



# UPAN Newsletter

Volume 8 Number 11 | NOVEMBER 2021

*“Empowerment and Growth Through Knowledge and Unity”*

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## Holiday Card Mailing Needs Volunteers – Inmates’ Gratitude Comments Recognizing All Who Are A Part Of UPAN – Incarcerated Family Art Show PrisonEd Review – UPEP Education Project for Fall – Recommended Reading JRI Listening Tour, Families Input Needed

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**Next Meetings:** November 8, 2021 6:30 p.m. **Topic:** Family meeting. Free/open to public. **Meeting Location:** Virtual Zoom Meeting – link <https://bit.ly/3vqQjiA> **Following meeting, January 10<sup>th</sup> 2022**

*UPAN continues virtual meetings at this time. Also available, as usual, on our Facebook page afterwards. All UPAN Meetings and those posted on this page are free and open to the public.*

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**EDITOR’S NOTE:** The next installment on the Board of Pardons & Parole is postponed till December

*“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” Oprah*

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

### UPAN Holiday Card Project 2021 – VOLUNTEERS NEEDED!!! By Audrae Rogers

UPAN volunteers will be mailing Holiday cards to inmates again, this holiday season! We will send cards to as many incarcerated persons as we can put on our list, who have little contact with relatives or friends and have been in prison a long time. We are asking for

volunteers to mail 10, 20, or more “cards,” that are prison approved, to inmates after Thanksgiving (November 25) or early in December to avoid the holiday rush.

Regular store-purchased cards are not accepted by the Draper and CUCF facilities and some jails. Homemade cards decorated with color crayons, glitter, color pens, etc., CANNOT be used. The card's image can be printed in color on a single, plain, white sheet of copy paper, folded in thirds or in half and placed in a white, non-security envelope.

The return address on the envelope is the Sender's name, UPAN, PO Box 464, Draper, UT 84020. The inmate's address on the envelope, MUST include his or her name, OFFENDER NUMBER, and the full address of his / her facility. All volunteers will be emailed a list of names about the third week in November with complete instructions for the prison or jail they are mailing to.

A simple note or enclosed poem is appropriate to include with the holiday card.

Black or dark blue ink should be used. More do's and don'ts will be included with the emailed assignment. Images of former UPAN Holiday Card Contest entries, by Utah prisoner artists, are available to print, from the UPAN website, [www.UtahPrisonerAdvocate.org](http://www.UtahPrisonerAdvocate.org).

Volunteers from last year will be contacted and asked if they would like to help again this year. UPAN Newsletter volunteers are asked to send a card to those on their newsletter list. If you cannot do this please notify us.

**If you want to volunteer**, please email me at the address and help us in this project which amazingly touches the hearts of many inmates. We have received very touching and heart-warming "thank you's" each year from prisoners who thought they were forgotten. Thank You!!! [audraerogers3@gmail.com](mailto:audraerogers3@gmail.com)

### **Sentiments of Thanksgiving and Gratitude from Incarcerated and Formerly Incarcerated Folks**

1) *I'm thankful for the ability to choose. While I was in prison, there were times when I felt that this liberty was taken away from me. However, I came to realize that I still had the freedom to choose in many ways. Yes, options seem to be limited inside of the fence, but the ability to choose is still evident. This is something that I ponder about often, and I am very grateful for the ability to always choose - whether it be from a few options, or from many. One real-world example that my wife and I talk about is we choose to love each other - every single day. It's a choice that we make, and we do so consciously. Whether we are in prison or outside, we can choose whom and how we love. Patrick McMillan*

2) Seeing my good friends moping around without any hope, just waiting to die, almost brings me to tears. Thank you to UPAN and two steadfast friends for your help in general and for me in particular. This has given me great hope and a fresh bounce in my step. A. Oakley

3) *Thank you to the UPAN staff and volunteers for the UPAN newsletter and other efforts you do on our behalf. The newsletter has been especially of interest during the pandemic. Also, a special thank you to the volunteer family who sent me a Christmas card last year. It meant more to me than words can say. Jody Walters*

4) I am grateful for the hope I've retained, based on positive memories I review in my mind. Several other incarcerated people have developed crazy laughter, given up on reality, and hide in a fantasy world. As I pace this cell I dream of the day when I will be totally free of this place and not be separated any longer from my family. Patrick Archuleta

5) *I hope this letter finds all the UPAN volunteers well. Thank you all, for all you do with the talents you bring to your UPAN duties that helps all of us. All the best to you. Adam Ure*

6) Greetings: and thank you so very much for your love and dedication to justice reform and a more humane neighborhood (city, county, state) that will help us transition back into life. We, as former offenders, can't express enough gratitude to you for courageously and convincingly working to cure problems of this broken system. Gary Ruff (no longer incarcerated)

7) *I will be home soon and I'm looking forward to making up for lost time. I am grateful for my two daughters and have written poems about them. I'm grateful for UPAN and look forward to helping you with some projects. Thank you and God bless. Joshua Kunz*

### **Gratitude for Veterans**



Veterans Day (November 11<sup>th</sup> every year) evolved from Armistice Day, which was proclaimed in 1919 by President Woodrow Wilson. Armistice is when warring parties agree to stop fighting. Armistice Day recognizes the end of

World War One when hostilities ceased on November 11th at 11 A.M, 1918 (11th hour, of the 11th day, of the 11th month).

