NMCD'S DIGITAL MAGAZINE

VOLUME 2 - EDITION 2

Pavilion

APRIL 2026

SEASONS OF GROWTH

Career Tech Announcement

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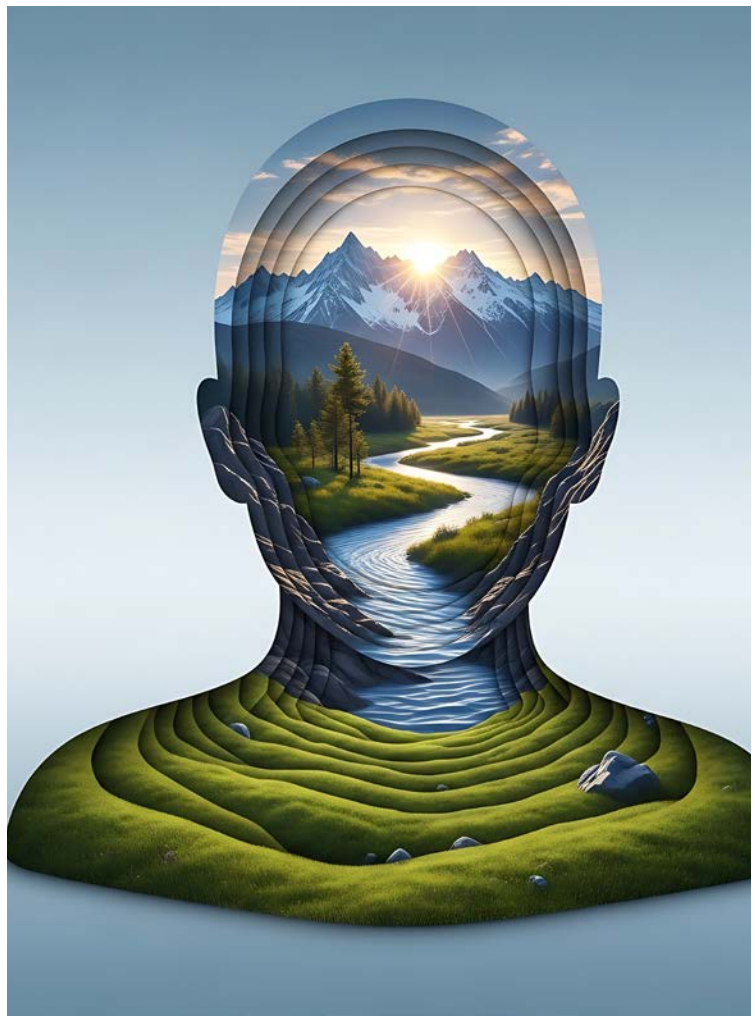
On your tablet, go to "Education." Then click on "Reentry." Then, "SmartEd." Go to "Course Catalog" and select "Learning Paths." Then, choose "Forklift Learning Pathway" to get started.

The "Forklift Learning Pathway" class is a self-paced, two class certification, with a simple test at the end of each course.

Once you have passed each, contact Education to set up a time to do the "hands on driving" of a forklift at your facility.



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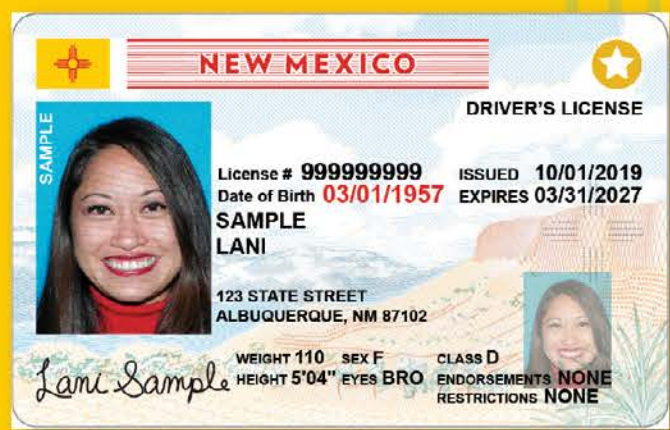
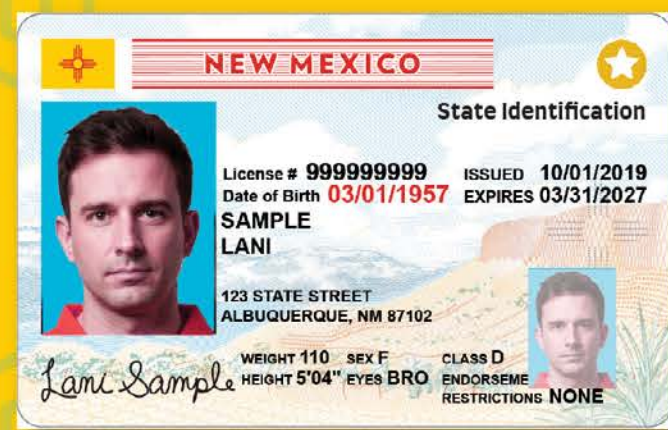
It's More Than Your Picture

State ID & Driver's License





A Driver's License or State Identification Card offers benefits such as:

Proof of identity / Opening bank accounts / Driver's License provides mobility

Starting at 90 days to your projected release date, these MVD ID/DL transactions also provide an opportunity for voter registration.

Ask your Classification Officer how to get yours.

It's Free and
It's the Law!

Personal Growth is an Inside Job

A Period of Incarceration Can Provide a Unique Opportunity to Pursue Personal, as well as Professional, Growth

Have you ever noticed a dandelion or wildflower growing like nobody's business out of a crack in a sidewalk? Have your ever seen a wilted, droopy houseplant on a sunny windowsill, struggling to hang on for dear life?

If you've ever seen either of these, then you've seen first-hand what famed motivational speaker Zig Ziglar meant when he said, "If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you." You could also substitute the word "learn" in Mr. Ziglar's quote with "grow."

How can it be possible that a flower could push itself up through concrete and reach ever higher toward the sun, flourishing without the nurturing attention of any gardener other than Mother Nature? And why is it that some plants simply refuse to thrive despite someone doting on them in the form of generous water, light, and soil conditions? The simple answer (which perhaps applies more accurately to people than to plants), is determination.

You might feel that, because you're currently incarcerated, you're not in an environment that will allow you to thrive. You may think, "I'll learn / grow / thrive once I get out of prison and finally find the 'right' conditions for doing so."

What many people don't realize is that a period of incarceration can provide a unique opportunity to pursue both personal and professional growth. With determination, you can use this time to learn, grow, thrive, and set yourself up for a successful post-incarceration life. In other words, like that flower pushing its way up through the concrete, you too can bloom where you're planted!

When we talk about growth, there are two main areas that we need to consider: personal growth and professional growth. While these two areas obviously overlap and support each other, they are generally focused on different things.

Get Ready to Grow!

Personal Growth

- Moral Growth
- Spiritual Growth
- Social Growth
- Physical Growth
- Emotional Growth
- Mental Growth

Professional Growth

- Educational Growth
- Career Technical Training Growth
- Career Growth
- Knowledge Growth
- Skills Growth

NEW MEXICO CORRECTIONS DEPARTMENT

PURSUING PERSONAL AND PROFESSIONAL GROWTH REQUIRES MAKING SOME SACRIFICES AND LIFESTYLE CHANGES, BUT IS WELL WORTH IT.

Personal growth includes emotional, social, intellectual, spiritual, physical, and mental development, while professional growth focuses on skills, knowledge, and career progression.

Personal growth focuses on holistic development, meaning developing yourself as a whole person, rather than focusing on a single aspect like academics or physical fitness.

Basically, personal growth allows you to be a well-rounded person and enables you to enjoy an overall satisfaction with your life. Examples of personal growth can include improving your communication skills, building resilience, practicing mindfulness, doing inner work, and enhancing self-awareness. Personal growth is a key aspect of living a rewarding life – being content with what you have, but also striving to improve yourself in ways that will enrich your mind, heart, and soul.

Forms of personal growth include moral growth; spiritual growth; social growth; physical growth; emotional growth; and mental growth. Opportunities inside prison for growing in these areas include education; Behavioral Health programming; spiritual and religious programs and services; fund-raising club participation; developing a physical exercise regimen and sleep hygiene plan; spending time enjoying your hobbies and interests; mentoring your fellow inmates; and committing to a mindfulness practice, among others.

Professional growth, on the other hand, focuses on preparing for and advancing within a career. This can include pursuing various forms of education (especially Career Technical training); developing job-specific skills; gaining qualifications; and advancing through promotions. Areas of professional growth include educational growth; vocational growth; career growth; knowledge growth; and skills growth. Generally speaking, professional growth includes anything that will help make you more employable.

During your incarceration, professional development will most likely be achieved by doing things such as attaining your High School Equivalency (HSE); perhaps pursuing Post-Secondary Education; enrolling in a Career Technical Education program; obtaining a professional certification; and perhaps even holding a job inside.

Networking with colleagues and potential employers is another aspect of professional growth, and while it may seem like that's not something that's available to you from inside prison, you'd be wrong. You have the opportunity to make important and valuable connections with your teachers; college instructors; Behavioral Health staff; program coordinators; Career Technical instructors; Peer Mentors; tutors; and so many others.

Every day you spend on the inside, you have a chance to show your supporters who you are and prove to them that the two of you can both benefit from knowing each other. Strive to be someone who they would be proud to recommend for a job or other opportunity. Act in ways that will give them confidence in being associated with you. Continually demonstrate that, someday, should you ask them for a letter of recommendation, they'll be happy to write a glowing review of your character and work ethic.

Though distinct, personal and professional growth often overlap, as personal development skills like communication can directly contribute to professional success, and career advancements can support personal goals.

Skills such as the ability to manage others; customer service; leadership; sales; project management; research; analytical skills; marketing; and teamwork blur the line between personal and professional development, but you'll also notice that many of these are more or less human skills.

Growth Challenge

Below, you will find some different areas in which you might choose to focus on growth during your incarceration. Choose whether you think these areas of growth would be considered "Personal Growth," "Professional Growth," or an overlap of the two. Each person's answers will likely be slightly different.

Even working on maintaining your sobriety; improving your emotional intelligence; and gaining new stress management skills are areas of personal growth that will prepare you to succeed in your career. It should be no surprise that being a better human qualifies you to be a better employee. Enrolling in structured programming opportunities, classes, and trainings are all important ways to support your own personal and professional growth, but also remember that you have the ability to create your own customized and self-paced self-enrichment program.

This is possible through reading self-help books during your leisure time (be sure to look at the list of reading suggestions that we've included in this issue!) or exploring the many courses that are available to you on your tablet via the Atlas app. From anger management to financial literacy and beyond, you will find a wide variety of ways to study self-improvement topics privately and at your own pace. Simply go to "Education," then "Reentry / Smart ED," and then click on the star on the left-hand side of the screen to find Atlas. To read more about the Atlas app, be sure to read the article in this issue titled, "Explore a World of Self-Improvement."

It's important to realize that focusing on personal and professional growth will not only allow you to live a happier, healthier, and more fulfilling life, but it will also help you demonstrate to the Parole Board that you are committed to becoming a better person. When it comes time for your Parole Hearing, the Parole Board will want to see that you have sought out and completed programming that is focused on personal and professional growth. Therefore, doing so will be a "win / win!"

As New Mexico Parole Board Chairman, Abram Anaya, states on Season 2, Episode 9 of NMCD's "Inside Voices" podcast:

"During Parole Hearings, we look at personal growth. When we have an individual that comes before us, he or she is typically not the same person they were when they came to prison. So, we want to take a look at what transpired prior to the crime. What caused that person to be in that space to drive them to this specific incident? And then, more importantly, we want to take a look at their personal growth journey from that time to today. What makes that person different than they used to be? How have they overcome what they were to become the person they are now? ...And every individual journey is just that - individual. We want to see - what have they done to better themself?"

Mr. Anaya goes on to expand on the types of activities on which the Parole Board looks favorably:

"We look at selfless service to others. What have you done to help your fellow inmate? Are you mentoring somebody? Are you advocating for peace? Are you a pod porter? Are you a pod walker spreading the message? Are you in the dog program? All these are great personal growth efforts that we can point to and take into consideration."

"We really want to see some insight and ownership of parole applicants' future. Someone who invests in their education is someone who is invested in their own future."

Remember, too, that personal and professional growth also support you in becoming a better son, daughter, spouse, parent, friend, or family member. Professional growth can allow you to provide for your family and set a positive example for them (encouraging them to pursue their own professional goals). Personal growth can also enable you to be a better communicator; a more empathetic and supportive partner; and even a more interesting person.

It's important to remember, though, that growth usually occurs so slowly that it can be almost imperceptible.

If, for example, you're growing a plant in a flowerpot, you likely won't see much difference in its size from one hour to the next. You may not even notice much growth from one day to the next, or one week to the next. But if you measure that plant's height on a regular basis, you're sure to see a gradual increase in its size. Even though it happens one tiny bit at a time, after several weeks or months, you will realize just how much growth has been happening right under your nose.

This is similar to the idea of measuring kids' height and marking their growth on a wall. While we don't see much difference in our kids from one day to the next, when we look back over a number of months or years, we see the amazing transformation that they've undergone in the form of marks on the wall.

For this reason, it can be helpful to keep track of your own growth by keeping a journal or scrapbook of your own accomplishments. Looking back over the programs you've completed; the books you've read; and the changes you've made in your thoughts and actions can help you realize just how far you've come and nourish your sense of pride and self-confidence. It's never a bad idea to remind yourself just how far you've come and consider the ways in which you've grown as a person.

So, if you're interested in finding ways to focus on your personal and professional growth, be sure to talk to your Supervisor of Education (SOE) to talk about the many opportunities that exist at your facility and / or on your tablet.

You'll soon realize that there are so many ways for you to grow personally and professionally on a daily basis, there's no excuse for not blooming where you're planted!

Commissary Cuisine

All of the ingredients for “Commissary Cuisine” recipes are available for order from NMCD commissary.

Asian Peanut Noodles

Asian Peanut Noodles
for 1 People

3-5/M

Preparation Timer Here
3-5 Minutes

Asian peanut noodles are a quick and flavorful dish made with noodles tossed in a creamy peanut sauce, perfect for a satisfying meal. This version doesn’t disappoint.

INGRIDIENTS.

1 Pkg	**Ramen Express Chili Clear Pack Noodles (Item #10004)**
1/2 Cup	**Food Express Creamy Peanut Butter (Item # 73166) or Food Express Crunchy Peanut Butter (Item #73076)**
2 tbsp	**Panola Soy Sauce (Item # 73092)**
2 tbsp	**Chili Garlic Sauce Vietnam Tuong Ot Toi Sauce (Item #73076)**

HOW TO COOK IT STEP BY STEP.

Step 01

Open and cook one package of Ramen Express Chili Clear Pack noodles. 3-5 Minutes

Step 02

Once noodles are ready and drained add 1/2 Cup Creamy Peanut Butter, swirl till desolved.

Step 03

Add 2 tablespoons Panola Soy Sauce and 2 tablespoons Chili Garlic Sauce Vietnam Toung Ot Toi Sauce. Mix till Peanut Butter, Chili Garlic Sauce, and Soy Sauce coat the noodles.

