



UPAN Newsletter

Volume 7 Number 6 | JUNE 2020

"Empowerment and Growth Through Knowledge and Unity"

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COVID-19: Mask Wearing Challenges & Skin Care, Lawsuit Info Strict Mailing Rules – Time-Cut Programs – What Is UPAN?

* * * NO JULY MEETING * * *

NEXT UPAN MEETING: MONDAY, AUGUST 10, 2020 6:30 – 8:30 p.m.

Kafeneio Coffee House 258 West 3300 South, Salt Lake City

TOPIC:

Free and open to the public.

September UPAN Meeting: Monday, September 14, 2020 6:30 – 8:30 p.m.

Kafeneio Coffee House 258 West 3300 South, Salt Lake City

TOPIC: TBA

FOCUS Meeting: Cancelled until further notice.

All UPAN Meetings and those posted above are free and open to the public.

These meetings are subject to change or cancellation based on COVID-19 closures.

In This Issue: Meeting Announcements, UPAN N/L contents in this issue and UPAN Disclaimer Page 1

» **Various Challenges Wearing Face Masks** Pages 2-3

» **Skin Care Tips When Wearing Face Masks** Pages 3-4

» **Dismissal of Coronavirus Lawsuit** Pages 4-5

» **Mailing Rules Strictly Enforced as of May** Page 6

» **What Is UPAN?** Details Everyone Should Know – What we can and cannot do Pages 6-8

» **Programs Considered for Four-Month Time-Cuts** Page 8

Serving Time Café Permanently Closed Read and shed a few tears. Bummer. Pages 8-9

CUCF's UCI Sewing Shop Making Virus Masks Pages 9-10

Some Trivia About USP Draper Compiled by Molly Prince Page 10

A Couple of Smiles and Maybe a Laugh. Oh, BTW, this is UPAN Newsletter's 6th Anniversary Page 10

List of UPAN Directors/Officers and UPAN Addresses/Contact Info (also our Facebook page) Page 10

NOTE: UPAN's Writing Exercise closes on July 1st. You still have a couple of weeks to submit your last entries. And a special thank-you to those who have submitted already. Watch for some comments and recognition for your excellent, thoughtful, observant, and creative writing submissions. You done good! Ed.

It is health that is real wealth and not pieces of gold and silver. Mahatma Gandhi

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

The Various Challenges of Wearing Face Masks

by Molly Prince

The Centers of Disease Control (CDC) recommends that everyone wear a face covering when they leave their home, regardless of whether they have fever or symptoms of COVID-19 or not. This is because people with COVID-19 can spread the disease, even when they don't have any symptoms. This new way of life creates a variety of challenges of just how to wear face masks so much of the time. These problems have become a focus of many discussions, research, and news articles. Personal protective equipment (PPE) has become the norm at most businesses and in the healthcare industry, but seeing more people wear masks outside their homes (or their prison cells or housing units) and on the job is not quite as normal.

The UDC has provided all inmates in Utah's two prisons with cloth face coverings, which can be laundered. UPAN has been told that it is required for everyone to wear face masks when they are not in their own cell or sleeping areas. We have also been told that officers and staff are also required to wear them in the facilities. And - we have received letters stating that not all officers are wearing face coverings in all units at all times. We cannot do much about this last part unless we are provided with specific names and locations and dates. We can share information that is out here about how to deal with other aspects of wearing face masks.

Cloth Face Coverings

According to the CDC website, cloth face coverings may prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If all prison staff wear a face covering and all inmates wear a mask when out of their cell, in public / community areas, the risk of exposure to COVID-19 can be reduced.

Since people may spread the virus before symptoms start, or even if people never have symptoms, wearing a face covering may protect others around you. Face coverings worn by others may protect you from getting the virus from people carrying the virus.

Considerations When Using Cloth Masks

When using a cloth face covering, make sure:

- The mouth and nose are fully covered
- The covering fits snugly against the sides of the face so there are no gaps
- You do not have any difficulty breathing while wearing the cloth face covering
- The cloth face covering can be tied or otherwise secured to prevent slipping
- Wash your cloth face covering after each use in the washing machine (sending to laundry) or by hand using a sudsy soap or bleach solution. Rinse well. Allow it to completely dry before next use.

COVID Induced Anxiety and Face Coverings

Anxiety can be triggered in all of us when there is uncertainty. The coronavirus pandemic has triggered anxiety in many forms and for many reasons in most of us. The fact that some people experience anxiety about wearing a mask is common. This anxiety is a natural response from your mind and body about being in a situation where it's uncertain about what's going to happen or uncertain because most of us have never experienced anything like this before.