UPAN would like to acknowledge and express gratitude to all the Veterans of the Armed Forces on this Veterans Day – and always. We want to recognize all men and women of courage and share our appreciation for your dedication and sacrifice that you have made on behalf of all Americans. Those who live in freedom will always be grateful to those who helped preserve it.

## Recognizing All Who Are Part of UPAN

by Founder Molly Prince

2021 has been a tough year, following 2020 that brought significant life changes for most of us. I am thankful to be on my own healing journey as I navigated through this year. I am grateful for so much in my life that kept me afloat after my husband passed away in 2020. He was the wind beneath my wings and supported me with no questions when I told him I wanted to form “a family support group for prison families” which quickly transformed into what is now UPAN. He never complained about the time I spent on UPAN work in addition to my own clinical practice, our families and being a support to all of the services he provided through his volunteer work in the community, at the Huntsman Cancer Center, and as a volunteer Native Chaplain at Utah State Prison. So first and foremost, despite his having walked into the next world over a year ago now, I am grateful to him and for everything we had together; for the lessons he taught me during our 26 years together that have helped me continue to walk my path without him here in this world.

I need to pour out so much appreciation and gratitude filling my heart to my colleagues and the volunteers here at UPAN. This is what this article is about.

First, for all of you individuals over this past year who were willing to write articles on important topics for the newsletter, I express deep appreciation. Gathering factual and relevant information is a very pressing duty that is a priority!

I cannot give enough props and kudos to **Shane Severson**, our Director of Communications. Without Shane, UPAN would not move forward at all! He plans, facilitates, and sends out announcements for monthly UPAN Zoom meetings. Shane manages the website, social media accounts such as Facebook and Twitter and attempts to stay on top of our email account, (along with several other directors and volunteers who monitor those accounts). He is a caring and compassionate colleague and friend, and I value him on our UPAN team!

**Warren Rosenbaum**, fondly known by newsletter readers as “Ed,” also has my undying gratitude. He formats and organizes all of the newsletter articles and quotes I submit to him each month in a format that is reader friendly and interesting. He also responds to numerous letters from incarcerated folks about a variety of issues. He has held the writing exercise for several years, and despite his own serious bout with COVID, including hospitalization, he has managed to maintain the integrity of the UPAN newsletter throughout 2021. He has also become a valued friend over the years. I do appreciate him!

**Deon Corkins** stepped up and took the role of Newsletter Volunteer Coordinator almost three years

ago, when I was unable to keep up with that job, which takes many hours of coordination. Then, over the past 1½ years she has picked up and triaged the mail for UPAN when I became unable to do so. That also is a task that requires a LOT of time and can be overwhelming when reading letters and figuring out which director or volunteer to forward it to for action or response. Deon shares with us articles and information on criminal justice. She helps to administer / monitor our Facebook page. She has found organizations that UPAN partners with, such as US Dream Academy. She does so much more than the duties of her title. I deeply value Deon’s knowledge, awareness, input, and friendship.

**Wendy Parmley**, who took the role of UPAN’s Director of Medical & Mental Health Issues almost 2 years ago, has been an invaluable and tenacious advocate for incarcerated folks with medical issues that are not being addressed efficiently or adequately in our correctional institutions. I am in awe of her and am constantly grateful for her dedication to making sure that incarcerated people receive quality and timely medical care. She has several times partnered with another anonymous volunteer to deal with the legal issues related to helping families access medical assistance for their incarcerated loved ones. She has traced the COVID outbreaks and responses in Utah’s prisons based on inmate reports, as well as information provided by UDC and Utah Health Department, writing newsletter articles almost monthly about these issues. She works tirelessly behind the scenes to help families understand how to advocate for their loved ones’ health / mental health issues. I cannot express how deeply her work has impacted many and how grateful I am for her knowledge, expertise, and willingness to share it.

**Faye Jenkins** has my endless appreciation. She has continued this year to work quietly behind the scenes to educate lawmakers and other public officials on the realities of sexual offense issues for both those who have offended sexually, their families, as well as for the safety of the community. She is an unsung hero who has continued to balance raising her family while her husband is incarcerated. This is while doing a lot of research, writing articles, consulting with legislators on proposed legislation, building relationships with elected officials, and attending meetings with the CCJJ and legislative subcommittees this year, despite the challenges and change in structure of how we all do business because of COVID. I have witnessed and admire Faye’s deep love for her family, her spiritual grounding, her dedication to searching for truth and fighting for equity in the criminal justice system for everyone. She is definitely an asset that UPAN and all incarcerated folks have benefitted from and it is a blessing to know her.

