

THE BEST OF THE REST



Random Topics
Volume 38

To All Readers

Our monthly newsletter focuses on three phases: *rehabilitation, restoration, and re-entry*. These are the necessary phases of a successful incarceration and transition back into 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 that seeks service of self-worth to the world.

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.



TWO ROADS

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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.



Hello my name is Thomas Jones, and I am proud to be a new Editor for Two Roads; it is a privilege to help everyone to get their voices out. I will make one promise to everyone that reads this. I will only change the spelling and grammar of your articles that we use. I believe that the way you write is your voice and that's what different people connect to; how you say what you are saying. I whole-heartedly believe that if you hear the same thing from ten different people, the way one of them says it will resonate with you more than the rest.



Environmental Change at Kewanee

By Thomas Jones



The Monarch Butterfly is an endangered species because of what humanity has done to them.

The Monarch Caterpillar starts its life out as an egg planted by the Monarch butterfly on the Milkweed plant. Then, after hatching 4 days later into a Caterpillar, they do nothing but eat for a few weeks. They then make their cocoon (chrysalis) and after 7-15 days in it, they go through a metamorphosis to become the Monarch Butterfly that we all know. Their journey can be something like what we as Individuals in custody go through. As we start life in another prison we are just like the egg. We are just there waiting to come to Kewanee. We try to better ourselves as much as possible at these other places and it is hard work with all the negativity that we have at the other prisons. We want to change, and that is where Kewanee comes in.

As we come to Kewanee we hatch into the caterpillar, and we just feast on all the support and information we have access to and learn more about ourselves. There is much more support from staff and Individuals here than other facilities. There is so much that I have learned about myself by just being here and getting the support for events and projects that we do here. I was able to plant a Milkweed Garden for the Monarch caterpillars and Butterflies here. I would have never learned anything about Milkweed or the Monarch caterpillar at other facilities. Doing this project has shown me more about the impact that the human race has on the environment. I remember when I was younger that I saw a tree that looked like it had leaves on it when others did not until I realized that it was covered with butterflies. Now, in that same town, you will be lucky to see one or two a year.



That is just the tip of the iceberg because here at Kewanee, they help you to grow into a better man, and you learn as much as you want

When we get close to leaving Kewanee is when we build our cocoon. We go through a metamorphosis into a better man as we learn more about how to stay out of prison and how others need to be treated. We learn skills that can help us get a good paying job once released. I have learned how to use a program called Blender that allows me to make anything I want on the computer. I am currently trying to start a Sewing class, and I was able to build a sewing machine on that program and animate it to where everything moves.

Our lives at the other facilities will be all right, but I wholeheartedly believe that I would not be in the state of mind I am in now without Kewanee.

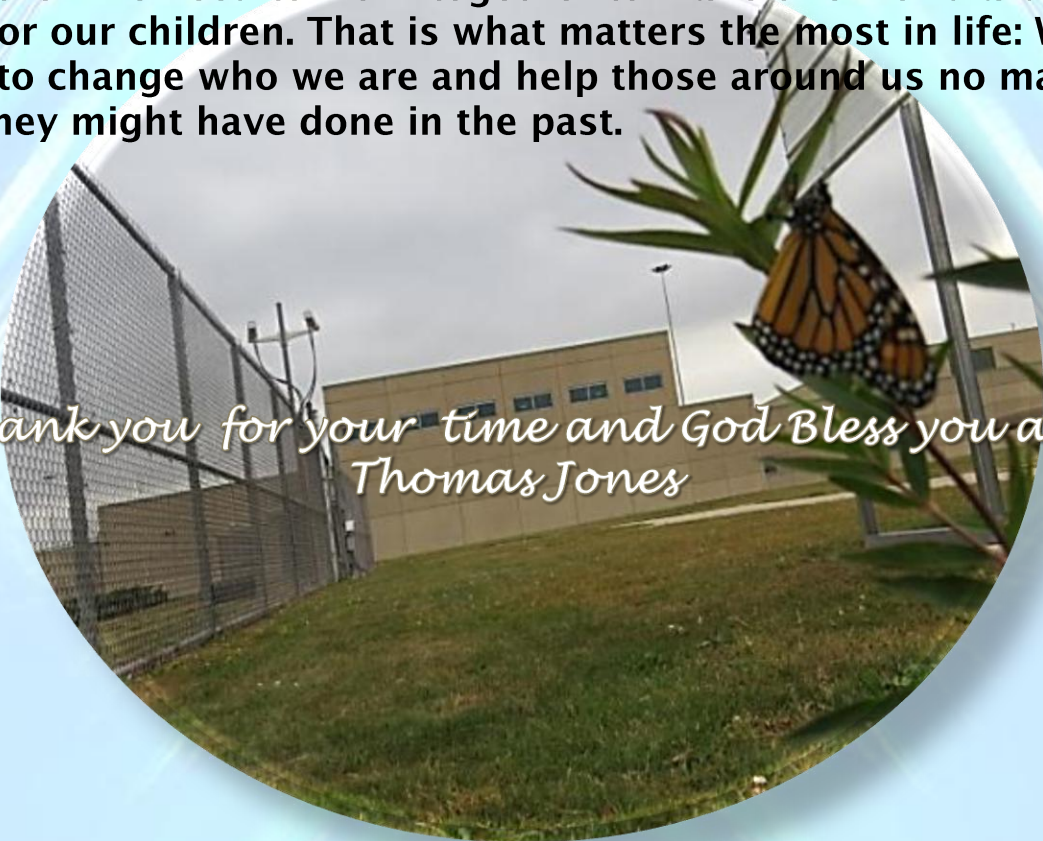
There is so much untapped potential here at this facility that if the state officials were to come and just spend time with us, they would likely create more facilities like Kewanee. So many people here do more for others than anywhere I have ever been. As with the cocoon, we sit here and morph into a butterfly once released to show the community that we are in: we are better than our crime and have changed into a butterfly.

