



**TWO ROADS
PRESENTS**

PROGRESS

A LOST TIME ABSTRACT

**An honest chronicle of the stories and service of the Incarcerated Women
and Men of the Illinois Department of Corrections**

VOLUME 34

To All Readers

Our monthly e-zine focuses on three phases: *Rehabilitation, Restoration and Re-Entry*. These are the necessary phases of a successful incarceration and transition back to society.

Rehabilitation involves the struggle for change one confronts during incarceration.

Restoration reflects the refined version of one's self that we've become and our restored self seeks service of self-worth to the world.

Finally, ***Re-Entry*** is the ultimate goal one accomplishes through class study, self-study or modification programs completed during one's incarceration.

We are TWO ROADS, and we want to be a viable resource for our readers. We serve you by sharing the honest chronicle of the stories and service of the incarcerated women and men of the Illinois Department of Corrections. Join our movement.

TWO ROADS Editorial Staff

****Please Note:** All letters, emails and photos will be reviewed by personnel **PRIOR** to being received by the TWO ROADS editorial staff. All information that is not pertaining to TWO ROADS will be discarded. Thank you for respecting the guidelines.

Our Mission Statement

“We are committed to empowering those most impacted by harmful systems to become dynamic leaders and agents of change. Using the connecting, restorative power of these stories, we hope to do our part in bringing us all together to overcome societal ills, such as violence, poverty and mass incarceration.”

DISCLAIMER

TWO ROADS is built for bringing integrity and honesty about the people who are submitting their stories. There are times where the editors are required to make changes due to spelling errors or grammatical structure. Please know that **we will never take away your voice**; however, understand that we take pride in our work and strive to be the best in our representation of your voice.

Thank you.

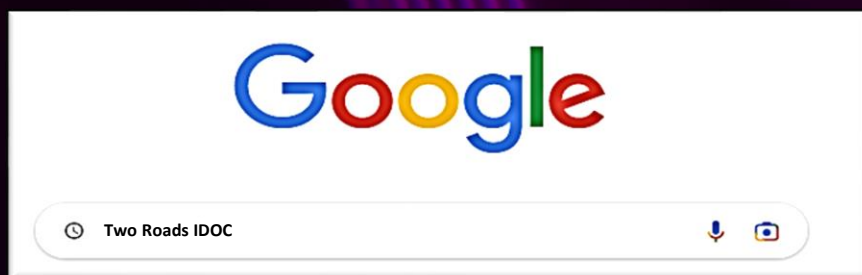
TWO ROADS

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We encourage you to screenshot this page with the hashtag:

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PROGRESS



Volume 34

MY JOURNEY FORWARD

Kenji Haley, Editor In Chief
TWO ROADS

It seems like it was yesterday, when I was handed down my sentence and was sitting in the bullpen preparing to be shipped to Stateville. I can't forget it. All of my life, the things that I was used to doing, were now a thing of the past. My life was headed into a new direction, one that I couldn't count on, as the unknowns of prison were ahead of me. When I was younger, I spent ample amounts of time at the public library. For me it was two-fold, one was to go and read and take up the day, and the other was built on hanging out with my friends Roosevelt and Tyson, dancing on the steps in the cold to get our routine together. Man, those were the good old times. But something stuck.

Reading came naturally to me. I suffered from Attention Deficit Disorder (ADD), and my mind could go from one place to the other, but when I read, it allowed me to harness the information

without getting up and wandering around. Being a child of the 80's also allowed me to dream. Many of you haven't had that opportunity because your day was already filled with social media and the norms, but I was able to navigate by dreaming out the activities I wanted to do.



Coming to prison, dreaming is something we all do: waiting to eat, go to store, getting out, and it allows us to escape and enjoy the experience, although we are detained.

As I made my way, I learned to take on the things that I was aware of in my youth. I would read to get my mind away, dream about all the possibilities that I could continue in my future. I found it very important to work on myself. A lot of times, we do things so that others can see us look a certain way or move in a different way, but we never take that time to work on us and

because they can't be the captain."

What was difficult for me was I wanted to share my happiness, but everyone wasn't happy for me. This became a struggle and not for the fact that I was happy, but I never understood why others couldn't receive that happiness. In my lost time, I felt it was NECESSARY to uplift and give information to those who didn't have it.

I thought it was NECESSARY to stand up for the rights and freedoms that were there for us and to make sure that all were in the same boat and not left behind. But I also learned that there are people, on both sides, that didn't appreciate that. Some said, "he doing too much," while others said, "who do he think he is?" Well, I am a man who believes that it is okay to dream about being something when others thought you were nothing. I am a man who believes that "anything is possible!" I am a man who believes that if we learn and utilize the information that we get, that we can never have to come back to this place. Is that doing too much?

What is wrong with dreaming? My journey in the prison aspect is coming to its end. I am a few issues from passing the torch and allowing TWO ROADS to grow and prosper, but I hope that all of the dreaming that was

to improve on those things. As I progressed during my bit, I would run into "mishaps"; I had to learn (and I am still learning) to know my role. You feel that you are giving something of yourself that will allow you to enrich others as it did you, but sometimes, you can hurt them because they are not aware of this themselves. A well-known athlete, Shannon Sharpe said, "Don't let someone tell you what can't be done, just because they can't do it," and "some people will sink your boat, just



going on and all of the contributions that were provided were never in vain. As I prepare to move on, I plan to give back to the TWO ROADS community through inspiration and accomplishment. To show that we are not just what we were on the inside, but that we are so much more!! As you will see in the second part of Progress, our former Content Editor, Marcus L. Harris, is becoming a successful man and doing the things to get ahead. TWO ROADS hopes that there are more of you to share your words and encouragement when you exit the doors as you provide the same reading and dreaming that I spoke about.

I had the honor of speaking with State Representative Travis Weaver for an event in December 2024. In this, we talked about the lack of Financial Literacy education in the Illinois Department of Corrections. I explained how just teaching someone how to open a bank account up could keep them from doing something drastic when they are released. He was amazed, never realizing that information that small could be so much greater to the whole. In that conversation, he was allowed to dream.

See, in our journey, we are all dreamers. We are all visionaries. Many of you will hear those same whispers “he

doing too much,” and that is okay. LEAVE YOUR LEGACY!!! It is meant for you to!! The only way that we improve is by helping the system improve. We are one of the few states where you are allowed to vote once you are released. An Individual was that



dreamer. You have the ability to receive your state ID upon release. Individuals were the dreamers. If all goes well, you will no longer have to worry about contacting your loved ones. We ALL were the dreamers. “People will sink your boat because they can’t be the captain.”