**Audrae Rogers** has my continuing gratitude and respect for her tireless work during the holiday season. She has spent the past six years spearheading the Holiday Card contest for inmates to participate in, and also coordinated the holiday card program, which her husband Ernie helped to expand a few years ago. So that instead of a few hundred incarcerated persons receiving holiday cards, now a couple thousand do. They recruit volunteers who create copies of holiday cards and send the cards to inmates who have been assigned by the Rogers. They spend hours of work behind the scenes to make these programs work each holiday season and their work goes on for several months in order to achieve this. Audrae also assists me in sending out thank you notes and letters for people who contribute financially to UPAN, and over the past year has sent out other correspondence when I was unable to do so.

**Ernie Rogers** has stepped up to work on issues related to Utah's Board of Pardons & Parole this past year. He attends meetings with other UPAN directors who meet with BOPP administrator monthly and he also explores ways to assist incarcerated folks to correct any misinformation in their BOPP record that impacts the decision making process. He corresponds with several incarcerated people on these difficult issues and has my respect for his persistence.

**An Bradshaw** is looking into potential venues for UPAN meetings when we safely resume in-person meetings, since our former location is closed. She researches different things for UPAN and she has helped in various areas including helping bring attention to a situation related to compassionate release this year. I appreciate An's commitment to learning and sharing how things work in our system both in Utah and at the federal level.

**Gayle Dawes** brings her qualities of quiet strength and spirituality to her role as Director of Women's Issues. She shares her unique perspective and has been able to open channels of communication with some of the administrators in the women's prison over the past two years. She shares what she learns about the concerns the women have about the various changes that have occurred in Timpanogos so that UPAN is able to discuss those with UDC. She has coordinated with Deon to facilitate a tour of Flourish Bakery to see the wonderful program and work they are doing. I have known Gayle

for over a decade and have watched her evolve into such an asset and force in the community in a variety of positions to help families. I admire her and am grateful for her undying dedication to the greater good.

I am grateful for the newest addition to our team, **Jesse Meredith**, who recently volunteered to begin research and create a data base about our county jails that house state inmates in the Inmate Placement Program. He has volunteered in the past for the John Howard program in Chicago, dealing with prison issues there.

I want to acknowledge the valuable contribution that all of the **families on the UPAN Facebook Family Group** offer when sharing knowledge and guidance to each other. They have all made the Family Group a safe place for family members to ask questions, share their fears and frustrations, and learn how to navigate Utah's prison system. There is such power in having so many perspectives, experiences, and voices to help each other on our prison journeys. Several mothers and wives have shared important information specifically that UPAN has been able to follow up on to benefit everyone.

I want to thank all those **folks in prison** who have written to share what is happening inside. Some letters share positive things about new programs or a staff member who is particularly humane and helpful. Others share the problems that they continue to face - some that never seem to be corrected - in USP and CUCF. We love to hear when a problem we have tried to get corrected is resolved, but we do not often receive a follow up from inmates or UDC in those areas.

Also there are **those who have released back into the community** and keep us informed of various issues going on in the legislative subcommittees or have stepped up to help work on issues that they are passionate about.

Finally, I appreciate **various administrators in UDC and BOPP** who recognize the need for change and are sincerely working very hard to partner with organizations like UPAN to facilitate lasting change that is sorely needed. That would be a list too long for this article. While some administrators make it challenging to effect needed transformation, others are right there in the trenches working on it with us!

It takes all of us to create change and hopefully to make the world of prisons and criminal justice in Utah better.

***"We learned about gratitude and humility - that so many people had a hand in our success." Michelle Obama***

**"When eating fruit, remember the one who planted the tree." Vietnamese Proverb**

### **Thoughts of Gratitude from the UPAN Directors**

This is the time of year that we reflect on what we are thankful for, despite the severe trials so many of us face

in our lives and on our prison journeys. 2021 has continued to be a very challenging year for everyone

with the continued problems created by the COVID pandemic and the ongoing life challenges for everyone, inside and out. Here are some thoughts UPAN directors wanted to share this season. They are shared in the order in which they were received.

**Deon Corkins, UPAN Newsletter Volunteer Coordinator.** “Zoom, with all its quirks, has a soft spot in my heart. I am especially grateful for the role Zoom played in my loved one’s life and for his diligence. It enabled him to proceed when in-person counseling could not be held, due to the risk of COVID19 transmission, during the almost two years since his release from prison. Parole termination papers have been filed. We hope to have held a celebration by time you read this!

