



KENAWANEE HORIZONS VOL. 70

MOTHER'S DAY ISSUE



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RESTORATIVE JUSTICE

KEWANEE LSRC has agreed to allow us to engage in more Restorative Practices. In the Horizons newsletter you will see the terms **RESTORATIVE JUSTICE** and **RESTORATIVE PRACTICES** very often.

The aim of Restorative Practices is to develop community and to manage conflict and tensions by repairing harm and building relationships. Restorative Justice in general, is a process involving the primary stakeholders in determining how best to repair the harm done by an offense. The three primary stakeholders in Restorative Justice are: the victims, the offenders, and their communities of care; their needs are respectively: obtaining reparation, taking responsibility, and achieving reconciliation.

The Kewanee Horizons team believes creating a better community here is Restorative. By indirectly repairing damages and by giving back to our current community and with greater communities at large, we are engaging in Restorative Practices.

**Community: A group of people with a common characteristic
Or interest living together with in a larger society.**

Merriam-Webster's Collegiate Dictionary Eleventh Edition

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MISSION STATEMENT

Kewanee Horizons has adopted the Restorative Justice and community theme. Partly because this has been the fight of our lives, those of us who have sought not only freedom in its many forms, but, also a way to give back, rebuild, and uplift our communities.

We give back because of what we have been given. We rebuild, by restoring back to a state of before our offenses. We uplift, by a conscious and consistent effort to better ourselves as well as those around us.

Kewanee Horizons will work to highlight the achievements of our community both on campus and off, inside facilities and outside. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives on our campus and across the state to other facilities on a regular basis. We are hoping to open the eyes to the limitless potential there is in our population, to advocate for more participation in programming, and to give recognition to those who succeed. We want to remain as interactive as possible so Kewanee Horizons will be picking your brains for ideas and accepting submissions to make this as interactive as possible. This publication is put together for the purpose of uplifting mind, body and spirit.

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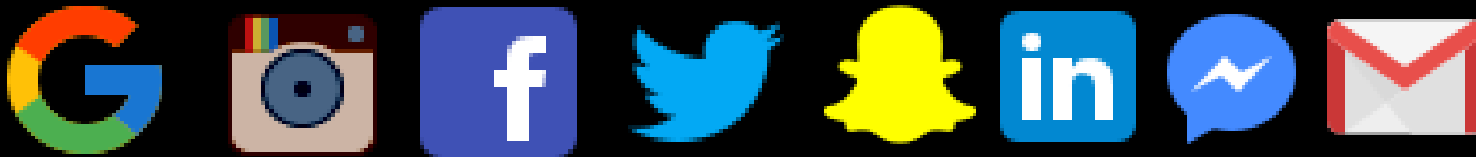
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

TELL YOUR FAMILY AND FRIENDS TO SCREENSHOT THIS PAGE
AND SHARE IT TO THEIR SOCIAL MEDIA WITH THE HASHTAG:

#KEWANEEHORIZONS

THEN LIKE AND SHARE THE POST!



AND DON'T FORGET TO CHECK US OUT ON THE IDOC WEBSITE!

IDOC HOME PAGE → CLICK "ABOUT" → CLICK "NEWS"

THEN SELECT "KEWANEE HORIZONS NEWSLETTER"

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I AM A CHRISTIAN

Joy Denton @ Logan C.C.

One beautiful Sunday morning at a church service in Logan Community church, I heard Latrell Miller read a very inspirational poem Maya Angelou called: I am a Christian. After Latrell read the poem, I started to cry, because not only was this poem very true and/or powerful, but it described my very dear friend **Katrina Giles**. If you know her, you will agree with me (and that's why she kept a smile on her face). But for those who do not know her... read the poem and you'll see who **Katrina Giles** really is.

"I am a Christian"

By: Maya Angelou

When I say... "I am a Christian"
I'm not shouting "I'm clean livin."
I'm whispering "I was lost,
Now I'm found and forgiven,"
When I say... "I am a Christian"
I don't speak of this with pride.



