



UPAN Newsletter

Volume 5 Number 3 | MARCH 2018

"Empowerment and Growth Through Knowledge and Unity"

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Prison Food – Day of Empathy – Inland Port Update

NEXT UPAN MEETING: MONDAY, APRIL 9, 2018 6:30 – 8:30 p.m.

LOCATION: Kafeneio Coffee House 258 West 3300 South, Salt Lake City

TOPIC: Family Meeting Free and open to the public.

May UPAN Meeting, Monday, May 14, 2018 6:30 – 8:30 p.m.

Kafeneio Coffee House 258 West 3300 South, Salt Lake City

TOPIC: TBA Free and open to the public.

FOCUS Meetings Not Scheduled – But Stay Tuned....

In This Issue:

| | |
|---|-----------|
| Meeting Announcements, UPAN Newsletter Contents in this issue and UPAN Disclaimer | Page 1 |
| » <u>Prison Food</u> Making U S Inmates Sick - Adapted from <i>The Atlantic Daily</i> , Dec. 2017 | Pages 2-4 |
| » <u>Prison Food in Utah</u> (Draper and CUCF in Gunnison) | Page 5 |
| » <u>Day of Empathy</u> The 2 nd Annual nationwide movement – victims, families, & inmate support | Page 6 |
| The Best I Have Within Me by Brittney Michelle Presented at Day of Empathy Meeting | Page 7 |
| Inmates' Children's Poems – Included to Recognize The Day of Empathy | Page 8 |
| Bill Passed for Gov. Herbert's Signature That Requires Utah's Prisons & Jails To Report Deaths | Page 8 |
| Kearns Library Presentation: Shannon Miller Cox On Early Life Trauma And Criminal Behavior | Pages 8-9 |
| » New Utah State Prison, Proposed <u>Inland Port</u> , & Environmental Justice by Wayne Martinson | Page 9 |
| Fault Versus Responsibility – From A YouTube Presentation by Actor/Speaker Will Smith | Page 10 |
| Social Security Office Address Change for South Jordan Utah Office | Page 10 |
| List of UPAN Directors/Officers And UPAN Addresses/Contact Info (also our Facebook page) | Page 10 |

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

Wisdom For Inmates (and everyone) To Internalize And Live By

I believe in process. I believe in four seasons. I believe that winter's tough, but spring's coming.
I believe that there's a growing season. And I think that you realize that in life, you grow.
You get better. Steve Southerland

Prison Food Is Making U.S. Inmates Disproportionately Sick

U.S. prisoners 6-times more likely to get foodborne illness than general population do to lapses in food safety

Adapted from an article first published in *The Atlantic Daily* by Joe Fassler and Claire Brown, Dec. 27, 2017

Editor's Note: I always have my readers in mind when preparing the UPAN Newsletter. These writers use an elitist style that is not consistent with our usual articles – sorry. See asterisks at end of article, page 4.

Prison Food – No Gourmet Cooking Awards

This won't surprise anyone: The food served in correctional institutions is generally not very good. Even though most Americans have never tasted a meal dished up in a correctional kitchen, occasional second-hand glimpses tend to reinforce a common belief that "prison food" is scant, joyless, and unsavory—if not worse. In August, the Detroit Free Press reported that a prison kitchen worker was fired for refusing to serve rotten potatoes. You can find nightmarish stories about maggots in national [news] outlets like *U.S.A. Today*.

Food Should NOT Be Part Of The Punishment

Meanwhile, The Marshall Project's more thorough, pictorial anatomy of daily correctional fare across the country found that most offerings barely fill a cafeteria tray—let alone a hungry belly. Reports like these reinforce the sense that criminal justice has a gastro-nomic dimension, that unrelentingly horrid food is a standard feature of the punishment prisoners receive behind bars. But new evidence suggests that the situation is worse than previously thought, and not just because prison food isn't winning any awards. It's also making inmates sick.

According to a recent study from the Centers for Disease Control and Prevention (CDC), correctional inmates are 6.4 times more likely to suffer from a food-related illness than the general population. The report – which looked at confirmed outbreaks across the country between 1998 and 2014 and is the first update to the data in 20 years – underscores the fact that prison food is more than just a punch line, a flash point, or a gross-out gag on *Orange Is the New Black*. [Authors are trying to be cute! There's nothing cute or funny about bad food. Ed.] It's a hidden public-health crisis.

Statistics That Are Important

[See end of article, page 4, for ** (asterisks). Ed.]