As we move into 2025, I would like to thank the following people: Mrs. Camile Lindsay, Chief Jennifer Parrack, Chief Shelith Hansbro, Public Information Officer Naomi Puzzello, and Assistant Director Alyssa Williams. These women were innovators in IDOC. They believed in what we dream about and were willing to work hard to bring

things to fruition. I would also like to thank all of the people who have contributed to the dreamers of their respective paths: Mike Massie, Cliff and Sue Parrish, Rachel Tucker, Mark Lohman, Ben Endress, Ruel Smith, Travis Jones, Yolanda Harrington, and all the outside contributors that have come to worship, supply, teach or give back to their local facilities and I mean EVERY FACILITY!! Thank you for dreaming!!

The reason that we progress is because you come in and give us what is needed, so that we can come back to our units to READ and DREAM. I would like to personally thank Ms. Penny Rowan and Mr. Matt Warnsing. These are two remarkable people who have worked tirelessly with the men of Kewanee Media. When it comes to information and reading and timing out the issues, these

were two prominent people who don't get the credit they deserve. Mr. Warnsing and Ms. Rowan go above and beyond for the staff of TWO ROADS and Kewanee Horizons.

Lastly, I would like to thank Warden Carothers of Kewanee Life Skills Re-Entry. He has been the most appreciative and caring person that there is in a facility. He has had to make decisions that were not always liked or appreciated, but that is what comes with being a leader. To make the bold decision, and for that I am indebted to you. I hope that there are others who will dream like you and choose to lead in such fashion.

2025 will be filled with many new changes and challenges for us. The goal is that you **dream** and **read** and be the difference in your journey.

The editors and staff of TWO ROADS, Horizons, and Rotary would like to send our well wishes to our beloved brother and senior editor at large, Mr. Haley. You are missed, and the work you put in was not in vain. Thank you for all the knowledge you freely passed on, and may God bless you and all your future endeavors.

*Sincerely yours,
TWO ROADS Senior Editors.*



LOST TIME



The community of Kewanee LSRC would like at this time to send our heart felt condolences to the Russell family. All the members of the Lost Time group will forever celebrate the love and life of our brother, we all witnessed the growth and passion for life you shared freely each and every day . Your life will be celebrated by us all. God Bless and Rest in Peace.

LIVE AND LEAD:

A POSITIVE, PRODUCTIVE LIFESTYLE

**D'Marlo Q Bryant
Jacksonville**

Only you can make the choice to live in a more positive and productive manner. It is your responsibility to recognize when you are off course. It starts with your decision to eliminate all excuses for harboring any self-defeating habits, while making the decision to live better for yourself; it can be beneficial to those around you. By making that choice, you are promoting a healthier way of life, which in return builds mutual supportive relationships, while influencing others to do the same.

Keeping a positive outlook overall leads you to consciously employed behaviors, beliefs, and attitudes that keep you on course. Consistently creating a way for positive, productive, successful patterns, I have learned this through my own personal experiences. Thinking positive has kept me in high hopes, good spirits, and a more productive mindset; I am more focused on how I can improve myself, generally speaking, and it all started with keeping a more positive, productive mindset.

You begin to lose any form of a victim mindset. Practicing to live a more positive, productive life will enable you to start accepting personal responsibility. In return when faced with any error, malfunction or miscommunication that you may experience throughout life, you will stop searching for something, or someone to push blame upon. You'll find yourself lacking the will to complain. You will instead begin to seek out the issue resulting in a more logical solution to create change.

In conclusion, living life in a more positive and productive manner will improve your mindset for the better. People who make the choice to live their lives in a more positive, productive manner learn from their life's experiences. We focus on how to improve; we turn complaints into requests; we take positive action; we enable our inner guide; we follow our creator mindset. In return, we achieve success in life through conquering our goals and pursuing our dreams.

"Those who say it can't be done are usually interrupted by others that are doing it." - James Baldwin

TIME

**Bednago Harper
Pontiac**

Time, indeed, is truly one of life's most valuable commodities – precious, priceless. The full worth and value in making time meaningful can best be realized through how one applies oneself to making time worthwhile and beneficial, not only to self but to others.

For me, the request to enter this submission is quite ironic.

November marks the thirteenth year of my being incarcerated on this bid. The times along the journey this time around have often been trying, hard, and greatly exercising of my will. Even so, once the judge handed down my sentence, there was no turning back.

For many others and myself, it was do or die once that hammer fell. Like it or not, at that point, you're all in.

This time around, I'd made up my mind. I'm going to do my time and do what I have to do and all I can to

get back to the world, but I won't let the time do me.

In life, I pride myself on being highly productive, but in prison, my handicap was in finding the means. Art and writing have always been personal means of self-expression. While in prison, they have also been my strongest means of personal growth, reaching out, and utilizing my time and talents constructively and productively.

After many ups and downs and countless times of just wanting to give up, I've managed to write and have published four novels. I prefer my work to be classified as the Black Experience in America as opposed to the contemporary Urban Novel, as can be interpreted through reading my first published novel, *Options Zero – The Final Resurrection* and my three-book series titled *Neutral: A Treacherous Balance – Book 1, The Streets Call – Book, The Endgame Clause – Book 3.*

Along with my writing, I've constructively applied myself to creating an extensive inventory of artwork.

Included in the inventory are still life portraits of wildlife, landscapes and a great number of portraits of Classic Rock, Old School R & B artists, and even greats of Country and Jazz. My work can be viewed on my Facebook Page: Pen and Brush – The artistic expressions of Bednago Harper.

Quite frankly, there aren't many positive outlets or opportunities in the prison I'm in. It's very easy to become sidetracked here, and lose focus, as many here often do. Bottom line is, if you want to keep positive, you're going to have to be motivated to make things happen yourself. That's just the way it is.

I believe we must all bloom no matter where we're planted.

Despite my circumstances, I feel that I'm in a much better position mentally, spiritually and emotionally than I was when I came in, in 2011. So many of the things I placed so much value on don't mean as much to me today as they did yesterday. I take people and circumstances in life at face value and have learned to respond to them accordingly. I'm in this world, but just not of it in so many ways, as I used to be. My focus now is not so much on changing the world but rather making the necessary positive changes within me to at least help try to make this world a better place for others and myself.

REHABILITATED

Earl Milton, Jr.

Centralia

Rehabilitation is, in many ways, like renovation. It is in most cases, a painful process that eventually becomes a pleasant experience. To refurbish the whole being of an individual takes time and discipline. The pain is intense, when the old walls are being torn down. The old appliances and furniture are removed and replaced. New walls are installed. The habit of maintaining the new installments takes a refined, responsible care to upkeep the newly remade living quarters.

Rehab takes work to also maintain. Everything in life that is worth anything to you must be properly maintained to retain its effectiveness. Rehabilitation is a conscious rebuilding of the whole person. The thoughts of the mind have to become responsible. The words and actions must be thought out. To appreciate the value of the lessons of life, one must apply all the lessons learned and reap the benefits from any corrective rehabbed experiences.