KATRINA GILES



I'm confessing that I stumble
And need Christ to be my guide.
When I say... "I am a Christian"
I'm not trying to be strong.
I'm professing that I'm weak
And need His strength to carry on.
When I say... "I am Christian"
I'm not bragging of success.
I'm admitting I have failed
And need god to clean my mess.
When I say... "I am Christian"
I'm not claiming to be perfect,
My flaws are far too visible
But, god believes I am worth it.
When I say... "I am Christian"
I still feel the sting of pain.
I have my share of heartaches
So I call upon His name.



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When I say... "I am Christian"
I'm not holier than thou,
I'm just a simple sinner
Who received Gods grace, somehow.

Katrina Giles was and will always be a blessing to me and to others.

I love you Katrina.
Love Always,
Joy Denton

NOTE:

Katrina was the overall winner at Logan's DEFY Ventures BPC November 2023, Cohort 2

KH and 2Roads Hearts and Prayers go out to Katrina Giles and her family!



Untitled

By: Richard "Rake" Emerson @ Pinckneyville C.C.

Hello, my name is Richard "Rake" Emerson. I received a 30 year sentence at 50%. The sad truth

is I deserved it! I let the Drugs and Depression take over. I did a lot of thing's I would have never done with Sober thoughts. I had it all, the Perfect family, perfect wife, kids were Amazing, my Dog 'Akeyla' and my pig "Mrs. Piggy' yeah bro I had a pig she was awesome. But unfortunately I slowly gave it up cause I was lost not only in drugs but the devil tricked me into thinking my way of life at the time was it! Talking bout Finesse huh? He tricked me bad! But there is light at the end of every tunnel. FACTS!

Today I'm on the way to a better life and it started in the County Jail. For years I didn't think I would make it home but for real I started praying, 'yes, me Richard "Rake" did it and look I got what I prayed for. My daughters are doing amazing and I will be home one day. Soon I will start College and be to work as soon as I get home. Prison is hard and its harder when you are trying to do better. But it's worth it! If I can do it, I promise you guys one thing, God loves us no matter what our crime was. Ask for help and he got you at anytime. Matter of fact he's waiting for you right NOW. Brother's and Sister's keep your head up, it's gonna be hard at times but you got this. Stay strong family!

Ya boy, Richard "Rake"

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UNTITLED

By: Mary Scott @ Logan C.C.



Hello my name is Mary Scott, I recently was scrolling through my tablet documents & seen a fella with his art displayed. This inspired me to share a few pics I've recently done. I started drawing at the age of 4, I remember many days being chastised for doodling during class hours while neglecting my school work. I just couldn't help myself. They couldn't understand that I could not do it! I had all of these intricate stories in my head to seek to translate through the flow of my pencil. I wanted to be the bridge connecting my mind to the world. Cinderella couldn't be beautiful enough. The step mother and sisters couldn't ne horrid enough. I always sought more, as soon as one idea popped up, another would; leaving me with a menagerie of unfinished work.

The thoughts would flow through my brain like a waterfall after a summer storm. I had to release. My mentor was my brother Billy, boy did he have an eye and a knack for calling stuff as he seen it! He counseled me endlessly. Teaching me shading & battling me with personal drawing contest, then there was my biggest fan... my father. He's no longer with us but I still think of him & smile. His love & infinite acceptance encouraged me to progress to where I am now. He kept every picture/portrait I ever did including my unfinished works. To him I was priceless. His baby girl, his artist. Our LTS Ms. Keck challenges me constantly with pieces, I'm so grateful to her. I still have so much to learn but I'm soaking it up like a sponge. I'm willing to learn from whomever, whenever.

(SEE MARY'S PICTURES ON THE NEXT PAGE)

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Congratulations to Aim Higher Graduation Class 4-26-24!!



Congratulations to the Money Smart Graduating Class of 4-9-24!



Congratulations to Inside Out Dads Graduation Class 4-10-24!

HAPPY MOTHER'S DAY TO ALL MOTHERS AROUND THE WORLD.

BY: AL "BAHA" MOMANI @ CENTRALIA C.C.