The study, published in the *American Journal of Public Health*, found that inmates suffer from foodborne illness at a rate of 45 per 100,000 people annually, compared to only 7 per 100,000 in the general population. And 6 percent of all confirmed outbreak-related cases of foodborne illness in the United States took place in correctional institutions—significant, considering that less than 1 percent of the country's population is incarcerated. At the same time, "desmoteric" ** outbreaks—the kind that occur in correctional institutions—were the country's largest outbreaks in

four of the 17 years studied. (In six other years, correctional outbreaks ranked within the top five.) Thirty-seven states reported at least one desmoteric ** outbreak during the same span.

The Main Causes And Seeking The Reasons

What's to blame for the high rates of foodborne illness in jails and prisons? That's hard to say. In some ways, the CDC study is very specific about what's making people sick: The agency determined that *Clostridium perfringens* and *Salmonella* were the most common disease-causing agents, for instance, and that tainted poultry products were the most common single culprit. But the data leave us with more questions than answers, since these raw numbers remain mostly uninterpreted. The study doesn't cover the more systemic factors causing outbreaks in the first place.

Mariel A. Marlow, one of the study's coauthors, was reluctant to speculate about the underlying cultural, operational, and institutional conditions leading to high rates of illness. "Oversight and regulation of correctional institutions can vary by state and institution, so just to pull out certain factors is a little difficult," she said. The correctional system is vast and highly variable: When it comes to food, a jail in Reno may be nothing like a federal prison outside New Orleans, and a private prison in Texas may look nothing like its counterpart one county over.

Dramatic Consequences From Mundane Roots

An issue, this widespread, still signals the existence of underlying, systemic reasons inmates are six times more likely to be sickened by their food. As it turns out, the problems that arise in correctional food service tend to have mundane roots, even if the consequences can be dramatic. Institutions struggle to enforce basic food-safety standards: Though there are reports of corruption and negligence, the primary factor appears to be that many correctional facilities aren't equipped to execute the food-handling protocols observed in restaurants and corporate cafeterias. And when mistakes are made, there are inconsistent processes in place to ensure improvement.

Judging from news reports, you might think the main factor causing correctional outbreaks is the poor-quality food itself. And certainly, a slew of well-publicized lawsuits have accused correctional facilities of buying and serving dodgy [risky or uncertain] ingredients. Inmates across the country have filed lawsuits about the food they are served. However, according to U.S.

District Judge Gordon Quist, many of these complaints are without merit. He believes the Eighth Amendment [cruel and unusual punishment] does not entitle

prisoners to “tasty or aesthetically pleasing” food, only to a diet that allows them to “maintain normal health.” [Six times the rate of food poisoning is NOT “maintaining normal health.” Ed.]

Sara Totonchi of the *Southern Center for Human Rights*, a nonprofit that advocates on behalf of prisoners, explained by email that her organization commonly receives letters from inmates complaining about food quality, including being served rotten food.

Many Food Service Providers Try To Make A Profit

But food-service providers don't necessarily skimp on ingredients out of a malicious intention to punish prisoners. Instead, there are often systems of perverse incentives in play: The more cheaply prisoners can be fed, the more money can often be made by the people charged with their care. This is particularly true in private, for profit prisons. *Molly's Note: Thank goodness Utah runs our own prisons and they are accountable to Utah lawmakers, then ultimately, Utah taxpayers.*

Many state correctional systems outsource their kitchen operations to private food-service companies, which are usually paid a flat rate per meal to provide a full range of services – from raw ingredients to kitchen equipment and staff. Two of the biggest players are Trinity and Aramark, which, together, serve hundreds of millions of correctional meals per year. This arrangement can greatly simplify things for correctional institutions without the capacity to handle meal service – but the result is a raw deal for inmates, since companies paid by the meal can keep more money when they skimp on food.

Correctional Facilities And Serving Problems

In this case, the solution is simple: Eliminate arrangements that motivate people to underspend on food, and meals are likely to improve. But though stories about rotten potatoes can excite one's darker curiosities, the CDC report conclusions point to a far more basic culprit: Inside a correctional facility's walls, even basic food-safety standards can fall by the wayside.

Correctional facilities are not simply giant housing complexes: they tend to be understaffed, oversubscribed cafeterias, responsible for feeding thousands of people three meals a day. Food service on that scale can be a challenge even for experienced teams of culinary professionals, but sources say correctional kitchens are often forced to get by with undertrained staff, shoddy equipment, and poor oversight.

Many state prisons choose to save money by using inmate labor in the kitchen, an arrangement with potential benefits. According to John Cornyn, a food-service consultant who has spent a portion of his 40-year career working on correctional projects in institutions from California to New York, inmates tend to like the role. “One, you're filling up your day with work,

and two, the likelihood is that you're going to eat well,” he says. The trouble is that most inmates don't actually have experience working in kitchens, and some lack even the most basic commercial food-handling and safety-training skills.

