



# UPAN Newsletter Volume 6 Number 1 | JANUARY 2019

*“Empowerment and Growth Through Knowledge and Unity”*

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## Report Card – BOPP Update – 1<sup>st</sup> Step Act Signed

**NEXT UPAN MEETING: MONDAY, FEBRUARY 11, 2019 6:30 – 8:30 p.m.**  
**Kafeneio Coffee House 258 West 3300 South, Salt Lake City**

**TOPIC:** TBA or Family Meeting

**All UPAN Meetings are free and open to the public.**

**FOCUS MEETING: Monday, February 4, 2019 6:30 – 8:00 PM Subject: UCI**  
**NOTE NEW LOCATION!!** Operations have altered at the Region 3 location. Meet at  
**AP&P Central Valley Office in West Valley, 3200 W 3500 S, West Valley, UT.**

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

### **Willy the Plumber Scholarship Application Open February from Karl Winsness**

Presently, Willy the Plumber Scholarship program is opening their Willy the Plumber Scholarship (WtPS) applications on Feb. 1, 2019 thru Feb. 28, 2019. This scholarship is specifically for Utah children of inmates who are planning to go to college. Basic criteria: Kids with a parent doing prison time if they have done three or more years within the last seven years or are doing

more than two years right now. Applicants need at least a 2.5-point GPA. The child needs to have Utah roots. Write or call: Community Foundation of Utah, 2257 E 1100 S, Suite 205 SLC, UT 84106 Phone: 801-559-3005. email: [info@utahcf.org](mailto:info@utahcf.org)  
 Website: [utahcf.org/apply-for-support/student-scholarships/willy-the-plumber-scholarship](http://utahcf.org/apply-for-support/student-scholarships/willy-the-plumber-scholarship)

## **Report Card: You Did Well Last Year by Molly Prince**

As we move into 2019, I would like to remind everyone on their prison journey that you did the best you could this past year. For those who just started this challenging journey, as well as those who have been traveling this path for many years, I know that you went new places, you met new people, you learned new things, and felt new feelings.

Both inmates and family members - you faced so many situations that were scary. You picked yourself up after feeling defeated, after being heartbroken, or after feeling betrayed. You made it through a myriad of strong emotions: fear, frustration, anger, anxiety, disappointment, depression. There were some really rough days, and unending dark nights. You survived them all.

You accepted goodbyes even when they were not your choice. You endured making hard decisions that were for the greater good. You found ways to make the scary new experiences an adventure that you would get through, learn from, and overcome. You exhibited courage in the face of both the known and unknown. Not that you were not afraid, but despite your fear, you had the willingness to go through the frightening, even terrifying processes that you have walked through.

You have made difficult choices about remaining in contact with family and friends whom you have hurt or whom you have been hurt by. You have made difficult choices about how to deal with the pain and betrayal of

those who left you feeling abandoned by choosing this path we call our prison journey, through their actions in the past. You have learned the true meaning of unconditional love, that includes forgiveness, both what it is to give it, and what it is to receive it.

You have done well in learning to deal with people who do not care how you feel, or how your loved ones feel.

You have been learning how to tell the difference between what you can control and what you cannot control. You have experienced what it means to take responsibility for your own choices and how you deal with things in the limited area of the world you are living in now with your loved ones - the criminal justice system, the prison system, the visiting rooms and the millions of details that involves.

You did well this past year. You made it through 2018. You have moved into 2019. You have grown from your lessons and difficulties, letdowns and heartbreaks. You are still here. You are stronger. You are wiser. You are the one who controls what direction you grow and what you do with these lessons. You may read this and say, "No, I have not."

If that is the case, then my gift to you is sharing this idea: There is always the possibility of accomplishing these things in the coming year. Sending prayers that everyone touched by this prison journey can walk in balance and stay strong.

***Now, every time I witness a strong person, I want to know: What darkness did you conquer in your story? Mountains did not rise without earthquakes." - Katherine Mackenett***

## **Inmate Documents and Complaint Contacts With UPAN**

**By Debby Stone**

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

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

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

incident with no exaggerations (fluff) needs to be in the letter. Also, information regarding all of the inmate's attempts to solve the problem should be reported when writing to UPAN. Without all this information, UPAN cannot be responsible for reporting concerns.