Step 04

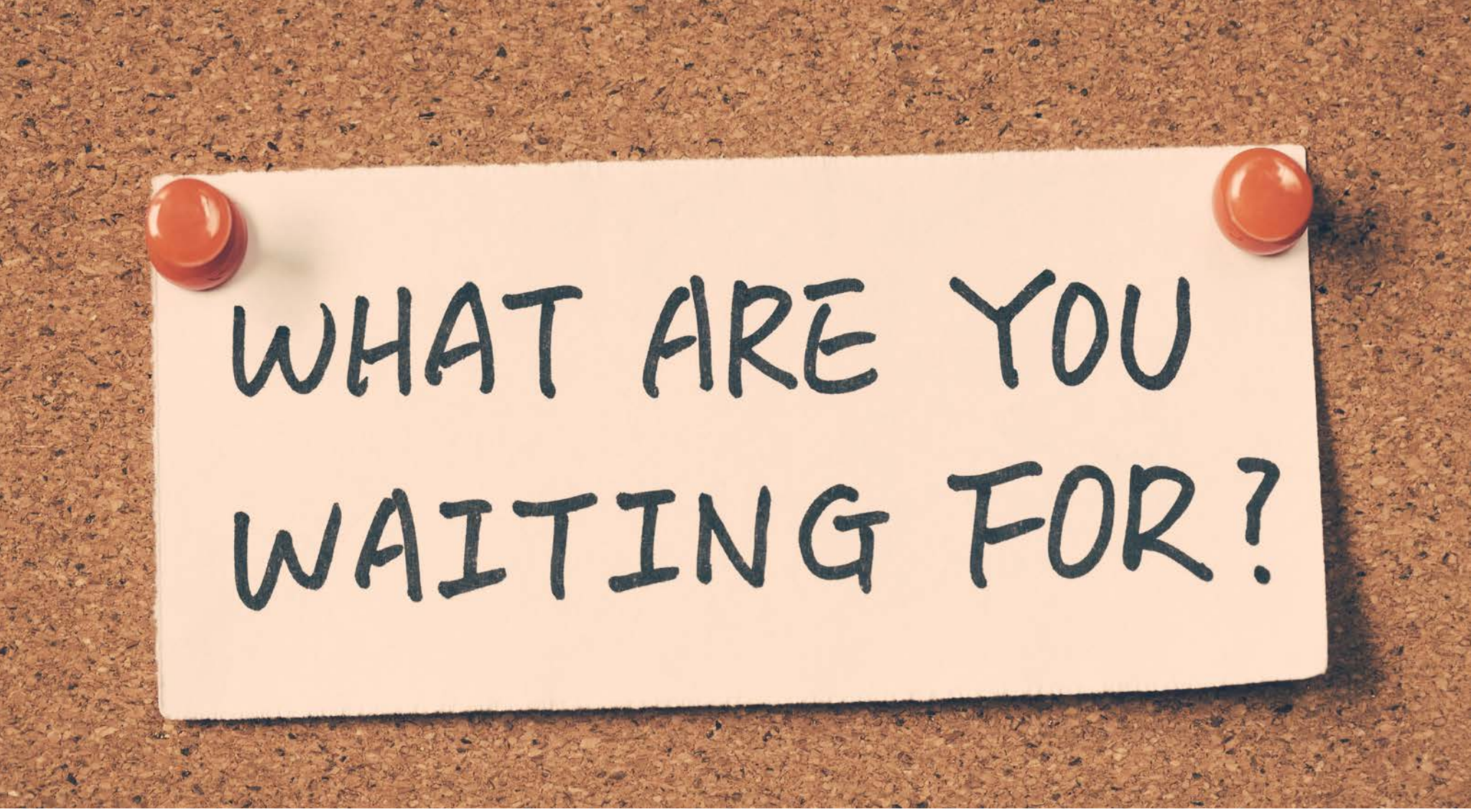
Enjoy!

HAVE A FAVORITE RECIPE MADE FROM NMCD COMMISSARY INGREDIENTS? SUBMIT IT TO YOUR SUPERVISOR OF EDUCATION (SOE) IF YOU WOULD LIKE TO SEE IT PUBLISHED HERE.

Call For Submissions

Do YOU Have a Favorite Recipe Made with Commissary Ingredients?

Why not submit it to your Supervisor of Education to potentially have it published in Parallels magazine?



There are only two days of the year when you can't commit to change the direction of your life: yesterday and tomorrow.

"Determined"

An Inmate Essay

In this excerpt from his personal essay, the author explains how spiritual and educational growth have supported him on his path to what he considers to be his highest calling: becoming a better parent.

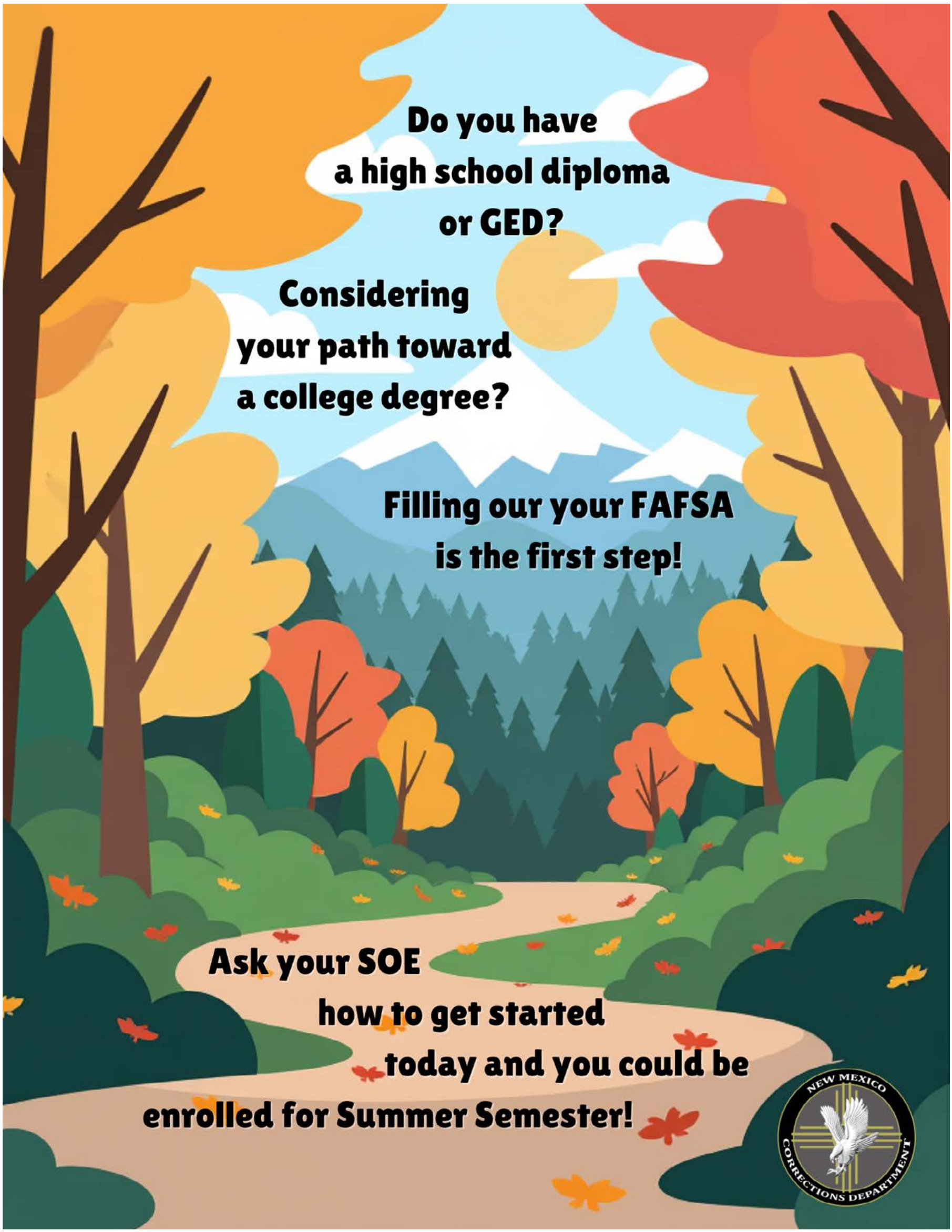
Note that this essay has been edited for clarity and space constraints by NMCD Education staff.

A pastor by the name of Andy Stanley has stated, "Direction determines destination," and that phrase has become a mental reminder for me to know where I am in life and where I want to go in life.

During the time I've spent in the custody of the New Mexico Corrections Department, I have reflected on the term "rehabilitation" and how it applies to my incarceration. If I were to present to my family and friends a summary of the education, jobs, and skills with which I have been involved during the last ten years of my incarceration, they wouldn't recognize who I have become.

When I became incarcerated, I was dealing with a street mentality and trying to balance my relationships with family and friends who were intertwined in my poor decision-making. The major events I was dealing with at the time were the birth of my son and the prison sentence I was facing. The street lifestyle had taken precedence over my son's entrance into planet earth. I'm ashamed to admit that my priorities weren't in the order they should've been and so when I drift back to my self-destructive downfall, I view myself as a failure. In my mind, I had a vision; and in my heart, I had a dream, but I wasn't living in reality.

My decision to disqualify myself from being a father to my son would have a domino effect on those to whom I had made promises. Guilt, shame, and embarrassment became who I was. I couldn't see any light at the end of the tunnel and I believed that any hope of


Do you have
a high school diploma
or GED?
Considering
your path toward
a college degree?
Filling our your FAFSA
is the first step!
Ask your SOE
how to get started
today and you could be
enrolled for Summer Semester!
NEW MEXICO
CORRECTIONS DEPARTMENT

being a dad to my son was nonexistent in the world into which I had entered.

However, in every dark place there's always a light that provides a sense of direction and helps you know where you would like to go. For myself, I didn't quite know exactly which direction I wanted to go, so at first, I just rode the wave as it came my way. I did know that the criminal lifestyle I was living didn't work out in my favor, so I chose to gravitate towards what kept me out of trouble, and that was education.

With a sense of direction, I would soon learn about the destination that was designed specifically for me here in the New Mexico Corrections Department.

Time doesn't wait on anybody. Time can be your enemy or your friend. Overall, time invested into something or someone will produce results of some sort. Doing time in the Corrections Department can make you do some things you've never seen yourself doing, both in the positive and negative aspects of life. Opportunities here in the Corrections Department weren't a priority for me until I started realizing what my purpose was in life, and this happened while incarcerated.

Enrolling in college classes allowed me to do something productive with my time, but it was my faith that transformed my life. Trusting in something besides what I valued was foreign to me. I had let my family and friends down so consistently. I felt that since I couldn't be trusted, why trust in anything – or anyone - else?

Enrolling in college courses was an academic benefit that introduced me to obtaining life skills so that I could be a productive inmate. And so, finding my faith complimented the academics and allowed me to lead my own life into becoming the man I was created to be.

My faith gives me hope to be the dad I didn't believe I could be while incarcerated and I give all the glory to God. Learning commitment, responsibility, and discipline has allowed me to maintain a healthy and productive lifestyle while incarcerated. I have been able to grow through programming, maintaining healthy relationships, and physical exercise.

I've been able to capture the moments of opportunities which led me to complete NMCD's Seminary Program in 2018 and then obtain my Bachelor's Degree from the University of the Southwest in 2023. I have many certificate completions and I'm currently facilitating a parenting program called Malachi Dads for other incarcerated fathers at my facility.

I am walking evidence that a lost man can be transformed in a place like prison, where men have made mistakes and have a difficult time accepting their reality. But more importantly, if a man seeks a better version of himself, he will find a life of purpose and his life will be lived more abundantly. With hard work and dedication, anyone can become the person they were designed to be as long as they believe. With determination and the right direction, your destination will be set for take-off.

"I did know that the criminal lifestyle I was living didn't work out in my favor, so I chose to gravitate towards what kept me out of trouble, and that was education."

Harnessing your determination will allow you to reach exciting new heights.

Education

EARN YOUR GED/HSE

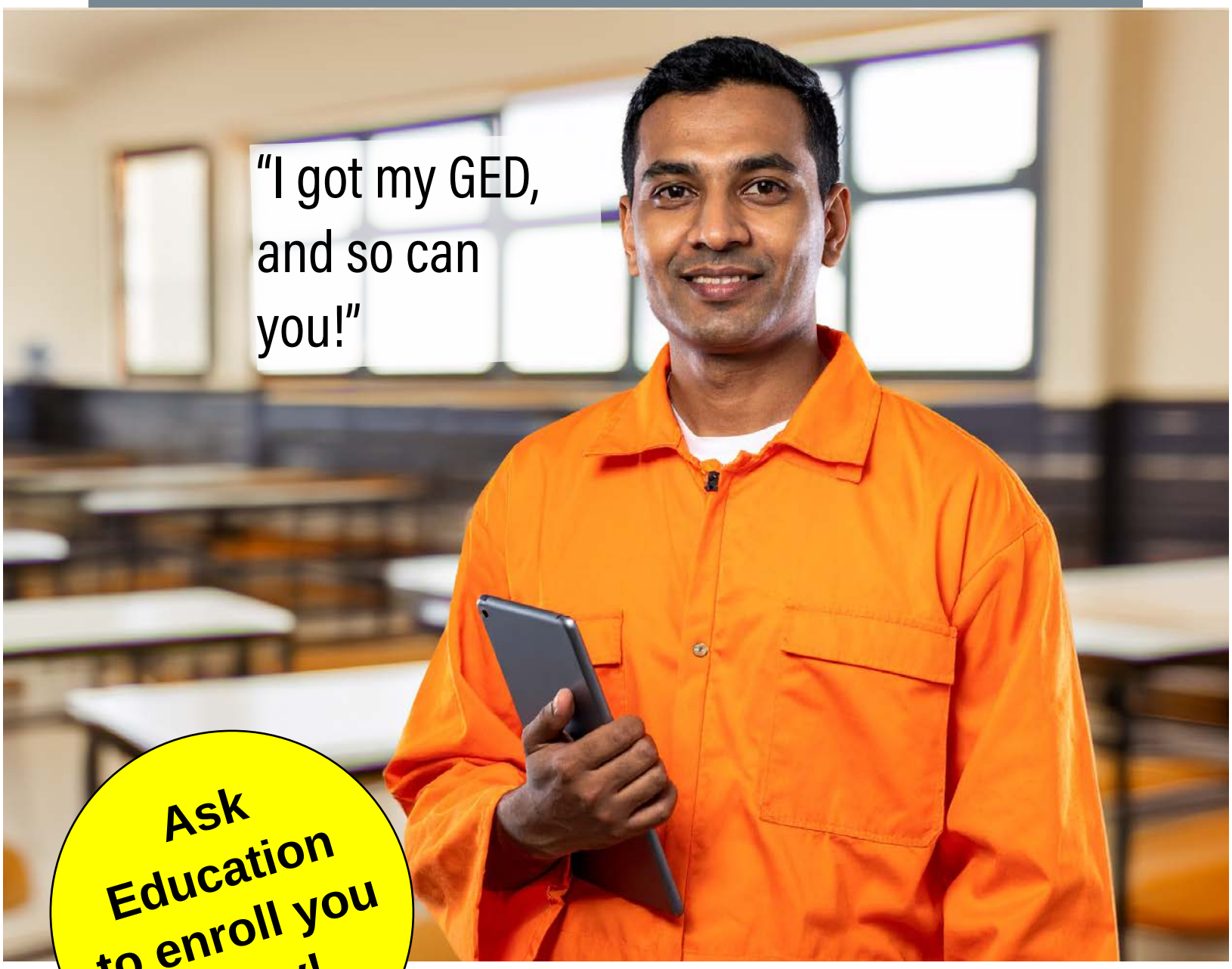
right from your tablet.

It's free.

Learn at your own pace.

Leave with more than time served,

leave with an education!



Ask Education to enroll you today!

essential education

Making a positive contribution to society requires avoiding committing any of “The Seven Social Sins.”

“The Seven Social Sins”

A List You May Have Never Heard of Offers Guidance on How to Live in a Way that Supports Society

It’s probably safe to assume that you’ve heard of “The Ten Commandments,” listed in the Christian Bible, and that you might even be able to list “The Seven Deadly Sins” from Christian tradition. But have you heard of “The Seven Social Sins?”

It might be a lesser-known list, but it includes seven very important warnings about some of the behaviors that harm society and should therefore be avoided. The list is as follows:

1) Wealth without work.

2) Pleasure without conscience.

3) Knowledge without character.

4) Commerce without morality.

5) Science without humanity.

6) Religion without sacrifice.

7) Politics without principle.

The above list of “The Seven Social Sins” was written by Frederic Lewis Donaldson and was published by Mohandas Karamchand Gandhi in his weekly newspaper, Young India, on October 22, 1925.

Donaldson, born September 10, 1860, was an English Anglican priest, most notably Archdeacon of Westminster from 1937 to 1946. He was A Church of England priest and Christian socialist who occupied a series of parish and cathedral positions, including 22 years as vicar of St. Mark’s, Leicester. He wrote “The Seven Social Sins” (first titled “Seven Deadly Social Evils”) and first delivered them in a sermon at Westminster Abbey on March 20, 1925.

Mahatma Gandhi (Mohandas Karamchand Gandhi), born October 2,

"Seven Social Sins" is a list
by Frederic Donaldson
that Mohandas Karamchand Gandhi
published in his weekly newspaper,
Young India, on October 22, 1925.

"Seven Social Sins"

1) Wealth without work.

2) Pleasure without conscience.

3) Knowledge without character.

4) Commerce without morality.

5) Science without humanity.

6) Religion without sacrifice.

7) Politics without principle.

Which of these "seven social sins"
do you think is the biggest problem
in our world today?
Feel free to incorporate your answer
into an essay and submit it to your SOE
if you'd like for it to be
considered for publication
in Parallels magazine.