Many people report that wearing masks becomes uncomfortable either physically or emotionally or both - especially for long periods of time. In the community, most businesses require their employees to wear masks and many businesses are now requiring customers wear masks. Some, across the country, are starting to refuse service to those who don't wear them. Prison policies are requiring masks which can increase anxiety in some of those who are incarcerated.

It is not unusual for someone to feel anxious when wearing masks. This can be compounded by seeing others with masks on, which can further aggravate anxiety or cause thoughts of panic in some people. This is not a "normal" situation to have everyone walking around with face coverings and it can take time to adjust to it.

When we are feeling anxious, having our nose and mouth covered can feel like we are being smothered. It feels like we cannot take deep breaths, like we are not getting enough oxygen. This is an anxiety response and we are likely really getting enough air, but the covering gives us the impression that we are not breathing normally.

Even if we are not normally prone to anxiety or panic attacks, using a mask can create uncomfortable feelings. Some people report that after several minutes they start to feel a panic, because the mask covering the nose and mouth can feel like access to oxygen is being reduced, even when it is not.

A side effect of using a mask when people venture out of their homes, or housing units, it is a reminder that the world is not safe and can trigger worries about contracting COVID. That reminder, coupled with the face covering, can create an extra layer of anxiety just because of the smothering feeling in discomfort.

Tips on managing the discomfort and anxiety of wearing a mask

- Wear your mask more often to get used to it.
- Do not focus on the small discomforts by telling yourself they won't last long and can be tolerated.

- Think positive and focus on good thoughts, not scary or uncomfortable thoughts.
- Find humor in the masks can help. In the community we can choose our mask and wear one with a message or a funny pattern. A lot of people are making jokes about wearing the masks to lighten the anxiety. One I have heard repeatedly is someone never previously thinking they would dare walk into a bank with a mask on. (Or, I might add, any Department of Corrections facility. Ed.)

There are a wide variety of styles of masks available in the community. There is even a mask for sign language interpreters that is cloth but has a clear shield where the mouth is that allows for the deaf, and hard of hearing, to be able to see the interpreters' mouths. ("Read my lips, wear your mask!" Ed.)

Practical Tips on Caring for Skin and Other Considerations when Using Face Masks

by Molly Prince

Avoiding fogging up eyeglasses while wearing a mask. According to GoodHousekeeping.com there are several ways to deal with this problem.

Improve the fit of your mask. It has been recommended that for homemade (or prison made) masks, sewing a pipe cleaner or twist tie into the top of your mask so it can be bent to form around the nose to fit the mask to your face more effectively.

Adjust your mask's straps or ear loops. When the mask fits properly, most of your breath should go through it, not out the top or sides.

Tape your mask. This may not work in prison but want to share. Most doctors use tape to prevent foggy glasses while they work. To DIY, tape your mask across the bridge of your nose and across your cheeks. You can use most any type of tape, be it adhesive, medical, or athletic, just make sure you avoid duct tape. Test the tape on a different part of your body to ensure it doesn't irritate your skin. (It is not likely inmates have access to tape to do this, and even if some do, adhesive can irritate the skin.)

Pull your mask up. A simple way to decrease the amount of fog on your specs is to pull your mask higher on your face and use the weight of your glasses on top of the mask to block the flow of air. (Works best if your eyeglass prescription is "coke bottle" lenses. Ed.)

Use a commercial anti-fog wipe or spray. It is not likely that these are available on commissary in prisons, however if they are, it could help.

Wash glasses with soapy water and air dry. One British surgeon suggests that washing glasses with soapy water and letting them air dry can help prevent fogginess. That's because the soap acts as a surface-active agent, or surfactant, and leaves behind a thin film that helps prevents fog.

Wearing your mask properly

Be sure that it covers your nose and your mouth. The mask keeps you from spewing bacteria into the air by covering your nose and mouth. It may also provide slight protection if you hope to have a chance at protecting yourself from any particles in your vicinity.

Adjust the fit of the mask to ensure your chin is covered. You can pull the mask around the base of your chin, if possible. Secure the mask around the bridge of your nose. Some masks come equipped with a metal tab just where the bridge should be. Pinch this into place so that the top of the mask feels snug to your face. Even if there is no metal tab, try your best to ensure it won't slip down your nose later.

Face masks may cause skin irritation. New York dermatologist Dr. Hadley King states in an article that we need to make sure our masks are not tighter than necessary and that the mask is smooth and not abrasive when touching our skin.

After removing the mask, wash the face with water and a gentle soap or cleanser. Neutrogena is available on commissary and may work for this. If there is any place that is irritated, apply an ointment to help the skin heal.

If your skin is especially sensitive to the rubbing of the mask, try lubricating it with a lotion or other barrier before putting the mask on.