To my precious mom, I pray my words soon find its way into your loving hands and that your eyes will feast on my words. On your special day I send you with my words my deepest and most sincere love as I thank you for all that you did for me, and all what you taught me. I love you so deeply for all the sacrifices you made for me. You're a fountain of flowing delight and wonder. You're a delightful poem which fills my senses with beauty. As my love for you grows stronger with sunshine. I thank the Lord that you and I share this closeness. A lovely mom such as you is worthy of only the best life has to offer. I consider myself a very lucky person to have you as my own mom. I don't know, what would I do without you? How would I survive? I pray that I never have to cross that bridge. My life would be an empty shell without you around to fill it with your warm love.

Dear mom, in all honesty, no matter where life takes me, may you know this to be true, I don't know if I could make it without you, my emotional well-being to a degree, upon your warm sustaining love, your love lights my path through the darkness which surrounds me and gives me hope for a brighter future.

Mother, I miss your gentle touch and loving guidance, my dreams are filled with blissful memories of you, each day begins with optimism at the thought of hearing from you.

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Although I may seem far away, we are truly never far apart. For part of me lives on forever, there within your heart, so remember to have faith, as life's beautiful journey continues, be strong, be courageous and stay strong, good days are forever. Goodbyes are not the end, they simply mean I will miss you until we meet again. In reality dreams come true and "with God all things are possible".

May all your days be filled with happiness & magic, may you reach the stars in all you do, may all your days be filled with sunshine and eternal love, may Almighty Allah bless you with his generous gifts for all you do each passing day and may He protect you all of your life through, I love you today, tomorrow, and I will always cherish you in my heart. You will forever be my precious jewel.



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SUBMITTED BY BAHA



HOPE



BY: ANTHONY (GILLA) McGee @ DANVILLE C.C.

Desire accompanied by expectations of fulfillment. (Remember: Every time you see Hope.)

My name is Anthony McGee “Gilla” to those who know me. “AC” to those who’ve know me since childhood. I’ve been incarcerated for almost 18 yrs, got an outdate coming soon, I “hope” sooner. For those who don’t know or are not close “keep hope alive”! I’m a community participant/Peer Educator here at Danville C.C. in the Building Block Re-Entry program, specifically the C-Grade groups. During one of our sessions on Building Block in our housing unit, one of the Peer Educators brought up “hope”. This was a conversation that prompted the thoughts in many of what “hope” was. For me I wanted to share some of it with the men/women who have longed for “hope” year after year, moment after moment, and circumstances after circumstances. And maintain patience despite everyone of us have the familiarity of saying “Keep Hope Alive”. Keeping “Hope” alive drives the constant fortitude to keep going.

In the discussion we had several guys give their examples of “Hope” & how it looked in description. A lot of references was made to what we most commonly have seen. Men and women coming off death row or having natural life sentence’s commuted entirely.

Men/Women being released due to House Bill 3026 after long sentences being served.
“Hoping” for the Innocence Project to get that final D.N.A sample or recanted statement.

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Those relation's went on for a while, because it's what we all automatically understood our "Hope" to be for. However, the most simplest form of "Hope" in description, was the fable of the little engine named Thomas who really had "Hope" to one day pull a load from the train yard. Now I know all my scholarly men/women may think "aw" man it's deeper that, that he could've used this or that, our ancestors so forth, so on all is true.

Sometimes you can look at the smaller things & see the big effect. When the brother who mentioned the " Little Engine that could"- I think I can, I think I can, I think I can- the group's attention was captured by what he saying, cause it was the simplest form of description to "Hope". The relation spoke to every instant that "Hope" is projected forward. Before Thomas the engine got to "I think I can" he sat on the train yard "Hoping" for the time to come where he could show up & show out!

When the desire of "Hope" was fulfilled, it was now time to do what that "Hope" required. In life, we all have "Hope" in instances we look forward to something happening, whether it's the changing of an outdate, to "Hoping" not to wake up on a Level One Lockdown the day of your visit. We build up that "Hope" when we see a constant change in other things for the better. Knowing in the wake our moment come's, WE'LL BE READY!!

Patience is also a key to our "hope". We all have some form of patience, but I "hope" for it to be used. I keep HOPE alive that I'll finally get to Kewanee, I "Hope" it's soon!



UNTITLED

By: Maza Lynch @ Lincoln C.C.