A List Of In-Prison Food Handling Problems

Two of the most common food-safety-hazard-related outbreaks are easily preventable: one study has shown that 26 percent of food safety problems in prisons involved food handled by a person infected with an illness, while 24 percent involved “inadequate cleaning of processing or preparation equipment or utensils.”

Mistakes are made even more frequently in the absence of proper oversight. Since security is the number-one priority of prisons, it is very important in the kitchen. That means food comes in second. This results in making food supervision in corrections a difficult job. They have to be security-minded 100 percent of the time and put out a safe, quality product.

The most dangerous culprit may also be the most commonplace. According to the CDC report, 37 percent of outbreaks with a known contributing factor began because food was left out at room temperature for longer than is safe—the most common cause identified.

To an extent, this issue could be addressed through better training. But more systemic factors contribute, too. Most jails and prisons simply weren't built to accommodate efficient food service, and experts say that even in newly constructed facilities, the kitchens are designed almost as an afterthought, “the cheapest way possible.” This can be a huge mistake, because prison kitchens typically need to be even larger than their commercial counterparts. In situations where “sharps”—knives attached to wire cables—are in use, inmate workers must be placed many feet apart. And many facilities don't take advantage of space- and labor-saving machinery that speed up prep times in civilian restaurants—the whole point is to provide opportunities for manual labor. All these make larger kitchens necessary, and in cramped confines the work takes much longer than it should—setting the stage for potential food-safety hazards.

Then... Once The Food Leaves The Kitchen

But the trouble continues once the food leaves the kitchen for the mess hall or housing units. For security and logistical reasons, many facilities can't feed their entire populations all at once—they feed prisoners in shifts instead, so that the dining hall is never overfull. This takes time, and often means food is left out, shift after shift. Or it has to be delivered to various housing sections over large areas, taking time and leaving it out far longer than recommended. [*This is what occurs in Draper.*] Most large facilities do not have the luxury to make partial batches when preparing meals for hundreds or thousands of inmates.

According to the U.S. Department of Agriculture, meat can only sit out for two hours above 40 degrees Fahrenheit before safety becomes an issue. In overpopulated prisons, meal service can take so long that facilities are sending out food throughout the day.

Lack Of Comprehensive Food Guidelines

The dire combination of untrained workers and space limitations make the already-daunting task of correctional food service all the more challenging. And though simple improvements could do so much to keep inmates from getting sick, the reality is that – unlike at public eateries – no one is watching to make sure the situation improves. A strict, uncompromising inspection system seems like an obvious solution to the prison system's [food poisoning] outbreak woes. Regular inspections work well, for the most part, in restaurants and school cafeterias, after all. Why shouldn't that translate into the correctional setting?

Turns out, pretty much everything is different in a prison kitchen. To start with, state, local, and federal prisons across the country don't follow the same rulebook. Federal prisons follow the Bureau of Prisons' Food Service Manual (FSM), which is similar to the FDA's Food Code (FFC)—the rule book used in restaurants. But the CDC points out a couple of key differences in its report. For instance, the manual lacks the FFC's clear language about when a kitchen worker can start working after being sick. It also doesn't explicitly say that federal food-service employees have to receive food-safety training.

Meanwhile, state and local facilities (which house about 10 times the number of inmates as federal facilities) can create their own guidelines. Sometimes that means adhering to the FDA's Food Code, and sometimes that means using the Bureau of Prisons' manual. But there's no universal rule for food safety in state and local facilities. In Michigan, the problems under Aramark's tenure prompted the state's legislature to introduce bills that would classify prison cafeterias as "food establishments," meaning they'd have to act like restaurants and follow the FDA Food Code, requiring a food-safety manager to be present at all times. But those bills never passed the legislature. "Each state is different," one spokesperson (Montgomery) explains.

Inspections Are Also Disorganized

The inspection process is just as uneven. No uniform, nationwide rules govern how and when federal, state, and local prison kitchens are inspected. The process

varies by state and local jurisdiction. Montgomery explains that state facilities get inspected by state inspectors, but county jails get inspected by the county health inspector. These inconsistencies can make it easy for violations to slip through the cracks. In federal facilities, meanwhile, enforcement is left to the discretion of the institution's Food Safety Administrator, who is given broad latitude. Weekly inspections are required but, according to the FSM, "procedures and reports for formal inspections ... are developed locally."

