

*Serving Time, Serving Others:
Acts of Kindness by Inmates, Prison Staff, Victims, and Volunteers*

Foreword

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I am humbled to be given an opportunity to be a part of this book. Prisons are places in which real changes can occur, primarily because they are places void of most worldly distractions. They are full of opportunities for meaningful self-analysis. More and more we see that the persons destined to live out the rest of their days behind bars have great ability to learn and even discover hidden talents when given the opportunity to be creative.

It's all about corrections—not punishment. It's simple. We pay attention, we set good examples, and we reward positive behavior. We teach compassion, and we respect life and especially people's feelings. We can say hello and tell jokes without fear of our authority, careers and, most of all, security being compromised.

It's all about choices. Freedom always is. The saying, "life is hard," is very true. Life is also what you make it. Prison makes us reflect on who we are—it makes us want to be better—it makes us cope with what we have done. Prison makes us question our very existence.

The stories in this book are written by real men and women who have learned hard life-lessons. Their willingness to let you into "their prisons" is commendable. It is the essence of what ties us all together; being human, sharing our stories with those like us, in order to ultimately touch the mind, heart and soul. This book is proof that there is hope—hope for us all to learn to live together in peace.

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