1869, was the leader of India's independence movement, renowned for his philosophy of nonviolent resistance, or satyagraha, inspiring civil rights movements globally, including those led by Martin Luther King Jr. and Nelson Mandela. His efforts ultimately led India to independence in 1947.

Gandhi's decision to publish Donaldson's list in the weekly newspaper titled Young India brought the wisdom of "The Seven Social Sins" to a nation, and since that time, people across the globe have relied on the list to inform their moral compass.

If you would like to learn more about the life of Mahatma Gandhi, check out some of the following book titles from the Gutenberg Library (available on your state-issued tablet by going to "Entertainment," then "Book Library").

"Mahatma Gandhi" by Romain Rolland

This biographical account written in the early 20th century delves into the life and philosophy of Mohandas Karamchand Gandhi. The book explores his upbringing, beliefs, and the development of his non-violent resistance movement against British colonial rule in India.

This comprehensive study sheds light on Gandhi's impactful methods and moral convictions, as well as his influence on India's quest for independence.

At the start of the book, the author introduces Gandhi as a man of humble appearance and profound inner strength, likening him to figures like Saint Francis of Assisi. Rolland recounts Gandhi's early life in Porbandar, his education, and the formative experiences that shaped his commitment to non-violence and social justice.

The narrative begins to unpack Gandhi's moral philosophy, rooted in his Hindu upbringing, particularly the principle of Ahimsa (non-violence), setting the stage for his later activism in South Africa and, ultimately, India.

Through this opening portion, readers gain insight into Gandhi's initial struggles and the ideological groundwork that would underpin his later actions as a leader for millions who yearned for freedom.

You will also find several titles written by Gandhi himself in the Gutenberg Library, including the following:

"The Man Who Became One with the Universal Being"

"Freedom's Battle"

"Third Class in Indian Railway"

"A Guide to Health"

Among Mohandas Karamchand Gandhi's countless contributions to humanity was introducing his newspaper's readers to Frederic Lewis Donaldson's list of "The Seven Social Sins."

If you would like to learn more about Frederic Lewis Donaldson, you can request some of the following titles through NMCD's Interlibrary Loan System by asking your facility's Supervisor of Education (SOE).

"Faith Or Fear?: An Appeal to the Church of England" by Donald Hankey, Harold Anson, and Frederic Lewis Donaldson

"'Vicar of the Unemployed' : Frederic Lewis Donaldson, Christian Socialism and the March of the Unemployed, 1905" by Barbara Butler

"Frederic Lewis Donaldson and the Christian Socialist Movement" by Barbara J. Butler

As you reflect on the "The Seven Social Sins," you might consider how this list may play a role in your own personal and / or professional growth. You might also think about which one of these "sins" you consider to be the biggest problem in our world today. Feel free to incorporate your answer into an essay and submit it to your SOE if you'd like for it to be considered for publication in Parallels magazine.

Parallels Gallery

Title: Irises
Year: 1889
Artist: Vincent van Gogh

Why is this piece important?

Van Gogh's *Irises* is a powerful expression of the artist's inner world during a mental health crisis that he experienced while residing in an asylum. This piece symbolizes a search for comfort, hope, and beauty amidst turmoil. It reflects his struggle with mental illness and isolation and highlights the artist's fascination with the vibrancy and resilience of nature. Using bold colors and dynamic forms, this painting expresses the human will to persevere in the face of hardship.

Take a look at the piece, think about how it makes you feel, then have your SOE print the coloring sheet and try creating your own version!

"Irises"
by Vincent van Gogh, 1889

"Irises"
by Vincent van Gogh, 1889

Colored by: _____

Open a Book and Grow Your Mind

As we've highlighted throughout this issue of Parallels, there are multiple opportunities for you to pursue personal and professional growth through NMCD programming and services. Adult Basic Education; Post-Secondary Education; Career Technical Education; Behavioral Health programming; and spiritual and religious services are all excellent ways to nurture your own growth.

But there are also many ways for you to take your growth into your own hands, including reading some of the many self-improvement books that are available, for free, on your state-issued tablet.

Of course, with so many choices (the Gutenberg Library consists of over 75,000 titles!), it can be difficult to figure out where to start. So, we have compiled for you a list of some of the most popular titles that focus on themes including vocational success, financial growth, moral character, conduct of living, and other areas of personal and professional growth. Some are specifically self-help guides, while others are novels or even books for young readers, but they all share a focus on character development and self-improvement.

Go to the "Entertainment" icon on your tablet, then go to the "Book Library," where you will find the entirety of the massive Gutenberg Library.

We have compiled here a list of 52 titles so that, if you choose, you can read one per week for an entire year.

We hope that you'll check out some – or all - of these recommendations, and if you find one that is particularly helpful to you, we hope you'll spread the word and perhaps even write a book review for us to publish in an upcoming issue of Parallels (submit your written review to your SOE).

The Gutenberg Library on Your State-Issued Tablet Features Hundreds of Titles for Personal and Professional Growth – Here are 52 of them!

When it comes to personal and professional growth, reading good books is the perfect way to plant seeds of positivity in your mind. So, open a book and get ready to grow, thrive, and bloom!

Books about Financial Success and Professional Growth

Week 1 - "How to live on 24 Hours a Day" by Arnold Bennett

This classic (1908) time-management book advises readers to treat time as a valuable commodity and intentionally use their free hours for personal growth. The author encourages people to set aside regular time for self-improvement, such as reading and reflection, instead of letting their lives be consumed by routine or work.

The book emphasizes setting goals, eliminating time-wasting habits, and making small, consistent efforts to lead a more fulfilling life, rather than large, unsustainable ones. This is a great, motivational read for anyone who is determined to use their time inside to pursue personal and professional growth.

Week 2 - "The Art of Money Getting: Or, Golden Rules for Making Money" by P.T. Barnum

First published in 1880, this classic self-help guide is a must for anyone who has their sights set on entrepreneurship or self-employment. It offers practical rules for making money and achieving financial success through hard work, perseverance, integrity, and sound financial practices.

The book discourages "get-rich-quick" schemes, instead focusing on timeless principles like saving, living below your means, choosing the right vocation, avoiding debt, and using money to work for you. The author uses his own experiences as a successful showman (remember "The Greatest Show on Earth?") to offer specific, actionable guidance on building wealth through ethical business practices and smart money management.

Despite being written in the late 1800's, this book's core message of delayed gratification, hard work, and responsible financial habits continue to be relevant to this day.

Week 3 - "The Science of Getting Rich" by W.D. Wattles

Another must-read for aspiring entrepreneurs, this self-help book, written in 1910, focuses on the mindset and principles behind financial success and presents wealth creation as a precise science, not a matter of luck or talent.

The author provides a step-by-step method for accumulating wealth by focusing on creative thought, visualization, faith, and taking specific actions to manifest prosperity. The book outlines a specific method of thinking and acting that the author asserts will attract wealth. This includes establishing a clear mental image of your goals, maintaining faith, practicing gratitude, and taking purposeful action.

You won't regret reading this blueprint for financial growth and prosperity.

Week 4 - "One Thousand Ways to Make Money" by Page Fox

This practical guide to financial independence, written in the late 19th century, serves as an extensive resource by providing a wealth of ideas and strategies for earning income through various means, from starting a business to discovering unique opportunities for making money at home. It is therefore another must-read for entrepreneurial types and is sure to get your creative juices flowing!

With thorough insights and methods tailored for individuals seeking to improve their financial status, this book serves as a valuable tool for anyone ambitious enough to pursue wealth.

The author makes it clear that their intention is to assist those who are unemployed, underpaid, or simply seeking new avenues for income. Fox outlines how to secure a job or improve one's current employment situation while proposing numerous business strategies that can lead to success.

This book emphasizes actionable steps such as understanding the importance of hard work, creative advertising techniques, and leveraging personal skills to generate revenue.

This comprehensive guidebook offers innovative and practical strategies for financial success. From traditional ventures like entrepreneurship and real estate to modern avenues such as e-commerce and freelancing, the book explores diverse income-generating possibilities.

Week 5 - "Pushing to the Front" by Orison Sett Marden

A motivational work filled with inspirational stories about overcoming challenges, this classic (1894) self-help book advocates for achieving success through hard work, determination, and a positive mindset. It uses a collection of inspirational anecdotes and real-life stories to illustrate themes of ambition, self-discipline, perseverance, and resilience. These profiles in success demonstrate that "obscure beginnings" can lead to "triumphant endings," making it a motivational choice for incarcerated readers.

The book covers a wide range of topics, including how to choose a vocation, finding happiness, the power of suggestion, and what makes some people succeed while others fail. It also notably discusses the roles and opportunities for women and includes examples of Black Americans like Frederick Douglass.

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Week 6 - “Acres of Diamonds: Our Every-day Opportunities” by Russell H. Conwell

This motivational work is based on the author’s famous lecture, which argues that success and opportunities for wealth are readily available in one’s own environment.

Through the story of a wealthy farmer who sells his land to search for diamonds elsewhere, only to discover his own land was the site of a mine, Conwell teaches that individuals often overlook the potential in their immediate surroundings. The key to success, according to Conwell, is recognizing and acting on the opportunities that exist right where you are, using diligence, integrity, and hard work (think Educational and Career Technical programming).

This is a short read, written by the Founder of Temple University in Philadelphia, so it’s a great choice if you’re looking for a quick but powerful dose of motivation.

Week 7 - “Franklin’s Way to Wealth; Or, Poor Richard Improved” by Benjamin Franklin

This 1758 essay by Benjamin Franklin offers wisdom and practical advice for financial prudence. It compiles wisdom from his “Poor Richard’s Almanack” into a narrative, framed as a speech by the character, “Father Abraham.”

It is a collection of proverbs on industry, frugality, and thrift, emphasizing how these virtues can lead to financial security and success, and is considered a key text in American economic thought.

Franklin’s intent for this piece is to provide practical guidance for the common person, drawing on his own experiences of moving from poverty to prosperity through diligence and intellect.

This “rags to riches” story not only highlights Franklin’s rise to success, but will also teach you to do the same.

Week 8 - “Hidden Treasures; Or, Why Some Succeed While Others Fail” by Harry A. Lewis

This motivational book, written in the late 19th century, is a timeless classic that examines the lives of well-known successful people who started at the bottom and grew to become successful icons.

The book explores the characteristics and shared traits of successful individuals who rose from humble beginnings to achieve great wealth and influence. Through biographical sketches, it aims to inspire readers by illustrating that success is largely a result of determination, hard work, and good habits rather than mere luck.

The author emphasizes the stark contrast between those who succeed and those who fail - highlighting the importance of self-reliance and self-help - and urges readers to examine their own personal journeys from struggle to achievement.

This is an inspirational read for anyone, but especially for incarcerated readers who might need some help envisioning a prosperous future for themselves.

Week 9 - “How to Succeed; Or, Stepping-Stones to Fame and Fortune” by Orison Swett Marden

This late 19th-century motivational guide emphasizes character, determination, and seizing opportunities to achieve success. The book uses anecdotes and examples from historical figures to illustrate principles like hard work, perseverance, and self-improvement. It advises readers to take initiative, develop their talents, and cultivate a strong mindset to overcome obstacles and reach their goals.

Marden highlights the importance of recognizing and acting on opportunities, arguing that most successful people start with little and build their own capital through effort. The author also promotes the power of a positive attitude and advocates for continuous, life-long learning.

For anyone considering pursuing their Adult Basic Education, Post-Secondary Education, or Career Technical Education, this book may be just the nudge you need to take the next step!

Week 10 - “Architects of Fate; Or, Steps to Success and Power” by Orison Swett Marden

Yet another work by this author, this classic motivational self-help book, first published in 1897, inspires readers to achieve greatness through character-building, self-culture, and perseverance. The book uses inspiring examples of individuals who overcame adversity to emphasize virtues like courage, self-reliance, and the importance of having a goal. Marden’s aim is to provide concrete illustrations and practical advice to help readers take control of their lives and pursue their goals with determination.

This is another must-read for anyone who is incarcerated and determined to change their life for the better.

Week 11 - “A Message to Garcia” by Elbert Hubbard

This 1899 essay celebrates individual initiative, responsibility, duty, and conscientiousness, using the story of 1st Lt. Andrew S. Rowan as its central example.

The essay describes Rowan’s successful mission to deliver a message from U.S. President William McKinley to General Calixto García, a Cuban insurgent leader, during the Spanish-American War. The piece praises Rowan’s heroic, self-driven effort, highlighting

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the value of being able to complete tasks without detailed supervision, making it a motivational piece for workers and soldiers.

This essay promotes the value of personal initiative, loyalty, and the ability to complete a task without complaint or excessive questions.

Millions of copies of this essay have been distributed by various organizations like the U.S. Navy and the Boy Scouts, and it has become a touchstone for the importance of diligence and dedication in many professions.

The phrase "carry a message to Garcia" has become a popular saying that refers to carrying out a difficult assignment without needing detailed instructions.

This short essay (about 1,500 words) is a must-read for anyone who aspires to be the best employee or team member they can be.

Week 12 - "Dollars and Sense" by William Crosbie Hunter

Written in the early 20th century, this book offers advice that is still very relevant in the modern day. It provides practical advice and guidance on personal finance, money management, and wealth accumulation, offering strategies and insights to help readers make informed financial decisions and improve their financial well-being.

The work is designed for both employers and employees, offering insights on achieving success in various aspects of life, including business and personal happiness. It emphasizes the importance of hard work, character, and practical wisdom, arguing that achieving both financial success and personal happiness requires real effort and understanding.

The author stresses the significance of saying, "No" to distractions (remember those healthy boundaries?), making sound financial decisions, and maintaining personal integrity.

Whether you've taken any financial literacy courses or not, reading this book is a great way to kick-start your financial wellness or support your ongoing efforts to prepare for a financially prosperous post-incarceration future.

Week 13 - "How They Succeeded: Life Stories of Successful Men Told by Themselves" by Orison Swett Marden

Yet another title by this prolific author, this 1901 book collects the personal accounts of successful individuals from various fields like business, science, and the arts. Marden compiled these stories to highlight the common principles of dedication, perseverance, and resilience that led to their achievements. The book uses first-hand narratives to provide readers with lessons on achieving success through hard work and determination.

This is another great read that is sure to inspire you to be your best and most successful self.

Week 14 - "Certain Success" by Norval A. Hawkins

This self-help guide is a must-read for any job-seeker or aspiring entrepreneur. Aimed at individuals seeking to achieve success through the mastery of salesmanship, this book is rooted in the idea that success is not reserved for those with inherent talent or luck, but can be cultivated by effectively selling one's own capabilities.

By honing skills in self-promotion, the author asserts that any deserving person can unlock their potential and attain the success they desire.

Hawkins emphasizes the necessity of personal development alongside the art of selling oneself, making the case that many who appear deserving of success often fail due to a lack of awareness or skill in showcasing their qualifications.

The text sets the stage for a practical exploration of sales principles, encouraging readers to view themselves, and their qualifications, as marketable goods in their pursuit of opportunity and success.

Anyone who is preparing to write their own résumé or embark on a job search will find inspiration by reading this book first.

Week 15 - "Fundamentals of Prosperity: What They Are and Whence They Come" by Roger Ward Babson

In this book, the author argues that true prosperity is built on moral and ethical foundations, not just material wealth.

Babson, a financier and educator who wrote this book in the 1920's, emphasizes that integrity, faith, hard work, and cooperation are the cornerstones of long-term success for both individuals and society. The book explores these principles, advocating for a focus on human potential, vision, and sound financial planning to achieve lasting prosperity.

This book is a classic reminder that it's an admirable goal to "do well by doing good."

Week 16 - "The Key to Success" by Russell H. Conwell

This motivational classic explores many of the same themes as Conwell's other books. In this work, the author argues that success is achievable for everyone through hard work, perseverance, and self-discipline, particularly by recognizing and seizing opportunities in one's own environment (again, think Adult Basic Education, Post-Secondary Education, and Career Technical Training). This book also reminds us that true success is not limited to financial gain but includes personal growth, fulfillment,

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and contributing to one's community.

The book emphasizes self-reliance, continuous learning, and character development over luck or circumstance. It provides practical advice and inspiring anecdotes to encourage readers to look within themselves to find the resources and potential for personal growth and fulfillment.

Reading this will motivate you to take a look around you and realize how many enriching programming opportunities exist in your immediate surroundings.

Week 17 - "An Iron Will" by Orison Swett Marden and Abner Bayley

Another of Swett Marden's many works, this 1901 self-help book argues that willpower is the key to a successful and fulfilling life, using anecdotes about historical figures like Napoleon and Grant to illustrate points on determination and perseverance.

