



LONI ELLEN KRICK
OB9187
Po Box 180
Muncy, PA 17756



Loni began her life sentence at the age of 29 on November 22, 1992.
Hometown: Fleetwood, PA

EDUCATION

Before prison:

- High School Diploma, 1981
- Pace Institute, courses in computers and word processing
- Attended school for one year towards an LPN

At Muncy:

- Horticulture degree
- Computer Aided Drafting and Design
- Many courses in Accounting, Microsoft, Windows and Data Entry
- Type 116 wpm
- Spanish courses
- Braille courses
- Criminon of Main - 8 Course Curriculum
- Flaggers Course
- Business & Technology Courses (continuing education)

WORK HISTORY

- Floor Person in sewing factory: Responsible for moving the work around and kept track in three separate rooms
- Tutor: Accounting, word processing, Windows and learned to reformat entire computer systems
- Unit Details-clean showers, toilets, sweep and mop areas
 - *Due to several physical problems, I have not been able to work from time to time.
- Lawn Maintenance and Flower Growth and Placement
- Peer Facilitator (for 2nd Cohort of Project Hope)

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GROUPS AND PROGRAMS COMPLETED

- Grief Share
- Violence Prevention
- Anger Management
- 1st and 2nd year Spanish Courses
- Healthy Relationships
- Outpatient Abuse Survivors
- Numerous lifer programs and groups attended
- Self Esteem
- Choices
- Victim Awareness
- Project Hope

COMMUNITY ENGAGEMENT

- Crocheted and painted projects for outside groups
- Participated in Christmas and Easter programs
- Interact with KAIROS and various church programs with outside groups
- Bible Studies with 7 different groups (ongoing participation)
- Co-developer of my Instagram

ACTIVITIES DEPARTMENT and PHYSICAL EXERCISE PROGRAMS

- Guitar class
- Over 50 Fitness
- Wellness Walking
- Softball
- Pickleball
- Volleyball
- Walk-a-Thons
- Paws Walks

INMATE ORGANIZATIONS

- PA Lifers Organization, member
- Muncy Inmate Organization, member

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SPIRITUALITY

- Born Again Church member
- KAIROS
- Grief Share
- Choir Member
- Participant in plays and chorus performances
- Participate in bible trivia challenges

AWARDS AND SPECIAL RECOGNITION

- Computer Aided Drafting and Design
- Horticulture: Top of Class and Perfect Attendance
- Numerous Accounting and Computer Program certificates

2018 HEALTH REPORT

I am suffering with pain in my feet due partly from diabetes and am waiting to be scheduled for surgery. On my right foot I have a severe hammer toe that is extremely painful. On my left foot I have two toenails that curl in along the sides and are growing into my neighboring toes. This is very painful too. I walk with a cane because I lose my balance from either pain or dizziness. Recently I learned that I have one kidney and an adrenal gland. I've been a brittle diabetic for over 42 years. I have a couple of "growth" on my adrenal gland which are undiagnosed. Periodic CAT scans have shown that they are benign. My only kidney is larger than normal which is likely due to having only one.

PUBLICATIONS

- A Lifer's Legacy, www.lairdcarlson.com
- "My Lucky Peeper", LC, July/August 2016
- Several poems in anthologies

REENTRY PLAN

I have a good network of friends and opportunities for employment. I have a home to go to, a job and a car. I plan to volunteer at animal shelters and homeless projects. I would further my education in several areas such as CADD, horticulture and languages. I love to make crochet projects and design blankets. Hopefully I will be able to combine all of my areas of interests to develop a career. Due to my incarceration, I would also like to lend my voice to help juveniles in the criminal justice system in the hopes of preventing more youth from going to prison. And last but not least, I'd go fishing!

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THE WOMAN I AM NOW

The woman I am now has much stronger morals and can handle responsibilities better. I have persevered and grown from many physical problems and recovered from several surgeries. I appreciate every day and assisting others. I am closer to God than ever before, and try to live every day being more and more like God's child. I appreciate what my mind can do and love to continue learning all new things. I am humble, with the awe and wonderment of a child. I can do things like crochet, build things, work on lawns, work on cars, repair and rebuild computers, work in a greenhouse, do braille and sign language. I want to learn so much more and go fishing!

A Lifer's Legacy

By Loni E. Krick

Someone bought me a ticket and threw me on a ride,
But there's no getting off till the day I die.
Endlessly spinning, circling and spiraling;
A sick merry-go-round, of sorts.
The ride is fast, never slowing for anyone
It just keeps on going, year after year.
The rumors, the lies, the playing and all;
Till you just can't take anymore.
There's hustling and promises that never come true.
There's caring and sharing from hearts made of
stone.
There are so many games and stories to hear,
That you just can't tell if anyone's sincere.
Little by little, you lose all your wits,
And find yourself trapped, a part of the ride.
You get on unwillingly, trying to get off,
But you find yourself helping to give it a turn.
You are part of that merry-go-round,
A horse that cannot move,
As everyone rides you and you dance to a tune.
Is there no end to this madness in here?
Or do I just keep on spinning,
Till the ride is me, too?
I'm tired of fighting to get off this ride.
So I'll just sit back, close my eyes, and
hide in this system of fear.

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My Lucky Peepers

I want to tell you this story about a bird I had for a brief time last spring, even though I wouldn't call him my pet. I've been in prison for the past 24 years, and we aren't allowed pets. But one day I saw a tiny baby robin lying on the sidewalk. Three feral cats were circling this injured bird, waiting to pounce. I walked over and scooped him into my pocket. His leg was obviously broken and he could not fly yet.

When I brought him to my room, I was totally lost as to what to do with him – he looked so frail and weak. I made some plain oatmeal and mixed in peanut butter and a cereal bar. With the tip of my finger, I fed him some every half hour. For water I used an old eyedropper, and I made a nest out of my old T-shirts. I named him Lucky Peepers. Each day I cuddled with him and encouraged him. I used my personal belongings to create a jungle gym so he could learn to grasp things.

A couple of days after Lucky Peepers was with me, I fell asleep with him on my chest. When I woke up he had snuggled up on my throat. From then on, he slept right there every night.

In just one week, Lucky Peepers had more than doubled in size. His leg healed, he grew, and he learned to fly easily. He also learned to eat and drink for himself. He greeted me every time I came into my room by chirping and flying to my shoulder. I had promised him that once he could fly to the top bunk in my room, I would set him free. On Sunday, I walked into my room and found him perched on the top bunk. He flew over, landed on my head, and sat there chirping away. So, I knew it was time.

Later that day when I went to chapel, I snuck him out of my room. I wanted to say goodbye to Lucky Peepers, and we had a very emotional talk as he sat on my finger. Then he flew to the top of the chapel. He has since made his home in a tree next to the chapel. I've spoken to him several times, and he's hopped into my hand. He's found a female, and I'm sure he's had offspring. He has a beautiful, full red breast, and he's never forgotten me. I know I could never forget him. In all my years here, that was the absolute best week of my life, and Lucky Peepers was my favorite companion.

-Loni Krick, Muncy, PA