Even when an inspector does find fault in the kitchen, penalties can be mild or nonexistent. Think of it this way: A state-run agency isn't likely to slap a hefty fine on another state-run agency, nor can inmates choose to take their business to an A-graded cafeteria over a B-graded mess hall. Even when private contractors are in charge (and can be fined), penalizing slipshod safety practices is tricky; no matter what happens during an inspection, inmates have to be fed two or three times every day. Inspectors don't usually have the last-ditch option of shutting down a prison cafeteria altogether.

Food-Service Contractors Add More Complexity

Contracting with a third-party food-service provider can add another layer of complexity, as it's not always clear who's responsible for making sure the rules get followed. In Ohio, for example, Aramark and the Ohio Department of Rehabilitation and Correction disagreed over "shared responsibility" for kitchen cleanliness. In a study that interviewed correctional officers about Aramark's tenure in Michigan, those same shared responsibilities were said to have caused tensions between correctional-facility officers and Aramark employees, who argued about whose job it was to purchase cleaning supplies. Problems can result from this unclear chain of command. According to the study's author, "there was universal agreement across the focus groups that the kitchen areas became less sanitary with privatization." As one officer quoted in the study put it: "Cleanliness is horrible. I don't know how it passes any kind of inspection." The trouble is that it can be unclear whose job it is to clean up the mess.

In Utah, we seem to be fortunate that the prison makes all the meals in house with inmate workers and does not rely on third party contractors. Following is an article specific to Utah's food preparation.

** desmotic (des' mō ter ik): the medical practice dealing with health problems with prison inmates.

Inmate #1 to Inmate #2 – Whenever I want to start eating healthy, the chocolate bar in my commissary bag just Snickers.

The Irony of Prison: Prison doctor to inmate in solitary, "If you don't get enough sunshine you should eat fish high in omega 3s, caviar, eggs, and butter."

QUESTIONS UPAN POSED TO UDC ABOUT FOOD PREPARATION IN OUR PRISONS

by Molly Prince

Utah Prisons' Food-Handling Procedures

In light of the current spotlight nationally on the problems with prison food, culinary and food service approaches, and illness caused by prison food, UPAN contacted Maria Peterson, Public Information Officer of Utah's DOC with a few questions. The following is what we learned.

USP and CUCF do not contract any services or use any kind of food service provider to prepare or pre-prepare foods for any housing. Only Kosher and Halal meals are purchased pre-prepared to meet religious standards and restrictions. Only UDC staff and inmate workers prepare food for housing units. However, UCI provides pre-packaged foods for purchase through Commissary.

UDC has three kitchens available for use. In Draper the kitchens are in Wasatch and Timpanogos. CUCF has its own kitchen. The kitchens are full service and are utilized every day of the week. All food is purchased from an approved food retailer and prepared on site.

Questions About Quality

UPAN asked what quality control measures and rules are in place in both facilities to assure that spoiled or outdated food is never used in meals given to inmates. We were informed that all food purchased and prepared is date marked. Purchased foods have expiration dates, and USP reported that it is "not served past expiration dates. All prepared food is date marked with the date it was prepared and is discarded or used within 7 days of preparation according to the Food Code and Health Department standards."

When asked if all of the ingredients in the food prepared in both prisons is of the USDA grade to be eaten by humans, the response was, "Yes, definitely. Food is purchased per state contract regulations."

Another question asked was, "How much processed meats are used versus regular meat? Example - real turkey versus processed turkey meat; straight ground beef versus ground beef mixed with ground turkey or soy meal etc.?" The response is, "Foods are purchased with taxpayer funds to provide optimal nutrition within state budgetary restrictions. Depending on recipe demands, UDC uses whole chicken products, whole beef products, ground turkey and processed lunch meats. About half of the recipes on the UDC menu use whole meat products, and about half use processed meat products. A vegetarian option is offered to inmates with no processed meats. This is voluntary and offered to every inmate that desires to avoid meat."

Food Handlers and Training To Prepare Food

UPAN asked if the inmates working in the kitchens are required to take and pass a food handler's class and have food handler's permits before working in the culinary departments. It turns out that until recently, inmates were not required to obtain a food handler permit. We are told that now county and state health departments are working with UDC to start the food handler program for inmate workers.

In the meantime, we were informed that at any given time, UDC staff has had at least one Certified Food Manager present as required by the Health Department. Inmates that work in the CUCF kitchen are all food handler certified with the class being offered once a quarter for new hires. Draper is currently in the process of coming into compliance and will be scheduling classes soon.

Dietitian Reviews Menu Nutrition Every Six Months

The response to UPAN's questions about our understanding that a nutritionist is employed by the DOC, we were told that a dietitian employed by the UDC reviews the menu at least every 6 months. UPAN was under the impression that this person is supposed to ensure that all meals are balanced between fruits, vegetables, protein and carbs and we inquired about the standards of the regular diet (not necessarily special diets).