Lastly, we are aware that inmates are concerned with retaliation for reporting on officers, but we have been assured that retaliation will not be tolerated and should be reported if it occurs.

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

***"I have decided to stick with Love. Hate is too great a burden to bear." Martin Luther King Jr.***

## **UPDATE on Board Member Positions to be Filled on Utah Board of Pardons**

by Molly Prince

*Note: This article written prior to announcement by the Governor's office about appointment of a new Board member.*

### **Chyleen Arbon Ritchey is no longer with the Board**

As discussed in December's UPAN newsletter, Chyleen Arbon Ritchey, the former Chair of the Utah Board of Pardons and Parole, began her position as Deputy Director of Utah Dept. of Corrections on January 1, 2019, leaving a vacancy.

### **Pro-tempore positions will also be filled in 2019**

We have also been informed that a total of three Pro-Tempore Members will be retiring or need re-appointing this year. Pro-Tempore members are part time employees who participate in pardon hearings and conduct parole hearings, filling in when regular BOPP members are unavailable or must recuse themselves for various reasons.

### **Process for appointing a new Board Member**

The Commission on Criminal & Juvenile Justice (CCJJ) screened the applicants for the Board Member position in December and came up with a list of candidates. These individuals were interviewed by the Governor the second week of January. Governor Herbert will appoint his choice and then the appointee must go through a confirmation process with the Utah Senate.

### **Candidates for the position as of end of December**

At December's end, UPAN was told of the following five candidates who are being considered for the position.

- **Debra Nelson**, Appellate attorney with Salt Lake Legal Defender Association
- **Greg Johnson**, Administrative Services Director of the Utah Board of Pardons and Parole
- **Kimberly M. Crandall** (Bar No. 8826) who is a deputy district attorney for Salt Lake County
- **Joseph S. Hill** (Bar No. 10178), attorney in the Salt Lake County District Attorney's office
- **Colen R. Winchester**, Deputy County Attorney for Carbon County since November 2018

Of course, the UPAN community prefers that the Board of Pardons and Parole be a diverse body considering the future of incarcerated loved ones while balancing it with community safety. It does not make sense to have additional prosecutors on the board if we want balance.

### **Current Board and Pro-Tem members**

There are already two prosecutors (Clark Harms and Angela Miklos), one defense attorney (Denise Porter), and one former Corrections supervisor (Carrie Cochran) serving as full Board Members. Ms. Cochran replaced Chyleen Arbon Ritchey in the capacity of Chair.

In addition, serving as pro-tem members, Utah currently has one former prosecutor/judge (Yeates), two other attorneys (Rich and Anthony), and one former probation / parole officer (Bartell) as pro-tem members. This

information can be found on the Board of Pardons website at <https://bop.utah.gov/index.php/home-top-public-menu/members>

With this in mind, information was sent out to the UPAN community via email about these candidates with information regarding Greg Johnson and Debra Nelson as the candidates whom families would likely prefer.

### **Greg Johnson**

I have had the privilege of getting to know Greg Johnson in a professional capacity during his tenure as Administrative Services Director for the BOPP. Under his direction the community outreach committee was created after the Legislative Audit of the BOPP was released in 2016. This committee was created to share diverse perspectives and input from organizations with the Board on a wide variety of issues ranging from structured decision making to compassionate release. That committee has also been involved in working on an idea originating with Clark Harms to create a Board handbook for inmates to help them understand the Board, its processes, and how to prepare for a hearing. Some of the organizations with representatives in regular attendance at these meetings include ACLU, Disability Law Center, UPAN, Fresh Start, Journey of Hope, as well as a representation of former inmates.

Personally, I have had mixed feelings about the idea of losing Greg Johnson as the Administrative Director of the BOPP because he has been dedicated to making the changes identified in the Audit over the past 2 1/2 years and has been instrumental in pulling in community organizations for the outreach committee, which has been working very well together.

I have communicated with Greg about his potential move to becoming a board member. He assures me that if he is chosen to fill the position as a Board Member, whomever the Board chooses to replace him as Director, will continue the community outreach committee and pursue the goals already in place. He stressed that the Board as a whole is dedicated to continuing having community input into its policies.