I suffered through depression for years. I was very suicidal. As a teen and in my adult life. The weight of life's programs was weighing me down. On top of that I tried to carry everyone else's weight right along with mine! Nearly broke me into pieces. My oldest daughter had a tumor at the base of her Medulla Oblongata. As a mother that was a different kind of pain and fear. But the weight was the same, Heavy! I begged God to give me her pain, to place her sickness and ailments on me! All of that weight had my shoulders slumped, a hump in my back, knees scarred from the over bearing weight. Not literary. But you see where I'm going with this. I prayed constantly, begging God to take me before he takes any of my babies! I just cant fathom the thought of that. After God sat me down, (prison) I found that I could not be outside these gates to take care of my little family, so I had no choice but to do what I had so very hard to do, put my hands in the air and give everything to God! It was so hard to do because I'm a mother and a grandmother. I couldn't help but to worry. I placed all of my weight on Gods shoulders. A great and life draining weight was taken from my shoulders! I prayed my daughters tumor away! It shrank, now its gone! Thank you Jesus! Now I'm truly at peace, a peace that I've never had before! I don't worry about nothing, my eyes are open, I can see the light!

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5 YEARS LATER

By: Antonio R. Perkins @ Robinson C.C.

1,725 days on a quest to master a maze/ was I lost/ was it just some valuable lesson that I needed to be taught/ or is it just a place to regroup and become one with my thoughts/ IDK/ could it be a springboard in my book of life to dive into my next chapter/ where self love, God, and family are the only things that truly matter/ or could it be a hellhole and the only way out is to climb a mental and spiritual latter/ this time 60 months ago I was much sadder/ after losing my freedom it felt like my whole world had been shattered/ now, I can smile again/ the very thought of returning home soon makes me grin/ no longer do I rely on outside sources, all of my joy comes from within/ I couldn't be more excited for my new journey to begin.

5 YEARS LATER

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We The People

By: DeAngelo McCall @ Danville C.C.

We the people must first change the way that we think before we can change who we are as individuals. We have to realize that we are better when we're all united as one then being divided by many. We cannot have an effective or positive community without unity, and we have to understand that unity starts with us. We the people are the product of the future, we have the ability to change who we are, what we do, and where we want to go in life. But if moving forward is not the purpose, then what is the purpose? The only person that can stop you from being great is you, you have to dig deep and find it within yourself and push yourself in the direction of wanting to be better today than you were yesterday. We the people cannot expect the next person to stand up for us if we're not able to stand up for ourselves. We the people must come together and put an end to this generational curse for the generations to come. I stand with my people, because I believe in the people, because I am for the people. We the people.

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MOTHER'S ARE SPECIAL



The Thankless Job.

By: Earl Milton Jr. @ Centralia C.C.

The good that you've done and that you do everyday which no one seems to notice or appreciate. I want you to know that we seen it all. The careful persistent effort that you put into even the smallest things. We feel the love and care dispensed daily in the little details that are so often overlooked. You are a ROCKSTAR to us! The thankless job we thank you for. The one that you thought nobody even cared about. Your special little touches that you put into everything you do. These are those that deserve the most gratitude. Keep doing what you're doing & forget the rude oblivious masse's. Always know that you are seen. Always know that we care. Everything that you do and everything that you are means so much to us. You are a rock star! We are your fan's, just incase you had any question's concerning why this is so true. First, there is no thankless job, for in reality you are what keeps the wheels turning so smoothly. You are the nut's and bolt's that keep the engine from falling apart. The Ferris Wheel needs your oil. No toil is in vain. Even if you feel miserable and invisible. Even if you've been plagued with pain of the forsaken or overlooked soul. We felt that we should tell you just incase you have not heard. We appreciate EVERYTHING that you do. Even if you never hear us say so. So, on the behalf of all that feel forgotten, overlooked, or unappreciated. We want you to hear it from us first. You are a rock star. And the world would fall apart without you. I thank you on behalf of us all. Keep up the good work and keep standing tall.

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PEER LED SHOWCASE

The Lady's and Gentlemen that you see pictured above are the very people that help make our vision come to life. These individuals dedicate their time and effort to help teach our fellow peers things that are much needed in their personal development in life, which we anticipate will inspire us all to step up and do the same. We are beyond appreciative for the submissions we've received from other facilities, and other peer educators, and it's truly a wonderful thing to see. We all lead by example, and the example that we've set with these peer-led classes show that we are more than determined to prove our worth. We are all leaving behind a roadmap to success, and for all of those that are involved, to everyone that makes this possible, our gratitude cannot be expressed in simple words. However, thank you to **Everyone**, and please, keep up the good work!