It was explained that the dietitian can make suggestions to change the menu, and those suggestions are *taken into consideration* by the culinary staff. The dietitian uses experience in corrections to analyze the menu for adequacy and the USDA guidelines found at: <https://www.choosemyplate.gov/> and Healthy People 2020 guidelines at: <https://www.healthypeople.gov/>

Utah Prisons Food Poisoning Statistics – None?

Finally, UPAN asked, "What are the statistics from the DOC Prison Medical on food poisoning in Draper and CUCF for 2016 and 2017 that is NOT attributed to people drinking homemade hooch?" The answer we received is, "There have not been any known cases of food poisoning in 2016 and 2017."

Numerous former inmates have informed UPAN that when reporting to medical they think they have food poisoning, they are told it is a stomach flu. Therefore, UPAN suggests that everyone who suffers from symptoms of food poisoning submit a health care request, particularly if numerous inmates are suffering the same symptoms after the same meal.

One of Mothers' Saddest Moments: *"There you are, on the other side of the glass, you look sad and scared, wondering where your son is going to go."* William Ray to mothers of inmates

UTAH'S #CUT50 DAY OF EMPATHY HELD ON MARCH 6, 2018

Utah Prisoner Advocate Network (UPAN), Black Lives Matter, Utah Against Police Brutality, Real Transition by Fresh Start Ventures, ACLU Utah, Smart Justice Utah and other groups organized, facilitated, and participated in the National #cut50 2018 Day of Empathy at Utah's State Capitol. UPAN directors want to thank **Brittnee Bartlett Webb** for all her hard work in networking, planning, and representing UPAN in the organization and planning of this event. Others involved in making this a success include **Jacob, Victor Jensen, Lex Scott, Shane Severson, Terry Mitchell, Michelle McKee, Lori Lloyd, Damon Harris, Ryan Parker** and many others. Go to UPAN's Facebook page to view a video of the event, although the recorded sound was not very clear in the Capitol's Rotunda.

This 2nd Annual Day of Empathy was a day of action bringing people, impacted by the criminal justice system, to city halls and state capitals nationwide to share stories with lawmakers. This year, 35 events were held at state capitols and other venues around the United States and collectively generated more than 16 million impressions on social media! Hundreds of posts, videos, and photos were shared on social media and thousands of participants across the country joined in!

#cut50 has always approached their work along two pillars: legislation and humanization.

We know that we can't change laws if we don't reach the hearts of lawmakers - and there is no better way to do that than bringing constituents into their offices to share their stories. This includes crime survivors and those who have committed crimes, as well as the millions of families, friends and citizens who are impacted by crime and the criminal justice system.

Day of Empathy highlights the need for Criminal Justice Reform (see #JusticeReformNOW) and shares the perspectives of Americans impacted by the current justice system. This includes survivors of violent crime, those who are addicted to opioids or other drugs, those who are mentally ill to incarcerated individuals working to transform themselves, people with a criminal record desperately seeking a second chance, and all community members impacted by crime, public safety, and violence. Finally, it includes the millions of family

members and friends of individuals caught up in the criminal justice and prison systems throughout the country who are impacted socially, emotionally, mentally, financially, and spiritually by our culture of incarceration.

There are thousands of people - mothers, fathers, children and community members - who have stories to tell. In Utah, in the Rotunda of our State Capitol on Tuesday Evening, March 6th, the following speakers stepped forth to share their stories and voices so that our lawmakers, news media and citizens might become informed and educated about the situations that impact all of us, whether we know it or not.

Debby Stone-mother of an inmate;

Brittany Michelle – daughter of an inmate;

Chris Raleigh – Regional Director of Utah LDS Correctional Committee;

Dave and Linda Donaldson-Founders and Director of Fresh Start Ventures, a REAL Transition Community in Provo, Utah;

Damon Harris – former inmate of Salt Lake County Jail and Utah State Prison;

Ryan Parker – Member of Housing Trust Advisory Board, UAPB member, Homeless Advocate, and candidate for Utah House district 24

Lori Lloyd – proud, clean, recovering addict

Jason Groth – Former public defender, Smart Justice Coordinator at ACLU of Utah

Terry Mitchell – a rape and attempted murder survivor in 1980

Ryan Berg – REAL Transition Mentor | Formerly incarcerated father of two

Trinity Caesar – 15 year old student, featured on 60 Minutes regarding kinship care in the opioid crisis

Gayle Dawes – daughter Joy, has been incarcerated at Timpanogos, the women's prison in Draper for the past 8 years. Gayle spoke on Joy's behalf at this Day of Empathy event

Michelle McKee – first hand witness to inhuman treatment of women of color at Utah County Jail

UPAN sincerely thanks all of the speakers for their courage and eloquence in speaking up for and shining the light on some very dark and difficult issues.