Having communicated with Greg Johnson about various issues, including compassionate release from even before UPAN existed, along with being on the community advisory committee, it is my experience that he has always been fair and tried to make sure all issues are examined from all sides. The reality is that he is very diplomatic and an expert at pulling divergent views together to find common ground. These qualities would be a positive thing in a Board Member. He also believes in rehabilitation and that people can change to reintegrate successfully into society. Over the years,

Greg Johnson has been very open to discussing what the Board can do to reduce the problems inherent in Utah's Criminal Justice System and to finding solutions.

UPAN's Miriam Greenland spoke with Mr. Johnson about his point of view. He stressed his belief that people can change and that most people do change. He acknowledges that there are some people who choose not to change, and those people should not be paroled. He discussed his desire to look at the person as a whole, and the whole process when considering a release or a pardon, not simply the crime itself. He stated, "I believe that criminals are human beings and should be treated with fairness." He went on to discuss sex offenders specifically, sharing the fact that sex offenders have a low recidivism rate and that he believes that the public in general is misinformed about sex offenders.

**Debra M. Nelson** According to information found online, Debra M. Nelson has been an appellate attorney with Salt Lake Legal Defender Association since 2004. She practices primarily before the Utah Supreme Court and the Utah Court of Appeals. Debra has represented clients accused of a broad range of offenses including: capital murder, kidnapping, violent sexual assaults, drug possession, theft, probation violations, tax evasion and securities fraud. The numerous cases Debra has managed encompass an extensive array of issues

including: evidence, discovery, jury instructions, statutory interpretation, constitutional rights, prosecutorial misconduct, insufficient evidence, sentencing, restitution, criminal and appellate procedure, and ineffective assistance of counsel. Debra has presented continuing legal education seminars on a variety of topics related to criminal procedure and appellate practice. She has served and continues to serve on various committees and sections of the Utah State Bar.

Miriam Greenland also spoke with Debra Nelson. Like Greg Johnson, she believes in evidence-based practices and rehabilitation. She told Miriam, "I am concerned that we release inmates into society with no training on how to be productive and succeed. 90% of our criminals will be released. We must provide rehabilitation for them."

Debra stated that as a society, we must make sure we do not put ourselves above others. She believes that everyone needs a voice and that offenders should not be defined by their offenses. She said, "Everyone is redeemable. We are all here together. I know what it feels like to be marginalized and have no voice. We must give a voice to everyone."

We hope to know soon about who has been selected by the Governor to fill the open Board Member position.

## **Save the Date: Announcing Utah's Day of Empathy 2019 – Tuesday, March 5<sup>th</sup>**

**by Molly Prince**, with information from Britnee Webb and <https://www.dayofempathy.org/>

For the past two years, Britnee Webb has organized Utah's Day of Empathy on behalf of UPAN. We will again host a Day of Empathy on Tuesday, March 5, 2019 under Ms. Webb's direction. The location is planned to be at the Utah State Capitol Building but is subject to change. The time and speaker list will be announced at a later date. If you are interested in speaking at this event, please email UPAN.

### **Importance of Empathy**

Day of Empathy is a national day of action to generate empathy on a massive scale for millions of Americans impacted by the criminal justice system (CJS). One of the original goals of the Day of Empathy states we must reform our criminal justice system. In order to do that we must first humanize and empathize with those who are impacted by it. This includes crime survivors and those who have committed crimes. Day of Empathy highlights the need for CJS now, #JusticeReformNOW and shares the perspectives of Americans impacted by the current justice system.

### **Americans Impacted Includes:**

Survivors of violent crime, those who are addicted or mentally ill, incarcerated individuals working to transform themselves, people with a criminal record desperately seeking a second chance, families of incarcerated loved ones struggling to maintain their

families and keep moving forward while supporting their loved one in a dysfunctional system, and all community members impacted by crime, public safety, & violence. Without empathy, we cannot achieve meaningful policy changes that keep our communities safe, our families whole, and our economy strong. Throughout the country, the Day of Empathy highlights the needs and share the perspectives of Americans impacted by the current justice system. There are thousands of people - mothers, daughters, sisters, husbands, sons, brothers and children - who have stories to tell.

### **This Is UPAN's 3<sup>rd</sup> Year Involved in Day of Empathy**

UPAN's first Day Of Empathy was held March 1, 2017 at the Kafeneio Coffee House and was heavily attended with many speakers sharing their stories from various perspectives, family impact, former inmates, and a former Board of Pardons member. Then again in 2018 in coordination with other local advocacy groups at the Utah State Capitol with a variety of speakers.

