in mid-November. The Commission on Criminal & Juvenile Justice (CCJJ) screens the applicants, forwards the selected candidates to the Governor’s office. Then the final choice and decision is up to Governor Herbert, who makes the appointment to this important position. Finally, before the appointed member takes the position, they must go through a confirmation process with the Utah Senate.

I have reached out to the Director of CCJJ asking if there are candidates identified yet for these positions, but as of this newsletter, we have not received information back on the chosen candidates are for

these positions. Once we find out, we will notify our UPAN community via email.

In the meantime, Board Vice-Chair Carrie L. Cochran is expected to move into the position of Chair. Ms. Cochran has a long history serving in the UDC for 26 years before being appointed to the Board by Gov. Herbert in February 2017. She has the support of UPAN families due to her history of working to improve conditions related to outpatient treatment and resource opportunities in the community for parolees as part of her positions with Adult Probation & Parole. She earned a Bachelor of Science in Criminal Justice Administration (2011) at University of Phoenix and a Master of Public Administration (2016) from University of Utah, graduating with Pi Alpha Alpha achievement.

The remaining three Board Members include

1. Clark Harms, a former prosecutor who has been board Member since 2006 and served as the Board’s Vice-Chair from 2007 to 2010; and as Board Chair from 2010 to 2014.
2. Angela Miklos, also a former prosecutor, appointed to the Board by Governor Gary Herbert in October 2009, was named Vice-Chair in August 2010, and appointed Chair in August 2014.
- 3.. Denise Porter, who spent nearly 17 years as a trial attorney for the Salt Lake Legal Defender Association. She is a former board member of both the Utah Association of Criminal Defense Lawyers and the State of Utah Indigent Defense Trust Fund as well as a current member of the Utah State Bar. Denise was appointed by Gov. Gary R. Herbert in March 2016.

Solitary Confinement Puts Brains at Risk

Social isolation and persistent loneliness changes brain structures and behaviors

Public Release by SOCIETY FOR NEUROSCIENCE : 4-NOV-2018 reprinted in entirety

https://www.eurekalert.org/pub_releases/2018-11/sfn-scp102218.php

Some 80,000 Americans are incarcerated in solitary confinement on any given day, a practice that has been deemed cruel and unusual punishment by the United Nations Committee on Torture. Those in solitary confinement typically have no physical contact and little interaction with others. This extreme isolation can be damaging and may cause or worsen depression, anxiety, and other mental illness. A roundtable of scientists, a physician, a lawyer, and an individual held in solitary for 29 years will explore the psychological and Neurobio-logical burdens of solitary confinement at Neuroscience 2018, the annual meeting of the Society for Neuroscience and the world's largest source of emerging news about brain science and health. *Neuroscience 2018 Presentation Social Issues Roundtable: Solitary Confinement: Psychological and Neurobiological Insights into Isolation, Sunday, Nov. 14, 1-3 p.m.*

Social isolation has been shown to heighten stress hormone responses and change structures within the brain. It may also lead to post-traumatic stress disorder. While solitary confinement is an extreme example affecting a relatively small portion of the population, social isolation and persistent loneliness are a growing problem in the United States. As the population ages, so does the number of individuals living in nursing homes, where isolation and loneliness are common. Social isolation and loneliness are associated with depression, hostility, heightened stress response, sleep fragmentation, and increased mortality.

The Social Issues Roundtable will include personal experiences with extreme social isolation, the legal and social movements against solitary confinement, and scientific discoveries on the physiological and psychological effects of social isolation in humans and other animals. Speakers at the roundtable will discuss:

- A first-hand experience of 29 years of solitary confinement (Robert King).
- Brain health and the evolutionary theory of loneliness (Stephanie Cacioppo).
- How stress alters the brain chemistry and behavior (Huda Akil).
- How motor and sensory regions of the mouse brain shrink after months of isolation (Richard Smeyne).
- The use of neuroscience to fight solitary confinement in court and in print (Jules Lobel).

"The social and ethical questions raised by this roundtable discussion warrant broad public attention," said moderator Michael Zigmond, PhD, a neurologist at the University of Pittsburgh who studies neurodegeneration and the effects of socialization and environmental enrichment on brain adaptability and health.