"Families of Prisoners are the forgotten victims." Allison Henderson

Earth teach me to forget myself as melted snow forgets its life.

Earth teach me resignation as the leaves which die in the fall.

Earth teach me courage as the tree which stands all alone.

Earth teach me regeneration as the seed which rises in the spring.

William Alexander

The Best I Have Within Me **by Brittney Michelle**

The following was shared by Brittney at Utah's Day of Empathy and it is also posted on her blog. She has graciously given us permission to reprint it here.

More than any other person, my dad has had the absolute strongest influence over me and my life. He dedicated his life to ensuring I had every opportunity to become anything I wanted to be. He encouraged me to try new things and think for myself. He provided the kind of childhood upbringing most people only dream of.

Being his daughter has made me a more brave and confident woman. His good and his bad, his light and his dark, his strength and his weakness, have irrefutably impacted my life for the better. Because of him and this experience, I have learned that you will always survive your most difficult nights, that showing love is the only way to heal, and that how we treat others amidst their gravest mistakes is a clear indication of how we will treat ourselves amidst our own.

My dad is #----- He is in prison for assault and providing alcohol to minors. There is no way for me to say this that will make you feel more comfortable. There is no way for me to say this that will make me feel less vulnerable. But that's what true empathy requires doesn't it? Empathy requires honesty, discomfort, and vulnerability. It requires the courage to willingly display each of these things.

If I am to stand in another's shoes, I am required to be honest

I must be honest about the fact that collectively, we are far more similar than we are different. That though we may not have committed a crime that results in incarceration, we certainly know what it feels like to do something we shouldn't. We know what it feels like to lie. We know what it feels like to get angry and act out. We know what it feels like to be reckless and wild. Showing empathy and compassion towards others does not mean we condone all actions or choices made in the past, it simply means we understand that these mistakes do not define existence.

If I am to feel another's heart, I am required to get uncomfortable

It's the easy thing to separate ourselves from others when they mess up. It's the easy thing to point outside of ourselves and say, "he does worse than me!", "she does less than me!" It is uncomfortable to sit with, support, and relate to a person who has done serious wrong. It is uncomfortable to stand by those who have done wrong because it often reminds us of our own

misdeeds and imperfections. Where our mistakes are not the same, what we feel because of them is very similar. We have all felt guilt, shame, regret, remorse,

sadness, loss of hope, confusion, anger, spite, greed, and envy. Standing with each other in the moments that matter most, allows us to see how we are each made up of both light and dark, and how beautiful that can be. We learn that discomfort is the price we pay for growth, it is the price we pay for change, it is the price we pay for love and meaningful connection.

If I am to identify with another's life, I am required to confront and share my own vulnerability

It takes plunging ourselves into painful stories, our own or someone else's [stories], and being willing to sit with them and feel them, even if we don't understand them. Vulnerability is opening my heart to your pain knowing that it is just as significant as my own. Vulnerability is sharing my weakness with you understanding, that is real strength. Owning our mistakes, sharing each other's pain, and opening ourselves to vulnerability is hard. But it is not nearly as difficult as spending our lives running from the things that make us human.

Because my dad is in prison,

I've learned that honesty, discomfort, and vulnerability are courageously displayed when we choose to love the seemingly unlovable. If we can grant empathy and compassion for ourselves and for each other when we are at our worst, during the times when we seem to deserve nothing more than criticism, judgement, and punishment, we will find the best we have within us.

Because my dad is in prison,

my eyes are open to how many beautiful people temporarily reside within those walls- whatever the reason may be. I am quicker to find good, to feel joy, and to recognize that we are all part of the same story.

The moments of my life that have taught me the most about love, empathy, and compassion have been wrought with devastation. It proves how inextricably linked joy and pain, love and loss, failure and success are. It proves how vulnerable real love and real life is. This experience has changed who I am and how I see the world. It has changed how I love others.

It has required the best I have within me.

The purpose of human life is to serve, and to show compassion and the will to help others. – A. Schweitzer

"You don't protect your heart by acting like you don't have one." Unknown

Since March includes the observance of the Day of Empathy, reflecting how families are impacted by incarceration, here are two poems from children of incarcerated inmates.

"I wonder when you get out will things be the same?
Will you be the dad that I know?
Or will you be someone else
Cause jail changed your soul?"
by Sydnie L. Jackson

Monsters

One eye is too little
Three eyes is too much.
Are they in our fairytales?
Or could we be their lunch?