Masks in the summer. June 20th is the official first day of summer, and summer means increased temperatures and humidity, which could affect both our comfort while wearing a mask and the health of our skin, according to professionals in a variety of articles I have reviewed on the topic of masks and skin.

There are two main ways face masks can damage the skin, according to some dermatologists. **First**, direct friction can lead to skin irritation and inflammation. **Second**, masks can trap oil, dirt and sweat on the skin, leading to flares of conditions like acne, eczema and rosacea." Skin irritations from rubbing, friction and pressure are likely to be aggravated by sweat, which can make the skin more vulnerable to irritation in the heat of summer.

Dr. Harold Lancer, dermatologist and founder of Lancer Skincare, anticipates that "Besides irritations and reactions to mask materials, the heat factor will cause a moisture change in the skin that is covered by the mask," he says. "This can lead to problems in pore structure and congestion, blemishes and excessive oil retention, which may lead to yeast overgrowth and a worsening of rosacea."

Another dermatologist says that if you have acne-prone skin, be prepared to deal with pimples this summer. There can be acne breakouts under your face mask, as oil and sweat are trapped in the skin. There also could be heat rash-like reactions because the masks can prevent the release of heat.

How to care for your skin while wearing a face mask. Have morning and evening skin care routines to properly cleanse and moisturize your face, depending on your skin type and needs. It is wise to wash your face before and after wearing a mask. This will help ensure your normal healthy skin barrier to help protect your face from the effects of wearing a mask in the heat. You'll want to make sure to use facial cleansers that are gentle on the skin. Dermatologists recommend using products that will effectively remove dirt and oil without disrupting the skin barrier. Articles recommend

products like Neutrogena Ultra Gentle Foaming Cleanser. Since I don't have access to a commissary list, I imagine that may not be available, but any gentle cleanser should work. Neutrogena, Ivory or Dove are likely to be gentle if you are having to wash your face several times a day.

After cleansing, pat on a lightweight moisturizer to hydrate your skin. If you can get products with hyaluronic acid for this step that is great, because it has soothing, anti-inflammatory properties.

For the women - Don't wear face makeup under masks. Dermatologists advise that we skip wearing makeup under our masks. However, if you want to wear cosmetics while sporting a face mask, keep your makeup to a minimum to allow your skin to breathe.

Dismissal of the Coronavirus Lawsuit Against Utah's Jails and Prisons

This article is a summary of information taken from various sources

On April 1, 2020, the Utah American Civil Liberties Union (ACLU), the Utah Disability Law Center (DLC) and the Utah Association of Criminal Defense Lawyers (UACDL), jointly filed a petition asking the state Supreme Court to step in and order officials to reduce the jail population and do more to keep the incarcerated population safe during the COVID-19 pandemic. UPAN has received letters from inmates asking if we are aware of any developments over the past several weeks. UPAN has only been aware of what has been put in the public media, as no one has wanted to discuss ongoing litigation.

It is UPAN's understanding that one of the primary reasons for the lawsuit was the difficulty in the early days of the Novel Coronavirus pandemic in getting specific information from correctional facilities on exactly what they were doing to protect inmates and staff from the virus. According to statements in the news, the three groups were unable to gain information about what protective measures were being put into place in any of the jails prior to filing the lawsuit, even after requesting that information from jails throughout Utah. It appears that it was only after the lawsuit was filed that the counties disclosed their efforts for protection and containment through their responses to the lawsuit in court. It now looks as if the lawsuit has resulted in an increase in what the public knows about what the county jails are doing to protect prisoners and staff opposed to what was known prior to the filing.

During May, the three petitioners asked that the lawsuit be dismissed against Salt Lake County and 21 other counties, saying they now believe local governments were taking adequate measures.

An article in the Salt Lake Tribune by Jessica Miller dated Saturday, May 23, 2020 announced that the Utah Supreme Court rejected the lawsuit challenging how

Utah's county jails and state prisons were responding to the coronavirus pandemic. The Court did not address any of the allegations made in the lawsuit. It ruled that the ACLU, DLC and the UACDL's lawsuit did not have proper legal standing to bring the lawsuit because there was not a specific inmate named as plaintiff that the groups were representing. The Tribune article reports the ACLU stated that the "Utah Supreme Court ruled they weren't the right parties to bring it to court." According to the ACLU, it appears the next step would be that lawsuits from individual prisoners would be more effective to "ensure that incarceration during a pandemic is not a gamble with the death penalty."

In an earlier Tribune article by Miller dated May 14, 2020, the ACLU is cited as saying that it is now aware that most counties in Utah are taking adequate measures to keep the coronavirus out of our jails, which is why the ACLU asked to have the lawsuit dismissed against Utah's county jails. The ACLU has said that they believe the county jails have acted appropriately during the pandemic by freeing up space by releasing inmates early or not bringing lower level risk people to jail in the first place.

