

Artist Statement — 30th Annual Exhibition of Artists in Michigan Prisons

Artist Name: J. Cain

Cards are a fun personal way to share your heart with others

Happy Pill It's been said; laughter is the best medicine. When things get tough, go wrong, or you have the blues. Find a way to make yourself smile. All things, are a little easier, when you wear a smile.

Me Tree Being in prison is similar to a tree in winter. You're still alive, but everything in your life is on pause. While the world goes on around you. You watch and wait for the weather of your life to change. One day your spring will arrive. Slowly, then, you'll begin to come back to life.