They could be very gentle
They could be soft to the touch.
We could never know
Because of fear of the bunch.

Could they be nice?
We'll never know because of fairytales

Or could they be mean?
Like Jack and that stupid bean!

Are they soft or scaly,
Are they even smart?
Could they have talents,
Like being great at art?

Have our childhood dreams
Become nightmares because of stories
That the Grimm brothers told?
So stop our nightmares with glory
And give monsters a chance!

They might have a soft heart,
So don't judge by a glance at their faces;
Try to love a monster, for you might be one too,
In the eyes of a monster that looks like you.

by Elizabeth Richardson (age 14)

Bill Passed That Requires Utah's Jails And Prisons To Report Deaths

by Molly Prince

A Major Step Forward If Signed

According to a March 8, 2018 article written by Jacob Scholl of the *Ogden Standard Examiner*, Senate Bill 205 passed the House and the Senate unanimously and was sent to Gov. Herbert for signature on March 8, 2018.

This new law will require county jails in Utah and the state prisons to submit annual reports to the Utah Commission on Criminal and Juvenile Justice. The reports are to detail deaths behind bars, their causes, plus jails' policies addressing how inmates suffering from opioid addiction or withdrawal are handled.

The bill also requires jails to report deaths of inmates that are being taken to a hospital or receiving care outside of a county jail.

Combining of SB 205 and HB 410

Just before SB 205 passed in both legislative chambers, it absorbed House Bill 410, which aimed to require the Utah Substance Use and Mental Health

Advisory Council to study substance abuse in county jails and report all findings to the Law Enforcement and Criminal Justice Interim Committee. The combination of both bills "is the best of both bills," according to HB 410's sponsor, Rep. Carol Spackman Moss, D-Salt Lake City.

Improving Accountability And Transparency

UPAN is relieved and pleased that this requirement is pending as law. This is a step in the direction of much needed accountability in the medical practices and services provided in Utah's correctional facilities.

Finally, we can hope for and expect much more transparency about all the medical services, policies and practices that are supposed to be available to our incarcerated citizens that have been shrouded in secrecy over the years. We hope this is the first (not only) step in holding correctional facilities in Utah accountable for in-custody medical treatment and care.

Kearns Library Program Presentation with Shannon Miller Cox as Speaker

by Emily Wright Severson

Early Life Trauma Can Lead To Criminal Behavior

On February 7th, 2018 I represented UPAN at the Kearns Library where I was joined by: Voices of Utah Children and PIK2AR & the Salt Lake County CODA Human Rights sub-committee to hear a presentation by Shannon Miller Cox, Executive Director of Journey of Hope, Inc. Ms. Cox spoke about how early life trauma can lead to criminal behavior later in life. She also

talked about some major differences between gender and how they deal with trauma. Young girls typically internalize their trauma, boys tend to act out in violent ways. Women commit crimes to keep the security they've found in their male partners. Men commit crimes to provide security for their female partners and families.

She also noted that in working with women she ensures that they are safe before they take any other action regarding housing or jobs.

Abuse In Childhood Causes Problems

Ms. Cox has a wide range of job experiences and shared stories relating to that background. As a former sex offender therapist, she talked about how nearly all of her inmates had some kind of sexual abuse trauma in their childhoods. And as adults they were confused about how to share love correctly. This confusion led to their criminal actions.

As a corrections officer in California she talked about transporting African American prisoners that were

literally in cages. At the end of the meeting a young man who was with the PIK2AR group (Pacific Island Knowledge 2 Action Resources) stood up and wanted to relate how early trauma in his life led him to going down the wrong path in his life. He was abused by a baby sitter when he was younger. He struggled to get his High School degree and ended up in the system.

He's been out of prison and has completed his 12-month parole. He was just really inspired by Ms. Cox's presentation and wanted to share his experience. This was a really good experience and I enjoyed the presentation and being able to share it with UPAN readers and other groups. Plus, there were cookies!

An Update: The New Utah State Prison, an Inland Port, and Environmental Justice **By Wayne Martinson, Conservation Committee Member, Great Salt Lake Audubon**

Wayne Martinson, Great Salt Lake Audubon Conservation Committee Member, provided an article in the February UPAN Newsletter re: the New Utah Prison, air quality and noise at the proposed Inland Port. This is a brief update.

As discussed in last month's newsletter the new Utah State Prison is being built in an area called the Northwest Quadrant of Salt Lake City. More specifically, the construction area is east of 8800 West and north of approximately 1700 North.

Three main things have happened since the last newsletter article in regards to a proposed Inland Port being considered for the area close to the prison.