A joint statement released from the three organizations stated that the decision to ask to dismiss the counties from the lawsuit was based on new information related to COVID-19 policies and practices provided to the court "that demonstrates that most counties in Utah are now in substantial compliance with the petition's requested relief, which included releasing prisoners and taking additional safety measures."

The ACLU had hoped to continue to sue the Utah Dept. of Corrections and the Utah Board of Pardons & Parole, saying the processes in place for those in Utah's prisons are not enough. The dismissal by the Utah

Supreme Court ends the possibility this lawsuit could accomplish anything more than what is already in place.

State and local officials responded to the ACLU-backed lawsuit in late April, saying they were proud of their response to the pandemic and they shouldn't be forced to release more inmates.

The Tribune article reports that Paul Cassell, a University of Utah law professor who represents several crime victims seeking to weigh in on the lawsuit, criticized the ACLU for initiating the lawsuit. He claims that the ACLU and other plaintiffs were creating "a distraction" to the efforts of jails and prisons to address the pandemic.

ACLU legal director John Mejia defended the decision to file the lawsuit, saying Cassell grossly misrepresents the nature of the dismissal request. He is quoted in the May 23rd Tribune article as saying, "To claim we admit we never had a case ignores how every county has acted in response. Our intention is to protect the health and lives of people held in state and county custody, and jail employees and their families, as serious outbreaks of coronavirus threatens people in Utah correctional facilities and have led to deadly results in other states."

Many Utah families with incarcerated loved ones agree with the ACLU that more needs to be done to achieve the same level of openness and trust achieved by other state and county agencies in addressing the pandemic. The transparency necessary for this could easily be achieved without compromising the safety and security of the institutions.

According to information publicly available, Salt Lake County jail is the only jail in Utah that has had inmates test positive for the virus. Miller's May 23rd article says that, "Attorneys for the county wrote in its response in April that its facility was free of COVID-19, but did have 15 cases involving current or former inmates. COVID-19 has returned to the jail since then, and two inmates currently incarcerated have tested positive. Twenty-eight are being quarantined as of Tues." (May 19th)

The ACLU of Utah has publicly acknowledged that UDC officials have undertaken "meaningful, commendable work" in response to the COVID-19 pandemic, but it doesn't believe the measures go far enough. Mejia said that the process for prisoners to make complaints or file grievances about jail conditions is too burdensome and slow for how fast the virus can spread, and added the compassionate release process is also sluggish and difficult for inmates to work through if they don't have

money to hire an attorney. He further argued that the number of people at the prison is still far too high and noted that prison officials have not provided any information about how they are ensuring the protection of the more than 1,400 inmates who they are paying counties to house at county jails.

Many prison reform organizations throughout the country, in addition to the ACLU, have serious concerns during this pandemic about the conditions that are characteristic in prisons that contribute to risk for those incarcerated and those who work there. The ACLU filing stated, "Especially in a large facility like the prisons, which have dorm-style housing for the most medically vulnerable in the Draper prison, makes incarceration more dangerous than the conditions for society at large." It was pointed out that even in nursing homes, which have communal living, residents are not sleeping 30 people to a room and they are not sharing shower and bathroom facilities with about 30 people."

The Corrections website continues to post numbers of inmates tested and results. Until May 29, it maintained that there were zero inmates testing positive for COVID-19 in either prison. Then one inmate coming in from a county jail tested positive resulting in a quarantine in the intake unit. The jail has not been identified publicly.

UPAN has attempted for several weeks to obtain statistics from the Utah Board of Pardons and Parole on the number of inmates who were released early who already had a parole date as well as the number who were released on compassionate release due to medical vulnerability and high risk. We have not received a response yet due to the Administrative Director and Deputy Director being on leave.

UPAN has learned from Miller's article that Erin Middleton, an attorney with the Utah Attorney General's Office, wrote in the state's response to the lawsuit that the prison and Board of Pardons have worked to release more than 800 inmates early, a mix of those who were near their parole dates and some who had applied for a "special attention" review or compassionate release.

UDC officials told UPAN on April 1st that they were taking steps to reduce the impact of the pandemic for inmates including canceling visitation, waiving medical copays for COVID-19-related care, having isolation and quarantine spaces available when an inmate has symptoms and is awaiting a test, or in the case of testing positive. UDC administration has told UPAN several times that they are supplying prison residents with soap, cleaning supplies and face masks.

What did one elevator say to the other elevator? I think I'm coming down with something.

