

# CONVICT CHRONICLES:

## AN ODE TO TIME

By Leo Cardez

Time is the only constant in the universe -- ceasing for no man.  
So ubiquitous we forget we're losing more and more of it every day.  
And we can never get it back.  
An alarm bell rings, another day at work.  
Count lights flicker, another night of TV binging.

Then one day we look in the mirror and fail to recognize ourselves.  
Wonder when the wrinkles set in or the gray started to appear.  
Where did our 20s go...our 30s?  
What have we done with our lives?  
Would you even call it a life?

But wait. There is hope on the horizon.  
Every sunrise is the dawning of another opportunity -- we can reverse course.  
To hope. To pray. To love. To give. To change our world.  
Lean into the day and ride this crazy rollercoaster screaming.

Time's constraints will keep us moored to <sup>the</sup> safety of routine -- if we let it.  
Learn to embrace the darkness of the unknown with a brave heart.  
Look Time in the eye and dare it to catch you.

And here's the pay-off.  
Our spirit will soar. Mind expand. And our legend grow.  
Then, and only then, can we say we have truly lived.

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