I am also thankful for UPAN’s wonderful newsletter mailing volunteers. They generously contribute their time, stamps, printer ink, paper and envelopes for inmates who have no one on the outside who can send the newsletter to them. This is an invaluable service!”

**An Bradshaw, Volunteer Coordinator.** “My LO is in the federal system. After his sentencing, he spent 3½ months going through transit facilities and multiple quarantine periods during which we had NO contact with him, before he arrived at his designated prison. He is a 13-hour drive away, but we were finally able to see him in person for the first time in nearly 2½ years! It was an incredible blessing to see him and talk for longer than the 15-minute phone calls they are allowed. I’m grateful he is safe, doing well, and making life changes that will create a better future.”

**Wendy Parmley, Director of Medical and Mental Health Issues.** “This year, I am grateful for opportunities to start anew. While we are not able to erase what has happened in the past, we can move forward. My husband and I have the opportunity to lead a 12-step group for our church, and it is remarkable to see the changes that can be made in the lives of those who have had serious past failings and traumas. Truly, as they accept accountability, their lives are changed. I am grateful to support that change in some small way. I am grateful that in my own life, I can take the lessons learned from past pains--failings, traumas, disappointments, deaths, physical illnesses, heartbreak, and a pandemic--and I can move forward to improve my own life and support family and friends in their own journeys towards healing.”

**Faye Jenkins, Director of Sex Offense Issues.** “Wow, this has been a tough year for me, as I imagine it has been for many other people. Staying emotionally resilient and strong is a constant battle as the expected length of incarceration of my loved one extended out much longer than we hoped. My 9-year-old daughter tells me she feels depressed due to the sadness of her dad being away and missing so much of her childhood. What’s the answer? How do I help her? The only thing I

could come up with is to encourage her to change her focus. Instead of focusing on what she is missing and is out of her control, focus on how blessed she and our family have been these past years. I call it looking for tender mercies from God.

As a family we are good. Our basic needs of home, money, and health are met. Beyond that, our prison journey has opened doors to meeting and making wonderful new friends. It is very rewarding to hear how my work outside the prison and my husband’s work inside the prison are making a difference in other people’s lives. *But the real sustaining joy comes from finding something to be grateful for every day.* Today, it is playing with the kitten we adopted a week ago, feeling the sun on a cold day, and enjoying some quiet time while my kids are at school. For my husband, it may be finding things to stay busy such as college and religious service classes, having a spread day where he can share good food with his dorm mates, or enjoying a day where he is not experiencing a headache or back pain.

I feel like sharing this message with those who are incarcerated is like preaching to the choir. If there were ever a group that impressed me by their ability to turn around a bad situation and find joy in life, it is those I have met in the prison. Your resilience is inspiring! May we find the strength to continue forward as we focus on God’s blessings in our lives!”

**Audrae Rogers, Holiday Card Contest and Inmate Card Program Coordinator.** “Our family is grateful we successfully ended our prison experience, but we have not forgotten the empathy we have for the incarcerated. It is exciting to receive the Holiday Card entries for the fifth year of our UPAN Holiday Card Contest! Each entry represents someone expressing their talents and thoughts, showing courage and determination to live a better life. We are thankful for all the UPAN volunteers who send holiday greetings to many inmates every year, since 2016. This is a win-win project that warms the hearts of all who participate!”

**Ernie Rogers, Director of BOPP Issues.** “I am thankful for some heroes I have known in the justice system--leaders, officers, teachers, and unpaid volunteers--that showed they really care about every person, even the ones that don’t seem to deserve it. You know who you are--Thanks!”

**Warren Rosenbaum, UPAN Newsletter Editor.** “I’m grateful to UPAN for the opportunity to serve families and inmates with hope of a better tomorrow. I am convinced that the families and their incarcerated loved ones need help as they travel this prison journey, need encouragement to not give up, and need to maintain a vision of hope that their reuniting will meet their highest expectations. Also, hope that the latter will be fulfilled as quickly as possible. I receive a personal inner reward for any contributions I’m able to achieve toward these goals.”

**Gaylene Dawes, Director of Women's Issues.** A psalm. For giving grateful praise. *Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.* Psalm 100. (NIV)

**Molly Prince, Founder, Past President, and Treasurer.** "This year I have had so much support from the other directors, coordinators, and volunteers in keeping UPAN moving forward. After my husband passed away last year, I was simply not able to carry out all facets of the tremendous workload of duties that UPAN requires of me. The other directors as well as some unlisted volunteers and unsung heroes (you know who you are I hope!) stepped up in an amazing manner, and I am deeply grateful. As we move into a new year soon, I pray that the circumstances in our world balance out to help so many of us who experienced deep and difficult losses or drastic changes in our lives can catch our breath and regain inner peace so we can continue to work for what we believe in!"