When you're going through hell, keep going. Winston Churchill

Mailing Rules Strictly Enforced in USP and CUCF as of May

by Molly Prince

On August 1, 2019, USP and CUCF implemented stricter mail rules to reduce the amount of contraband going into Utah's two prisons. These are being strictly enforced including mailing labels at this time. Read the rules at: <https://corrections.utah.gov/index.php/family-friends/how-to>

Guidelines: Only single layer white envelopes and single layer white paper or stationery will be allowed. Ruled white writing paper with lines as a guide for handwriting will also be allowed. There is no limit to the number of pages in an envelope but the additional postage cost over the 5 or 6 pages that fits in a standard white #10 envelope will be required.

Postcards are limited to only pre-stamped white postcards sold by the post office. As long as mail room staff can see completely through the white postcard and there is no obvious tampering, they will be allowed. If they cannot see through the post card or the edges have been tampered with, they will be denied.

Photographs are still accepted. UPAN recommends commercially produced photos that you can get at Walgreens, Walmart, or online at Freeprints.com or other outlets.

What is NOT allowed: Safety envelopes that cannot be seen through when held up to light are not advisable. Greeting cards on card stock are **not** allowed. Since photographs are still allowed, families can take a photo of a greeting or holiday card and send it in a white envelope rather than sending a conventional greeting card and its colored envelope. Or copy a greeting card on white paper and send in a white envelope.

Any mail with paint, chalk, crayons, markers or highlighters on contents or envelope will be denied. Mail that was written with gel pens that produce thick, gooeey lines or have glitter in the ink are denied.

Mailing labels no longer allowed. Until May, the prison was accepting mail that had return address labels or pre-printed mailing labels. Now, **return address and mailing labels are not allowed at all.** This includes mail from businesses or professional mail.

Nothing can be attached to the envelope except a postage stamp. No stickers or mailing labels. UPAN was told that the reason is, a small number of people have been sending drugs in under the mailing labels. It is another situation where the choices of a few create more restrictions and limitations that impact everyone.

WHAT IS UPAN?

By Molly Prince

UPAN receives a lot of mail from inmate as well as calls and emails from families of inmates assuming UPAN can intervene in and solve all problems related to the court process, legal system, board issues, etc. We cannot. This article clarifies what UPAN actually is and does.

Utah Prisoner Advocate Network is a non-profit organization that is made up of only volunteers. We are a group of concerned friends and family members of individuals incarcerated as inmates in the custody of the State of Utah's Department of Corrections, as well as formerly incarcerated and interested citizens. UPAN does not have an office. Our work for UPAN happens out of our homes, our cars, and via computer, email, phone, and mail. We do our UPAN work in addition to our regular jobs, families, our own incarcerated loved ones, and in what used to be our "spare" time.

We do our best to accomplish the following objectives and goals:

1. Provide a safe and understanding place for families and friends of incarcerated individuals to connect with each other and share their challenges and receive support and information to help them more effectively cope on their prison journey. We hold meetings the 2nd Monday of each month with the exception of July and December. These meetings are held at the Kafeneio

Coffee House located at 258 West 3300 South, South Salt Lake, UT. *(Please note meetings are currently temporarily suspended due to COVID-19 social distancing guidelines.)*

2. Offer support and assistance to incarcerated individuals by identifying challenges and problems faced by inmates as they serve their sentences, and to communicate with prison officials and the Utah Department of Corrections administration to address and resolve these problems.

3. Provide education and information to family and friends of inmates as well as the general public, including our lawmakers, for the purpose of improving the level of understanding of what happens in the prison system and how things work which ultimately impact prisoners, their families and support systems, as well as the community at large. This is accomplished through our newsletters, our monthly meetings, as well as via our website, Facebook page, and Twitter account.

Ways we accomplish these objectives:

Monthly meetings are held on the 2nd Monday of each month (except July and December). Sometimes these are family meetings where we simply discuss the situations and frustrations prison families experience, and other times we invite guest speakers, hold panel

discussions, or hold open forums where we discuss criminal justice issues with legislators and other policy makers. These meetings are free (we accept donations), open to the public and we welcome anyone who needs support or is interested in helping our cause.

Monthly Newsletter is published discussing current issues and developments concerning anything related to the Utah Criminal Justice System as it pertains to State Prison issues. We send this out via our email list. Families on our email list can print and mail it to their loved one behind bars. We have volunteers that print and mail physical newsletters to inmates who have no family or friends on the outside to do this for them.

utahprisoneradvocate@gmail.com is our **email list** that can be used to disseminate information or notices about issues and upcoming events related to prison and the criminal justice system in Utah. Family members can also email with questions to this address.

UPAN websitewww.utahprisoneradvocate.org is where we post information about upcoming meetings and events and other issues relevant to criminal justice in Utah.

Utah Prisoner Advocate Network Facebook page posts current events in the criminal justice system in Utah and nationwide, as well as reminders about our meetings and upcoming events.