The Day of Empathy events across the country will feature events that might include storytelling, digital media, and virtual reality content to humanize formerly incarcerated people, survivors of violent crime, and millions of others. The Day of Empathy is intended to accelerate the bipartisan drive to create more effective, efficient, and humane criminal justice system.

### **Yesteryear Concepts of Punishment Are Outdated**

The Day of Empathy is sponsored by #Cut50, an initiative of The Dream Corps. It is a national bipartisan

initiative to safely and smartly reduce our incarcerated people 50% over the next 10 years. [cut50.org/mission](http://cut50.org/mission)

## **The FIRST STEP Act Signed into Law on December 21, 2018**

Source: [www.firststepact.org](http://www.firststepact.org) and Britnee Webb

The U.S. Senate and House of Representatives voted overwhelmingly to pass the FIRST STEP Act in December. The New York Times says this law, which applies to the Federal Justice System, will deliver "the most significant changes to the criminal justice system in a generation."

On December 21, 2018 President Trump signed the bill into law, bringing us ONE STEP closer to fixing a broken criminal justice system that has torn too many families apart and destroyed too many lives.

Over the past year, individuals impacted by the criminal justice system have made multiple visits to the White House, dozens of lobbying trips to Capitol Hill, and hosted rallies in districts across the country. These efforts helped build empathy, understanding and support for the transformative changes to the Federal Bureau of Prisons (FBOP) proposed in the First Step Act. There are more than 175 organizations and leaders who have joined #cut50, Van Jones, Jessica Jackson and Dream Corps to form a coalition to support this bill and help get it across the finish line.

Britnee Webb is Utah's representative on behalf of UPAN who actively pushed for this bill and I November attended the Criminal Justice Reform Summit with Jones, Jackson, Kim Kardashian-West, various other celebrities, and many coalition representatives supporting it.

We were disappointed in some of the concessions made to appease the minority of GOP members of Congress who had concerns about this bill. We firmly believe that nobody should be excluded from earning Earned Time Credits, which are incentive to participate in programming, vocational training and education - all of which will help reduce crime. This is a compromise bill - and it is just the first step toward fixing the many broken pieces of our federal justice system. The broad-based bipartisan support for these policies in Congress and in states across the country, show that this first step will undoubtedly be followed by many more.

### **The First Step Act Does the Following:**

***Fixes Good Time Credits*** ensuring that federally incarcerated individuals can earn the 54 days of good time credit per year, and not just the 47 days that FBOP currently allows. This retroactively applies to everyone in federal prison who has earned credit for good behavior. It is estimated that fixing this will allow some men and women to leave prison soon after the bill passes, yielding savings of \$40 million in the first year.

***Major incentives for participating in programs***, allowing for 10 days in prerelease custody for every 30

days of successful participation, with no cap on the prerelease credit that can be earned. Beyond prerelease custody, other incentives include increased phone and visitation periods, transfer to institutions closer to one's release residence and additional policies which can include increased commissary spending, access to email, consideration of transfer and other incentives solicited from prisoners themselves.

***Availability of prerelease custody*** by requiring the FBOP to transfer low and minimum risk prisoners to prerelease custody—either a half-way house or home confinement. Because the bill provides that FBOP shall

do this, FBOP will be required to improve contracting with residential re-entry centers and improve current policies. Even for those who are not designated as low or minimum risk, the FIRST STEP Act provides a pathway to petition for prerelease custody.

***Expanded programming.*** Creation and expansion of life-changing classes by authorizing \$250 million over five years to the FBOP for the development and expansion of programming focused on skill-building, education and vocational training. These classes will help prepare individuals for a successful and lasting transition back into their communities. The bill also allows partnerships between nonprofits, volunteers, faith groups and other organizations to ensure that classes are accessible to as many people as possible.

Prioritize people inside who need it most because evidence shows that individuals who are at the greatest risk of future crime are the most in need of treatment, classes and counseling. To make legislation as effective as possible, it gives priority to incarcerated men and women who are classified as high and medium risk.

***Move incarcerated people closer to home*** because contact with family is one of the most important aspects that will help individuals successfully reintegrate into society. The bill mandates that prisoners shall be placed within 500 driving miles of their families, because the journey to visit loved ones in prison can be extremely burdensome and cost-prohibitive for families.

