

THIS?

Two Stories About Being True To Yourself

JAMES



&



CHRIS

AUTHORS NOTE

LIFE IS RARELY SIMPLE: IT'S COMPLEX AND IT'S OFTENTIMES NOT ENTIRELY FAIR. THIS ZINE WAS CREATED ON THE BEHALF OF TWO PEOPLE WHO ARE SOON TO BE LEAVING INCARCERATION AND ARE TO RE-ENTER SOCIETY. CHRIS AND JAMES MADE ONE MESSAGE ESPECIALLY CLEAR WHEN ASKED WHAT THEY WANTED THE WORLD TO KNOW: THEY WANTED PEOPLE TO TAKE AWAY THE IMPORTANCE OF STAYING TRUE TO YOURSELF, YOUR TRUE SELF. THEIR STORIES, HOBBIES, MEMORIES ARE ALL A PARTIAL, DEEPLY PERSONAL REPRESENTATION OF WHAT MAKES THEM WONDERFUL FATHERS, BROTHERS, SONS, AND FRIENDS. THEIR VULNERABILITY IN PARTICIPATING IN THIS ZINE WAS PARTICULARLY ADMIRABLE AND TOUCHING, AND THEIR UNIQUE PERSPECTIVES IN INCARCERATION ARE BOTH ENLIGHTENING AND EDUCATIONAL.

LIFE IS WHAT YOU MAKE OF IT: BE TRUE AND TRUST YOURSELF.
-CLANCY AND REBECCA

TABLE OF CONTENTS

<i>Title page.....</i>	<i>Pg. 1</i>
<i>Authors Note.....</i>	<i>Pg. 2</i>
<i>Table of content.....</i>	<i>pg. 3</i>
<i>James' Hobbies.....</i>	<i>Pg. 4</i>
<i>Chris' Hobbies.....</i>	<i>Pg. 5</i>
<i>All About James.....</i>	<i>Pg. 6-7</i>
<i>All About Chris.....</i>	<i>Pg. 8-9</i>
<i>The Tree.....</i>	<i>Pg. 10</i>
<i>Closing Statements.....</i>	<i>Pg. 11</i>
<i>Back Page.....</i>	<i>Pg. 12</i>

JAMES- POET & FATHER

POETRY

*Embrace the pain,
praise the rain.
Both are required
for growth and gain.
Absence of proof
is where faith is.
Absence of struggle
means barren of greatness.
Love God, love self,
love life above all else.
Swimming through the murky
water is half of the adventure.
Reaching the other side is
the journey.
Fire consumes life, leaving ashes
which support regrowth.
Find yourself, help others,
and enjoy the ride.*

-James

MOVIE RECS

- ☐ **Clerks**
- ☐ **Dogma**
- ☐ **Mall Rats**

DAD JOKES

What do you call a seagull flying over the bay?

A bagel.

What do you call a dog with no legs?

Whatever you want, he won't come.

*What do you call a guy with no arms
in a bush?*

Russel.

Some fear the drought, others pray for the flood.

Some paint with berries, others paint with blood.

One builds with brick, the other uses lumber.

One dreads awakening, one longs for slumber.

We all know the feeling of being lost,

We all wish to feel being found.

One kind, human kind. One race, humanity.

Embrace the drought, swim through the flood.

Paint whatever picture comes from your heart,

that's art.

build your house strong, with what means you have.

Love life, love rest, embrace, don't escape.

Lose yourself, find someone, let someone find you.

That's life.

-James

MUSIC

- SOUL COUGHING
- ...AND YOU WILL KNOW US -
- TRAIL OF DEAD
- BLACKS FRANCIS
- THE SHOW IS THE RAINBOW

ABOUT ALL

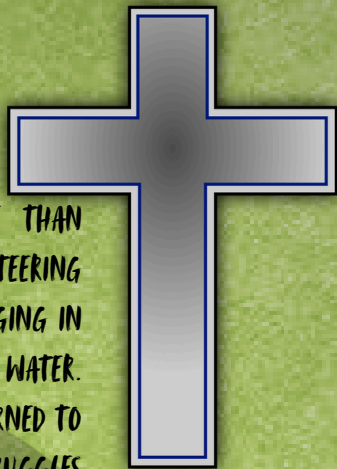
CHRIS



한글



JAMES



JAMES VANDERHEIDEN TRIES HIS BEST TO GET MORE THAN NINETEEN HOURS OUT OF HIS DAY. WHEN HE'S NOT VOLUNTEERING AT OPEN DOOR MISSION, HE'S READING HIS BIBLE OR INDULGING IN A NOTEBOOK WITH POEMS THAT FLOW LIKE LILY PADS ON WATER. INSTEAD OF LETTING HIS HISTORY DISCOURAGE HIM, HE LEARNED TO EXAMINE THE ROOT ISSUE AND RECOGNIZE THAT HIS STRUGGLES WERE SYMPTOMS OF A DEEPER PROBLEM: HE DIDN'T TRUST HIMSELF ENOUGH TO BE HIMSELF.