Listening ear and guidance for family and friends of inmates is accomplished through our meetings as well as via email to help provide guidance on how families can find answers or address issues that they and their inmate encounter in their prison journey. We attempt to guide them on who to contact in the prison system to address their specific concerns.

Address inmate concerns. Inmates write to UPAN with concerns, ideas, or information. We will research and attempt to answer concerns through newsletters whenever possible. ***We cannot guarantee personal response to each and every letter.*** We receive a high volume of mail from the incarcerated, and we read every piece. When possible, we will respond directly to the inmate. More often, we either contact Corrections about the generalized problem when we receive multiple letters about the same issue or gather information and include an article about it in the monthly newsletter. When inmates have issues that need to be addressed with the prison directly, we do not typically get involved unless there are no family or outside support to help the inmate. Even then, we cannot always intervene or help with many of the issues that inmates write us about. We encourage family members to help advocate for their own incarcerated loved ones by contacting UPAN to find out who to contact in UDC about the problem.

Provide a forum for UPAN participants / families to share problems and concerns with elected officials and

policy makers, as part of educating the public about prison issues.

UPAN can work with other agencies to further its goals. Over the years, UPAN has partnered with a variety of community agencies to promote changes in Utah's criminal justice system. UPAN was involved in People Not Prisons when it was functioning. UPAN helped to sponsor the Faith in Reform conferences for two years in the past when it was being held. UPAN worked to provide information for and provide an avenue for inmates to share their information to the Legislative Audit Committee on the Audit of the Board of Pardons and Parole in 2015. UPAN often shares information with other agencies as well, such as the Disability Law Center, when appropriate, regarding issues that those agencies can look into.

What UPAN cannot do:

UPAN does not have legal counsel. We don't have any attorneys that offer advice or guidance for UPAN. We do not have a list of pro-bono attorneys. UPAN cannot help with anything that involves legal issues, such as appeals, problems with what happened in court cases, problems with public defenders or bad legal counsel, etc. Please **DO NOT SEND US YOUR LEGAL PAPERWORK**. Please do not expect us to look up legal cases and provide you with copies of case law or legal forms. We do not have any attorneys or paralegals who are volunteering to help us in this area.

UPAN cannot influence the Board to review or revise a decision. We receive a lot of letters assuming that somehow UPAN has some sort of influence over the Board. To clarify, UPAN merely created a data form and got it out to inmates and families to fill out and return back in 2015 during that audit. They were forwarded to the Officer of the Legislative Auditor General, that office performed the audit of the Board. UPAN is involved on a Community Outreach Committee that meets with the BOPP Administrative Director Dennis Moxon periodically to discuss issues related to the Board.

UPAN cannot help anyone get into treatment. While we can explore the reasons people may not be getting into substance abuse or sex offender treatment in a timely manner, UPAN has no power over how the system works in the prison in terms of getting into treatment or being re-admitted after a discharge.

UPAN Directors cannot become your power of attorney. Please find individuals in your own support system to do this if you need a power of attorney.

We cannot personally answer every letter that we receive. However, please be assured that each and every letter is read and considered. When we get multiple letters from different inmates about the same types of concerns, we prioritize that issue as something

that we need to contact Corrections about and work toward a resolution or an answer.

What inmates can do to help us help you.

Make sure you learn and follow the rules in the institution you are in. Every prison facility, housing area, and jail seems to have their own variation on policies and rules. As an incarcerated person, you can do your best to make sure you know the policies. You can go through the grievance steps and levels when a problem is encountered. If you, as a prisoner, do everything on your end to try to resolve your problem, and you have followed the rules and complied with the policies, it then makes it easier for your family members or in some rare cases, UPAN directors, to follow up on the problems that are not able to be resolved in the method the prison requires. It also gives those advocating for you help in building a legitimate case when talking to administration about issues that need to be looked at, or policies that are not working and may need changing, etc. The biggest challenge we face when trying to resolve issues with the UDC is they insist that inmates don't follow policy and procedure in resolving the problem before it escalates to the point that either their family members or UPAN step in.

Please write legibly and in dark pencil or pen. Sometimes it is very difficult to read people's writing. This includes very fancy or flowery writing as well as sloppy writing. Since we cannot talk to you to ask questions, it is important that we are very clear on what we are reading. Also, there are times that we need to scan or copy a letter to send it to the correct UPAN director or forward to the proper agency that can more

effectively respond or address the issue. If the writing is too light, it will not copy or scan.

Be completely honest and detailed when sending us complaints or concerns you want looked at. We cannot always take a lot of time to write you back with a list of questions to clarify. So if you give us ALL the details in a simple straight forward fashion and stay to the point, plus be completely honest about it, then it helps us as we look into it. We cannot work with what we don't know. Half of a story doesn't help us to help you. We certainly cannot work with what may not be completely true. Corrections tends to point out every detail of a situation that we may not have all the information, or where an inmate may have broken a rule we don't know about. This distracts from being able to actually come to a solution because it means the focus can be shifted from what may be a policy or staff problem back onto the inmate as the problem. So help us help you!