Here at Kewanee, we have done some of our part in changing the environment by helping the Monarch Butterfly population grow. As of this letter, population is down to 20 percent of what it was years ago. This is something that can be changed if more people just plant Milkweed for the caterpillars because that is the only plant they eat. That is what the Kewanee staff do for us: They plant great ideas into our heads so that we can change. We can change the environment that we are in by helping each other out. Instead of putting each other down all the time, lift each other up. Help someone other than yourself, be the bigger man, and walk away from bad situations. If we can change, then so can the facilities that we are in. Change does not happen overnight; it takes some time.



I did not think that the milkweed I planted and watered for weeks would do anything until one day I saw a Monarch caterpillar eating the plant I had grown. At first, I was like, stop eating the plant, but that is what they were planted for. Now a few months later, I was rewarded with seeing the caterpillar start its cocoon (the chrysalis). The color of it was great to see and I would have never guessed it would have gold color to it as well. If there is something that you want to change in your life or facility don't give up because the wait is worth the outcome. I would not have been able to see a Monarch Butterfly, much less hold one after it came out of the cocoon. I would have never learned how to take care of them or tell which ones are females or males, if not for the staff here.

It means a lot for me because my Grandma LOVES butterflies and to be able to help a dying species is something that we all should be doing. We only have so much time to save an endangered species so why not help them out as much as you can? What you do in life matters. Don't just keep taking from nature and each other. We need to work together to make this world a better place for our children. That is what matters the most in life: What we do to change who we are and help those around us no matter what they might have done in the past.



*Thank you for your time and God Bless you all
Thomas Jones*

Monarch Caterpillar



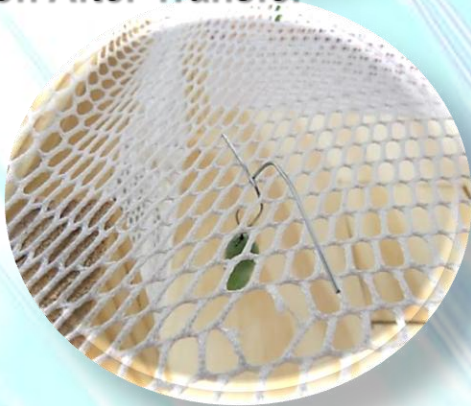
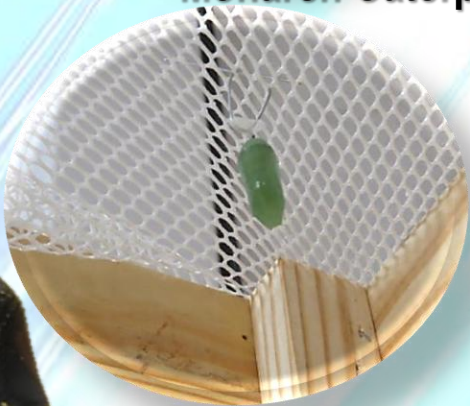
Monarch Caterpillar In J Hang