The book focuses on cultivating mental discipline and a tenacious spirit to overcome obstacles. It is considered a motivational classic that encourages readers to build a resilient mindset for personal and professional growth, and is of particular interest to history buffs.

Week 18 - "Applied Psychology: Making Your Own World" by Warren Hilton

This scientific publication, written in the early 20th century, is the second volume in a series dedicated to the application of psychology to personal and business efficiency. The book focuses on the exploration of psychological principles that can be utilized to shape one's perception of reality and effectively control one's environment to achieve personal goals.

Overall, the book serves as a guide for harnessing psychological insights to enhance personal agency and effectiveness in life.

It's a fascinating read for anyone who is interested in harnessing the power of psychology to improve their life.

Week 19 - "Ambition and Success" by Orison Swett Marden

Yet another self-help classic by Swett Marden, this work aligns with the themes that he has explored in his other books.

This motivational self-help book states that ambition is a crucial driving force for personal growth and achievement. The book emphasizes that ambition requires action and perseverance, and provides advice on setting goals, maintaining a positive mindset, and learning from the habits of successful people.

Marden also discusses overcoming challenges and the influence of environment and purpose on an individual's drive.

If you're feeling a bit uninspired lately, this book is sure to motivate you to discover the importance of having a clear vision, setting achievable goals, and surrounding yourself with positive influences to cultivate ambition.

Books about Conduct of Life, Character Development, and Personal Growth

Week 20 - "Self Help: with Illustrations of Conduct and Perseverance" by Samuel Smiles

This Victorian-era (1859) book by Samuel Smiles is known as one of the earliest motivational self-help books, emphasizing that personal success is achieved through hard work, thrift, education, and perseverance. The author uses biographies of successful individuals (including scientists, inventors, artists, and philanthropists) who rose from humble beginnings through their own efforts to illustrate that self-reliance and moral character are the keys to improvement, rather than social status or circumstance.

The book promotes self-discipline and integrity as the root of both individual and national strength. The author offers practical advice on learning from failure, maintaining perseverance through difficulty, and striving for self-improvement to achieve goals and fulfillment.

This book can serve as an inspiration to anyone who is incarcerated by helping you take accountability and responsibility for your own rehabilitation and success.

Week 21 - "Meditations" by Marcus Aurelius

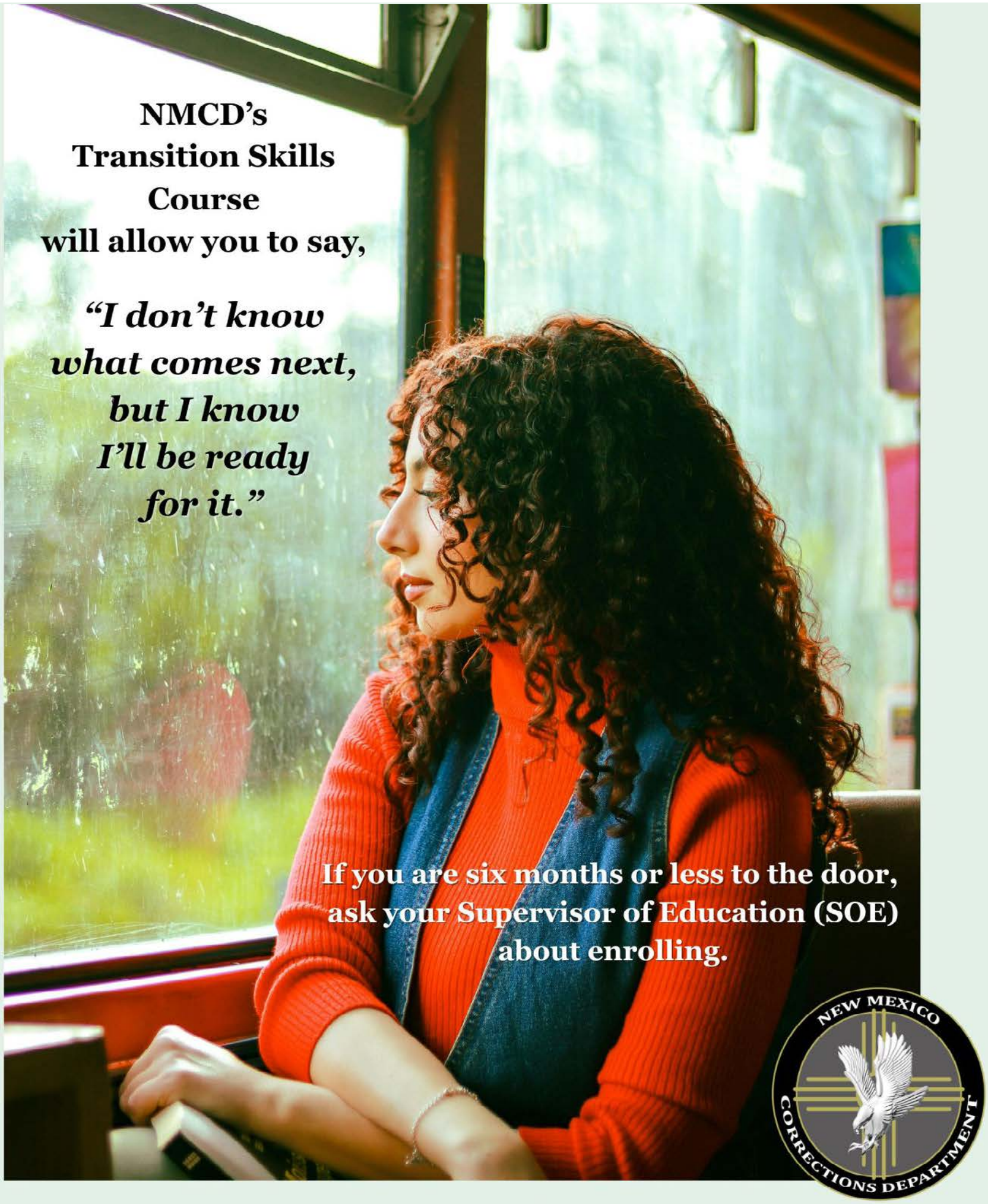
This collection of personal writings on Stoic philosophy, self-improvement, and living a virtuous life focuses on duty, reason, and accepting what you can't control. It serves as a manual for inner peace, resilience, and ethical living, offering timeless advice from a Roman Emperor on handling adversity, managing emotions, and finding purpose.

Many readers have found this work to be foundational source of inspiration and guidance, and you might too.

Week 22 - "The Essays of Arthur Schopenhauer; Counsels and Maxims"

Containing essays on wisdom, life, and proverbs for conduct, this book is a collection of sharp, practical wisdom from the renowned German philosopher. The work offers profound insights into human nature, suffering, happiness, and how to live a meaningful, self-aware life.

Characterized by Schopenhauer's signature pessimism, clarity, and wit, this book guides readers toward inner strength and truth amidst life's struggles. It serves as a guide for navigating societal pitfalls and finding solace through intellect, independence, and



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This is another inspirational read for any incarcerated reader who may be looking to make sense of their situation and enrich their life moving forward.

Week 23 - "The Essays of Arthur Schopenhauer; the Wisdom of Life"

Yet another work by Schopenhauer, this book offers practical philosophy on achieving happiness by focusing on internal qualities (personality) over external ones (property or reputation). The book advocates for reasoned will, minimizing pain, and embracing a tranquil life through intellectual pursuits and detachment from fleeting desires.

This book serves as a guide to "Eudaemonology," teaching how to arrange life for maximum pleasure and minimal suffering, emphasizing that true contentment stems from one's character, not wealth or status.

Eudaemonology is the philosophical "science of happiness," focusing on how to live a good, flourishing, and fulfilling life, often by maximizing well-being and minimizing suffering.

Philosophers like Aristotle, as well as Schopenhauer, have explored this concept in their writings. Schopenhauer defines Eudaemonology as the art of maximizing pleasure and success, viewing true happiness as freedom from pain and boredom rather than intense joy. It's about achieving a state of blessedness or fortunate living, understanding objective circumstances and subjective experience, and making practical compromises for a life worth living.

This is a great read for anyone who may be wondering how to achieve happiness and contentedness in their life – both now and after their incarceration.

Week 24 - "An Enquiry Concerning the Principles of Morals" by David Hume

In this 1751 work, the author argues that morality stems from human sentiments, feelings, and emotions (like benevolence, sympathy, and utility), not abstract reason or divine command.

Using a scientific approach, the author shows that our approval / disapproval guides ethical judgments, making morality rooted in shared human experience and promoting societal well-being and happiness.

It's an accessible revision of his earlier work titled, "Treatise of Human Nature," focusing on how qualities become virtues through their usefulness and agreeableness to others, influencing our desire for reputation and peace of mind.

This is a great read for anyone with an interest in Social Science, or anyone who is eager to focus on their moral growth.

Week 25 - "The Game of Life and How to Play it" by Florence Scovel Shinn

This classic 1925 self-help book teaches New Thought principles, asserting that positive thinking, faith, and spoken words can manifest success and prosperity by aligning with spiritual laws. It frames life as a game of giving and receiving, where one's thoughts and beliefs create reality, and provides practical advice on using affirmations and faith to overcome challenges and achieve goals.

For anyone who may be curious about the power of affirmations and positive thinking, this book is sure to convince you that they are effective ways to improve your life.

Week 26 - "Seneca's Morals of a Happy Life, Benefits, Anger and Clemency by Lucius Annaeus Seneca

This is a collection of Stoic essays by Roman philosopher Lucius Annaeus Seneca, translated by Sir Roger L'Estrange, offering practical wisdom on achieving inner peace through virtue, self-control, and reason. This work focuses on how a truly happy life stems from moral excellence; the ethics of giving and receiving benefits; the destructive nature of anger; and the virtues of mercy and compassion for a more resilient and fulfilling existence.

This is sure to prove to be a transformational read for anyone struggling with anger management and the desire to build a happy life.

Week 27 - "The Crown of Wild Olive" by John Ruskin

This collection of four influential lectures critiquing Victorian industrial society focuses on the moral value of work, the ethics of commerce, the nature of warfare, and the future of England, urging readers to find true wealth in labor, nature, and moral purpose rather than money.

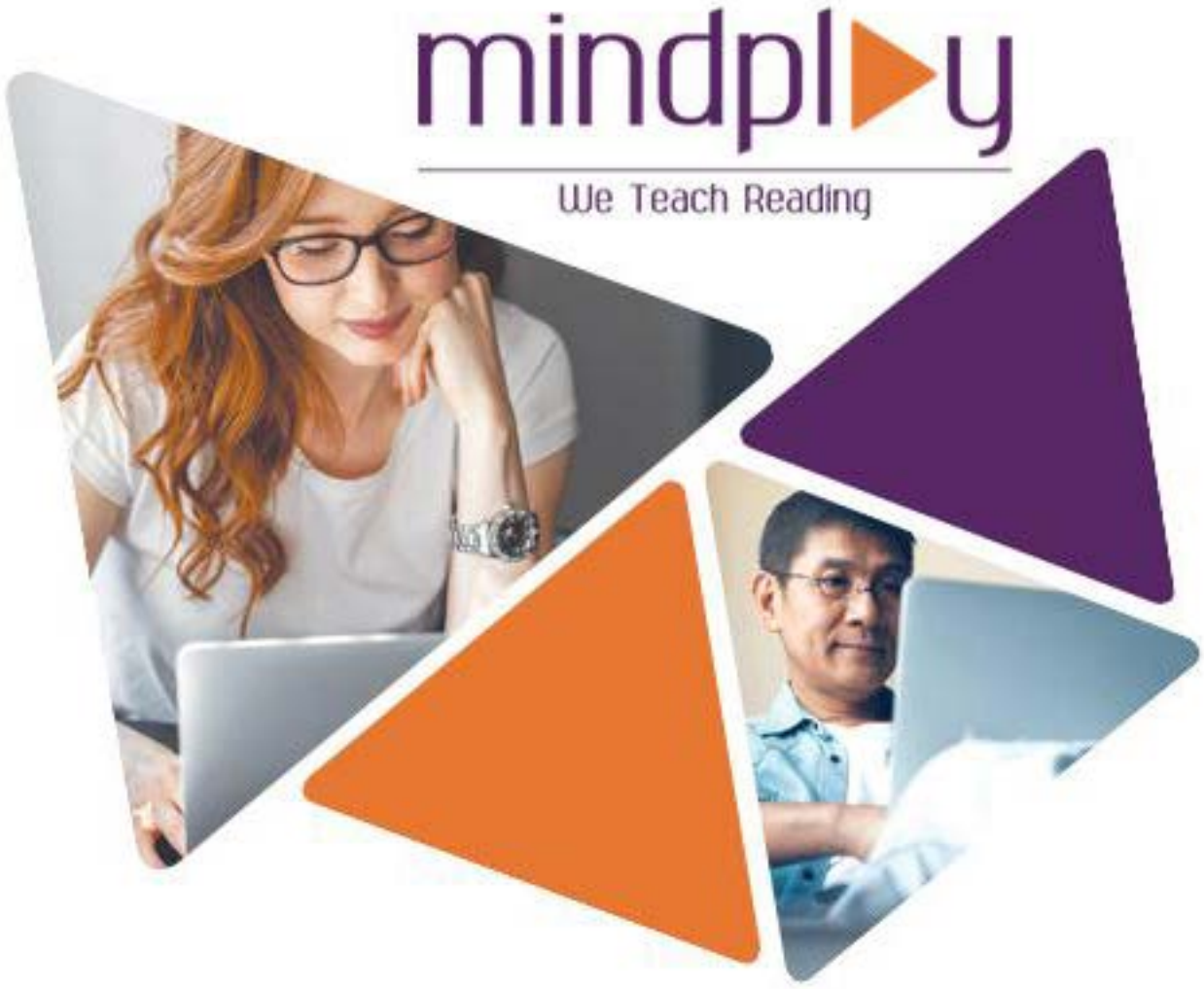
This work challenges capitalism's dehumanizing effects and emphasizes duty, honesty, and the value of the aesthetic and spiritual aspects of life.

For anyone who may by trying to challenge their internalized beliefs that money and wealth define them, this refreshing read will help reframe your idea of success.

Week 28 - "Aids to Reflection: and, The Confessions of an Inquiring Spirit" by Samuel Taylor Coleridge

This profound philosophical and religious work guides readers toward deeper spiritual understanding by blending faith with reason, exploring human nature, morality, and the divine.

This book blends philosophy and spirituality, making it an



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interesting read for anyone seeking a better understanding of either of these subjects.

Week 29 - “The Map of Life” by William Edward Hartpole Lecky

This popular philosophical work explores ethics, morality, and self-improvement, discussing happiness, free will, social influences, and practical virtues like courage and compassion. This book aims to guide readers in building a purposeful, virtuous life.

Be sure to give this book a read if you’re interested in pursuing ethical or moral growth and would like to create a more rewarding life for yourself.

Week 30 - “The Majesty of Calmness; Individual Problems and Possibilities” by William George Jordan

This classic self-help book champions calmness as a profound strength, rather than a weakness, contrasting it with the detrimental effects of hurry in modern life. Jordan argues that true power comes from self-control, self-reliance, and mental clarity. The book guides readers to overcome challenges and find happiness through high ideals, purpose, and unselfishness, rather than just external success or material gain.

This is a timeless guide to inner peace and personal growth that can be helpful to everyone.

Week 31 - “The Simple Life” by Charles Wagner

This book explores the idea of simplicity in various aspects of life, including material possessions, relationships, work, and spirituality. The author advocates for a life that is focused on essential values, kindness, and a deeper connection with one’s self and others.

This is a great choice for anyone who is ready to “get back to basics” with their life and shed the complications that are involved with a lifestyle based on crime and addiction.

Week 32 - “Stepping Heavenward” by Elizabeth Prentiss

This fictional autobiography, first published in 1869, chronicles a young woman’s spiritual journey through her personal journal entries. It follows the protagonist, Katherine, from adolescence through adulthood, covering her experiences with courtship, marriage, childbirth, and motherhood, as she grapples with her faith and matures into a wise and godly woman.

The book is known for its candid and relatable portrayal of life’s struggles and joys, and its focus on finding true happiness through a deepening relationship with God. This is an enduring classic of Christian literature, of particular interest to women who are striving to deepen their Christian faith.