"NO MATTER WHAT,
WE ALWAYS HAVE A CHOICE."

JAMES IS A SMART MIND, QUICK WITH THE QUOTES AND EVEN QUICKER WITH THE DAD JOKES – A GREAT CONVERSATIONALIST AND SCHOLAR. HE'S A HARD WORKER, A PROACTIVE THINKER, AND AN EMPATH. WHEN HE GETS OUT OF INCARCERATION, HIS ALTRUISTIC GOALS INCLUDE SOCIAL WORK, FURTHER EDUCATION, AND EVENTUALLY COUNSELING. MOST OF ALL, JAMES WANTS TO CONTINUE TO LEARN TO BE HIMSELF. JAMES IS MORE THAN JUST AN INMATE: HE IS AN INDIVIDUAL. HE'S A GREAT LISTENER, INCREDIBLY KIND, AND RESPECTFUL – THE KIND OF GUY TO GRAB YOU A SODA WHEN HE NOTICES YOU DIDN'T GET ONE. THE KIND TO GATHER ALL THE PLATES UP AND THROW THEM AWAY. HE'S A FATHER, A FRIEND: AND UP UNTIL RECENTLY, HE STRUGGLED TO RECOGNIZE ALL OF HIS GREAT QUALITIES. BAD DECISIONS AND INSECURITY LED JAMES DOWN A ROCKY PATH, UNSURENESS IN HIMSELF LED HIM TO QUESTION HIMSELF AND, IN THE END, HE STARTED TO BECOME A MAN THAT WASN'T WHAT DEFINED HIM AS A PERSON. NOW, AS AN ADULT EXAMINING HIS MISTAKES HE HAS MATURELY FOUND GROWTH. HE'S BEGAN TO TRUST IN HIMSELF, WANTS TO BETTER HIMSELF OUTSIDE OF INCARCERATION, IS ACTIVELY INVOLVED IN VOLUNTEER ORGANIZATIONS, AND TRUSTS IN GOD TO GUIDE HIM IN THE RIGHT DIRECTION.



"The greatest gift from God is my authentic self. I haven't met him yet. He is yet to be conceived. Yet the idea of him alone gives me confidence and joy beyond comprehension.

He will be kind. Greeting adversaries and enemies alike with love and adoration. Where there is opposition, He sees opportunity. For which is more admirable, a robot built for kindness, or a monster who possesses compassion and love?

He will be powerful. Strong for helping the weak and meek, yet gentle enough to handle those who are fragile. He desires to fix what is broken and encourage that which is potential. Seeking to guide, he longs to lead the lost.

And he will be confident. Whether cradling a newborn in his arms, or staring into the eyes of the dragon. He will take charge, doing what needs done, regardless of self. Stoic and authentic are he.

By the love of Jesus Christ, and the grace of God, the creator of all, I am growing closer every day to becoming Him.

I am he, my authentic self.

We all have an authentic self. And I pray, God, we all find them."

**"I'D RATHER BE HATED
FOR WHO I AM, THEN LOVED
FOR WHO I'M NOT." - KURT COBAIN**



CHRIS

"WE'RE GONNA NEED MORE BODY BAGS..."

WHEN CHRIS MILLER WAS SEVEN YEARS OLD, HE WAS GIVEN THE KARATE KID UNIFORM ONE FAITHFUL CHRISTMAS MORNING. FROM THE MOMENT HE PUT IT ON: HIS GOAL BECAME TO GET HIMSELF A BLACKBELT. HE GAINED HIS FIRST AND SECOND DEGREE BLACKBELTS, TAUGHT HIMSELF NUNCHUCKS, AND THEN EARNED HIS THIRD LEVEL BLACKBELT, AND DREAMS OF MAYBE SOMEDAY JOINING A DOJO OVERSEAS IN JAPAN. HE VOLUNTEERS LOCALLY TO TEACH OTHERS THIS SELF-DEFENSE HAPKIDO HE LOVES. HOWEVER, OUTSIDE OF THE MARTIAL ARTS KNOWN AS HAPKIDO, HE LOST HIMSELF IN A CYCLE OF CHAOS THAT LED TO HIS INCARCERATION. HOWEVER, THERE'S MORE TO CHRIS THAN THIS PERIOD OF HIS LIFE. A MAN OF MANY SKILLS, CHRIS TAKES RIGHTFUL PRIDE IN HIS ADVANCED HAPKIDO AND MARTIAL ARTS ABILITIES.