Monarch Caterpillar Cocoon Before Transfer to Box

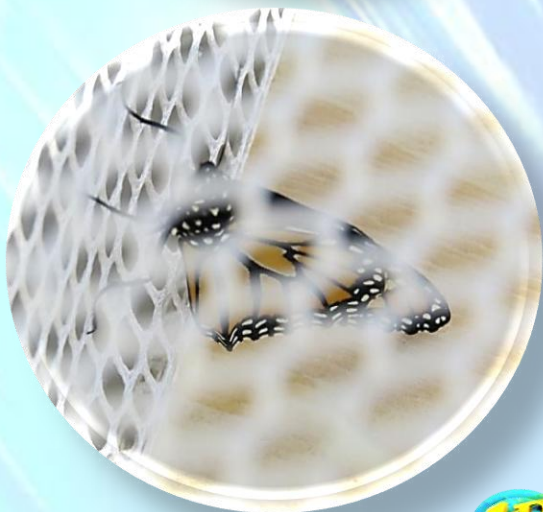
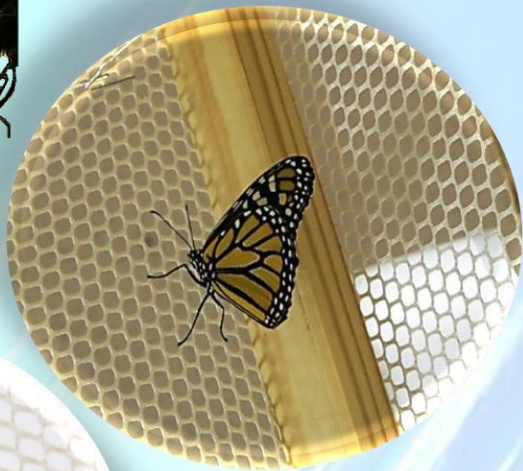


Monarch Caterpillar Cocoon After Transfer



Monarch Butterfly Before Hatching





Monarch Butterfly Release



Kelly (K.B.) Bennett

**Peace made with the truth;
we must be true inside, true to
ourselves, before we can know a
truth outside of us.**

—Thomas Merton



Integrity is not a given in everyone's life; it is the result of self-discipline, inner trust, and a decision to be relentlessly honest in our response to all situations in our lives. We are quick to recognize this quality in others and hope to acquire it ourselves. However, we must cultivate risk-taking, cast off fears of rejection, and fears of derision if we are to discover the serenity that an integral life offers.

Recognition of truth in others, realization of the appropriateness of decisions, or the aptness of choices is made easier when we are certain of the truth of our own lives. The inner turmoil dissipates, and we choose to live lives full of truth. Moreover, in the quiet we discern all truths. How much softer are the edges of experience are when we are guided by the truth? How much easier is every decision, every choice, when we have committed ourselves to a course of total honesty?

**My level of peace is my responsibility. I will find
just as much as I need.**



Please always know that I deeply regret and apologize for my criminal behavior, for I have done my very best to make amends to all parties that I affected. I felt compelled to share this with you all, in the hopes that you too can find peace within your truth. You see, rarely does a person fail in this life if they have the capacity to be honest with themselves and others and live their truth.

You see, I am an addict and alcoholic in recovery. In addition, I am a man doing my very best to recover from a life of chaos I created by my actions - actions that not only left one family broken and in pain, but two.

Our treatment of others in the home, at work, or at play is our invitation for similar treatment. In fact, our every action, be it overt or covert, is noted by someone. We are always teaching someone how to treat us.

Anger is a seductive teacher. Unwanted tension, missed opportunities, stifled growth, are all we can expect if we are trapped by anger. Our chances for creative fulfillment will be unnoticed when our attention is sapped by anger. But we can change our basic response to life. All it takes is a decision.



Just as powerful as a negative behavior can be, there is positive behavior. A friendly approach to situations and persons promotes positivity. We can decide to love life. In addition, we will find and invite smiles, respect generates respect. A serene attitude lessens tensions in others. Each of us are responsible for our own actions, and we each have the power to positively influence all experiences we share with others.

Let us begin to practice the things needed to be better men for our families, and also for society.

We teach People: “A soft answer turneth away wrath but grievous words stir up anger.”