**Shane Severson, Director of Communications.** "During the pandemic one of our organization's greatest challenges was to find new ways to stay connected to the community as we have not had an in-person monthly meeting since March 2020 (we've since moved to Zoom monthly meetings). In April 2020 we created the UPAN Family Support Group, a private Facebook group for families of the incarcerated in Utah. In the past year we've seen it grow to nearly 1,000 members and I'm proud to see that the community has become one of the best resources for families to seek and share advice and their experiences with Utah's criminal justice system. Our community includes many good and compassionate

people at all stages of their prison journeys, from people with loved ones just beginning their sentences to those re-entering society on parole trying to get a fresh start. I'm grateful for the advocates who have stepped up to help others navigate Utah's criminal justice system by sharing resources to help other families and their incarcerated loved ones. It's helped take a lot of burden off our UPAN Directors to answer all these questions and allows us to allocate our very limited resources to other critical areas.

You've also unselfishly offered opportunities for difficult-to-find resources such as housing and employment, and it's made a huge difference. You've also empathetically offered emotional support to other complete strangers in our group to show them comfort during hard times. It truly inspires me to see the good in this group.

Back in March my family had a scare as our own incarcerated loved one contracted COVID-19 during an outbreak in one of the IPP County Jails. Thankfully, he made a full recovery and during the following months was able to get vaccinated. My heart truly goes out to those families who's loved ones were not so fortunate. They are not forgotten and we will continue to advocate for improving our system in Utah, especially in the area of healthcare. I'm grateful for the numerous health care workers, countless advocate organizations, corrections staff working to keep our loved ones safe, and state legislators for their consideration of new bills.

And finally, I'm grateful for all of the kind letters we've received from incarcerated people letting us know how they feel about our efforts. As a 100% volunteer nonprofit organization, it's easy to get overwhelmed by the tremendous needs of the community. Your letters help to keep us going and remind us why the work is important to so many people. Thank you to all of the other UPAN Directors and volunteers for your tireless efforts, I'm proud to call you my colleagues."

***"Enjoy the little things, for one day you may look back and realize they were the big things."* R. Brault**

### *Timely Timpanogos Topics* by Warren Rosenbaum

The following article (*Dear Sally, Love Mom*) was originally intended for Timp Topics, but after reading it, I didn't want other readers to miss it by putting it in a primarily women's feature. Be sure to read it, even though few of our incarcerated loved ones will have an opportunity to attend the exhibit. That opportunity is, if you are paroled or released in November thru the first week of January 2022, the exhibit will still be available. It closes after Saturday, January 8<sup>th</sup>, of next year. Ed.

Hopefully, for your enjoyment and possibly reminding you of incidents in your life, present or past, here are a few things that may seem familiar: 1) It's the start of a brand new day, and I'm off like a herd of turtles, 2) When I say, "The other day," I could be referring to any time between yesterday and 15 years ago, 3) Be aware, if

you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers – "Where's that darned sock and where the heck did this lid come from!"

Lastly for this Thanksgiving and Gratitude UPAN Newsletter issue, we give thanks and gratitude to our lovely, loved-ones in Timpanogos. Without women, with their creativity, intelligence, willingness to compromise at their own expense, showing smiles (even when they don't feel like smiling), bright, but sometimes sad eyes, melodic voices and sometimes trembling words during a crisis, they enhance our environment and make life on earth worth living. Thank you to all women whose often difficult and challenging life has touched and improved life for everyone. We love you. Ed.

## **Dear Sally, Love Mom Exhibit by Niko Krivanek**

by Niko Krivanek and Deon Corkins

*This art exhibit is a part of Niko Krivanek's senior project at the Rhode Island School of Design. It deals with the journey of an incarcerated family.*

**Dear Sally, Love Mom** is a photographic love letter from Niko to his mother, Sally, who has been incarcerated since 2003 in Timpanogos at Draper. Seeking to both normalize and romanticize being raised in a single-family household, Krivanek's photographs portray the areas of his life impacted and influenced by his mother's incarceration: the lives of his father and brother, the home imbued with her memory, the objects that once belonged to her, and the well-visited prison where she is housed.

Niko was 4 years old when Sally was arrested. As a child of an incarcerated mother, he spent his life fighting against ideas of a "normal" family unit and validating the

unorthodox way he, his parents, and sibling have moved forward as a family despite the circumstances. His mother's family photographs serve as subscripts and superscripts for the images in *Dear Sally, Love Mom*. The imagery in his photographic art is a collaboration between Niko Krivanek and a version of his mother who is continually absent from daily life, and from whose distance, creates a sense of unknowing. His photographs poetically illustrate the toll that mass incarceration has on the lives of real families.