To be rehabilitated is a daily conscious choice of making better decisions. **Stamp old, irresponsible habits of being replace them with responsible habits**, and reinforce regularly. A meal you ate six months ago will only sustain you for so long. You must replenish and refresh to prevent yourself from falling into decline. When you gain back your right mind, you must proactively improve upon what you have attained.

Preventative actions will prepare you for anything that you must face. The workout you did six months ago is not building any new muscle today. A rehabilitated mind refuses to fall back into decline. Everyday has enough waking hours in it to make positive changes. Small changes add up to an overall big change. You can have something in life, if you continue to grow and improve yourself. Your past cannot hold you back, if you daily put in the work. If you keep walking forward, what is behind you will get smaller and smaller. There is a reason that the front windshield is much larger than all three rear view mirrors.

There is a reason that you must keep your eyes on the road, only briefly checking the rearview to make sure that you see what you must avoid. This takes practice, yet when it becomes habit, you can drive responsibly on the busiest streets. Sometimes you have to drive defensively; at other times you have to

move out, because you have places to be, people to meet and a life to live. Most of the time it is a mixture of both. In closing, my dear friends, life is what you make it out to be, which is decided by how you spend your most precious resource, which is time.

Earl Milton Jr.

REAL RECOGNIZES REAL

Sherrod Tillis
Big Muddy River

You hear that saying all the time; however, in prison it has a different ring to it. Individuals scream it like a battle cry of sorts. From a simple saying, it becomes an anthem or mantra; people live their lives or do their time by it. Others modify their styles to the latest tune of what is real. Therefore, the question becomes: what is real?

Allow me to offer you this: Prison can be a land of illusions, and within the razor wire a person can be whoever they

want to be. People create new personas for themselves at random. That forces a person to portray an image of who they think they are supposed to be. By all accounts, that simply is not real.

In my humble opinion, real is based in facts. In reality, the facts are the judge handed me down a lot of time, and some of us lose ourselves in routines, creating cares for ourselves to distract our minds from the looming menace called "time".

Real is how one spends his or her time to sharpen the only weapon a judge, prosecutor, or correctional officer could never confiscate during a

shakedown or strip search, which is your sense of self! Yeah, you could do your time worrying about cookies and chips while being caught up in the latest Maury Povich TV show, or you could harness the power of your greatest asset, which is ironically your time! One could use its edge to hone yourself into a samurai sword, able to slice thru the years and carve a path towards wisdom and enlightenment of what is important, while you are still around and above ground.



In order to do so one must study with passion and enthusiasm, pick a subject or skill and determine within yourself to master it. Do not think of yourself as an

under achiever or prisoner; if you like to draw, you are an artist! If writing is your thing, think of yourself as a novelist. Whatever it may be – the very best the world has ever seen. Seek to understand it better than anyone before you. Be patient and respect the process it takes to master it, unleashing it upon the world. You will turn the time you have into something worthwhile; from wherever you are, you will have something to contribute to society, something of worth to show your family and loved ones.

People will acknowledge your accomplishments; some people will hate because that is what they do; however, most will smile and nod their heads in agreement because they understand and know what it took for you to shine bright. In my humble opinion, that is when Real recognizes real. I would like to take this moment to salute each and every individual that is responsible for the POWERFUL work you all do that allows individuals like myself to share my thoughts , views, and opinions with the world. Look forward to more from me. Peace and positive energy to all!

Trapped in Big Muddy River!!

INSPIRATIONAL PROGRESS

Stanley T. Chairs Menard

My name is Stanley Terrell Chairs, III; I grew up in Centreville, East St. Louis, Illinois. There was never anything inspirational growing up there, and with that said, I never had anyone to look up to. In part, I ignorantly could not see myself following anyone or a trend. In prison, I learned that any great leader has to first learn how to follow. I took the role of the follower in many aspects, but with one objective in mind – to become a better man for my son to follow and to look up to.

I went on a rampage or an “readpage.” The saying goes, you want to hide something, put in a book. I read almost anything I could get my hands on from religion, anthropology, physiology, science, anatomy, history, psychology, and so much more. I learned that educating myself would make me a better man, father, future husband, and a businessperson. I acquired, as of this

date, my G.E.D, a certification in Shingle applications, forklift operator certificate, Business Management Degree, and Certification as a Food handler. Also, I am currently enrolled in a starting your own business course. I do as much as I can in both Civil and Criminal Law, and I plan to study so much before I turn 32 years of age in March.

I was not always like this; I had no sense of direction in my life. Prison really did save me. It gave me time to sit down and question myself in every way possible, really figure out who I am. In addition, what did I want in my life? I am still learning, but now I have a sense of direction. All on my own, I found a sense of myself. My fear is only that the time spent productively rehabilitating the once ignorant child with no sense of direction continues to stand as a man who can be all he can be, not regretting the lost time.

LOST TIME ABSTRACT

Idris Thompson
Jacksonville

Understandably, time is one of life's most valuable commodities & a new year /2025 is fast approaching. Indeed, power is out of our control and the opportunities are limited, yet with fortitude, endurance and dedication (along with several other positive adjectives), one can prevail.

Unfortunately, this is not my first prison stint; fortunately, I am tenfold wiser than I was during the previous time. My disciplinary history of my past few prison stints in comparison to my report of my current stay is night and day, (one minor ticket within the approximate year that I have been incarcerated) – a true reflection of my having matured/ become wiser. One of my strong points is the fact that I am an avid jogger and that goes a long way here in prison (no pun intended).

Jogging, of course, improves my overall health, and it also helps my psyche. I am a known habitual jogger

here in Jacksonville –I typically jog about 50 to 60 miles a week. I feel very accomplished and elated after each good jog. I have ben health-conscious ever since I was an adolescent and indeed used to jog in the past but not as intensely as I have been in the last year. Eleven of the past thirteen a have spent intensely jogging; it is a true “ELIXIR”- so much so I recommend it to all capable humans. Another great habit of mine is reading/learning. I am not arrogant or cocky, but the truth is most individuals in custody lack motivation and the sense to improve themselves mentally. They also lack the will to leave this place more educated or with an additional skill-set to ensure success. One of the changes that I have made in order to progress, in comparison to the last time is I do not watch as much television as I used too. Also not being a glutton when down (indulging on too much food to make me feel better when depressed). Self –improvement is the key and so is altruism.

Now that I am older and watching the younger men, I find it overwhelming that now I am old enough to be a father to some of them. I am a victim of a self – inflicted wound (not literally

RECIDIVISM). Improving me is of course a priority, but I also like helping the younger generation as well as the older.

PROGRESS IN LIFE

Steven Wilkey

Shawnee

My name is Steve, and I have been incarcerated, since February of 2012. I have been studying the bible since the beginning of this ordeal, and I am still learning new things. I started out with my Pastor who is retired; he recommended to me several mail order ministries. I had also received from the Chaplain here an additional list of ministries, I wrote them all; however, there were some who did not respond to my letter asking to be placed in the bible study course. To this day, I am still in contact with the people who did respond to me.