**Thank you for your time.
Kelly (K.B.) Bennett**



The Golden Rule

***Treat others
how you
want to
be treated***



Off the Track

By : Earl Milton Jr.

A locomotive is a very powerful machine, which must be kept on a track. The reasons are many, but there is one which I would like to highlight, any locomotive that is off the tracks and full of steam is soon to crash.

We are similar to trains in that way, you see we must have a track to be on. You know how it is said, you are on the right track; also, you know how concerned people become when someone that they love is off track, or on the wrong track.

The stronger we become physically, financially, or mentally, the more powerful a being we become. It is important that we stay on track to prevent a wreck. For us a track could be a sense of right or wrong, or some form of moral or ethical code that we live by. There are just some things that should not be done, even if one could pass unnoticed. A well-worn path can many times help us to avoid the many traps and pitfalls that could possibly be waiting when we wander off the path of life on the wrong track. If you find yourself off track, get back on the right track as soon as possible. Do not wait until you have a wreck; correct yourself today.



The Thankless Job

The good that you have done, and that you do every day, which no one seems to notice or appreciate? I want you to know that we see it all. The careful persistent effort that you put into even the smallest things; we feel the love and care dispensed daily in the little details which are ignored. You are a rock star to us, the thankless job that you do, we thank you for it. The one that you thought nobody even cared about; special little touches that you put into everything that you do, these are the things that deserve the most gratitude. Keep doing the things that you do and forget the rude oblivious masses, always know that you've been noticed—also we do care. Everything that you do and everything that you are means so much to us; you are indeed a rock star, and we are your fans.

Just in case you have any questions concerning why this is so true, first know that there are no thankless jobs, for, in reality, you are what keeps the wheels turning so smoothly.

You are the nuts and bolts that keep the engine from falling apart; the Ferris wheel needs your oil. No toil is in vain, even if you feel miserable and invisible. Even if you have been plagued with the pain of the forsaken or overlooked soul, we felt the need to tell you just in case you have not heard “We appreciate everything that you do.” Even if you never hear us say so.

So, on behalf of all those that feel forgotten, overlooked, or unappreciated, we want you to hear it from us first – you are a rock star. In addition, the world would fall apart without you and thank you on the behalf of us ALL. Keep up the good work and keep standing tall.

Earl Milton Jr.

The Thing that makes you exceptional, if you are at all, is inevitably that which must also make you lonely.

-Lorraine Hansberry (playwright, poet)



Overcoming Childishness

Timothy Youngblood

What is the antidote for childishness?

If you are over-the-top childish, you are on dangerous ground. Childishness will take you further than you ever wanted to go, keep you longer than you ever wanted to stay, and cost you more than you can ever pay.

As for me, when I was a child, I spoke as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things (1 Corinthians 13:11). When observing the current condition of our culture, it is clear it shows signs of an alarming growth of emotional childishness. More and more people have reached chronological adulthood without having mastered the core elements of adult emotional functioning. Below are 10 signs of a childish adult. Please see how many of these you recognize in yourself and your friends' and family members' temper tantrums.

- Emotional Escalations
- Blaming
- Lies
- Name Calling
- Impulsivity
- Need to Be the Center of Attention
- Bullying
- Budding Narcissism – (it is all about me) in the eyes of a narcissist, no one else counts. If they do not get their way, they may resort to pouting or bullying to do so.
- Immature Defenses – The tendency to attack anyone who expresses a differing viewpoint.
- No Self-Examination – The inability to see or acknowledge and learn from your own mistakes.



These behaviors are not unique to you, your friends or family, as it is replete in the mainstream media; look at Hollywood and the far too many emotionally childish politicians.

In today's culture, we are treading in completely new territory. While some may say we have always seen immature adults, the degree to which we are witnessing this today is massive and unprecedented. It is no longer about the right vs. left; it is about mature adults vs. childish adults. It used to be that grownups could disagree with each other and calmly work out their differences, while listening, considering each other's viewpoints, and maintaining a level of respect for each other.

Now in this new environment of widespread emotional immaturity, those of us playing like adults are living in fear of being assaulted by the temper tantrums of those who act like misbehaving children.

Blaming, lies, name-calling, bullying, attacking, etc.. In addition, some even think that they can just walk up on me and hit me in the mouth. Do not try this; you will get yourself hurt in the process.