Week 33 - “Character” by Samuel Smiles

Another classic Victorian self-help book, this title emphasizes the idea that strong moral character - built on virtues like honesty, duty, courage, and self-control - is the key to individual success and national strength. Using biographical examples from history to show how personal integrity and hard work - rather than just intellect or wealth - create true greatness and shape a better society.

This is the perfect book for anyone who is interested in developing their character and becoming a better person.

Week 34 - “Seneca’s Morals” by Lucius Annaeus Seneca

This foundational Stoic text by Roman philosopher Seneca the Younger includes essays on ethics and living a happy. It offers timeless wisdom on achieving inner peace, virtue, and a meaningful life through reason, self-control, and mastering emotions like anger. It emphasizes practical ethics, duty, gratitude, and resilience amidst life’s chaos.

Drawing from Seneca’s own experiences as a statesman, this collection focuses on themes of living well, personal development, social responsibility, and finding stability in a turbulent world.

Week 35 - “L. Annaeus Seneca on Benefits” by Lucius Annaeus Seneca, Translated by Aubrey Steward

This philosophical essay, written between 56 and 64 CE, explores the ethics and psychology of giving and receiving benefits or favors. Seneca examines how to give and receive benefits appropriately, the nature of gratitude, and the moral and psychological factors involved in these social interactions, drawing on a range of examples to illustrate his points.

Anyone pursuing ethical guidance and growth is likely to benefit from reading this ancient text.

Week 36 - “The Picture of Dorian Gray” by Oscar Wilde

This Gothic horror novel (written in 1890) is about a handsome young man who, while gazing at his beautiful portrait, makes a wish that he could remain eternally young and good-looking while his painting ages and reflects the corruption of his soul.

Upon discovering that his wish has come true, Dorian embarks on a life of pleasure and sin, with the hidden portrait becoming a grotesque testament to his actions.

The novel explores themes of superficiality, vanity, the corrupting influence of hedonism, and the relationship between art and life.

This is a great read and will likely cause anyone to evaluate how they can grow in their own morality.

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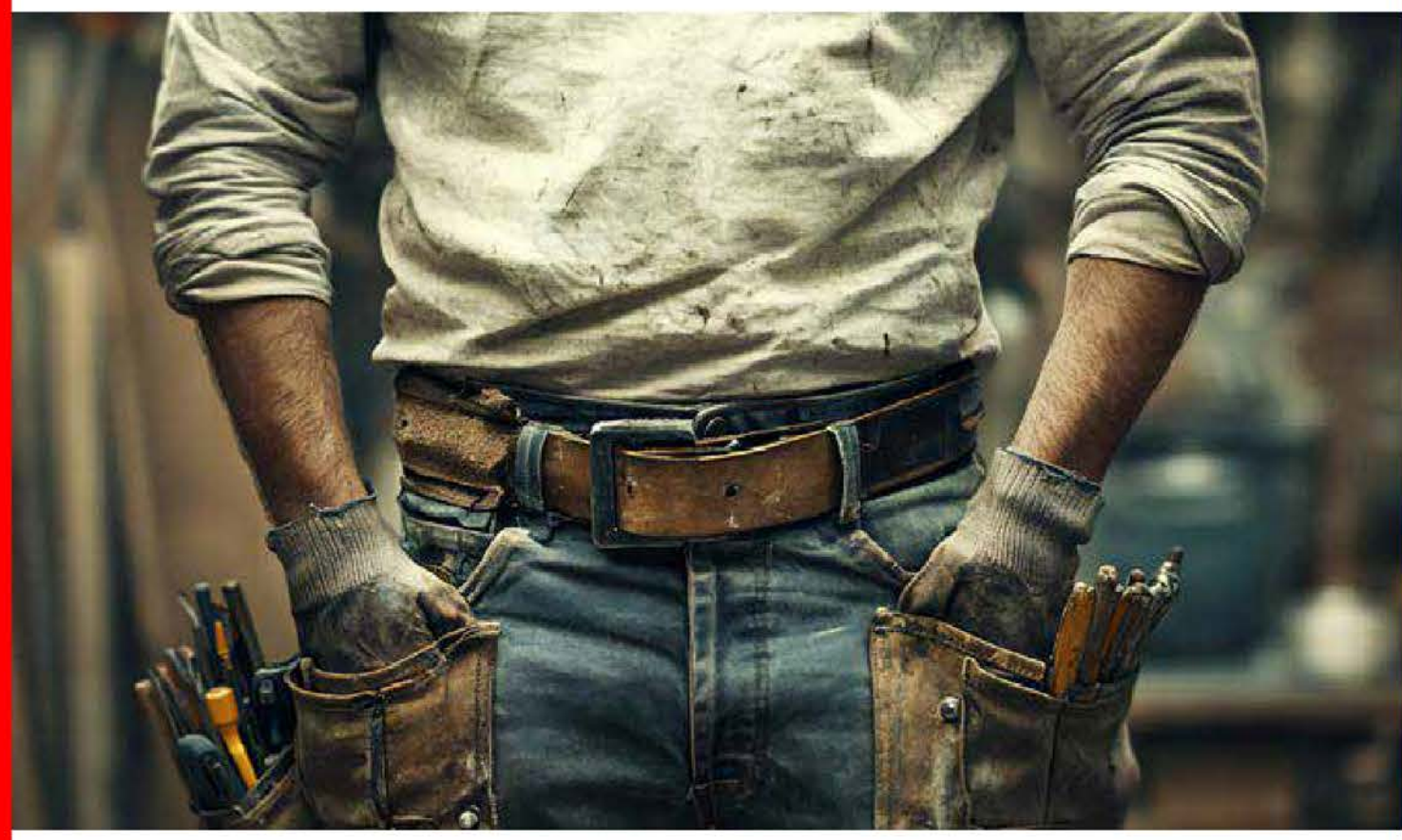

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Week 37 - “As a Man Thinketh” by James Allen

This 1903 New Thought essay continues to be one of the most popular self-improvement titles in the Gutenberg Library. It argues that a person’s thoughts shape their character, circumstances, and destiny. It explores how cultivating pure, positive, and focused thoughts leads to a virtuous character and a fulfilling life, while negative thoughts lead to negative outcomes. The book teaches that by taking control of one’s thoughts, an individual can change their life and attract positive experiences.

This book is an important read for anyone who might be interested in using positive affirmations to support their self-care practice and embracing the power of positive thinking.

Week 38 - “Friends and Neighbors; Or, Two Ways of Living in the World” by Timothy Shay Arthur

This is a 19th-century work of moral fiction that explores the complexities of human relationships and community dynamics through stories about friendship, family, and ethical choices.

The book emphasizes themes of kindness, compassion, forgiveness, and moral integrity, and encourages readers to cultivate understanding and charity toward others, contrasting a compassionate approach with one of resentment.

Through moral and ethical dilemmas, this work emphasizes kindness, compassion, forgiveness, and the importance of positive human connection. It explores themes of betrayal, remorse, reconciliation, and gratitude.

The book argues for finding the good in all people, even those who struggle with vice, and promotes a philosophy of treating others with understanding and charity.

This is an important read for anyone wrestling with ethical and moral growth; accepting accountability; and seeking to forgive one’s self and others.

Week 39 - “From a College Window” by Christopher Benson Arthur

This is a collection of contemplative essays originally published around 1906 that offers reflections on life, education, and personal growth. From the perspective of a scholar at a college, the author discusses a wide range of topics including time, beauty, art, education, and the simple life. Described as thoughtful and introspective, this book inspires readers to find meaning and tranquility in the everyday.

This is a great selection for anyone who is looking for a calm, meditative bedtime read geared toward self-enrichment.

Week 40 - “Woman’s Trials; Or, Tales and Sketches from the Life Around Us” by Timothy Shay Arthur

First published in 1851, this book is a collection of short stories that explores the challenges, struggles, and resilience of 19th-century women. The book uses various tales to depict the domestic and social difficulties women faced, including poverty, illness, and societal expectations.

The book aims to provide moral and ethical lessons to the reader, focusing on themes of virtue, integrity, and perseverance through the experiences of his female characters.

Focusing on themes of domesticity, family life, social inequality, and the moral choices women made, this selection is a great choice for incarcerated women who would like to explore their own moral and ethical growth in the face of these timeless struggles.

Week 41 - “Words for the Wise” by Timothy Shay Arthur

Despite being published in 1847, this collection of moral tales and essays is considered to be a timeless work. It offers ethical and practical advice through stories about integrity, responsibility, and compassion. The book uses narratives to explore themes like the consequences of actions; the struggles of poverty and debt; and the importance of living a virtuous life.

This author’s writing style is straightforward and engaging, making the book an accessible guide to moral behavior for a wide range of readers. Some examples of the stories included in this book are, “The Poor Debtor,” “The Sunday Christian,” and “Making Haste to Be Rich.”

Some of the key themes of this book include integrity, responsibility, compassion, and the importance of ethical behavior and wisdom. The stories often illustrate the consequences of one’s actions and explore moral questions related to wealth, debt, and personal integrity.

This book is a good choice for you if you are interested in pursuing better living and reflecting on your choices and how they impact you and others.

Week 42 - “Words of Cheer for the Tempted, the Toiling, and the Sorrowing” by Timothy Shay Arthur

This mid-19th-century collection of inspirational and moral stories offers comfort and guidance for those facing life’s challenges. The book uses fictional narratives and reflections to explore themes of temptation, hard work, and grief, providing moral lessons on perseverance, faith, and love. It is considered a culturally important work that sought to articulate and spread the values of respectable middle-class American life.

Some of the most notable themes of this book include strength, goodness, patience, perseverance, and the healing power of love. It also explores topics such as happiness, duty, and finding hope in

New Mexico Corrections Department

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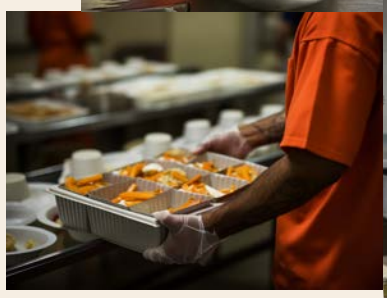

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adversity, making it an uplifting reading selection for anyone.

Week 43 - “The Lights and Shadows of Real Life” by Timothy Shay Arthur

This book is a collection of 19th-century short stories and essays that explore moral and social issues, particularly focusing on themes of sobriety and the consequences of choices. The book uses narratives about ordinary people to illustrate the struggles between virtue and vice, often highlighting how personal decisions lead to both prosperity and hardship.

A central story features Mr. Bacon, whose family life deteriorates due to his alcoholism, and his daughter Mary, who works to save their home.

This is likely to be a powerful read for anyone who struggles with substance use and how it affects their family. It can potentially even help you grow in your recovery.

Week 44 - “The Ethics of the Dust” by John Ruskin

First published in 1866, this book of ten lectures uses the science of crystallization as a metaphor for moral and character development. The author uses the structure and formation of minerals as analogies for virtue, honesty, and the pursuit of knowledge.

The book blends scientific observation with moral instruction, encouraging readers to cultivate a deeper appreciation for the natural world and the complexities of the human condition.

Some key themes of this book include honesty, integrity, and self-discipline, all framed through the lens of crystalline structures and moral growth.

Week 45 - “On Being Human” by Woodrow Wilson

Published in 1897, this book is a philosophical essay that explores what it means to be human. It argues that true humanity involves cultivating balance, genuineness, empathy, and a broad perspective to navigate a modern, complex world.

Key themes include individual responsibility, social harmony, and the importance of a balanced and curious mind over narrow specialization. The author argues against stagnation, encouraging readers to maintain a spirit of curiosity, see beyond themselves, and engage with the world with a broad and open mind.

This book is sure to inspire you to broaden your horizons through education, recreational reading, and other hobbies and interests.

Week 46 - “The Beast in the Jungle” by Henry James

This novel focuses on a character named John Marcher, a man convinced that his life holds a unique, terrible fate - a “beast in the jungle” waiting to pounce - leading him to an idle, unfulfilled existence. The story is a psychological exploration of existential dread, missed love, and self-absorption, culminating in Marcher’s tragic realization that his waiting for a phantom destiny caused him to miss real life and love.

This is a great read that will help you “seize the day,” make the most of your life, and realize that it’s a mistake to assume that repeated incarceration has to be your long-term fate.

Week 47 - “The Life and Death of Mr. Badman” by John Bunyan

This book, written in 1680, is a Protestant cautionary tale, presented as a dialog between two characters - Mr. Wiseman and Mr. Attentive - detailing the immoral life and damnation of a man named Badman. This book explores sins from childhood to death and urges readers to focus on self-examination to avoid similar spiritual ruin.

Week 48 - “Conscience” by Eliza Lee Cabot Follen

This classic moral tale uses interconnected stories to teach the importance of inner moral guidance, integrity, and kindness, encouraging right choices (like responding to wrongs with empathy). The book shows how seemingly small actions lead to profound personal peace or suffering, and features characters like schoolboys Frank, Harry, and John Green, who learn lessons in self-reflection and compassion.

Since it is intended for young readers, this can be a great choice to read to your kids during phone, in-person, or video visits. It can help the whole family focus on moral growth.

Week 49 - “First and Last Things: A Confession of Faith and Rule of Life” by H.G. Wells

This 1908 philosophical work lays out the author’s personal worldview, exploring metaphysics, belief, morality, and life’s meaning. Moving from broad questions about knowledge and existence to his own practical conduct, this work reveals a skeptic’s journey toward finding purpose in humanity’s larger evolution and an earnest personal philosophy.

You may recognize the author’s name, as his “War of the Worlds” was the first selection for NMCD’s statewide “A New Chapter” Book Club.

Week 50 - “The Lights and Shadows of Real Life” by T. S. Arthur

This collection of moralistic 19th-century stories focuses on human struggles and vice (especially alcohol) and virtue, showing how negative choices (shadows) create hardship, but good choices (lights) can lead to redemption and happiness. The book teaches lessons about perseverance, family, and honesty.

Start Here.
Do you have your high school diploma or GED?
Yes.
No.
Do you want to go to college?
Do you want to get your GED?
Yes.
No.
Yes.
No.
Let your SOE know!
Why not?!
Let your SOE know!
Why not?!
Ask your SOE how education can change your life!

This can be a powerful read for anyone struggling with maintaining their sobriety.

Week 51 - Hildegarde's Neighbors by Laura Elizabeth Howe Richards

This charming children's novel is about a young girl, Hildegarde Grahame, who eagerly anticipates and befriends her family's new neighbors, the Merryweathers. Exploring themes of friendship, curiosity, community, and everyday acts of kindness in a Victorian New England setting, this book is noted for its endearing characters and lighthearted tone.

Since this is another title intended for young readers, it's a great option for reading aloud to little ones during family visits.

Week 52 - "When a Man Comes to Himself" by Woodrow Wilson

This 1901 philosophical essay describes the transformative moment of self-realization where a man sheds youthful illusions, understands his true purpose, and embraces responsibility, shifting from self-centeredness to serving others for a truly fulfilling life. This work takes readers on a journey of spiritual and psychological awakening essential for personal growth and societal contribution.

This is an important read for anyone who wants to embrace their own accountability for the events that led to their incarceration.