The biggest one of my crowning moments was when I completed one of the studies and was invited into their college level program, in which I had finished in two years earning an ACE, BCE, and MCE (Associate, Bachelors, and Masters) Degrees in Christian Education. Now I am able to teach men on the gallery the very thing I have found peace and solace in. I even was afforded the opportunity to teach a service in the chapel as the COVID restrictions were beginning to be loosened early in 2024.

I have also received ordination to preach; however, I believe I am more comfortable teaching than preaching. I believe that there is a great need for bible explanations in the body of prison believers. I continue to study both ministry lessons and private studies on my own. I began to memorize scripture at the latter part of 2023, and then it hit me I did not know as much scripture as I thought I did. I created a 7-tier program that I go through daily; I am hoping to add more scripture annually if not more often to the list I am presently working on. I spend roughly 4-5 hours Mon-Fri on my studies, which includes memorization. I also provided a lot to the chaplain for others that have

inquired for Bible lessons, and I send her updates as I get new ministries. This included codes to show what they offer: self-addressed stamped return envelopes, graduation gifts when completed, free bibles, etc.,.

While I finish my time here in IDOC, my plan is to continue to learn and to work towards a PHD in Christian education or Bible Teaching. The duty of a Christian is to redeem the time, and we all know there is a lot of time. You may not be called to the 5-fold ministry, but all believers are called to go out and witness and to make disciples (a.k.a students) for the kingdom of God. I would like to encourage everyone to get hooked –up with as many ministries as possible. Contact your chaplain to send you any information he may have available; the time sown into studying will be very beneficial to you and others. Thank you for your time.

P.S The previously mentioned college program is not free of charge, however it is super inexpensive, even by prison standards. As low as \$165.00 per 30 hours (year) as opposed to \$900.00 per 30 hours.

LOST TIME

Toria Emerson

Logan

Here is to some honesty; when I was sentenced to twenty years at 50%, all I could think about was what I was going to miss, my two daughters' birthdays, holidays with the family, and their soccer games. Hanging out and (kicking it) with my friends getting high. The deaths of my friends and family never crossed my mind. When I was at home I worked and paid my bills, however I was not such a good person – almost evil and wicked. I was stuck in the throes of my drug addiction.

I was not the mother, daughter, and sister that I needed to be. I was too busy feeding my addiction. Now with a sober mind, I see the monster that I had become. Halfway into this sentence, I have overcome so many obstacles and have become a better version of myself. I have completed 14 different self-help groups of which House of Healing has been the most beneficial to me in this process of discovery. I have forgiven myself for the many people I have hurt, physically also mentally, most

importantly the victim who lost their life because of my actions. I pray for the family each night. I have accepted and now know it is not my fault for the deaths of my family and friends while I have been serving this time. It was inevitable.



I have changed how I speak to people and how I react to situations (not every situation needs a reaction). I was taught that by someone who has done a long time away from their family. I have completed a warehousing course through Lakeland College, and I am nearly finished with my paralegal studies from Blackstone. I do everything for my daughters; my babies are my world – Khloe and Talayah, Mommy loves you!

PROGRESS

**Travius K. Tucker
Menard**

{A note from the Editors }

Travius wanted to share with us the progress he has made through books he has read this year. For myself, reading is a favorite pastime. At times it has allowed me to go to another reality – an escape from myself and the harsh reality which I have created for myself.

Reading has also allowed me to tap into the sacred knowledge of one's self. In addition, reading has been a way for me to grow towards career advancement and has given me the insight to share what I have learned with others.

Moreover, keeping people from reading has been a tool of oppression for those that would and have abused positions of power throughout the ages. One might ask why is illiteracy such a powerful tool of oppression. Because, in literacy there is an awesome power that cannot

be suppressed by any power known to man. That power is Knowledge, and there is no greater or faster way to gain and spread knowledge than writing and reading. Therefore, I encourage us all to pick up a book and see where it takes us. And if you have the ability, help someone who might struggle with their own reading abilities. And do not be afraid to write something yourself and share it with the masses. You would be surprised at the power of the pen.

Finally, to Travius, I have read a few of these books myself, and I am interested in a few more of them. Thank you for sharing with us and most of all thank you for reminding me of the Power of Progress in Reading. It takes time and dedication to do this amount of reading. Keep up the hard work!

Abdul Khabir,

Associate Editor

The following is a list of Books Travius recommends and has read so far this year (2024):

- **Jobs for Felons**
By: Michael Ford
- **King Pins**
By: Karrington
- **How To Create Digital Portfolios To Showcase Your Achievements & Interest**
By: Anita Louise McCormick
- **The Art of the Start**
By: Guy Kawasaki
- **The Power of Now (A Guide To Spiritual Enlightenment)**
By: Eckhart Tolle
- The Qur'an
- **The Free Masons (A History of the World's Most Powerful Secret Society)**
By: Jasper Ridley
- **A.B.C.s of Real Estate Investing**
By: Ken McElroy
- **Daddy-Long-Legs**
By: Jean Webster
- **An Alternate Reality**
By: Chad Gonzales
- **Three Bodies Burning**
By: Brian Bogdanoff
- **Rich Dad Poor Dad**
By: Robert T. Kiyosaki
- **Deep & Simple**
By: Bo Lozoff
- **The Fifth Risk**
By: Michael Lewis
- **Choke Hold [Policing Black Men]**
By: Paul Butler
-

PROGRESS IS PRECIOUS

**Sarah Mecum
Logan**

Of great value is how I view every task I put my energy towards. This is a trait I've built, not one I was born with. After spending most of my 9 months of county time in isolation, beating myself up from the inside, I knew I needed change. I didn't want my past to be the bright side of my future, so, the first day inside the prison gates, I began the transformation I can look back and see so clearly now. My "self-talk" or "prayer" is my strongest factor. I cling to it with both hands and all teeth. Between writing, speaking, and singing, I have built a positive mindset, brick by brick, to lay the foundation of my new life upon.

With the immediate healthcare, I began to feel and look like a new me. I was trying to speak into existence. Then came the food – the fruit was like gold, and the veggies colored my vision with possibilities. With my religion Hinduism, I received the option to practice my choice of a vegan diet. Coming from a county where it was to eat or not to eat, I finally had the opportunities to be

the real me I had been craving. I shed the bread and noodle bloat and put on some healthy weight. Yoga and peanut butter became my go to survival tools. The layers began to add to my foundation. I put the effort into every job I was assigned, even with low pay that would never compensate the sweat, I worked my way through dietary, landscaping, and floor maintenance, to a full-time position in the "Helping Paws" Program. The best job on the grounds with advancements I can push myself to achieve. Every day I Wake up with a group of Goal orientated women that help guide me away from my fears towards a fellowship that brings me more peace than I ever thought possible. I see growth in myself and that which is projected into the dogs in training. They want to learn, just like me, want to be loved, just like me, and we will both eventually move on to do big amazing things. Each day is a gift that has given me back the ability to dream. I started with bricks, now I have a castle. Cleaning cobwebs, and decorating with knowledge and art. I can never be evicted. Progress is my key.

