



## MICHELLE HETZEL

PO BOX 180  
MUNCY, PA 17756



### STATUS

Incarcerated at age 18  
Began life sentence in 2000  
Hometown: Easton, PA

Reentry Objective: I plan to spend as much time with my family as I can. I want to be there for them as they have been there for me throughout my incarceration. I will work and no longer be a burden on the taxpayers or my family. I would like to further my education. I will volunteer in my community and be a positive role model. I'd like to share my story with teenagers in hoping it will help at least one person not make the mistakes I've made.

### Education

General Education Diploma, 1999  
Math: Algebra and Geometry  
Computer Aided Drafting Design  
Positive Psychology, Penn State University, 3 credits  
Critical Thinking, Susquehanna University  
Women in The Penal System, Bucknell University  
Cosmetology, PA license, 2018

### Employment

Automotive  
Plumbing  
Math Tutor  
GED Tutor  
Inmate Clothing  
Commissary  
Cosmetology

MICHELLE HETZEL  
SCI Muncy

Groups and Programs

Forgiveness  
Parole Colors Part 2  
Self-Esteem Workshop  
Co-Dependency Group  
Thinking For A Change  
Citizenship  
Violence Prevention  
Victims Awareness  
Parole Colors  
AA  
House of Hope: Domestic Violence Program  
Therapy (since 2002)

Community Engagement

Canine Partners for Life, raised puppies for 8 years

Muncy Inmate Organization-The mission is to create opportunities for women to give back by planning events to fund activities that will positively impact the community and foster individual responsibility.

President

Vice-President

Focus T25 New Years Challenge, First Place finish, 2018. "From January to April 63 women began this challenge and only eight completed it. We had to do 25 minute long work outs for six days a week. Every three weeks we had fitness tests to track our progress. I really enjoyed it and the exercise really helped me to feel physically and mentally well."

Spirituality

I attend Lutheran services.

Adult Baptism-2009

Courses in Bible Fundamentals, New Believers

**THE WOMAN I AM NOW...**

I have grown up and matured into an honest, kind and principled woman. I am not the same person I was when I was a teenager. The decisions I made in the past have made a huge impact on the decisions I make today. I continue to educate myself and do all I can to help other people. My thought process is no longer how things will affect me, but rather how things will affect others.