How did we get here? The simple answer is poor parenting or even absent parenting. Moreover, the new parenting movement where parents were told to cease disciplining their children for fear of traumatizing them is ridiculous. "He that spareth his rod hateth his son": But he that loveth him chastened him betimes." (PROVERBS 13:24) Now what is further ridiculous is when organizations started handing out participation trophies just for showing up and not participating, because disappointment over not earning a prize or not winning could be damaging to a child's self-esteem. C'mon, man! Are you serious? Parents who coddle their children are quite frankly stunting their emotional maturation. This is certainly not how our perfect parent, God, parents us. Salvation history is replete with the examples where God, having first tried to inspire us, resorts to allowing us to go through challenges. The opposition we face in those challenges impels us to step up our game. Raise our ability and to mature. Left to our immaturity, we are prone to behave as spoiled children do.



The antidote to childishness is to grow up.

Jesus said to his disciples "Whoever wishes to come after me must deny himself, take up his cross, and follow me" (Matthew 16:24). These are not words of someone who coddles with participation trophies. This is the Son of God telling us to GROW UP and BE A MAN! (OR WOMAN!). In the military they put it this way, it never gets easier; it gets better.

Thank you for your time.

Timothy Youngblood



**Christianity has always insisted that the cross we bear
precedes the crown we wear.**



True Story (Whose Glory)

Michael A. Harris

No relation to Houdini, not even a hint of a magician, simply blessed in this mess, giving thanks to the greatest for his grace on me.

Way back when I was considered deceased by many strangers, and most people, also some kindred, and closest friends, buried in the dirt like seed but much deeper... Hold on! I am still breathing (long silent screams so it seemed), but then a glimmer of light sparked hope, and it grew brighter by the minute in appearance.

Confounded by the gleam now emitting from this prodigal sleaze, once lost, now retrieved, a hard scene to follow for the non-believers. They berate all the favor from the G.O.A.T. the real king, undefeated, resurrecting the dead from the cold as no longer old under-achievers. Not to brag or boast nor pride in my demeanor, truth be told, I'm still feeling kind of greasy at times, but instinctually I cry lord help me please!

To Get stronger by the moment, pay honor to those holding office and souls of the common all equally prime for the redeemer, in spite of hearts thinking that I am just a dreamer.

My walk these days makes it real as the fruit of the spirit shines clearly for years, like the moon reflects the sun. When the church begins to move together, we project God's kingdom has come. Duplicating pure love and the life of Yeshua Messiah who came to save us all—better known as Jesus the Christ.

Thank you for your Time.

Michael Harris



My Journey *Evelyn "Qimayah" Jackson*

All praise due to Allah for gifting me with this level of motivation, ambition, and determination.

I was raised by my single father, whom I just lost on 12/28/24. My father played a very important role in who I am today. He was my biggest supporter, his favorite saying to me was "God gave us lemons so let's make some lemonade." Meaning let's make the best out of what we have.

Being the only girl with three brothers, I did not feel girly nor pretty as people said I was. Honestly speaking, I just wanted to mimic my brothers. One of my aunts took me to a salon for the first time when I was 13 years old. I carry that experience because in that moment I felt like a princess. That feeling motivated me to help others feel at their best. So, I learned how to style hair by practicing on people around me.

Coming into prison, I got my GED and then went to Cosmetology School. I finally completed it in 2012 . I was ready to take my final written exam and the hands-on exam; unfortunately, Dwight C.C closed its doors, and we were all transferred to Logan C.C. where the policies are different. Due to my sentence, I was unable to take the final test. So, I enrolled in a correspondence course for Beauty Care and Accounting. Our instructor here allowed me to take her final test. Never gave up on finalizing the Cosmetology Certificate. At that time there was another policy of released dates being able to take the State Board test. In August of 2024 I attended a conference with the IDFPR about licensing for Cosmetologists and Barbers. They informed us that there is no active policy on release dates. As long as you have completed the course within 7 years you are eligible to take the State Board Test.



In September of 2024 I applied to take the State Board Test.

I was able to take the exam in October of 2024. You are required to score 75% for passing. Unfortunately, I scored 70%. Again, I did not give up. I took the test again on January 8, 2025. I was notified on January 23, 2025, of my passing; today I am officially a licensed Cosmetologist.

I have completed Defy Ventures and graduated December 5, 2024. That was the last time I saw my father. The proud look on his face when I received my certificate will carry me into future accomplishments. I recently enrolled into another correspondence course with Upper Iowa College to obtain my Associates Degree in General Business.