Notify us when you move to a new prison facility or IPP jail if you are on our inmate mailing list. Newsletters returned to UPAN as undeliverable are increasing with the early releases and recent moves. If you do not notify us as soon as you are moved to a new facility then the postage is wasted if it is sent to the old facility and then if we are able to mail it out again, that duplicates the postage costs.

In closing, all of us involved with UPAN do our best to try to help inmates and their families help themselves. We try to empower UPAN families to help their incarcerated loved ones. We hope to help everyone navigate their prison experiences in the best way possible.

Types of Education or Programs that Qualify for Time Cuts

by Molly Prince

UPAN has received questions from inmates and families about what types of educational and treatment programs qualify for consideration for time cuts by the Utah Board of Pardons and Parole. I reached out and was given some information from Dep. Director David Loden of Programming.

The four-month time cut is considered upon completion of the following areas:

1. A High School Diploma or GED
2. A vocational program

3. Substance Abuse Treatment Program
4. Sex Offender Treatment Program

There are many incarcerated persons who have completed college degrees, and higher education has been shown to correlate with reduced recidivism. However, the Utah Board of Pardons & Parole does not consider this type of education for a time cut. UPAN has been unable to find out the reason for this because we have been unable to reach and receive a response from either the Director or Deputy Director of the BOPP for several weeks.

If you can't do anything about it then let it go. Don't be a prisoner to things you can't change. Tony Gaskins

Serving Time Café Has Closed For Good

by Molly Prince

On May 19, 2020, Utah State Prison announced that Serving Time Café will be closed permanently. Serving Time opened in Dec. 2007 on prison property. It was a

popular café for both the public and prison staff for affordable and delicious breakfast and lunch meals. For the past 12½ years, it has employed women

incarcerated in USP's Timpanogos, providing them with invaluable experience in the food service industry as well as customer service, social skills, and a chance to practice skills preparing for release into the community. Serving Time had been closed temporarily in March due to the spread of COVID-19. However the UDC is choosing to not re-open the well-loved café.

The announcement on the Corrections website states, "Out of concern for the ongoing health and safety of the Utah Department of Corrections staff and the people incarcerated in our facility, we have come to the difficult decision to permanently close the Serving Time Cafe," said Maria Peterson, Director of Utah Correctional Industries. "For more than 10 years, the Serving Time Cafe has contributed to the UCI mission, providing real-world work experiences for incarcerated women and

teaching them valuable skills in food preparation and customer service."

The cafe had a regular following, and there was often a lunchtime rush. It was also a way for women who were sentenced to prison to gain skills and prepare them to re-enter the community when they are released. UPAN interviewed two of the women who worked there in the past and wrote an article about the benefits they experienced from working there in the February 2017 edition, pages 7-8 of UPAN news.

"We want to sincerely thank our regular customers and the local businesses who employed many of our former cafe workers after release," Peterson said. "Your support of the cafe and UCI has made a positive difference in the lives of many people." UPAN is sad to learn of the close of this important program and service.

As a parting gift, the cafe shared its recipe for its famous peanut butter bars:

(Caution to bakers and cooks: This is more than one serving. Yummy! Ed.)

Peanut Butter Bar

CREAM TOGETHER:

1 1/2 C. Peanut Butter
1 1/2 C. Butter 1 1/2 C. Sugar
1 1/2 C. Brown Sugar
4 Eggs and 1 TBS Vanilla

THEN ADD:

3 C. Flour
1 TSP Salt
1 1/2 TSP Baking Soda and 3 C. Oats

BAKING DIRECTIONS:

Bake at 350 degrees for 15-25 minutes
Spread a thin layer of peanut butter on top and let cool. Frost.

FROSTING:

1 C. Butter
1/2 C. Cocoa Powder
4 C. Powdered Sugar
1 1/2 TSP Vanilla
Add milk to consistency desired

CUCF's UCI Sewing Shop Employees Produce Face Masks

by Molly Prince using Press Release posted by UDC May 7, 2020

In response to the need for face coverings in Utah's prisons and other agencies, the inmate employees of Utah Correctional Industries (UCI) in Central Utah Correctional Facility in Gunnison learned how to create them to meet the demand.

The press release from the UDC Communications office, dated May 7, 2020 reports, "Midway through March of this year, Utah Correctional Industries had produced a grand total of zero face coverings in its history. By April 24, UCI had made 60,000. By the end of May, that number could hit 130,000." UCI was able to develop a face cover prototype, get it approved, then shift the sewing shop for inmates working there, to sew them for state agencies and local hospitals.