A large, brown gorilla is lying on its side in a field of tall, golden-brown grass, appearing to be asleep. In the foreground, a person in a grey t-shirt and shorts stands with their back to the camera, looking towards the gorilla. A small, brown dog is sitting next to the person. The background is a hazy, misty landscape with some distant hills and a few birds flying in the sky.

BE THE CHANGE

you want to see

IN THE WORLD.

Mahatma Gandhi – Civil Rights Activist

COMBATTING COMBATIVITY

**Jakeb Vaughan
Shawnee**

Growing up, just as many other people behind these walls, I had a flaky father who was in and out of my young life due to drug habits and a “street” lifestyle, and when he was around, the morals he instilled as a man led me to believe many old myths, such as Fear = Respect and Fight first, ask questions later. Now I want to clarify that I don’t blame my dad for anything I’ve grown to do, because it was the generation before him that taught him the same principles that he believed he had to pass on to me. Furthermore, I want to let it be known that my dad has, too, changed his life for the better, and we have never been closer.

Back on topic, I have spent my whole life up to the last couple of years trying to live out those principles that were instilled in me so young and found nothing but chaos, death of loved ones, and incarceration. I’ve spent my last 7 birthdays locked up, from 14 to 20, and I caused myself so much misery by

fighting my peers and refusing to believe that I might be the source of my downfall. But as I’ve transferred from juvenile to Adult DOC, I’ve seen my future in the faces of my neighbors, and I refuse to let myself slip into such a wasteful cycle.

Through meditation and self-examination, I’ve found the root of my downfall, my immediate reaction of violence to most situations was volatile and childish. I knew that I needed to change my whole outlook; I needed to change my whole process in order to avoid the same detrimental outcome. I’ve been trying to manage my anger and think about the consequences behind each and every one of my actions. Through my journey, the valuable skill that I’ve begun to learn is EMPATHY, or the ability to look at something from someone else’s perspective. Anytime I feel that somebody has wronged or disrespected me, I try to imagine what would make that person do what they did to offend me, and whether that may be a need

to feel superior, just wanting to fit in or just being angry at the wrong person. I almost always have my feelings of anger replaced by those of pity, because I too know how it feels to be angry and confused and I know how those feelings can make you do stupid things. I find myself no longer wishing ill on those who wrong me, but I hope that they're able to find the peace I'm on my way to. I have not perfected any to this; I obviously still mess up every day but just being able to start letting go of my anger has filled me with euphoria, and I know that one day I will be fully enlightened and at peace. Along with these glorious epiphanies and feelings of peace are other feelings that are also completely new.

Feelings of guilt and remorse for all the immense wrongs I've done in my

short life. I've hurt so many people, and I cannot retract or make up for so many things, these feelings are sometimes overbearing and leave me ravaged with guilt. I hope the people I have wronged are able to forgive me and are able to find peace. But even these negative feelings are signs to me that I will be able to avoid the same mistakes I've made through most of my life.

The life I led and the decisions I made as a child have not only gotten me where I am today, but more importantly those same decisions and mistakes of a child have made me the man I am today. I am proud of myself for once, and I am content with the direction I am heading.

Peace be with you and Happy New Year.

STOP WASTING TIME

Duan McClendon
Big Muddy River

Prior to jail, I was a busy body. I used all of my time to make counterfeit \$100 bills and push up on any girl I chose. Which eventually landed me in jail. First, I did a year in the Feds for the fake money, then I caught another case and was given 8 years at 85%. Instead of using that time to wallow around in self-pity, I decided to put some of my interesting stories into books. I've now read over 200 books, written 15 books, and I also written three movie scripts. I've also made funny skits.

You see, before jail I thought I was illiterate, because whenever I would pick up a book to read, I would get a headache. I soon found out it was only because I needed glasses.

These past 5½ years have showed me so much about myself. I did the Barber program in Sheridan, and now I'm in Culinary Arts in Big Muddy River. I love to cook, and I'm decent at cutting hair, which will play a good part in cutting my 3 sons' hair.

Sometimes I get these celly's who think they can sleep all their time down. Even though it's their life, I still would preach to them, saying, 5 or 10 years of your life, you will never get back.

I hate to say it but the majority of the guys I've seen re-enter into jail were the guys who attempted to sleep away their time. They had no plans, so they were destined for failure. So, stop wasting time doing time doing nothing. Write a business plan or work on job interview skills. Happy New Years!



“You can lie to me...but DON'T LIE TO YOURSELF.”

Taji Marshall

LSAT..SERIOUSLY

Ayrules Bivens

Kewanee Life Skills Re-Entry

Many young people from different cultures, classes or ethnic groups have opportunities to attend good quality schools and go to good Colleges. Nevertheless, they are struggling in their academic experience; even those who do not have adverse childhood experiences (ACE). Some never reach the LSAT day.

I came from a community of daily violence. I had to navigate through gang violence, drug addicts, and alcoholics. Only to be met with violence & abuse in my safe space. Could you imagine being whipped and verbally abused, suddenly, at any given moment, for no good reasons? Happening so often that your flight, fight, or freeze senses stays in that heightened state of mind. Under these circumstances, no one should expect to achieve anything positive. Psychologists would surely conclude that such a person, who suffered a lot of this type of trauma,

would not have a chance at a productive life. So, my LSAT day was miraculous!

So, please allow me a few moments of your time to share more about this Old man's success of just taking the LSAT! I hope to motivate young people to strive for success in all their academic pursuits and life in general. I'm 61 years of age, with a learning disability, can you imagine?? All the adversities that was triumphed to have gotten to that LSAT day! Sure, you can imagine I previously mention only a small fraction of my adversities.

I know at times that College can be difficult, however, if you push through it, even while the naysayers think you will never do it, you'll begin to feel that fire of strong desire to reach academically higher. You would not allow anything to stop what is required for you to acquire your life desires.

How and what did I do? I realized I needed help, so naturally I prayed while reaching out for help. Sure, some people think that is being weak, soft or embarrassing. Actually, it's frowned upon in some cultures and ethnic groups. In reality, if you do not seek help, you will stagnate or you will be prevented from achieving healing, succeeding or whatever the objectives.

May I strongly suggest that you should talk about your struggles, your Adverse Childhood Experiences; or your Adult Adverse Experiences. Which are terms of traumatic events you may have suffered, used by mental health professionals. The key is to find help and not let ACE fester inside your mind. Seek a psychologist, Minister, parents, Professors, Counselors or even Professor in the field you desire to be. Talk about it, openly and honestly. Shed your horrible struggles. Just by talking, you will begin to realize the root of the Struggles.