***Banning the shackling of pregnant women*** will provide some dignity for pregnant women. This extends those protections to three months after pregnancy. In addition, the bill requires that FBOP provide sanitary napkins and tampons to incarcerated women at no cost.

**Provide IDs** to ensure that individuals leaving federal prison have their ID prior to release. This will reduce the collateral consequences of incarceration by allowing a quicker integration back into society, as well as create significant cost savings of approximately \$19 million.

**Expand Compassionate Release** by reducing the minimum age of prisoner eligibility for elderly release from 65 years of age to 60 years of age, and minimum time served of prisoner eligibility for elderly release from 75% to 2/3. It also expands the program to all federal

prisons. Finally, it allows incarcerated individuals to seek relief under the program directly from a court so that administrative hurdles within the Federal Bureau of Prisons do not hamper one's ability to be released.

**The Act's language holds the Bureau of Prisons accountable.** We know that well-intentioned legislation can be thwarted or undermined during the implementation phase. Throughout the bill, there is language providing that FBOP and the Attorney General shall do things, not just that they may do them. Specifically, that incarcerated individuals shall earn time credits for programming, that the credit shall be applied towards time in prerelease custody and that FBOP shall transfer them to prerelease custody. It also states that FBOP shall place lower risk individuals in home confinement. Finally, FBOP shall set up a savings account for 15% of inmate compensation to be used to assist with the costs associated with release from prison. The bill also provides for a biannual U. S. Government Accountability Office (GAO) audit and requires the Attorney General to report annually to Congress on the activities implemented, the effectiveness of the programming, the recidivism rates and savings.

### **Federal Judge Refuses to Dismiss Daggett County Jail Victims' Lawsuit Over Abuse of Inmates**

**Source:** Fox 13 News. Originally posted on website JANUARY 11, 2019, **By Ben Winslow**

On January 11, 2019 US District Court Judge Dale Kimball refused to dismiss a lawsuit filed over abuses that inmates were subjected to at the Daggett County Jail. This allows Joshua Asay's lawsuit to proceed. Asay is among four men suing over an inmate-abuse scandal from two years ago in which they were shocked with Tasers and attacked by police dogs for the amusement of police officers. Then-Sheriff Jerry Jorgensen and various deputies pleaded guilty to misconduct-related charges.

The article states that Judge Kimball wrote, "Asay alleges that the Daggett County Jail had a lawless culture that promoted a sadistic 'anything goes' environment that 'if it isn't on camera, it doesn't count,' which prevailed at the Jail for years prior to the

### **#cut50 Working on Some Implementation Problems.**

So far, there has been a hiccup in the Good Time Credit portion of the bill and its implementation. #cut50 founders are working to fix this right now. The hiccup is that there was a drafting error - they included the "Good

Time Fix" in the section about "Time Credits" so because of the way it was sequenced, legally, they cannot process the Good Time Credit fix until AFTER the FBOP publishes the Risk Assessment Instrument which is causing some long delays.

### **Some fixes to this are:**

- 1) Successfully argue in court that the sequencing and section do NOT mean that they have to wait to recalculate good time (#cut50 is working on this with the White House currently);
- 2) Pass a legislative fix (could be complicated but maybe could happen as part of the budget omnibus that is happening because of the government shutdown). Folks are working on this;
- Or 3) wait out the delay, which could be up to 6 months.

### **First Step Act Can Be Used As A Model To Reform State Prisons And County Jails**

The First Step Act only applies to the Federal Justice System but let us move forward using it as an example and pressure our states and counties to pursue better reforms for state prisons and jails! First Steps lead to seconds and thirds!

It was a very Merry Christmas for the federal system and those who worked so hard on this bill couldn't be more thrilled. Thank you for the calls, emails, tweets, Facebook's, and more to the senators to pass this bill. Your voice matters and you created miracles!

instances that Asay complains about. Asay argues that although prisoner abuse frequently occurred off camera, the lawless culture was a well-known open secret." This development allows this lawsuit to move forward and gives strength to similar lawsuits against Daggett County and the state of Utah.

"We're committed to making sure every person who abused prisoners, fostered the culture where that abuse occurred, or turned a blind eye to abuse, is held accountable for their actions," said ACLU of Utah Legal Director John Mejia, Asay's attorney, per Fox News.