Do not allow your current situation to scale your goals, nor deter you from achieving your goals. You need to stand firm on what you want. Nothing worth achieving comes easy, you will stumble along the way. Pick yourself up and keep putting one foot in front of the other. Everyone's journey is different. Only you can walk in your shoes. Others can motivate you to get through your journey, but ultimately it is up to you.

Today I am doing exactly what I wanted to do since I was 13 years old.

Helping others match their inner beauty with their outer beauty. No, it was not easy to get to this point. Through the mercy of Allah and the support from my family and friends, I have achieved my goals thus far.



Yes, my father supported me in everything I have done .

Martin "Marty" Jackson supported many others as well. Life will not be the same without him physically here.

I know in all my future endeavors my father will be with me in spirit encouraging me as well as my brothers. Today I do not feel any guilt nor shame, knowing my biggest supporter left this world a proud man. He expressed how he viewed my brothers and me constantly. He never said he was proud of us, His saying was "I am impressed with you today." He felt if he said he was proud of us; that meant he had something to do with our progress.

Thank you for your Time.

Ms. Evelyn "Qimayah" Jackson



**You only have one family
so cherish every moment
with them as if it were
your last moment.**

**If you cherish a friend,
then do not let one
mistake they have made
in the past ruin what you
could have now. No
matter what someone
has done in their past,
they are a different
person today.**



Next stop, Menard Max Prison

BY: E. Ortega

**Ironically, the sky was foggy and gray.
For some this journey—a ticket one way.**

**The I.D.O.C. bus pulls into Menard.
The Mississippi River alongside,
A living inferno awaits on the inside.**

**Nestled into an excavated half-moon tomb,
a 50-foot-tall peripheral rock wall,
immense doubled barbed wire fence,
reality instantly sets in.**

**Clad in a banana jumpsuit, the shackled hands and feet,
some will never ever see the street.
Yet some were cheerful, others' head hung low in
defeat.**

**A human landfill for societies disgraced, a
necropolis, dreadful dismal place,
a youngster wipes a tear from his face.**



No More Excuses

Lynntez J. Holt

For some, it seems that making excuses is a way of life.

We all know people that have done it before or do it now. Many of us have done it ourselves or in fact do it to this very day. I am talking about making excuses. Excuses, to me, are deal breakers. They allow an individual to neglect responsibilities, accountability, and goals. Excuses also keep many people from attaining specific accomplishments and therefore never reaching their full potential or attaining self-mastery through principle-based living.

Being knocked down in life is a given. Getting up and moving forward is a choice! Some people stay down and when asked, "Why they are still down there" an excuse is all you get from them. They offer up excuses for both being down and for why they have not gotten up. They make goals/plans to do something, never do it, only to give excuses for not doing it.

No, excuses for me are about taking accountability for my actions and responsibility over my life. Instead of me pointing fingers, blaming people and circumstances, trying to find scapegoats and escape routes so that I may be absolved of all things that I do not want to face head on, i.e.; choices, decisions, and mistakes that I have made; I must be honest with myself and live in my truth. Then and only then will I get to live in my purpose. The past is the past and the sooner I realized that, the better off I have been. It is my responsibility to move on past my past so that I may move forward with my life. Accepting it for what it is, learning from the experiences, and growing out of them. Being able to respond is key for me. I believe the most important responsibility entrusted to an individual is that of self-development.

Making excuses hinders that process of development!



Though being incarcerated presents its own challenges, no more excuses for me began long before and reaches far beyond these walls and gates.

While it is true, that upbringings, environments, and circumstances, to name a few, played a huge role in where I am today, it took years before I finally stopped making excuses for how I ended up with 20yrs at 85%. This is my fifth stint in IDOC. I have no more excuses; there is no one else to blame. As a man who is now closer in age to 50 than I am 40 and with 6 yrs. remaining on my sentence, the time is now! It is past time to move beyond the excuses. I can no longer blame my parents, poverty, my environment, educational institutions, the police, or the "white man" for choices, decisions, nor mistakes that I have made all on my own. I had a choice, and I chose wrong by introducing a gun to a minor dispute as I now choose right by not continuing to try to excuse my actions.

Always making excuses for why something happened in my life, or why I did this or did that, no longer seems logical.