**Dear Sally, Love Mom** is showing at Utah Museum of Contemporary Arts (Salt Palace Convention Center) 20 S West Temple, Salt Lake City [utahmoca.org](http://utahmoca.org) **Hours:** Wed, Thu: 11 am – 6 pm; Fri. 11 – 9; Sat. 11 – 9. October 22nd - January 08, 2022. \$8 suggested donation

***"Not all wounds are obvious. Walk gently in the lives of others." Amara Honeck***

### **PrisonEd Foundation**

by Molly Prince with information from <https://www.prisonedfoundation.org/> [prisonedfoundation@gmail.com](mailto:prisonedfoundation@gmail.com)

PrisonEd was founded in 2012 by Don Wright, Ph.D. in response to the lack of formal education in Utah's prison system and jails. The following information was adapted by Molly Prince from the PrisonEd website.

**What PrisonEd believes.** "We believe prison inmates are not disposable—rather, they are redeemable. We believe that the warehousing of prisoners—storing them without doing anything to truly help them—hurts both inmates and society. 95% of prison inmates will eventually return to society. Consequently, we believe the purpose of prison should be to maximize rehabilitation and prepare prisoners to be successful citizens and good neighbors."

"We believe the task at hand is both vital and urgent. And we need everyone's help to accomplish it. We believe community involvement sends an essential message to prisoners—it lets them know society cares."

"We believe education is the answer to incarceration. The mission of PrisonEd is to provide no-cost college-prep and job-prep opportunities to Utah prison inmates so they have the skills to return to society prepared to make a difference for the better."

**How it works.** PrisonEd provides students with free textbooks and assignment packets to complete for each course. The student completes the assignments in specified intervals before sending it back to PrisonEd. Students are paired with a tutor who gives feedback and assists students in successfully completing each course, all through mail correspondence. Once they have finished the work, the students will receive a course completion certificate. Inmates who want to be involved

in PrisonEd must take the class Freedom Behind Bars first. After completing that class, students can then take courses they want to take from the list of offered courses.

**Is there a fee to participate in PrisonEd?** No. All books, materials, and tutoring services are free of charge as well. The only expense that inmates are expected to pay is the postage to mail assignments to PrisonEd.

**How does PrisonEd receive funding?** It operates on a volunteer basis. PrisonEd does not receive funding from state or federal governments. It does ask for donations for those who would like to contribute.

**Do students receive credit for courses?** No college credit is awarded. But PrisonEd does provide a certificate of completion for students who successfully finish a course. Students can use their course completion and certificate to demonstrate that they spent their time productively and have improved not only in their skills, whether academic or professional, but also in their confidence to succeed upon release from prison.

The course completion also provides the parole board with evidence that the prisoner has made efforts to improve their lives and has prepared for jobs and college success upon release. (It is up to inmates to provide copies of certificates as proof of completion of courses to the Board.)

**What kind of course help does PrisonEd provide?** Most courses have qualified tutors to provide help and feedback along the way. Some of our courses are

independent study courses with a book and course assignments. Refer to PrisonEd course list for more info.

#### **How do prisoners communicate with PrisonEd?**

Communication between PrisonEd and its students is by using the U.S. Mail. The address is: PrisonEd Foundation P.O. Box 382 Spanish Fork, UT 84660

Volunteers receive students' assignments from PrisonEd, and they send the reviewed assignments back to the PrisonEd address. PrisonEd will then forward the assignments back to the students in their respective locations. This means that all communication goes through PrisonEd.

#### **What if a student wants to study subjects not listed in the PrisonEd course list?**

PrisonEd offers an independent study course which allows students to select their own topic of study. This type of course is available only for students who have already completed other courses with PrisonEd.

Send PrisonEd any questions you have about independent study through mail. Students should identify interests, background in the area, and related goals when reaching out.

The course list is always growing. Your interest could spur new courses beyond the ones currently offered.

**Can books be shared?** PrisonEd encourages the sharing of books when allowed according to each facility's regulations. If a facility allows for a mini-library for PrisonEd books to be set up, students are encouraged to donate used books for that purpose.

**Current numbers of inmates enrolled.** As of September 30, 2021, there were a total of 160 students enrolled in USP Draper. Of those, 33 are in the maximum security housing of Uinta 1, 2 and 4. The women of Timpanogos make up over half of the current PrisonEd students, having 95 participating at this time.

PrisonEd's numbers indicate that it has a total of 18 incarcerated folks in CUCF Gunnison participating.

A total of 16 county jails have had inmates participating this year, with a total of 176 inmates enrolled as of September 30<sup>th</sup>.

Finally, PrisonEd has had a total of 1,353 students ever enrolled since it began several years ago. It has issued a total of 1,947 Certificates of Course Completion since its beginning.

### **Utah Prison Education Project (UPEP) Fall Update**

Information from Erin L. Castro, PhD, Director of UPEP

UPEP kicked off its fall semester in September. Through a partnership between the University of Utah and Brigham Young University, UPEP is pleased that it is offering its very first credit-bearing courses in Draper. Students in Timpanogos, Promontory, Wasatch, and Oquirrh are participating.