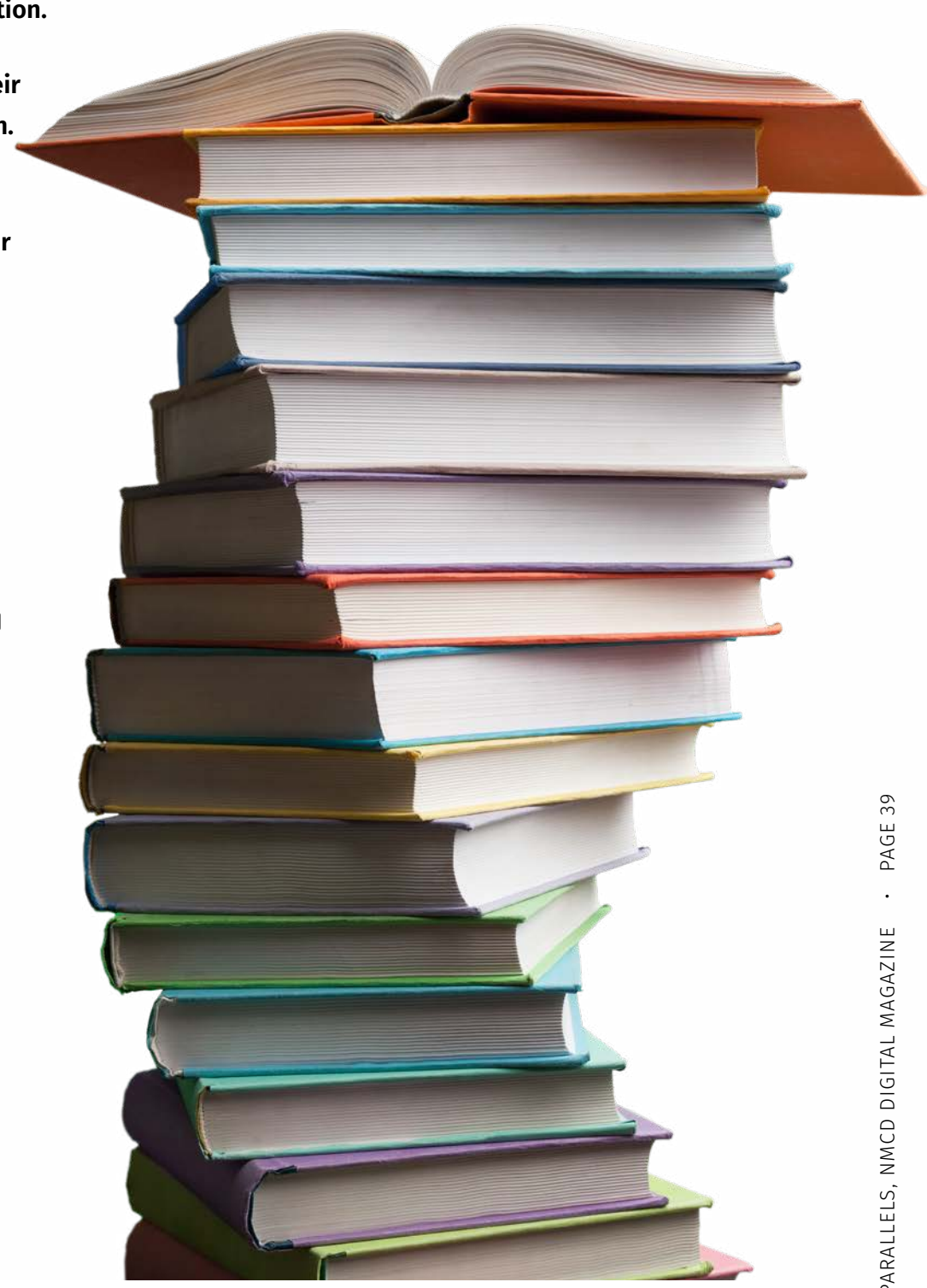
We hope that this list will be helpful to you as you choose your recreational reading for the year ahead, and that you'll discover some important inspiration in the process.

"Reading is essential for those who seek to rise above the ordinary."

~ Jim Rohn

"Today a reader, tomorrow a leader."

~ Margaret Fuller



Dominoes of Kindness

An Inmate essay

This inmate essay was contributed as part of The New Mexico MLK State Commission's "Dream Week," in which NMCD was proud to participate in January of 2026. Participants were asked to write about how acts of kindness play a role in their lives and their communities.

Note that this essay has been edited for clarity and space constraints by NMCD Education staff.

In the Webster Dictionary, "kind" is "an essential quality of character, to have sympathy, or to be forbearing." Meaning, to me, to have good morals and high quality of standards.

Beng raised by my lovely mother, I was taught good manners, including respect for others and myself, acts of kindness, and how to be a gentleman, and having morals and rules for life, which has allowed me to identify and perform acts of kindness within my community.

In prison, kindness can be taken for weakness, but with me, kindness is not weakness; it's a sense of respect for others or oneself, having good morals and being a standup guy.

Most men have low self-esteem and don't have the guts to show that (or any feelings at all) due to embarrassment or ridicule. But having integrity and respect for others shows gratitude to life and self-worth.

It's not hard to see simple acts of kindness, even in prison, if you want to. Things like that make someone's day a lot better. For example, when staff come in in a good mood, smiling, it sets our setting to a positive one.

Prison is not known for simple acts of kindness. But I've noticed like dominoes, one act of kindness from one person to another tumbles over into the next. And before you know it, all the dominoes have been replaced by handshakes and "How do you do's."

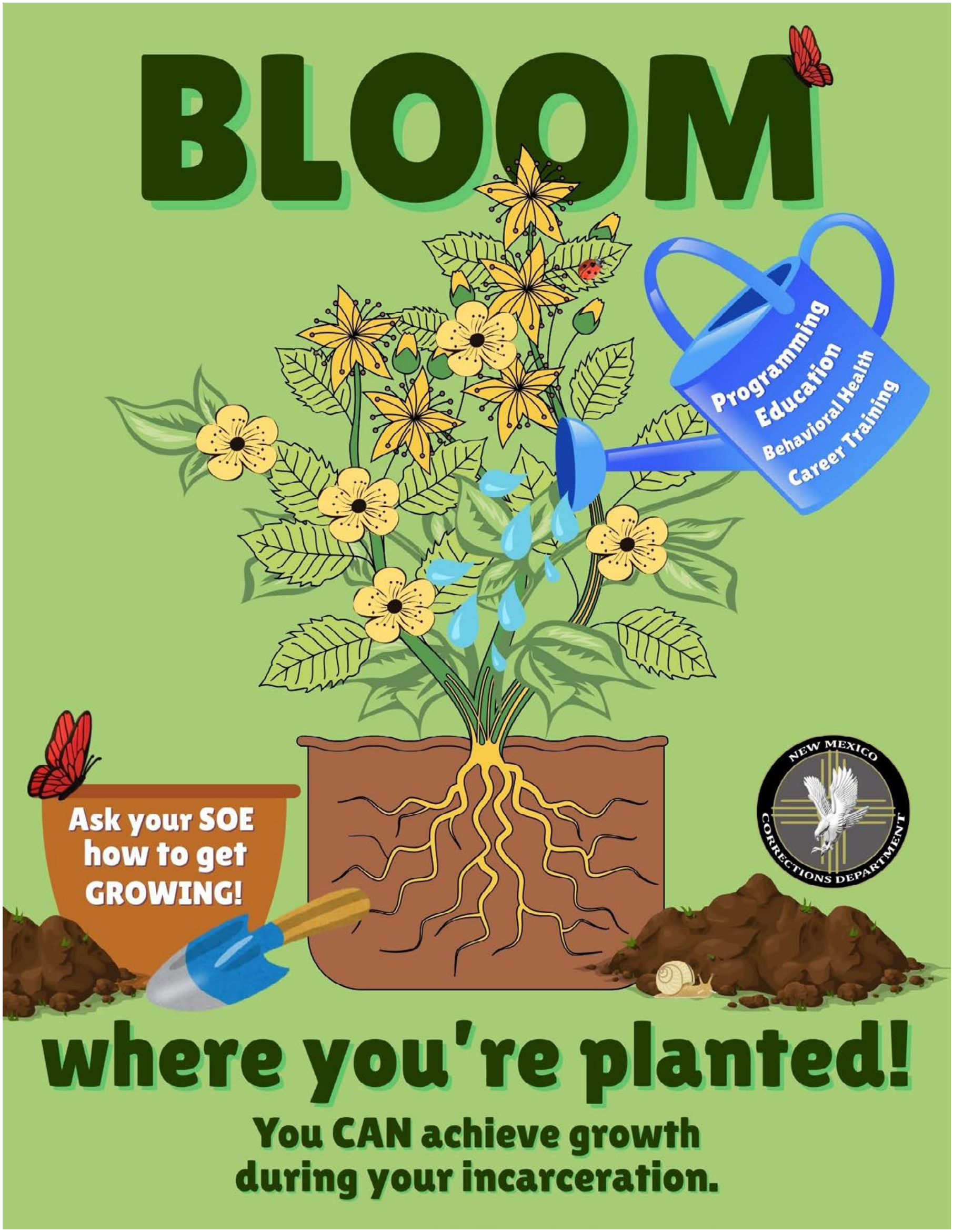
Got Your GED?

You're Not Done Yet!

Talk to your SOE (Supervisor Of Education) about applying for college courses today!

Funding options available such as FAFSA.

Open up new doors of opportunity with a degree from an accredited college.


BLOOM
Programming
Education
Behavioral Health
Career Training
Ask your SOE how to get GROWING!
NEW MEXICO CORRECTIONS DEPARTMENT
where you're planted!
You CAN achieve growth during your incarceration.

Planting Seeds of Kindness, Growing Community, and Harvesting Hope

NMCD Inmate Gardeners Grow Fresh Produce for New Mexico Families in Need

Food is more expensive than ever, and it's difficult – or even impossible - for many New Mexico families to afford to put nutritious meals on their table.

About 1 in 7 New Mexico residents faces food insecurity, placing the state among the highest in the nation. Nearly 1 in 4 children in New Mexico are affected, with even higher rates in certain counties. This consistently high rate means that hundreds of thousands of New Mexicans lack reliable access to sufficient food.

But did you know that just one dollar can produce 40 pounds of food?

Yes, you read that correctly. According to Brooks Sumberg, founder of non-profit "Harvest Now," one dollar's worth of seeds, combined with the efforts of volunteer gardeners, can produce 40 pounds of fresh, nutritious produce that can help feed those who rely on food pantries.

This is one of the many reasons why The New Mexico Corrections Department (NMCD) is expanding its partnership with Harvest Now. The organization is a national nonprofit that supports prison gardens to help fight food insecurity and provide incarcerated people with purposeful work that benefits local communities.

Founded in 2008, Harvest Now addresses food scarcity in the U.S. by encouraging organizations - including correctional facilities, schools, and religious institutions - to plant, grow, and donate food to local shelters and food banks.

The Harvest Now Program was first introduced to New Mexico at the Springer Correctional Center (SCC). Due to its positive impact on the Springer community and its success in correctional facilities nationwide, the program will now be implemented across all state-run correctional facilities here in New Mexico.

Since 2008, Harvest Now has expanded to 12 states and 112 prisons through partnerships with correctional systems across the country. Together, they've produced more than four million pounds of food for families in need and fed more than 16 million people nationwide, and NMCD is proud to contribute to that mission.

According to Ashley Bass, Supervisor of Education at Springer Correctional Center (SCC), "SCC has been partnering with Harvest Now for 5 years and in 2024 alone, volunteer gardeners at SCC produced enough vegetables to feed 2,600 people (649 pounds of produce)."

SCC volunteer gardeners have grown a wide variety of fruits and vegetables, from beets and bell peppers to squash, tomatoes, watermelon, and pumpkins.

Having a garden inside a prison facility carries meaning on two levels: it supports the community on the outside and creates purpose for the residents on the inside. Many in communities across New Mexico rely on food banks, so providing fresh produce from prison gardens is a meaningful way for NMCD to give back and make a difference.

Ms. Bass not only realizes the meaningful contribution that SCC's garden makes to the Springer community, but she also enjoys seeing SCC volunteer gardeners discover the joy of gardening:

"My all-time favorite part of the program is being able to share my knowledge of agriculture with those who have never had the chance to grow their own food before. When the volunteer gardeners come to work each day, we try to have a quick debrief on how things are growing and they have a chance to ask questions about issues they are seeing in the garden. Some mornings during peak growing season, we will go on a walk through the garden learning about different things they might see in their plants."

Faith, an inmate gardener at SCC, has found participation in the Harvest Now program to be fulfilling on many levels:

"During my time gardening, I have learned many different skills and also had the wonderful opportunity of building a new green house at the facility. Learning how to use tools and follow instructions has led me to build something that my peers can utilize to help grow beautiful vegetables."

"Planning, preparing, growing, and harvesting are some of the things I get to do as a volunteer gardener. Being outside and using my hands gives me a sense of peace. Gardening is more than what you think; it can help you grow in many different ways. Having more organizing skills, learning how to care for something, time management, and being punctual are all things that you will learn as a volunteer gardener."

As part of the Harvest Now program, each participating NMCD facility agrees to donate at least 85% of its total harvest to local food banks or charities, while 15% may remain with the facility. The partnership provides access to seeds and allows facilities a small budget to maintain their gardens.

"This work started by accident," Mr. Sumberg says. "A suggestion to reach out to a nearby prison led to 22,000 pounds of food that first year - and it opened our eyes to what was possible."

Volunteer gardeners who participate in the Harvest Now Program not only enjoy a long list of personal benefits (including the therapeutic outlet that gardening provides; life skills that can be employed in post-incarceration life; and the satisfaction of helping to feed hungry families in the community), but they also receive a certificate of appreciation from Harvest Now.

Participating in the Harvest Now program as a volunteer gardener not only fosters personal and professional growth, but also helps feed hungry families across New Mexico.

This certificate is one of the many documents that returning citizens are encouraged to present to the Parole Board as part of their Parole Package, as it helps demonstrate constructive programming and a commitment to public service.

SCC volunteer gardener Renee reflects on the positive experience she has had as part of the Harvest Now program:

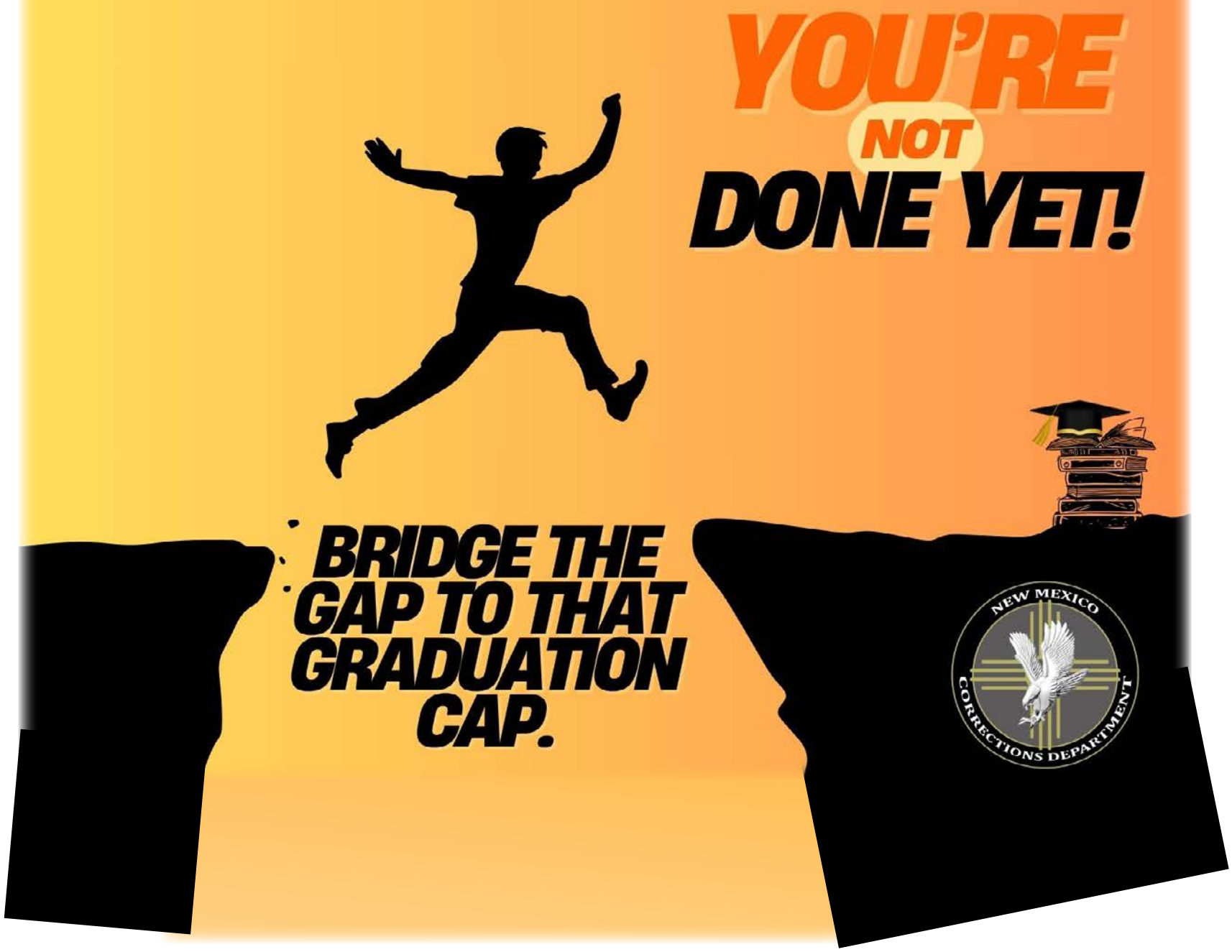
"When I started working in the garden here at SCC, I was excited and also a little nervous. I didn't have a whole lot of experience gardening at the time, so I was unsure how to even get started, so I just dug in. It was so exciting picking out seeds and finding the right places to plant them. I would go out and water the garden every day and patiently wait for the fruits and vegetables to sprout."