"Socialization and environmental novelty are key to protecting brain health. The potential for harm caused by isolation due to incarceration or due to aging or disability is significant and the issues raised today are relevant to the entire population." *Note – we were unable to find any online news or publications related to the November 14th roundtable discussion.*

"Of course there is a Santa Claus. It's just that no single somebody could do all he has to do. So the Lord has spread the task among us all. That's why everybody is Santa Claus. I am. You are." Truman Capote, *One Christmas*.

Update on Progress of the Sex Offense and Registry Amendments Bill

By Faye Jenkins

On December 14th, Representative Jim Dunnigan presented his bill, Sex Offense and Registry Amendments, to the Criminal Code Evaluation Task Force. They are working on a draft version of the bill I mentioned in past UPAN meetings and the newsletter.

Overall, the presentation of the bill was well accepted by the Task Force. The Division of Public Safety and Mike Hadden with the Department of Corrections were interested in reviewing the bill closer before giving their support.

Multiple legislators who are part of the task force expressed their support for "smarter" changes in the sex offender registry laws that will produce greater

results in public safety without hindering those on the registry working to rebuild and move on in their lives.

Please remember, this bill is still a work in progress. Representative Dunnigan extended the invitation to all members on the task force to participate in the process to draft a better bill which they can all support.

There are many other important changes that should be made to the registry laws that are not part of this bill. In the future, we hope to see the registry structured around a person's risk to re-offend and those required to register for life be given the opportunity to petition relief at some point. We are laying the groundwork to open the door to bigger and better changes to the registry in the future.

Inmate Letters: Documents and Complaint Contacts With UPAN

By Debby Stone

UPAN regularly receives letters from inmates reporting problems they are experiencing, such as property loss, medical concerns, and differences of opinions with correctional officers. Please be advised that UPAN makes every attempt to report concerns but in order to do so, inmates need to follow these directions.

Before reporting incidents to UPAN, inmates should follow all regular reporting and grievance procedures required by prison regulations before asking for help. Concerns reported to administration by UPAN will only be addressed by administration if the inmate has completed all necessary steps to resolve the problem him or herself, going through the correct channels as per regulations.

When reporting an incident to UPAN, the date and time of the incident are necessary. Additionally, the names of all people involved and a verbatim report of the

incident with no exaggerations (fluff) needs to be in the report. Without this information, UPAN cannot be responsible for reporting concerns.

Lastly, we are aware that inmates are concerned with retaliation for reporting on officers, but we have been assured that retaliation will not be tolerated and should be reported if it occurs. Also, information regarding all of the inmate's attempts to solve the problem should be included and listed clearly when writing to UPAN.

UPAN will not get involved in, help with, or forward any legal papers or information from inmates. **DO NOT** send legal papers to UPAN. They will be returned to you. It is a waste of your postage and time as well as the time and expense it takes for a UPAN volunteer to return the papers to you. If you have legal issues, please send your information directly to an attorney, the ACLU, or Disability Law Center, not UPAN.

***“May the Light illuminate your hearts and shine in your life every day of the year.
May everlasting peace be yours and upon our Earth.” — Eileen Anglin***

Late Breaking News: FIRST STEP ACT PASSES ON DECEMBER 20, 2018

The First Step Act was passed by both the House and Senate, sending the most significant changes to the federal criminal justice system in decades to President Donald Trump's desk. The Senate previously overwhelmingly approved the legislation in an 87-12 vote.

The bill makes modest changes to the Federal system. It very slightly pulls back punitive mandatory minimum sentences by, for example, letting judges give lower sentences in some circumstances and relaxing a “three strikes” law to give 25 years instead of life in prison. It makes 2010 crack sentencing reforms, which eased crack sentences to bring them more in line with powder cocaine penalties, retroactive. It expands “good time credits” for early release and creates “earned time credits” that encourage inmates to take part in rehabilitative programs for an earlier release.

It doesn't end the war on drugs or mass incarceration. It

won't stop police from locking up nonviolent drug offenders. It doesn't legalize marijuana. It doesn't even end mandatory minimums or reduce prison sentences across the board, and it in fact only tweaks both. As the First Step Act's name suggests, its supporters consider it a first step.