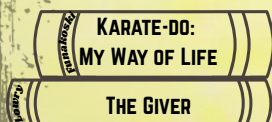


FINDING REFUGE IN THE ART, CHRIS IS ALSO A GUITARIST, A MOTORCYCLE ENTHUSIAST, AND A FATHER OF THREE BELOVED SONS AND THREE BLACK RESCUE CATS. HE WOULD RESCUE ALL THE ANIMALS IN THE WORLD IF HE COULD. CHRIS HAS REALIZED IN HIS TIME SPENT IN INCARCERATION THE TRUTH BEHIND HIS ACTIONS. DURING HIS TIME SPENT HE'S FOUND SOLACE IN WHAT DEFINES HIM AS HIM. MUCH LIKE THAT FATEFUL DAY WHEN HE PUT ON THAT KARATE KID SUIT, CHRIS HAS REALIZED THERE'S ONE THING HE WANTS: TO GET TO KNOW HIMSELF, TO PROVE WRONG ANYONE WHO'S DOUBTED HIM, TO GET CLOSE WITH HIS SONS, AND TO LEARN TO TRUST HIMSELF.



STAY WITH ME
 HERE WITH ME
 RIGHT IN THIS INSTANT
 NOT IN THE DISTANCE
 STANDING AT A CROSS ROADS,
 I WAS AT A LOSS, THOSE
 TEMPORARY MOMENTS, PLEASURES THAT ARE
 STOLEN
 HERE IN THE PRESENT,
 YOUR TIME IS SO WELL SPENT
 IT'S ALRIGHT
 WHEREVER YOU ARE RIGHT NOW
 I TELL YOU IT'S ALRIGHT
 THAT'S WHERE YOU'RE SUPPOSED TO BE NOW
 THAT'S WHERE YOU'RE SUPPOSED TO BE NOW
 A SONG, ONE SONG
 COULD END A WAR, COULD END A WAR
 A SONG (ROUND WE GO), ONE SONG (ROUND WE
 GO)
 COULD END A WAR (ROUND WE GO), COULD END A
 WAR (ROUND WE GO)

CHRIS IS MORE THAN JUST HIS PASSIONS. HIS
 ENJOYMENT IN BUILDING COMPUTERS, PLAYING
 GUITAR, BEING INVOLVED IN SALES, FLOOR
 ASSOCIATES, SHIPPING AND RECEIVING, REMODELING,
 MAINTENANCE, COOKING, DISHWASHING AND
 UTILITIES, AND THE LIST COULD HONESTLY GO ON:
 MAKES HIM WHAT IS KNOWN AS A 'JACK OF ALL
 TRADES'! HIS OPPORTUNITIES ARE VAST, WHICH
 COMPLICATES THINGS WHEN IT COMES TO WHAT HE
 WANTS HIS PASSION TO BE: HE'S FOUND, HOWEVER,
 WHEN HE PUTS HIS MIND TO IT, HE'S ABLE TO DO
 JUST ABOUT ANYTHING HIS WISHES!



Choosing the Good



“Faith is like planting a fruit tree, you may not see anybody eat off that fruit tree, and you might not be able to eat off of that tree, but someone else might be able to eat the fruit. You just got to plant the seed.”

CLOSING STATEMENT

WHEN'S THE BEST TIME TO GROW A TREE?
TWENTY YEARS AGO.

WHEN'S THE SECOND BEST TIME?
RIGHT NOW.

TAKE CARE OF YOUR TOMORROW SELF. IN YOUR
JOURNEY OF SELF-REFLECTION AND PROGRESS
DON'T LOSE THE FACT THAT NOBODY'S PERFECT,
AND WHEN WE MAKE MISTAKES, THE WAY
THROUGH THEM IS TRYING TO GET BACK TO OUR
AUTHENTIC SELVES.

ALWAYS SEE IT AS A LESSON.

-CHRIS AND JAMES

THAT.

THE TRUTH IS THAT, YES, LIFE IS UNFAIR. SOCIETY GUIDES US IN ALL SORTS OF DIRECTIONS, USING PUNISHMENT, REWARD AND REACTIONS TO DICTATE HOW WE SHOULD BE, WHO WE SHOULD BE, AND HOW WE SHOULD ACT. IN ACTUALITY, THE SECRET IS SIMPLE. NO MATTER WHAT SOCIETY PREACHES, BEING TRUE TO YOURSELF IS THE ONLY WAY TO NAVIGATE THE WORLD WITH UTMOST CONFIDENCE AND CERTAINTY. BEING SOMEONE YOU'RE NOT ONLY ENDS IN TROUBLE OR MESS; ADVOCATE FOR YOURSELF, LEARN, AND DON'T STOP LEARNING. MUCH LIKE CHRIS AND JAMES, WHEN ADVERSITIES COME, WHEN LIFE THROWS CHALLENGES AND ACTIONS FACE CONSEQUENCES, WHAT MATTERS IS REFLECTION. WHAT MATTERS IS ACCOUNTABILITY, WHAT MATTERS IS GROWTH. IT'S ABOUT SELF TRUST: IT'S AS SIMPLE AS THAT.