Furthermore, the words, "I can do it all by myself" is a lie! The only way any one has been successful is through help from others. I am sure you have heard, "it's not what you know it's who you know." Everyone had help from someone!

Who is this 61 years old man with a learning disability? By the way, I have obtained three College degrees, a Master degree, included. I have taken the LSAT too! How, you might ask, with help, People! I've been incarcerated for 41 years because of my ignorance of the tools needed to battle or heal from Adverse Childhood Experience (ACE). However, I sought help because I needed to know and learn "why?!"



Why I failed, went to jail/prison and made so many wrong-bad choices. I was not talking to anyone about all of the abuse I went through. I believed the values and principles I learned were the same as society's; I was hurting and afraid to speak out about my mental & emotional trauma.

Eventually, I did seek help, because I wanted healing; even forgiveness of those I caused harm to and that caused me harm. Remember, "hurt people, hurt people." Help came through my Christian belief, my Professors and Deans from North Park Theological Seminary in Stateville, my cohorts' students, mental health, and being honest with family members and most important with me.

For the taking of the LSAT, my help

came from people at Illinois Prison Project. They all and more helped. I encourage you Please, Please seek help, and talk to someone about your struggles! If you need to, you can talk to me. I am an excellent listener.

Finally, I must confess. Taking the LSAT testing is not easy! The key is to study, study, practice, practice and more practice! Yeah! I am talking about Practice! A lot of Judges and Lawyers will tell you they took the test more than once. Some of the best Law Schools prefer that future law students take the test more than once, to see improvement.

TIME LOST?

Antonio Perkins Jacksonville

I started this journey in 2019 locked inside a cell 22 hours a day. 7 months after I arrived in prison (Lawrence CC) Covid hit, and that 22 hours a day turned into 23 1/2 ! I lost family members and friends and watched television as the whole world suffered due to this deadly pandemic. I needed something to take my mind off all the hurt and pain that I felt, so I decided to get a job. I became a cell house porter from 3 to 11p.m which allowed me time to stretch my legs and get out of that cell.

At the time, I was just beginning a sentence in which I owed 6 years at 85% and 10 years at 50% to be ran consecutively. As time went on, I began to spend most of my time appealing my sentence, working a job and going to school. When Lawrence was emptied, I was moved to Robinson CC where I kept on working and going to school. I received a certificate in Horticulture through Lake Land CC. After graduating, I became a cook and an A.D.A worker.

By this time, I had completed the 6 years at 85% (5 years 1 month and 6 days). Needless to say, I had lost my appeal! This did not stop me though; it just made me go harder.

Upon transferring to Jacksonville Re-Entry, I quickly jumped right back on track, got another job, and went back to school. Now I am only one week away from a certificate in Commercial Custodial Maintenance.

On top of all of this, I received “good time” from work assignments I completed at Lawrence & Robinson through HB 3026 before I.D.O.C. was giving out “good time” for working a job. Although I’ve reached a few personal goals and learned some very valuable life lessons, none of this would be possible without God’s grace! There were times when things seemed so bleak and dark that I was not sure if things would ever get better. I know that it may sound cliché, but if you stay prayed up and remain righteous, he (God) will see you through. If you don’t believe, just look at me. My time wasn’t lost; if anything, I found me.

LOST TIME

Mr. Robert Jernigan
Pickneyville

I have always wanted to tell my story but thought no one would print it because you receive so many letters from people; however, your article caught my attention.

I have been in prison for almost forty years and have come from being lost, to knowing life is not about me, but what I can do to leave a legacy, and I began by helping others. When I came into this system in 1986, I entered into school and college. I received certifications in energy technology, telecommunications, building maintenance, drafting, and music training.

Today I am a Minister of music. I write music, and I train singers; I direct, and write lyrics. I have, over the years with God's grace, had the pleasure to work with many great men, and I am sure they know who they are so to mention them individually would take too much time. I love you all. Working with you has made me the great person

I am. Because of these men, I have become one of the greatest gospel singers the world has never heard. I can play seven different instruments; I have been featured in many articles and news publications over the years. I have performed in many concerts and plays, and have sung in the choirs at several facilities across the state of Illinois. I have no doubt I am going to be the greatest gospel artist in the world!

My friends told me God called me. I have learned valuable life lessons from the men I was blessed to have in my life, now that I have grown older and have good knowledge of God and an education, I have a chance for success. God has given me many gifts and I choose to give back in the form of love, kindness, faith, truth, and service. I give back to God tenfold through service and through praise. I will one day be seen for the testimony God has given me.

I have been blind for three months. I had surgery for a brain tumor.

There were times I was sick to death, transported in a wheelchair, have had seizures, and have been plagued with back problems from M.S. Because of prayer and listening to God, you would never know I have all these health issues; my God is a healer. I have come to tell everyone I went from nothing to something, and I will be going home in two months. You will certainly hear

how God has blessed me for the many years spent in the facilities all across Illinois. Everyone will say Deacon Brother Robert Jernigan Jr., minister of music, was here.

Note: I was in line to be killed many times being in a gang, however the people who wanted to kill me – God used them to save me.

Coming Soon ***A BAD DECISION OR*** ***A MISTAKE?***

**SUBMISSIONS NEEDED FOR AN UPCOMING ISSUE:
WAS IT A MISTAKE OR A BAD DECISION?**

WE WOULD LIKE TO HEAR FROM THOSE INDIVIDUALS IN CUSTODY WHO HAD THE OPPORTUNITY TO EXPERIENCE SOMETHING BETTER THAN THE NORM AND MADE A MISTAKE OR A BAD DECISION THAT SET THEM ON A COURSE TO RETURN TO CUSTODY . IT'S YOUR STORY; PLEASE TELL IT YOUR WAY – NO JUDGEMENTS OR CRITICISM .THERE ARE LESSONS TO BE LEARNED IF YOUR STORY IS SHARED "EACH ONE TEACH ONE".

SUBMIT NOW

DEAR TWO ROADS

**Carl Walker
Vienna**

Hello, my name is Carl Walker Sr. I am currently an individual in custody at Vienna CC located in Vienna Illinois. I am writing to you in response to the questions you asked in your call out. Armed with the knowledge that time is one of life's most valuable commodities your questions were. 1.) How have you been progressing or how have you been using your time productively? By being a motivator to those that I encounter, still learning what I can so that I may continue to lead others. 2.) What are you doing for yourself? Growing each day by self-motivation – grabbing the things I can when I can because classes are limited. What are you currently doing, that you were not in the past? Being responsible, holding myself accountable, and correcting my wrongs. 3.) What changes have you made? Positive

changes in myself and hopefully in those around me; I've matured a lot. (P.S) I will elaborate more of my changes in the following pages briefly.

If my words come off too bold, I do apologize yet they are true; more so for me not you. It is God speaking to me through my writings to you. God Bless you! Many times, I have repeated this cycle of serving sentences, repeating the same mistakes in different ways, yet still calling them mistakes. (A mistake is not a mistake if you learn from it) as my dear sister-in-law, Karen always said.