The University of Utah Honors College is also supporting a mixed classroom at the Utah State Prison in Draper this semester with incarcerated and non-incarcerated students all taking HONOR 2211 with Professor Chris Mead. They are excited about this partnership and hope that Dr. Mead's class is the first of many such blended classroom experiences for undergraduate students.

UPEP is growing, too! This summer UPEP coursework began in the Olympus facility in Draper, offering a Psychology course and this fall it continues in Olympus with a Psychology and Law course taught by Dr. Caisa Royer, JD.

This fall also saw the beginning of programming in Uinta (restricted housing) in Draper that has long been without college programming. There are 8 students in Uinta now.

All of this is possible with the support of donors and volunteers, who are vital to UPEP's goal of providing quality postsecondary education in prison. Donations may be contributed through UPEP's Amazon Wishlist.

***"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." Epictetus***

### **Recommended Self-Help Books for Incarcerated and their Families** **Focusing on the Benefits of Appreciation and Gratitude**

compiled by Molly Prince, LCSW

November is a month of several holidays, one being to focus on what we are thankful for. This month's list of recommended self-help reading for inmates and families focuses on just that - gratitude. "*The test of all happiness is gratitude,*" said G.K. Chesterton, an English philosopher.

***Words of Gratitude for Mind, Body, and Soul*** by Robert Emmons, PhD., and Joanna Hill. Published by Templeton Press. ISBN 13 978-1890151553. You will see Robert Emmons' name again on this list, and that's no mistake. Dr. Emmons is a veritable force of nature in gratitude research, with a multitude of books and articles published on the subject.

Learning to experience gratitude involves being grateful as an attitude, not as simply a reaction when good things occur. To be grateful, one does not need to wait until things are perfect. In fact, practicing gratitude makes one receptive to life's blessings, and these blessings continue as we continue to be thankful.

In one study, described by author Robert Emmons, participants who wrote about five things for which they were grateful, experienced more positive emotional states and were more likely to help others over a period of ten weeks than were those who wrote about hassles and stressors they experienced during the same time.

*Words of Gratitude* is written comfortably in between academic and personal. The authors outline some of the major gratitude research, but make it easy to understand, with minimal jargon in clean and simple words. If you're looking for a book that will work double duty, teaching you a few new things while also inspiring you to incorporate gratitude into your life despite all the challenges faced on a prison journey, this could be the book for you!

***The Little Book of Gratitude: Create a life of happiness and wellbeing by giving thanks*** by Robert A. Emmons PhD. 2016. ISBN 13 978-1856753654. Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives.

Through easy practices such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness.

Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect.

This beautiful little 96-page book discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day. It includes an 8-week gratitude plan.

***Grateful: The Transformative Power of Giving Thanks*** by Diana Butler Bass. Published by HarperOne. ISBN 13 978-0062659484. If gratitude is good, why is it so hard to do? In *Grateful*, Diana Butler Bass untangles our conflicting understandings of gratitude and sets the

table for a renewed practice of giving thanks. With honest stories and heartrending examples from history and her own life, Bass reclaims gratitude as a path to greater connection with God, with others, with the world, and even with our own souls. It's time to embrace a more radical practice of gratitude—the virtue that heals us and helps us thrive.

***The Joy of Appreciative Living: Your 28-Day Plan to Greater Happiness Using the Principles of Appreciative Inquiry*** by Jacqueline Kelm. 2014. ISBN 13 978-0977216192. Based on a national "joy study," here is a workshop leader's 28-day blueprint to greater happiness broken down into three remarkable steps. Just three exercises in 28 days? These astonishingly simple exercises increased happiness for participants while doing them, but more importantly, created long-term changes in happiness that were still being measured six months later. The program is based on the principles of Appreciative Inquiry, and Kelm provides a detailed discussion of these principles and how to use them in daily life beyond the 28-day program. The book is not just a blueprint for getting happier in 28 days, it is a blueprint for leading a happy life through a high-powered program of daily practice that can make all the difference in your world.

***The Gratitude Journal for Women: Find Happiness and Peace in 5 Minutes a Day*** by Katie Vernon. Published 2017 by Althea Press. ISBN 13 978-1939754462. This journal helps busy women relieve stress and be happier with small, easy exercises that encourage you to focus on the positive. This gratitude journal features thoughtful writing prompts and quotes from impressive women across history that will inspire you. The cheerful, colorful design makes it a joy to use.