"I remember spending time with the plants, singing to them, and even praising them. To me, it seemed to have a positive effect on their growth. It was super satisfying to watch the process from planting the seeds, then the sprouts, the flowering, and finally yielding the vegetables. It was interesting to see how the plants would react to the weather. How they would reach for the sun and flourish after it rains. It felt like a huge responsibility to be in

Did you start your college degree but your education was interrupted?

NOW is the time to finish!

Talk to your SOE to find out how to take the leap and continue your education!



The joy of tending a garden and harvesting its bounty is one that many incarcerated people have never experienced. But the Harvest Now program provides the opportunity to do so.

charge of these things, but well worth the love and effort I put into them."

Megan, another SCC volunteer gardener, discovered her love of gardening during her incarceration and has found her participation in the Harvest Now program to be an enjoyable and enriching experience:

"In the past, I never considered myself to have much of a green thumb; I think that was because I lacked the knowledge to be able to grow anything successfully. Working in the garden was a very rewarding experience and I learned so much about how to care for the plants and help them to be healthy. It was so exciting when I started seeing the results of all my hard work, I then became protective of the plants because I knew that I was responsible for their life and if I didn't water them or keep them from being choked by weeds, they could die."

"I loved caring for the plants and tending to all of the needs of the garden at SCC. I think my favorite part was harvesting all the fruits and vegetables I had planted over the summer. I feel as though this program would be beneficial to anyone who participates in it whether it be short-term, or long-term. I learned skills that I can take with me upon on my release and grow my own garden."

Ruth, who has been involved with the SCC garden for 3 seasons, has also had a positive experience as a volunteer gardener:

"The Harvest Now program is one of the most positive programs offered here at SCC. It is a job that gives back in many different ways."

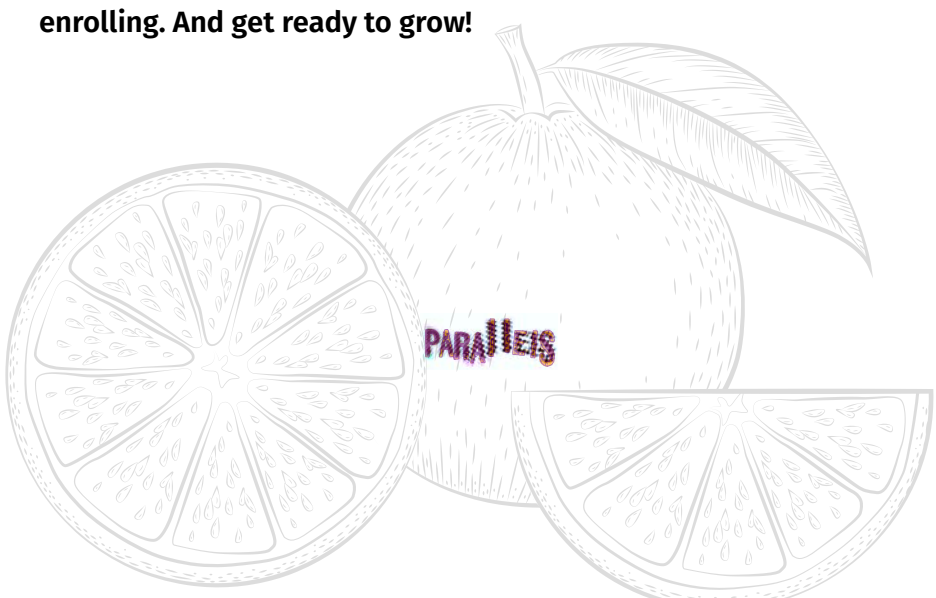
"I am able to first plan for a crop of plants in great detail so that each plant planted is grown to its best potential. Then, I sow said plants making sure that they have the correct soil and nutrients. After tending them and watering them, we are able to then harvest.

"Coming to the garden on a regular basis gives me great joy because I am able to directly see the results of the hard work I put into it. I not only harvest the crop, but I am able to gain a sense of peace and mindfulness while working in the garden. By slowly gaining patience and perspective when nurturing the plants, I am also able to transfer these skills to daily life."

"I feel this program has made a great change in me and I hope to be a part of it in the future."

If your family members would like to learn more about Harvest Now, you can tell them to visit www.harvest-now.net. And remember that if your parenting partner is having trouble providing adequate nutrition for your children, New Mexico's Children, Youth & Families Department (CYFD) can provide support via one of the Family Resource Centers that they operate across the state. (See page 47 of this issue for more information about how to find the Family Resource Center nearest your family.)

If you would like to participate in the Harvest Now program by becoming a volunteer gardener, be sure to talk to your SOE about enrolling. And get ready to grow!



Got kids? Be sure to take advantage of CYFD's

Family Resource Centers

Connect with low or no-cost services and supports, including applying for benefits, accessing state services, employment opportunities and much more!

- Parenting Classes
- Budgeting Guidance / Assistance
- Nutrition & Cooking Classes
- Assistance with Securing Stable Housing
- Assistance Establishing and Maintaining Utility Services
- Guidance for Parents and / or Caregivers in Identifying and Securing Services
- And so much more!

Tell your parenting partner that they can find out more by:

- Visiting www.cyfd.nm.gov/family-services/family-resource-centers/
- Calling (505) 827-7613
- Sending an e-mail to familyservices@cyfd.nm.gov

"Having somewhere to go is home.
Having someone to love is family.
Having both is a blessing."

Children, Youth & Families Department
STATE OF NEW MEXICO

“Commitments Made, Commitments Kept”

An Inmate essay

This inmate essay was contributed as part of The New Mexico MLK State Commission’s “Dream Week,” in which NMCD was proud to participate in January of 2026. Participants were asked to write about lessons learned, actions to continue, and commitments to themselves and their community.

Note that this essay has been edited for clarity and space constraints by NMCD Education staff.

I once read somewhere in a book that an educated man can never step in the same river twice. Seems to me this means that the knowledge you’ve gleaned will ultimately change your perspective.

Being imprisoned for the past 27 years has become one of those opportunities to learn. The lessons learned have not come without cost, but the actions to continue to learn have given birth to a personal commitment to myself and the community of my incarcerated peers.

Dr. Martin Luther King Jr. preached peaceful demonstrations to promote change and equality for people of color. The 1960’S Civil Rights Movement educated the nation about the segregated South and unfair treatment of what was considered a second-class citizenship. History has proven that if we don’t learn from our mistakes we will be destined to repeat them. The American people stood witness to generations of hate, abuse, and even murder. Exposure of these atrocities, the knowledge of such, and the outrage born from human indignity moved a nation to affirmative action.

As an example, Dr. King was arrested and placed in a Birmingham jail where he continued to act. The famous letters he wrote have been the inspiration of American presidents and world leaders alike. Learning begins in the mind and change within the heart, but it is a choice that leads us to action. Attending college and earning several degrees has given me a similar platform as Dr. King. In prison, it is what you do that earns you respect and only when you earn that respect will men listen to you and eventually trust you. I use that trust to encourage the men housed with me to go to school, earn their GED, and continue on to college. Furthermore, it is never just talk, it is action; I teach GED math, dog training, and participate in several educational programs. Hopefully setting the example like Dr. King, I practice what I preach.

The commitments I make for myself have been learned through hard times and personal failures. I’m committed to never being influenced by my environment again, and to spend at least one hour a day learning something new and to use that knowledge to fundamentally change the lives of those around me. The commitment to my community of peers is to be an example, to walk the walk daily, a guiding light in the darkness of the very institution of prison itself, and to create change through learning, leading, and mentoring.

In brief, a million-mile march begins with one step. That step of faith can move mountains and with the right leader, it can change the culture of a nation, a society, and even a prison. This change is like the ripples in a pond, first from within the walls that confine, then the fences that separate, and lastly from the people that promote hate. History is evidence for a future where change is a necessity, the very essence of how we must love one another to survive.

Behavioral Health Services

Life After Release Group

provides cognitive and behavioral skills training modules that assist in planning for life after release for incarcerated individuals approaching a release date.

The Depression Group

is an introductory psychoeducational group that provides participants with education about depression and its treatment.

IOP

Intensive Outpatient Addictions Treatment Programs offer a concentrated period of addictions treatment.

Living in a Fog?

If you're struggling with mental health or substance use disorder issues, reach out to Behavioral Health staff in your facility.

We Can Help!

Not all heroes wear capes!
Some just carry Naloxone!

NMCD's

NALOXONE

"GRAB AND GO" PROGRAM

IS NOW AVAILABLE AT

ALL

NMCD PROBATION & PAROLE OFFICES!

If you are a probationer or parolee and believe that it would be helpful for you to have access to the opioid overdose reversal medication Naloxone, you can now stop in at ANY NMCD Probation & Parole Office statewide and help yourself to a box, which includes two doses, along with literature that details instructions for its effective use.

Do humanity a favor - be a lifesaver!

BE PRO BE PROUD

BEPROBEPROUD.ORG

Learn about – and try out! – a variety of career options!

2026 NMCD Tour Dates:

May 13	Penitentiary of NM (Santa Fe)
May 14	Penitentiary of NM (Santa Fe)
June 2	Northeastern NMCF (Clayton)
June 3	Springer CC (Springer)
June 4	Guadalupe County CF (Santa Rosa)
June 10	Southern NMCF (Las Cruces)
June 11	Otero County CF (Chaparral)
June 16	Central NMCF (Los Lunas)
June 17	Central NMCF (Los Lunas)
June 23	Western NMCF (Grants)
June 24	Western NMCF (Grants)
June 26	Roswell CC (Roswell)

Ask your SOE how to participate!

NEW MEXICO CORRECTIONS DEPARTMENT

To learn more about the Be Pro Be Proud vocational simulation lab, be sure to read the Parallels article titled, "Don't Miss the Bus!" in Volume 1, Edition 3 (July 2025).

Explore Welding, Carpentry, Diesel Engine Repair, Construction, Heavy Equipment Operation, Robotics, Fiber Optics, Public Utilities, Transportation, And More!

Inmate Essay

"I Have a Hunger"

I have a hunger but it's not for food. It's for something much greater. Could it be for freedom, could it be for success, could it be for love? Try all the above!

Yeah, sure I love good food; I really wish I had a hamburger right about now.

But I am hungry for so much more than food! I am hungry for true justice.

I have a hunger for change, like Martin Luther King Jr. had a dream!

I want to truly see the good in life and in people. I truly believe it is there. I believe we can make the world more fair, but we need to put away the hate. What does it truly mean to make America great?

I have a hunger for something better.

I use my voice to spark the flame that will save the world.

EXPLORE A WORLD OF SELF-IMPROVEMENT

The Free Atlas App on Your State-Issued Tablet Offers a Map to Personal and Professional Growth

If you want to plan a trip to a faraway place on the opposite side of the globe, the best way to start is to pull a world atlas off the shelf and start flipping through the pages of big, colorful maps of the world. Even if you don't have any travel plans, it can be interesting and exciting to explore the world through the pages of an atlas.

This is exactly why the creators of an educational app that is now available on your state-issued tablet chose the name "Atlas" for their product. Atlas is a free tool designed to guide and inspire you on your journey towards achieving your goals and fostering personal growth.

Through Atlas, you can access a variety of guided interactive journaling programs, which will help you focus on self-reflection; improve your communication skills; manage your anger and other emotions; reject violent and criminal behavior; strengthen relationships; become a better parent; and so much more.

Each journaling program is comprised of multiple individual journals. You can choose to complete just one – or a few – of the journals, or if you complete all of the journals in a program, you can receive a certificate of completion for that program.

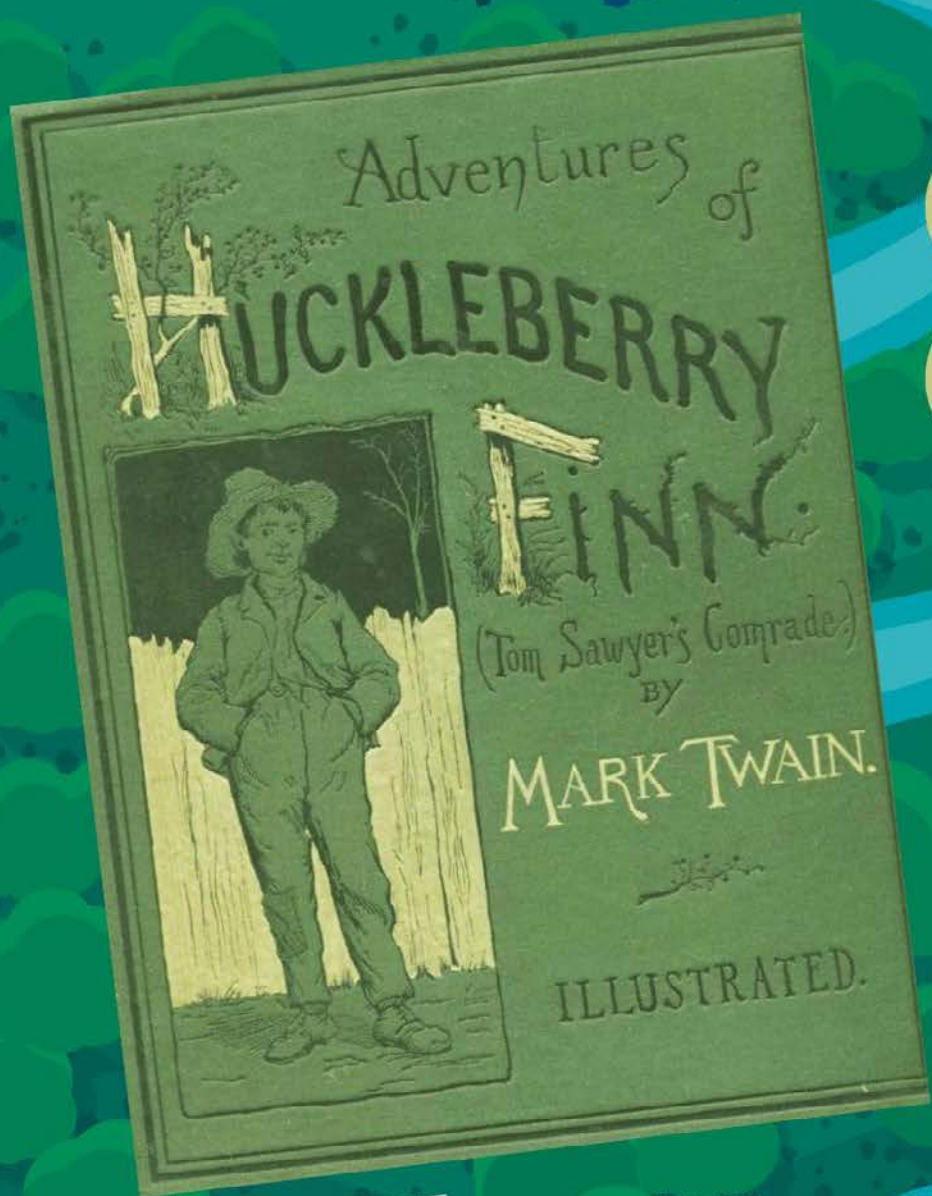
Remember that certificates like these are excellent for you to include in your Parole Packet, as the Parole Board is eager to see that you've used your time inside in a productive and rehabilitative way.

Atlas also features dozens of short videos that you can watch on your tablet, which focus on a variety of topics such as physical health and wellness; employment and education; career skills; positive change; mental health & wellbeing; relationships & communication; life skill; substance use & recovery; and many others.

Additionally, you will find dozens of podcast episodes within the Atlas app, with subjects like anger management; addiction; managing difficult feelings and stress; challenging risky thinking; and building a mindfulness practice.

All of this self-improvement content is available for free and can not only provide you with an interesting and educational ways to pass the time, but can also help you actually understand yourself better and become a better person. You'll find illustrated instructions in this article on how to find Atlas on your tablet, but if you have difficulty navigating your way into Atlas, be sure to ask your Supervisor of Education (SOE) for help.

New Book Club Selection:



A NEW CHAPTER
Book Club

Read it for FREE on your NMCD Tablet: Go to "Entertainment," then "Book Library."

The Adventures of Huckleberry Finn

By Mark Twain

Ask your Supervisor of Education how to participate and consider writing a review of the book for an upcoming issue of Parallels!

An all new season

NEW MEXICO
CORRECTIONS DEPARTMENT
PRESENTS

INSIDE VOICES

PODCAST

Look in the "Information" section of your tablet to find all seasons and episodes.