Today I truly have learned the value of time, through the deaths of loved ones, seeing children become adults, and young adults become the elderly. At first, I thought that is unfair, until reality hit me it was me who played the role inside this crazy nightmare I am living. I decided to grow and learn who I am, so I took the initiative to make my weak areas stronger..

First, I had to be brutally honest with myself, although I knew this was going to hurt me, I had to remove from my life anyone and everyone that was toxic in order to begin to reflect the true me. I found great pleasure in reading the scriptures from the Holy Bible.

While on this journey, I have lost many associates and individuals who I believed were with me as I began to accomplish great things of positivity in my life. I realized if I wanted to change, it first had to come from within me! I cannot depend on this system to make me a better version of me. I have to rehabilitate myself.

Today I am the C.E.O of my life, I realized once I began to know myself, I learned to know and recognize the

people around me for who they were. As the cliché goes: if I want friends, I first must become friendly. If I want peace, I first must become peaceful. That was easy for me to understand, reflecting back to move forward, rehabilitate your thinking; If you want love, you must become love and show love in all the things you do and say. With love, you will draw others to embrace that love. God's first love was his son; remember we are created out of love, from love. I dedicate this to everyone; I also challenge everyone to be the change that you wish to see. This was freely expressed through me to you from God with love. Praying that all humanity share that love. God Bless.

TR



THE LACK OF...



Detric Ross
Danville

As I think about the lack of opportunities that were presented to me at Menard, my mind drifts into the many years I spent wanting success, this desire to be other than an inmate. However, the facility did not offer any college courses of study. Now that I am in custody at Danville C.C. and can be productive, I have enrolled at Eastern Illinois University starting next semester, taking the steps necessary to earn my bachelor's degree.

I am chasing a goal I have always wanted for myself; it is a blessing, and I believe God wanted me to focus on him first, because once I did, everything

began to come together. I am literally trying to get into whatever classes possible; although my schedule will be busy, time has proven that it all is for a greater cause – my success. I remember those times I felt suffocated, stuck on lockdown (in Menard CC) and could not do anything I really wanted. That feeling is what drives me to be great to this very day. How I think, how I move around, and in everything I do. It is all about putting me in the best position to be free and succeed, while waiting for the courts to make a decision on my case. For everyone who may read this that are familiar with me, they understand where this is coming from (my heart).

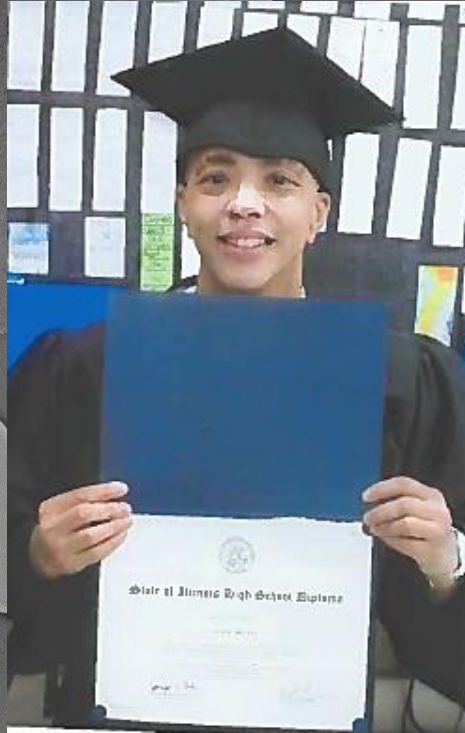


Write

what should NOT be forgotten.

Isabel Allende – Chilean Author

LOST IN TIME



Ja'von Boyd

Logan

Lost in time, not lost in space, please
know that this is not a game.

Got locked up at the age of 20, now I'm
44, about to be 45. Damn it seems like
my time is trying...trying

Lost in time

Was once last, filled with rage

No education, no wisdom, only strength.

No longer living thru the past

No longer getting high

No longer scared of what's to come.

I've made it thru.

I've changed

I have my GED

No, no, I'm nothing like you or you.

I'm true, pure in heart, I'm at peace. I'm
set free, no hate in me.

I know with education and wisdom is
the key. Uplifting words really do heal.

About to be set free, no longer caged.

The world is not waiting for me.

acceptance and forgiveness was the key.

Lost time. Time to be set free!

SPECIAL

Sarah L. Mecum
Logan

So, you think you're special. Many women are faced with the rude awakening, that they are not so special, daily. If the first word you hear in the morning is "count", then you know exactly what I'm talking about. The struggle to keep your individuality and feelings of oneness is a chore most put back or in check with the one ability all have the most power over, refueling our bodies. The temptation of food is so overwhelming in a strict; take care of yourself but we control you type of lifestyle.

You can take my pride, suppress my feelings, line me up looking like everyone else, but I can still afford a snack cake, that bag of chips that will comfort me for the 10 minutes it takes to stuff them all into my mouth. The healthy foods cost more than a prison job can afford, while the bad-for-you foods come so easily and last as long as

they intend to between the state meals at 4:30 a.m., 10 a.m., and 4 p.m. Why is healthy so hard to come by in lockup? When health is a constant rotation most weeks between dental, meals, and prescription line, why are we not being educated on our bodies and hygiene also? The time most women spend incarcerated and bored is an incredible waste of human life and time. If the purpose of the whole living situation is to rekindle the innocent beauty that is buried under our sins and crimes, then why waste our time? Does not wasting ours, feel like wasting your own? Some-day most of us will walk out to those gates hoping to never return. That day I hope to regain my "I'm Special" attitude. Until then, my purpose is to work the programs I'm allowed into, and learn how to be a stronger, more confident woman, who looks like everyone else. I pray for better health days...an easier to be healthy environment,

and encouragement to refrain from eating my feelings, as I waste my time or respect it. Depends, on the beauty I recall as I reread my feeling on my notebook paper. Better than last thought elbow deep in another ship bag. I have

hope for a cleaner more fit appearance and hygiene you can see every day in my crisp looking best attire. I cannot look like everyone else if I look the best myself, Keepin it Pretty, my special mentality.

PROGRESS REPORT

Michael Berry
Danville

Progress is a word I always knew about and wondered how it would fit into my life. As an innocent man on a fresh 60-year sentence for attempted murder, I had a choice to make. Could I follow that same lifestyle that disrupted my thinking, that led me to my incarceration, or I could realize what just happen to me (My life being bogusly took from me) and work on this progress report? For the many people who know me, you know I battle myself with one foot in and one foot out. Now, after almost 18 years of incarceration, and seeing how behind the scenes is

being filled with people who is fighting for the innocent and unjust sentencing, it's really time to flex this progress report.