Sometimes the things we love the most are the easiest to take for granted. Sometimes big changes don't seem like a good thing while they're happening, even if we know they're important. This inviting gratitude journal will make it easy to take a step back and see the beauty in everything surrounding you. All you need is 5 minutes. This journal is loosely structured and undated so you can start writing anytime, skip between the prompts, and write exactly as often as you want. It is thought-provoking with simple but insightful prompts so you can write briefly but reflect on the big picture. It is inspirational, designed to help bring some sunshine to your perspective, but also help you create positive change and transition in your life.

***"When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself." Tecumseh***

***"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow." Melodie Beattie***

***"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." Epictetus***

## ICYMI – aka: In Case You Missed It

### NOTICE! Families and friends of incarcerated and concerned citizens (that's you and me!!). Help! Your input is NEEDED!

By Warren Rosenbaum (aka Ed.)

NOTE: I personally attended the meeting on Tuesday, October 26<sup>th</sup> at the Utah State Hospital in Provo, held in the facility chapel.

The Commission on Criminal and Juvenile Justice (CCJJ) group had seven members attending this meeting with about 30 (+ or – ) interested citizens present who gave some excellent suggestions for improving the Criminal Justice System, especially directed at halting recidivism. IOW, housing, therapy, jobs, preparation for release, and especially education. Figures presented by one attendee included that only 9% of parolees who had a college degree did not return to prison after parole, as compared to the return average of about 70%. And those with a master's degree did NOT recidivate. IOW, education has a big impact on success after imprisonment. The obvious lesson to be learned is to educate instead of warehouse incarcerated folks. The monetary cost of recidivism could and should be redirected toward education while in prison (for those who wish to stay out of prison) and whose risk level is conducive to returning to society and not putting law-

abiding citizens at risk. The CCJJ members listened, commented occasionally, and appeared to be taking prodigious notes.

Our state leaders, dedicated to reforms in Utah's Criminal Justice system, seek your experiences, concerns, and thoughts in open, in-person, **and virtual** forums. This is the greatest opportunity we've had in years to let the State leaders (UDC, legislators, governor's office, and THE NEWS MEDIA, who influence the public) of our suggestions about Utah's current Criminal Justice System. The State leaders, thru their desperate search for answers, **need to hear you** (or hear from you – email your comments and suggestions to [cjreform@utah.gov](mailto:cjreform@utah.gov) ) To attend via virtual attendance (that's using a computer or phone), register with [mmarlowe@utan.gov](mailto:mmarlowe@utan.gov) This series of meetings, the last five meetings are listed below, are called the Commission on Criminal and Juvenile Justice (CCJJ) Listening Tour for the 2021 Justice Reinvestment Initiative (aka JRI). Below are the last five locations, dates, and times of these important meetings:

Friday, November 5<sup>th</sup>, 9 AM till noon, Salt Lake County Sheriff's Office – 3365 S 900 W SLC, UT  
Monday, November 8<sup>th</sup>, 1 PM till 4 PM, Moab SpringHill Suites, 1865 N. Highway 191, Moab, UT  
Monday, November 15<sup>th</sup>, 9 AM till noon, Snow College Richfield Campus, 800 W. 200 S. Richfield, UT  
Monday, November 15<sup>th</sup>, 2 PM till 5 PM, Heritage Center Theater, 105 N. 100 E. Cedar City, UT  
Thursday, November 18<sup>th</sup>, 9 AM till noon, Bountiful City Hall, 795 S Main St., Bountiful, UT

### Couple of Smiles and Maybe a Laugh

Thanksgiving dinner: husband hands his empty plate to wife and says, "Last name." She understands and nods knowingly. Their last name is Moore. ~~ They say money talks, but mine only says "Goodbye." ~~ I love elephants. Anything unrelated to elephants is irrelephant! ~~ An earthquake in Washington D.C. is surely the government's fault.

You're always learning new things and trying to better yourself. That's awesome. It's also the coolest of cool. Ed.

\* \* \* \* \*

### **Utah Prisoner Advocate Network.**

Director, Co-Founder & Treasurer: Molly Prince  
Director of Communications: Shane Severson  
Director of Sex Offender Policy Issues: Faye Jenkins  
Director of Women's Issues: Gayle Dawes  
Director, Medical/Mental Health Issues: Wendy Parmley  
Director, Board of Pardons Issues: Ernie Rogers  
Director, Newsletter Editor: Warren Rosenbaum  
UPAN Volunteer Coordinator: An Bradshaw  
Inmate Newsletter Volunteer Coord; Deon Corkins  
Holiday Card Program Coordinator: Audrae Rogers

#### Our Contact Information:

Utah Prisoner Advocate Network  
P. O. Box 464, Draper, UT 84020  
Website: [UtahPrisonerAdvocate.org](http://UtahPrisonerAdvocate.org)  
Email: [Utahprisoneradvocate@gmail.com](mailto:Utahprisoneradvocate@gmail.com)  
Facebook: [Facebook.com/UtahPrisoner](https://www.facebook.com/UtahPrisoner)

**"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**