1. On Feb. 20, the Salt Lake City Council approved zoning text amendments relating to a possible inland port. Various organizations including UPAN wrote in and requested a one-mile buffer for the new Utah State prison, similar to the buffer that is already provided for residential housing. The City Council approved the zoning text amendments without adding a buffer for the prison.
2. SB 234 – Inland Port Authority was passed by the Utah State Legislature. This bill has many concerns. One concern is that it sets up a board that essentially could allow for almost any use within the area known as the Northwest Quadrant. These possibilities include an oil tank farm or coal port. These types of possibilities would be much more intensive than the M-1, or light industrial uses that were provided for in the Salt Lake City
3. Northwest Quadrant Plan for the area north of I-80. The Governor signed SB 234 into law on March 16. The Governor also wrote a letter in regard to the bill, asking that various issues be addressed by the

Utah State Legislature in a special session of the Legislature this spring.

Comments:

1. I worked on the Northwest Quadrant Plan for Salt Lake City off and on for over two decades when I was employed by National Audubon Society. Until the last few months I had not heard any public discussion of heavy industrial uses north of I-80 in the northwest quadrant area.
2. Having these types of heavy industrial uses as well as the inland port potentially in close proximity to the new Utah State prison is a major concern.

Next Steps:

1. From a proactive viewpoint, it would probably be very beneficial if UPAN and ideally the Utah Department of Corrections could develop guidelines as to what uses would be appropriate in close proximity to the prison. These guidelines could be shared with the Utah Legislature before the Special Session this spring and also be available for longer term efforts. *(If there are any UPAN participants interested in doing this, please let us know!)*
2. The entire concern regarding the location of an Inland Port, as well as potentially heavier industrial uses in the area of the prison, suggests vigilance is needed in monitoring and commenting on potential operations/businesses that would have negative consequences for people living at the prison.

Does February like March? No, but April May.

Why is everyone so tired on April 1?... Because they've just finished a long, 31 day March!

FAULT VERSUS RESPONSIBILITY

Actor and Motivational Speaker Will Smith
Taken from www.youtube.com/watch?v=USsqkd-E9ag

Those of us out in the world, not locked away from internet access, have the luxury of accessing many positive, motivational, and inspirational messages. Here is one that has been particularly thought provoking for millions of people. We present it here for the contemplation of those who cannot access it while in prison.

It does not matter whose fault it is, if something is broken, if it is your responsibility to fix it. For example, it is not somebody's fault that their father was an abusive alcoholic, but it is for damn sure their responsibility to figure out how they are going to deal with those traumas and how to make a life out of it. It is not your fault if your partner has cheated and ruined your marriage, but it's for sure your responsibility to figure out how to take that pain and overcome that and build a happy life for yourself.

Fault and responsibility do not go together. It sucks. When it is something that is somebody's fault, we want them to suffer. We want them punished. We want them to pay. We want it to be their responsibility to fix it, but that is not how it works - especially when it is your heart.

Your heart, your life, your happiness is your responsibility and your responsibility alone. As long as we are pointing the finger and stuck in whose fault something is, we are trapped into victim mode. When we are in victim mode, we are stuck in suffering. The road to power is in taking responsibility. Your heart, your life, your happiness - is your responsibility and your responsibility alone.

Taking responsibility, accepting responsibility, is not an admission of guilt. You are not admitting that you are at fault. Taking responsibly is a recognition of the power that you seize when you stop blaming people. It is not letting somebody who wronged you off the hook. It is an act of emotional self-defense. Taking responsibility is taking your power back.

Every right has its responsibilities. Like the right itself, these responsibilities stem from no man-made law, but from the very nature of man and society. The security, progress and welfare of one group is measured finally in the security, progress and welfare of all mankind. Lewis Schwellenbach

One last comment about spring: How excited was the gardener about spring? So excited he wet his plants.

ADDRESS CORRECTION FOR SOCIAL SECURITY OFFICE

In February's UPAN Newsletter we published an article about how to order a replacement Social Security card from prison. It has come to our attention that one address is no longer valid. **PLEASE NOTE:** The Winchester Street address is NOT VALID. The **new address** for that office is: Social Security Office, 10138 So. Jordan Gateway, South Jordan, Utah 84095.

Nature's Seasons and Seasons of Your Life

We cannot stop the winter or the summer from coming. We cannot stop the spring or the fall or make them other than they are. They are gifts from the universe that we cannot refuse. But we can choose what we will contribute to life when each arrives. Gary Zukav [Our life has several seasons, one ends, another begins. I could tell you some stories. Ed.]

I hope you found this issue informative and that, in some ways, it touches your heart. Stay positive... and stay cool. Ed.

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"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