NEW & IMPROVED

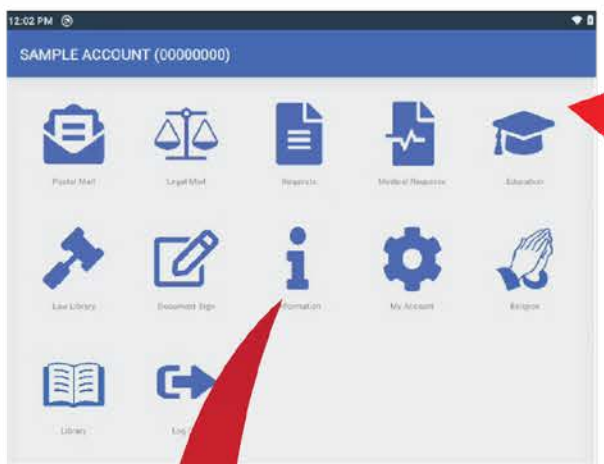
Now faster streaming with no buffering!

A free monthly podcast. Your stories, told by you.

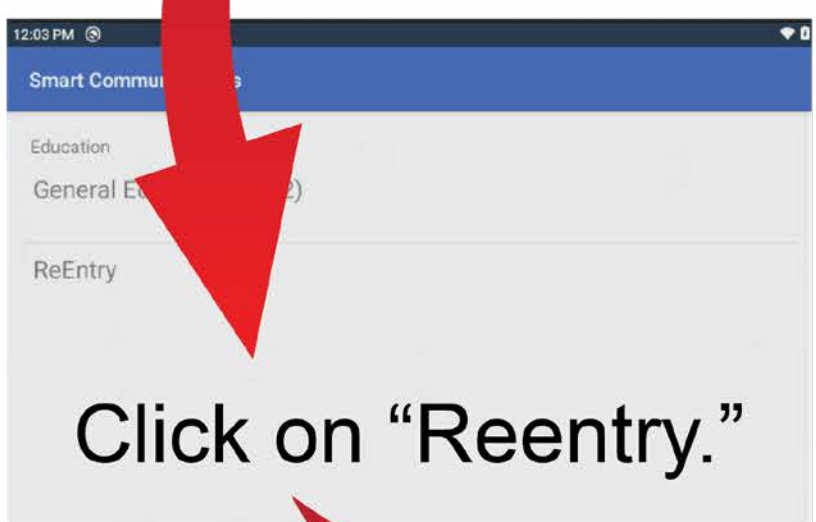
Located in the "Information" section of your tablet.

Atlas

Explore programming right on your tablet.
Earn certificates and become the new you!



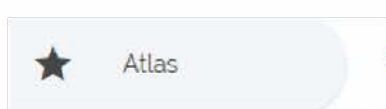
Click on "Education."



Click on "Reentry."

Click on "SmartED."

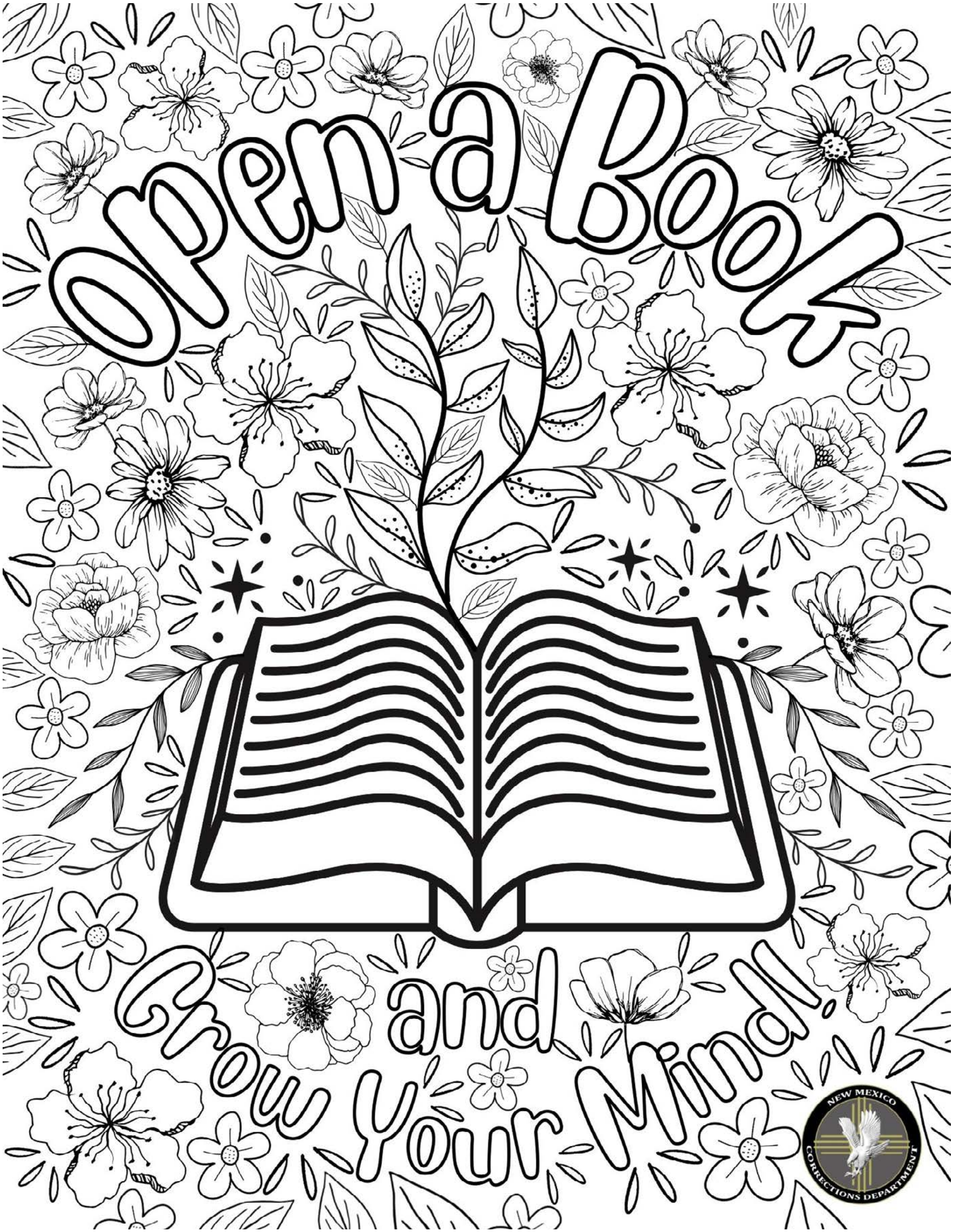
Click on the "Star" to Find "Atlas."

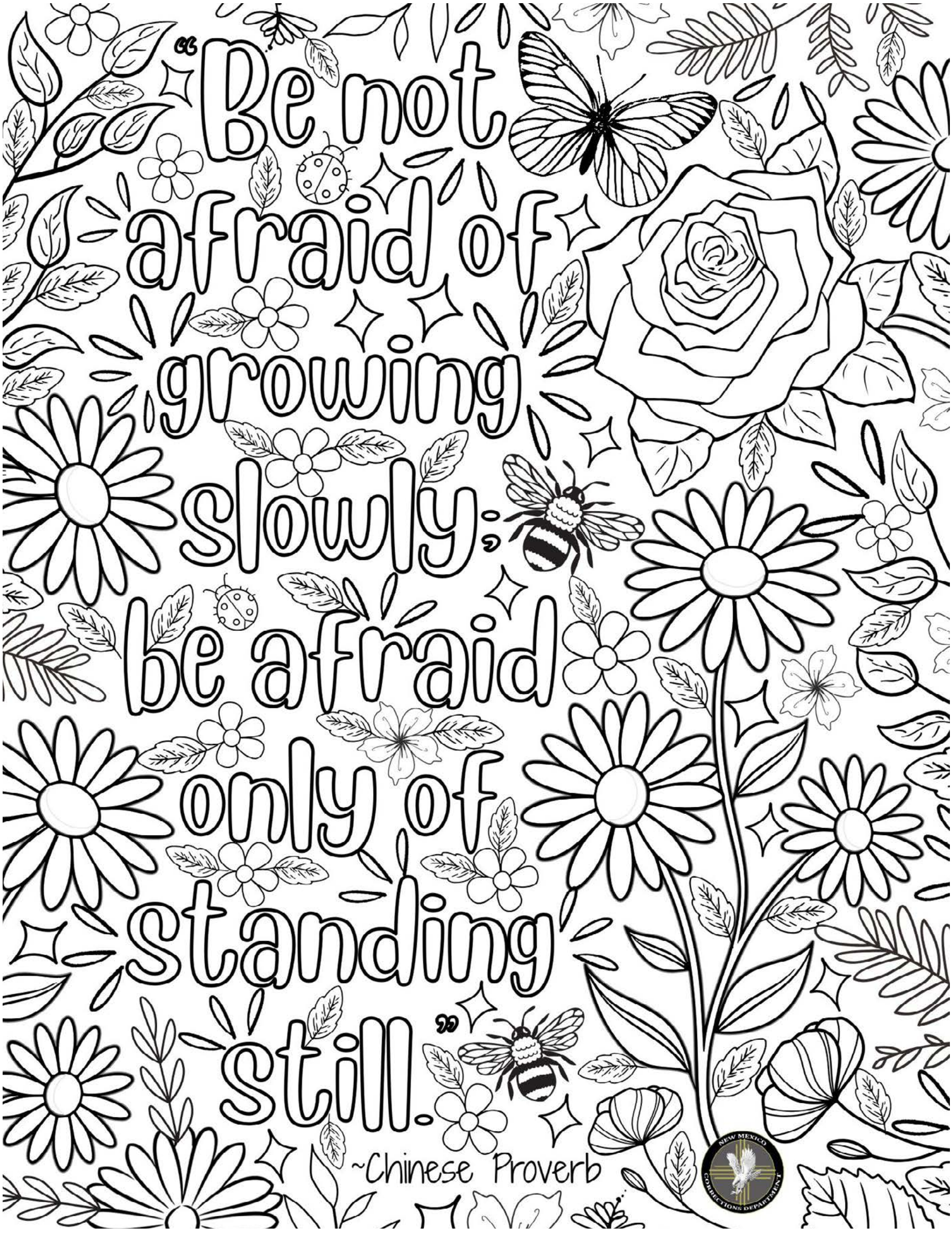


As you will learn by
reading this issue of Parallels,
one of the ways you can support
your own personal growth
is by pursuing hobbies and interests.
If you enjoy coloring (no really, it's not just for kids!),
then you will find a few coloring pages in this issue
(including this one). Ask your SOE to print one for you,
find some markers or colored pencils,
and discover how relaxing coloring can be!

"Your life does not get better by chance; it gets better by change."

~ Jim Rohn


Open a Book
and
Grow Your Mind!
NEW MEXICO
CORRECTIONS DEPARTMENT


"Be not afraid of growing slowly; be afraid only of standing still."
~Chinese Proverb

PARALLELS WORD SEARCH

YOU WILL FIND THE ANSWERS
TO THE WORD SEARCH ON THE NEXT PAGE.

P	G	E	H	O	B	B	Y	M	D	C	L
E	R	M	F	E	E	L	R	E	W	A	R
R	O	O	T	S	A	I	G	N	U	R	E
S	W	T	F	I	S	L	R	T	I	E	S
O	T	I	C	E	H	E	C	A	L	E	I
N	H	O	D	T	S	E	S	L	E	R	L
A	S	N	L	I	L	S	I	V	A	X	I
L	I	A	W	L	A	K	I	J	R	M	E
M	E	L	E	L	S	R	Y	O	N	O	N
H	Y	T	C	Z	H	S	E	B	N	R	C
X	N	U	R	T	U	R	E	A	D	A	E
I	C	U	L	T	I	V	A	T	E	L	L

FIND THESE WORDS:

READ
HEALTH
CLASS
HEAL
MIND
LEARN
GED
HSE
NURTURE
CAREER
MORAL
SOCIAL
PERSONAL
EMOTIONAL
INTELLECTUAL
PROFESSIONAL
GROWTH
ROOTS
MENTAL
THRIVE
HOBBY
CULTIVATE
RESILIENCE
FEEL
WISER
TIES
JOB
RISE
SKILL

Reflections on Corrections

"The hope of the world lies in the rehabilitation of the living human being, not just the body but also the soul."

~ Vaclav Havel

NEW MEXICO CORRECTIONS DEPARTMENT

www.cd.nm.gov

PARALLELS WORD SEARCH

ASK YOUR EDUCATION STAFF
FOR A PRINTED WORD SEARCH,
THEN CHECK YOUR ANSWERS HERE.

P	G	E	H	O	B	B	Y	M	D	C	L
E	R	M	F	E	E	L	R	E	W	A	R
R	O	O	T	S	A	I	G	N	U	R	E
S	W	T	F	I	S	L	R	T	I	E	S
O	T	I	C	E	H	E	C	A	L	E	I
N	H	O	D	T	S	E	S	L	E	R	L
A	S	N	L	I	L	S	I	V	A	X	I
L	I	A	W	L	A	K	I	J	R	M	E
M	E	L	E	L	S	R	Y	O	N	O	N
H	Y	T	C	Z	H	S	E	B	N	R	C
X	N	U	R	T	U	R	E	A	D	A	E
I	C	U	L	T	I	V	A	T	E	L	L

FIND THESE WORDS:

READ
HEALTH
CLASS
HEAL
MIND
LEARN
GED
HSE
NURTURE
CAREER
MORAL
SOCIAL
PERSONAL
EMOTIONAL
INTELLECTUAL
PROFESSIONAL
GROWTH
ROOTS
MENTAL
THRIVE
HOBBY
CULTIVATE
RESILIENCE
FEEL
WISER
TIES
JOB
RISE
SKILL

Vocab Zone

This glossary of terms provides the definition of some of the words used throughout this issue of Parallels and will help you GROW your vocabulary.

Accurately: in a way that is correct in all details; exactly.

Analytical: relating to or using analysis or logical reasoning.

Distinct: recognizably different in nature from something else of a similar type.

Doting: extremely and uncritically fond of someone; adoring.

Empathetic: showing an ability to understand and share the feelings of another.

Flourishing: developing rapidly and successfully; thriving.

Gradual: taking place or progressing slowly or by degrees.

Holistic: characterized by the belief that the parts of something are interconnected and can be explained only by reference to the whole.

Imperceptible: impossible to perceive.

Mindfulness: the quality or state of being conscious or aware of something.

Nurturing: caring for and encouraging the growth or development of.

Pampered: to be indulged with every attention, comfort, and kindness; to be spoiled.

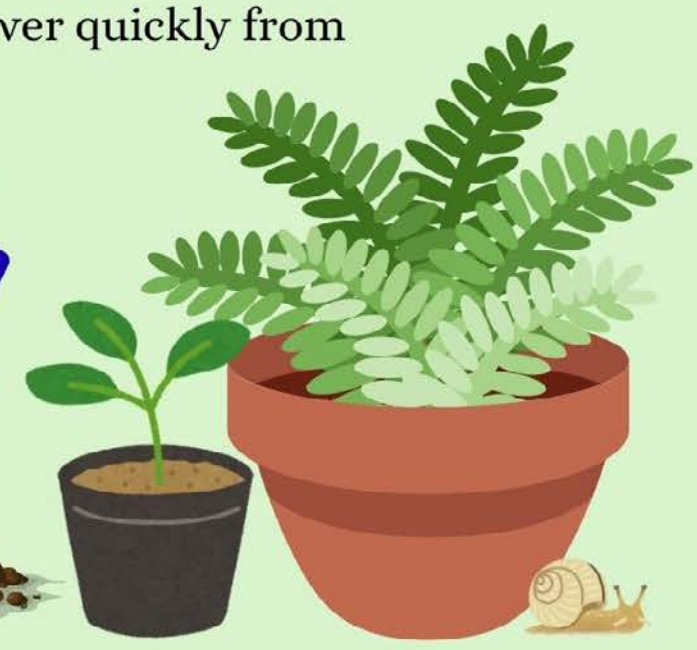
Progression: the process of developing or moving gradually towards a more advanced state.

Pursue: continue or proceed along (a path or route).

Resilience: the capacity to withstand or to recover quickly from difficulties; toughness.

Satisfaction: fulfillment of one's wishes, expectations, or needs, or the pleasure derived from this.

Transformation: a thorough or dramatic change in form or appearance.



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For any questions on Parallels, please contact the NMCD Reentry Division.