The jail was ordered closed in 2017 and the facility is now up for sale. The Utah Department of Corrections did not immediately respond to Fox 13 after a request for comment.

***"May all your troubles last as long as your New Year's resolutions!" - Joey Adams***

**"People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily."**

**– Zig Ziglar**

## Setting and Achieving Goals for Recovery

by Blake Marshall

The New year brings with it the opportunity for a fresh start and new motivation to set and achieve new goals in the upcoming year. While the new year seems like a logical time to set goals, the cliché of the “New Year’s Resolution” has become a punchline of sorts. So much so, that shortly after those goals are set, a new holiday has emerged. January 17<sup>th</sup> has been affectionately dubbed as “Ditch your New Year’s Resolutions Day.” A mere 17 days after the hope and determination are burning inside us to change and grow, we toss them aside and return to the status quo of sorts.

Setting goals each day, not just one day of the year, is crucial to making lasting change in life. Those who are trying to overcome addiction, criminal pasts, or simple bad habits, will find that the once-a-year half-hearted “I’ll do better this year” will result in feeling disappointed and guilty when they look back after the calendar turns to the next year and nothing has changed.

So, how do we set goals to make lasting change? What is the secret to becoming the best form of ourselves? First, disposing of the notion that we must wait till New Year’s to set goals, and that if we fall short on that goal, we should abandon it, are critical. Every day is an opportunity to set meaningful, and lasting goals. Having daily, weekly, monthly, yearly and lifelong goals are all ways to help stay motivated and to have those small successes daily.

**SMART Goals** - While simply setting goals is the first step, how we set goals is just as vital. At one point or another, the term SMART may have been explained or heard in passing. SMART goals refers to setting goals that are Specific, Measurable, Achievable, Relevant, and have a Timeline.

**Specific:** - Setting specific goals will help in achieving your goals. How many times have we set a goal to lose weight, but never given a specific amount that we would like to lose? Then, after two weeks of eating right and training we have only lost a pound and we give up. Setting a specific goal like “I would like to lose 10 lbs. in the next 6 months” is important to know where we are and where we would like to be. Other examples of Specific goals are things like “I would like to finish my Treatment Program in 2019” or “I will apply for 5 new jobs a week until I land a new career.”

**Measurable:** - Taking the example of finishing Substance Abuse Programming or Sex Offender Treatment,

there are measuring sticks to help track this goal. Each assignment puts you closer to completing your goal, and by breaking down the overall measurement of finishing in 2019, you can see how many assignments need to be done each month or week in order to reach the goal. For weight loss, measuring your food intake and training schedule along with weekly or bi-weekly weigh-ins will help with tracking progress and seeing overall results. Measuring requires putting forth the effort to track how you will reach the overall goal.

**Attainable:** - Often, individuals set goals that are so unrealistic that they are nearly impossible to achieve. But, to those same people, if they do not reach that goal, they see themselves as a failure and the idea of setting goals in the future is ruined for them because they do not want to fail again. Attainable goals are not meant to be goals that are easy. Goals should still require effort and make you stretch, but they must be possible to achieve. Trying to lose 10 lbs. in two weeks safely is not an attainable goal. Neither is completing drug treatment in a month. Make sure that as you are setting goals you are consulting with professionals who can help you with what is attainable, as well as measurable.

**Relevant:** - Goals should reflect things that you really want or need. Do you really want to be a body builder? If not, don’t set a goal to become one. Goals for making progress on probation/parole and treatment are always relevant, but make sure to include goals that provide personal fulfillment and satisfaction. Set goals that relate to things you enjoy doing and things that are healthy and productive. It’s possible to do them all.

**Timeline:** - All good things take time, but goals that are achieved have a specific timeline to work within. Timelines and measuring your goals work together helping you succeed. A good way to make a timeline for your goal: follow the *I will complete (goal) by (date)* model.

Achieving goals that have purpose and are planned properly provides a sense of worth and achievement for all those who embark on setting them. Goals that are SMART will provide guidance, accountability and an overall pathway to achieve goals. Whether in prison, on probation or parole, or off paper, each of us will achieve much more in every stage of life by setting meaningful goals that will put us on the path to being better, more healthy individuals.