The bill also only affects the federal system — which, with about 181,000 imprisoned people, holds a small but significant fraction of the US jail and prison population of 2.1 million. In general, federal legislation can encourage municipalities and states to change their laws and systems, but ultimately, local and state lawmakers have the final word at the lower levels of government.

In total, the First Step Act will let a few thousand federal inmates — likely around 6,000 to 7,000 — out of prison early once it's enacted, and slightly shorten prison sentences in the future.

UPAN's Periodic Restatement of Our Mission and Goals

The following is our periodic reprinting of Utah Prisoner Advocate Network's (UPAN) Mission and Goals for review and enlightenment of all the people affiliated with UPAN, including inmates, families, DOC administration, Utah legislators, and Executive Branch officials, Utah government officials, and the media as we work toward mutual cooperation and agreements for the ever-necessary improvements we all seek, of the Criminal Justice System. UPAN is ALL VOLUNTEER and does not have funding. UPAN does not have an office to work out of so all volunteers and directors are self-motivated and work from their laptops and computers at home.

Our Mission

To provide a safe and understanding place for families and friends of incarcerated individuals to connect and share their challenges and receive support and information to help them more effectively cope on their prison journey. When a friend or loved one ends up in prison, it's a grueling experience for all involved as the inmate and his or her supporters try to adjust to the rules, regulations and restrictions of a life separated by bars.

Our Goals

- 1) To create a network of prison family and friends who can contact each other for help and support when various issues come up. To guide each other on who to talk to when a serious problem arises so that we can all effectively learn how to navigate the prison system for the benefit of everyone involved.
- 2) To identify challenges and problems faced by inmates as they serve their sentences, and then work WITH prison officials and Utah Department of Corrections administration to resolve these problems. The mission of UDC and the prison policies and how they are carried out impact the quality of life for those living portions of their lives in prison. This in turn affects their families and support networks. Since the Dept. of Corrections has committed to collaborate with other agencies and organizations and systems to provide both community safety and rehabilitation of prisoners, UPAN has become one of those organizations that help to contribute to solution of problems and the rehabilitation of inmates.
- 3) We want to improve the level of understanding of what happens in prison and how things work for the families of inmates, as well as educate the public about the TRUTH and WHOLE picture of having a loved one in prison. To dispel the MYTHS that all inmates lay around getting special privileges and perks at the taxpayer's expense.

What UPAN Does NOT Do

UPAN does not provide a pen pal service. UPAN does not have volunteers to locate and contact relatives for inmates. UPAN does not make phone calls or arrange for housing, treatment or other services for inmates. UPAN can share information with family members of incarcerated persons regarding who to contact for various resources for their loved ones, but UPAN does not have a re-entry program, USP does. UPAN cannot give legal advice, look up legal cases for inmates, nor will we make commentary in the newsletter regarding legal cases that inmates have filed. UPAN does not have the volunteer staff to answer every letter received from inmates, but the directors do read them all and address what we can with the Department of Corrections and try to write about the most popular issues reported by publishing a newsletter article.

“Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.” — Calvin Coolidge

**“Merry Christmas, Happy Hanukkah, Joyful Kwanzaa, Happy Holidays,
Righteous Spaghetti Monster in the Sky Week, Joyous Platypus Day,
or whatever other holiday you celebrate this season.**

Oh, and may the Force be with you.” — Erik Schubach, Dead Shot

That is also a wish from all the folks from UPAN – directors, helpers, and all the mailing volunteers.

What do they sing at a snowman's birthday party? Freeze a jolly good fellow.

***“To be happy in 2019 you must: Let go of what's gone, be grateful for what remains,
and look forward to what's on the way.” (Author unknown) – Now that's cool! Ed.***

Utah Prisoner Advocate Network

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Vice-president: Unfilled
Secretary: Unfilled
Director of Communications: Shane Severson
Inmate Newsletter Volunteer Coord: Deon Corkins
Director of Sex Offender Policy Issues: Faye Jenkins
Newsletter Editor: Warren Rosenbaum

***“Never doubt that a small group of thoughtful, committed citizens can change the world;
indeed, it's the only thing that ever has.” Margaret Mead***