I can see clearly now, that they were only in the way of me accepting accountability over a situation, therefore not allowing me to move forward. Instead of being stuck at a standstill on 'Someday Isle' with a whole lot of other people on "Someday Island", all sharing excuses about how someday they will do this or do that. Someday I will go back to school; I just have to find a school. Someday I will stop drinking, but not today; it is my birthday. Someday I will stop selling drugs; I only need to save this much money, and lastly, I wouldn't have gotten caught if I only did this or that. Most excuses do not make sense anyway. Especially, the excuses that keep us from doing something that we should know is right or wrong. Finally, I have gotten off that island and do not plan to go back!



As I stated in the beginning, we all know people who make excuses for things that either happened or did not happen in their lives.

I was one of them, however unknowingly, but one in the same. Self-awareness has to be a priority along with self-discipline; I have made the decision not to make excuses any longer. The decision to do my best, take the time to analyze my progress, by asking myself "did I do my best?" No matter the answer, I proceed to do my best again! Being responsible and accountable for the words that come out my mouth and the actions that I give to the world are at an all-time high for me.

Lastly, for anyone that is struggling with using excuses to cover up anything that has happened to you.

Things you have done and/or not done in your life; I leave you with this: We must have integrity by choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them. Let's stop making excuses! #NoMoreExcuses

Lynnntez J. Holt /L-Buds

"You will never change your life until you change something you do daily. The secret of your success is found in your daily routine."



Just Grateful

By: Calvin L. Harris

Hello, I want to start off by saying I am just grateful for the opportunity that Kewanee Life Skills Re-Entry Center has given me. I have a strong passion for changing our community for the better. Understanding, as men, we must first change ourselves. We start that by understanding our roles as men to ourselves, to our households, and to our community. I mean really learning what a man is, and what we were created to do.

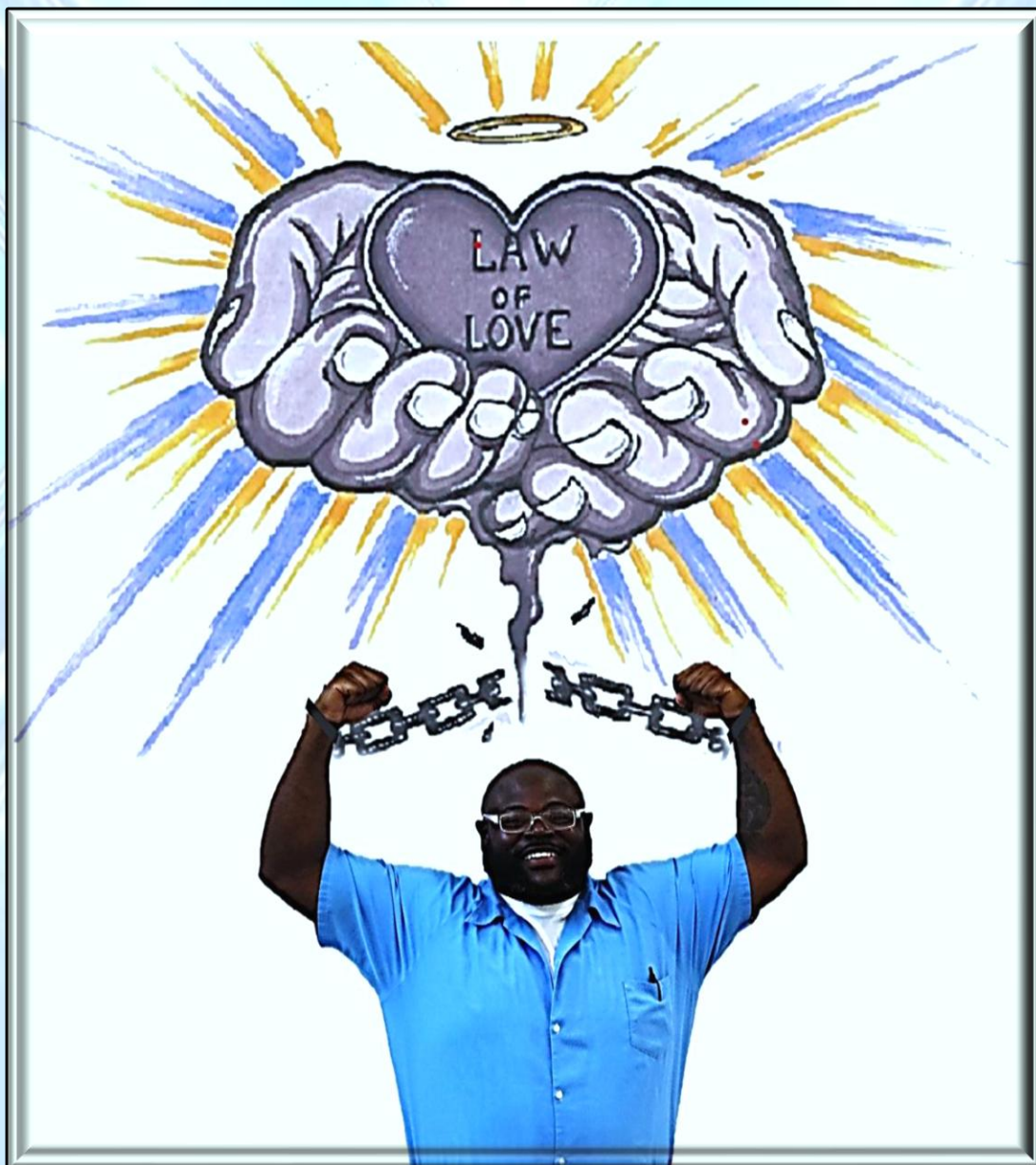
Since I have been here in Kewanee, they have given me many opportunities, one being helping me to start my own peer led Group called "Law of Love – How God Created Men." I think it is important during this refinement process that we have a place to come together and sharpen one another, and by doing so creating great men, great husbands, great fathers, and great neighbors of our community. I believe it is very important that as men we understand that our natural role in civilization is to be great leaders. I am pushing to teach men exactly what it means to be a great leader.