"It took a couple of weeks to put a line together," said Jesse Gettler, production manager for UCI's sewing shop at the Central Utah Correctional Facility. "We had to gear up and get materials ordered. Once we did, it was a great team effort." "Team" being the operative word. UDC reports that at one time, the shop was staffed by up to 100 inmates, pulled from other work

areas to meet the need. "We asked everyone to work extended hours and they stepped up," added Gettler. "Both inmates and staff, because (officers) had to stay late as well."

Now that the production line is up and running, the shop has scaled back on inmate employee hours and staff. They still expect to make 10,000 face coverings a week. Officials will assess the need for more face coverings in several weeks. According to the production manager, "If requests keep coming in, we'll keep producing."

Many inmates are happy to be a part of the solution.

The press release states, "It's terrible that it took a pandemic, but we're grateful for the opportunity to give back," said Michael Kitteridge, who works in the sewing shop at CUCF. "I like . . . being a part of the cure." Kitteridge also highlighted the efforts of the correctional staff at CUCF, noting they put in the extra effort as well. "They're just as motivated as we are," he said. "They're taking time away from their family. It shows that we're all in this together." It is UPAN's understanding that this is also the shop that has provided the face coverings for

all incarcerated persons in both prison facilities. While masks can be a bother to wear, UPAN families are deeply appreciative to everyone involved in this project

that helps to protect our incarcerated loved ones and the staff they come into contact with daily.

Some Trivia about Utah State Prison, Draper

Compiled by Molly Prince

The women's facility was built for youth in the '80s.

The Timpanogos Women's Correctional Facility, built in 1983, was originally constructed to house juvenile offenders but was repurposed to hold female inmates.

In the last three decades, criminogenics have changed according to prison officials. In the Timpanogos 2 pod, there are 18 rooms housing 36 inmates. However, the open common area's tables seat 20 of the inmates. Source – Daily Herald, January 23, 2018

Olympus was originally built as a women's facility in 1993.

Olympus is the main mental health facility with only the capacity for 160 beds for male inmates. There is one section housing chronically mentally ill inmates -- those who may be bipolar, schizophrenic, depressed or suicidal, and have had previous serious issues like assaulting others -- only has 12 single cell rooms. Source – Daily Herald, January 23, 2018

The average size of a cell in Draper is 70 square feet. Cell sizes at Utah State Prison in Draper vary depending on the facility and block they are housed in. The average cell sizes, (not including dorm housing), measures out to about 70 square feet or 7 feet 2 inches wide, 9 feet 10^{4/5} inches in depth, and 7 feet 11^{2/5} inches high.

Women's cells in the Timpanogos Women's Correctional Facility are 85 square feet for two women. Cells in the Olympus Mental Health Facility are 90 square feet.

Some of the smallest cells are in Wasatch Facility's A Block, housing single inmates in 47 square feet. While the cell space seems unbelievably small for the majority of society, the common space outside of cells in the blocks are even smaller per inmate.

Source - Daily Herald, February 26, 2015

UPAN Newsletter Hits a Milestone – 6th Anniversary, this is Issue Number 72

About one year after UPAN began (in 2013), Molly Prince asked if I'd start a monthly newsletter for UPAN. She heard that I'd published a bi-monthly running club newsletter for 10 years, 14 years earlier. I agreed. Molly is the principal writer. She writes about 75-80% of the content. I edit, assemble, format, and squeeze the articles into 10 pages.

UPAN's first newsletter was published in June 2014. It was 4 pages, 3,165 words. Since then it has grown to 10 pages monthly with 7,500 to 8,500 words per issue. Our totals thru this issue are 511,000 words (over a half-million) contained in 640 pages of 8½ x 11 sheets with about 770-850 words per page. That's equivalent to about 5^{2/3} full-sized books that have about 250-300 words per page. We estimate about 2,000 newsletters or more are printed monthly with readership four or five times that amount including family members, inmates and their incarcerated friends, a few legislators, DOC personnel, and others. Molly and I, with the occasional other contributors, hope to provide families and their loved ones with the most current and accurate information we can pass on to you. Warren Rosenbaum (aka "Ed.")

☺A Couple of Smiles and Maybe a Laugh☺

A lady returning a diet book to the librarian says, "Here's another book you can file under fiction." ~ What goes thru towns and up and over hills but doesn't move? The road. ~ What stays in the corner and travels all over the world? A postage stamp. ~ What do you call a man with no body and just a nose? Nobody nose. More silly jokes next month!

During a pandemic (widespread contagious disease – for those from Rio Linda), we obey the rules, and stay cool. Ed.

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(Note: go there to view recent UPAN meetings)

“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