## Serving Time Café Re-Opened January 9<sup>th</sup> After Re-Model

by Molly Prince with information taken from Corrections website

The Serving Time Café was closed for remodeling beginning December 17, 2018. It reopened on January 9, 2019. There have been mixed reviews about the remodel and change to the menu. It is open from 5:30

a.m. – 2 p.m. Monday through Friday with a cold case “on the run” selection offered beginning at 5:30 a.m. and the grill opening at 10 a.m. It is closed on federal and state holidays. The café originally opened on

December 7, 2009 and quickly became the place to go if you were a prison employee or visitor during the week. The café also has had low prices for delicious food. Prior to the remodel, there was a hot breakfast menu with generous portions that was a favorite among the customers. There were many times as a visitor, my husband and I would stop for breakfast after an early 8:30 a.m. visit.

However, there are no longer breakfast selections on the menu, but there are some breakfast burritos and bagels available from the "cold case." According to some long-term customers, this is not the same as the delicious home cooked breakfasts that included selections of pancakes, French toast, eggs, and breakfast meats.

The good news is that the lunch menu from the grill has received rave reviews since re-opening. The prices are low and reasonable. In scanning the new menu, all prices continue to be lower than fast food places and cafes in that part of the valley serving lunches of burgers and sandwiches. It also continues to serve delicious cinnamon rolls, cookies, and peanut butter brownies.

In an entertaining Facebook review of the café on the Serving Time Facebook page, one satisfied customer wrote, "Good food for very reasonable prices. You pay about 1/2 the cost of similar meals at other places, that seem to rob you of your hard-earned money. They also don't try to con you into up-sizing anything. It's also refreshing to know that the workers are brushing up on a vocation that will serve them well later in life. So if you want to break-out of the normal routine, go visit the Serving Time Cafe and you just might become a repeat offender."

**"One resolution I have made, and try always to keep, is this: To rise above the little things." John Burroughs**

\* \* \* \* \*

### **Moving Into the New Year, Here Is A Poem.**

#### **The Work of Christmas by Howard Thurman**

When the song of the angels is stilled,  
When the star in the sky is gone,  
When the kings and princes are home,  
When the shepherds are back with their flock,  
The work begins.

To find the lost,  
To heal the broken,  
To feed the hungry,  
To release the prisoner,  
To rebuild the nations,  
To bring peace among peoples,  
To make music in the heart.  
Amen

In July, 2018 Salt Lake magazine published its "Best of the Beehive" edition and USP's Serving Time Cafe came in as "Best Two Hots!" It said "Usually there's not a line to get into prison but Serving Time Cafe is the exception. A work program at the Utah State Prison, Serving Time employs female inmates, giving them skills that will serve them well then they're on the outside. And with menu items like 'Parole Violator' and 'Prison Blues Burger,' the cheekiness is, well, criminal." That was quite a tribute to the women working in the café and staff supervising them. We can't help but wonder if that will change now that there is no hot breakfast available since it is only open until 2 p.m.

Serving Time is operated by Utah Correctional Industries (UCI) and is staffed by female inmates. It is open to the public. It is located on the frontage road on prison property at 14072 Pony Express Rd. You can park in the parking lot for the Olympus Facility and Utah Correctional Industries' showroom.

Many of the women who work in the cafe have earned vocational certificates in culinary arts through Davis Applied Technology College and aspire to work as cooks upon release. The cafe provides them with the real-world experience of working in a fast-paced restaurant environment. They fill every role: dishwasher, dining room attendant, prep cook, baker, and cook. Based on information UPAN received about the eligibility for someone to work there, the women must have a parole date with less than three years left.

UPAN directors and many UPAN families have eaten at the old Serving Time and enjoyed it. We appreciate the hard work of the women who work there. Tell UPAN about your experiences at the new Serving Time.

### **A Couple of Smiles and Maybe a Laugh**

A New Feature for Our Wonderful, Loyal Readers, Ed.

- Scientists say the universe is made up of protons, neutrons and electrons. They forgot to mention morons.

- Two lawyers went into a restaurant and ordered drinks. Then they took sandwiches out of their briefcases and started eating. "Hey, you can't eat your own sandwiches here!" the waiter exclaimed. So the lawyers traded sandwiches.