Great leaders build bridges, not walls. They bring people together. Wall builders marinate in fear and suspicion, but bridge builders have vision. They leverage the good in people that can lead to a better future for everyone. We are needed as men, to correct the festering injustice of poverty, racism, and violence with the right actions, valuing integrity, compassion, and kindness.

We as men should be guided by the hard-to-reach dreams, not distracted by our fears. A Godly man builds a bridge of trust, cooperation, and mutual respect. He is about love for all people and has been blessed with a servant's heart, to serve the people of his household, his community, and people of all races, religions, and cultures. We are all children of God, blood of one beautiful family, and it is time for us to honor our identity, as we become "Men After God's Own Heart."



Again, I would like to thank Kewanee, for allowing me to push forward with my dream and for helping me by giving me the platform to do so. I would like to start by thanking Warden Carothers, Warden AWO Esser, Warden AWP Barnes, Ms. Rowan, Chaplin York, Sgt. Rodriguez, Ms. Mead, Mr. Primo, Mr. DeGroot, Mr. Pemberton, Mrs. Draper, Mrs. Wilson, Mr. Berenger, Mr. McDonald, Mr. Kuster, Mr. Price, Mrs. Scott, Lt. DeCoster, Mr. Warner, and Mr. DeMay, just to name a few, and there are so many more staff members I did not name. I just want to personally thank you and let you all know you are greatly appreciated for all the help and love you show us here in Kewanee.



Thank you
Calvin L. Harris



SUPER POWER
BY: SARAH MECUM

**Where does your power lay
In your heart
In your hands
In your mind
And in what ways do you express your said power
Do you talk
Do you sing
Do you write
The times are changing
I continue on my expressive way of thinking
Because without this communication
I feel feelings I never want to feel again
Like a quick trip to isolation
It's not for me anymore
So here I am
Fixing me from the inside out
One word at a time
So, when they ask what my superpower is
I can show them
It's all in the way I choose
To communicate**

TWO ROADS

...wants you to submit articles, or short poems, to our E-Zine on the following subjects:

- ❖ Safe Places (The space you find Peace)
- ❖ Life after Prison (Your experience with ATC or MSR)
- ❖ Wrong Side of the Argument (A time when you were on the wrong side of the argument)
- ❖ Physical Health/Fitness
- ❖ Bad Decisions and/or Mistakes
- ❖ A topic that is important to you
- ❖ Addiction (Your experience or how you deal with it)

Provide us with your picture if you want it featured as well

We believe that by sharing our stories we can empower and inspire our fellow men and women in prison to become dynamic leaders and agents of change in our journey of Rehabilitation, Restoration, and Re-Entry.

**Remember, your family and friends can see
TWO ROADS online!**

Outsiders, Staff, and individuals-in-custody

With Staff Support

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

Without Staff Support:

Mail submission & photo

To:

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