My progress started in Menard in 2012 when I got my first job as a cell-house porter. While being a porter, I was able to meet and talk to a lot of incarcerated individuals. I quickly realized how everyone had the same fight, but how we all had our own problems. That same fight was that we all wanted a second chance. A second chance at a better childhood, a second chance to do it all over again, and a second chance in court.

Listening to other people stories and keeping in mind how I was just railroaded out of my own life, that drove me to want to read case law and learn the legal system. I spent 4 years and countless dollars on cases and reading up on how every issue was argued differently. Just to give you a realistic idea on how hard I went, while everybody around me cared about who can bring back the biggest bag from commissary, I got what I needed to get by, spending every penny I had sent in to learn and study the law.

By 2013, I was reading any and everybody's case transcripts, finding them their most serious issues, and filing petitions to help them get back in court. Some individuals didn't have any issues, and I had to be that big brother or mentor if you will and let them know their fight is not filing a petition in court, but how it is other ways they can obtain their freedom. Just a little hope I will give them because a little hope can take a fellow inmate far in terms of keeping him out of trouble or from making another bad decision.

In 2016, I transferred to Stateville C.C. where my reputation of working and helping others must have

followed me because in 3 months, I had a job cleaning the chow hall. Two months later, I was hired to work in the Statesville industries. There I brook down wood and help make all kinds of things out of wood, which the institution sold to better the jail. At this job, I also made industry soap of all kinds. The bars of soap that individuals received for free all over Illinois was touched by my hands, approved by me, boxed up by me, and put on a skid for delivery by me.

Keep in mind I'm doing all that, and at the same time still reading individuals' cases and filing petitions on their behalf. At the same time, I'm running into more and more guys I knew personally from the streets, and I'm mentoring them and keeping them focused on the goal of one day being released.

Also transferring to Statesville C.C., I have been able to reunite with two of my biological sisters who give me more strength and purpose. They have pushed me to remain focused and positive.

With family support, I have demonstrated the willingness to learn more and change as evidenced by my participation in IDOC programs.

In 2019, I transferred to Pinckneyville C.C. I got a job working in the Pinckneyville C.C. barbershop in 3 months of being in that institution. I have become a barber specialist and have focused on learning a trade that will take me far upon my release. After 18 months in the barbershop as a specialist, I was hired to work in the clothing house, where once again I became a specialist in months... Younglife (YL) clothing line coming soon.

I am currently incarcerated at Danville C.C. where my reputation and positive mindset followed me once again. I wasn't here 3 months, and I already have a porter job cleaning showers, doing laundry, and other cleaning jobs. As of now, I'm a specialist again working in the barber shop, putting many smiles on faces.

Here at Danville correctional center, it hit differently than any other facility I have been in because I am dealing with the "New" generation of guys. These younger guys are being incarcerated with no family structure or

guidance. These young guys are about to go back into this real world more lost than they were coming in, and they're not trying to learn, nor grow from other individuals. They remind me of my boys who I left in the world with no family values or guidance, so I try to be a big brother or mentor if you will.

I'm not happy to say this, but I need my job here, and to be in the position I am in this institution more than ever, but I am quickly reminded about my kids, family, and friends that need me free.

This is my progress report and for those who didn't hear me in the beginning of this, It's people behind those scenes who are fighting for us and these unjust sentences who want to hear about your progress. So, I ask you, what does your progress report look like??

CALL OUT

Logan Wunder
Western Illinois

The money, the cars, the women, the clothing, any materialistic thing you desire will be waiting for you. It is the time spent away from your family and loved ones that can never be replaced or recovered. Time waits for no one. Time is infinite, yet individually our time and the use of it is limited, and how limited is unknown. What we do with this forever-fleeting resource is what distinguishes us from one another. There is this saying I by this author who remains unknown that goes like this: "When something traumatic or overall bad happens, you can allow it to do one of three things in your life. You can let it define you. You can let it destroy you, or you can allow it to strengthen you." I personally decided to take my hardships as lessons and used this time to strengthen myself, gaining knowledge and positivity, looking forward to the life ahead of me.

I have taken multiple correspondence classes earning Certificates of completion. In addition, I just received

my fifth Certificate earlier this year; I am on the fast track to the college courses here at this facility. I have begun the long process of writing my first novel; I also am, by habit, a fitness guru. It is all about forward progression. I do everything in my power to improve myself daily, all while avoiding the seemingly endless amount of negativity that surrounds us. By the grace of God, I was able to leave Menard after only two years, being away for only six years of the thirty I was sentenced to serve. I feel blessed. I have not witnessed any hostile environments as of yet. I mention that to say this; those of you who have come from or are still in those hostile environments or situations, it is never too late to make a change for the better. You cannot change what you did yesterday, but you can change what you do tomorrow. It all begins with YOU. No one is going to chase success for you. There is always a light in the darkness for those who seek it. Blessings to you and your families. Remember, all good things come to an end, so do bad things.

PROGRESS

Daiveyan Williams
Western Illinois

The way I have been using my time is by reflecting on my shortcomings and focusing on everything I want for myself out of life. I've been working on my fellowship with God, working on my body through exercise, dieting and practicing healthy habits. Lastly, I have been working towards my goals, doing all I can from a jail cell and doing everything from research to reading books, to taking notes. I'm setting myself up so that once I'm released, I

have the knowledge and foundation set to just do what it is I want to do. The way I have been doing my time is by working on the way I talk, conduct myself and interact with people, as well as building healthy relationships with people in the world who have not only been on this journey with me but those who are included in my future plans, as well. I'm working on myself — transforming into a fully righteous man of integrity with a cleansed mind, body, soul, and spirit. I'm making my days count and not counting my days.

WE APOLOGIZE

The Two Roads editorial staff would like to extend a sincere apology to Mr. Antony Bell, whose name we inadvertently misspelled in our last volume. We so appreciate those who send us pieces for inclusion and would never choose to offend.

The logo for Two Roads Presents, featuring the letters 'TR' in a stylized, overlapping font. The 'T' is white with a yellow outline, and the 'R' is yellow with a white outline. They are set against a background of colorful, overlapping geometric shapes.

TWO ROADS
PRESENTS

PROGRESS

BE ON THE LOOKOUT FOR
PART TWO

VOLUME 34

TWO ROADS

CALLING OUT

ATTITUDES OF GRATITUDES

A NEW YEAR OF APPRECIATION

As we are about to come into the New Year we here at TWO ROADS are calling out all the Attitudes of GratuDES . We would like to hear about the people in your lives that have help and supported you over the years. They are the unsung heroes ,giving as much of themselves as they can without any reward or complaint in year out . We are asking about those who blood sweat and tears have stood beside you in these difficult times let us honor them as we move into the new year.

**Outsiders, Staff and
Individuals-Inx-Custody
(WITH Staff Support)**

Please send your submission and scanned photo (if you choose) to
doc.tworoads@illinois.gov
"PROGRESS"

SUBMIT NOW

Without staff support:

Mail submission, photo to:
TWO ROADS EDITOR
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