- A few years ago, a high school student's assignment was to interview a WWII veteran and write an essay. The student's grandfather served in the Philippines, so the student interviewed Grandpa. After a few questions the student asked, "Did you ever kill anyone?" Grandpa got quiet. Then in a soft voice, he said, "Probably. I was the cook." Thanks to Reader's Digest, Humor in Uniform.



## UPAN Monthly Meeting – January 14, 2019

About 40 people attended the first meeting of this year. Audrae Rogers, UPAN Holiday Card Coordinator, handed out thank you correspondence from several inmates who wrote to their volunteer Christmas card mailers. An Bradshaw, UPAN Volunteer Coordinator, asked for volunteers to help our few overworked current volunteers and passed out a five-page hand-out of things that need to be attended to. She requested that everyone review the listed duties and consider helping as a volunteer. Britnee Webb, UPAN Day of Empathy Coordinator, briefed the group on Day of Empathy (this year, March 5<sup>th</sup>) and on her trip to a national assembly of high-profile supporters of Federal criminal justice reform. Her presentation included most of the material in two articles published in this newsletter on pages 4-6.

Molly Prince, Founder & Past-President, handled the balance of the meeting. First she spoke on the pending appointment to the Board of Pardons and Parole. Her article on pages 2-3 of this newsletter was the basis for her presentation. There are five candidates, two are prosecutors, one a county attorney, and two are non-prosecutors. She suggested that there are enough prosecutors and law enforcement people on the Board. To maintain a balanced board, a non-prosecutor would be the best choice. Molly read her "Report Card" You

Did Well..." composition that is published on pages 1-2 of this newsletter. She acknowledged Debbie Stone for her article appearing on page 2 titled *Inmate Documents and Complaint Contacts with UPAN*. Next was some discussion among the group on the latest CCJJ recommendations regarding the Sex Offender Registry and other S O issues that will be submitted to the coming Utah legislative session.

The meeting was then open for group discussion. The first question concerned a model inmate who was transferred to IPP (Weber Count Jail) as a "reward" for good behavior. Several former inmates in the audience laughed at this excuse for relocation. They knew that required classes and job opportunities were no longer available to him in the jail. Regarding classes, one man said his son, who has a college bachelor's degree, had to prove he had a high school diploma or he would be required to take GED classes. Another college graduate parolee in attendance said the same thing happened to him. Ongoing problems with dental and medical care in the prison were discussed and frustrations validated. Karl Winsness spoke briefly about his Willy the Plumber Scholarship application period. See page 1 of this issue. We then adjourned.

***"Change does not roll in on the wheels of inevitability, but comes through continuous struggle."  
Martin Luther King Jr.***

### Sharpen Your Pencils and Sharpen Your Brain – NEW: Writing Opportunity for Inmates

To encourage more inmates to participate in a UPAN sponsored event, inmates are encouraged to write (in English) a story, article, fiction, non-fiction, memoir, rhyming poem or free verse poem (not rhyming), or a special category called CJS-Prison-Jail Complaints. Limit three submissions total per inmate selecting one or a mix of the categories. Article writing limited to about 1,500 words (5 or 6 handwritten sheets), poems limited to 100 lines. Mail in one or more envelopes when you wish to submit. **Submission deadline:** June 30, 2019. Certificates awarded for best writing in October 2019 in each category. No judging or

certificate for CJS-Prison-Jail Complaints category. Best submissions are NOT guaranteed to be published in the UPAN Newsletter (we don't have enough space) – writer's names will be confidential in the CJS-Prison-Jail Complaints category. Write the category at top right of page 1 of your entry. More details in the February 2019 issue. Thanks for your participation and best wishes toward your good writing, Editor

**Submit to: UPAN Writing Exercise, P.O. Box 1018, Pleasant Grove, UT 84062.** (Do NOT send to UPAN's Draper P.O. Box address. Thanx, you do good! Ed.)

**Starting a New Year and seeing progress, plus some jokes on page 8 – now that's cool! Ed.**

### Utah Prisoner Advocate Network

P.O. Box 464, Draper, UT 84020  
Website: UtahPrisonerAdvocate.org  
Email: Utahprisoneradvocate@gmail.com  
Facebook: Facebook.com/UtahPrisoner  
(go here to view recent UPAN meetings)  
President: Shauna Denos  
Past-President & Treasurer: Molly Prince

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

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