Trust me, it's not going unnoticed.

The Mother of Mother's Day

Anna Maria Jarvis (May 1, 1864 – November 24, 1948) was the founder of Mother's Day in the United States. Her mother had frequently expressed a desire to establish such a holiday, and after her mother's death, Jarvis led the movement for the commemoration. However, as the years passed, Jarvis grew disenchanted with the growing commercialization of the observation (she herself did not profit from the day) and even attempted to have Mother's Day rescinded. She died in a sanitarium, her medical bills paid by people in the floral and greeting card industries.

Anna Maria Jarvis was born to Granville E. and Ann Maria (née Reeves) Jarvis on May 1, 1864, in Webster, Taylor County, West Virginia, the ninth of eleven children. Seven of her siblings died in infancy or early childhood.

Her birthplace, today known as the Anna Jarvis House, has been listed on the National Register of Historic Places since 1979. The family moved to Grafton, West Virginia, also in Taylor County, later in her childhood.

Ann Reeves Jarvis was a social activist and founder of Mothers 'Day Work Clubs.

As a woman defined by her faith, she was very active within the Andrews Methodist Episcopal Church community. It was during one of her Sunday school lessons in 1876 that her daughter, Anna Jarvis, allegedly found her inspiration for Mother's Day, as



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Ann closed her lesson with a prayer, stating:

“I hope and pray that someone, sometime, will found a memorial mother’s day commemorating her for the matchless service she renders to humanity in every field of life. She is entitled to it.”

With the encouragement of her mother, Anna Jarvis attended college. She was awarded a diploma for the completion of two years of coursework at the Augusta Female Seminary in Staunton, Virginia, today known as Mary Baldwin University.

Jarvis returned to Grafton to work in the public school system, additionally joining her mother as an active church member, maintaining a close link to her mother. After her uncle, Dr. James Edmund Reeves, persuaded her to move to Chattanooga, Tennessee, Jarvis worked there as a bank teller for a year. The following year, Jarvis again moved, this time to live with her brother in Philadelphia, Pennsylvania, despite her mother's urging to return to Grafton. Jarvis was successful in Philadelphia, taking a position at Fidelity Mutual Life Insurance Company, where she became the agency's first female literary and advertising editor. Another accomplishment was becoming a shareholder in the Quaker City Cab Company, her brother's business. While away from Grafton, Anna Jarvis maintained close correspondence with her mother. Ann Reeves Jarvis was proud of her daughter's achievements, and the letters kept mother and daughter closely linked.

After the death of Jarvis' father, Granville, in 1902, she urged her mother to move to Philadelphia to stay with her and her brother. Both brother and sister worried about their mother's health, and Ann Reeves Jarvis ultimately agreed to move to Philadelphia in 1904 when her heart problems necessitated it. Jarvis spent most of her time caring for her mother as Ann Reeves Jarvis' health declined. She died on May 9, 1905.

On May 10, 1908, three years after her mother's death, Jarvis held a memorial ceremony to honor her mother and all mothers at Andrews Methodist Episcopal Church, today the International Mother's Day Shrine, in Grafton, West Virginia, marking the first official observance



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of Mother's Day. The International Mother's Day Shrine has been a designated National Historic Landmark since October 5, 1992. Although Jarvis did not attend this service, she sent a telegram describing the significance of the day and five hundred White carnations for all who attended the service. As she spoke in Philadelphia at the Wanamaker's Store Auditorium, she moved her audience with the power of her speech. Although the national proclamation represented a public validation of her efforts, Jarvis always believed herself to be the leader of the commemorative day. She, therefore, maintained her established belief in the sentimental significance of the day to honor all mothers and motherhood. Jarvis valued the symbolism of such tangible items as the white carnation emblem, which she described as:

“Its whiteness is to symbolize the truth, purity and broad-charity of mother love; its fragrance, her memory, and her prayers. The carnation does not drop its petals, but hugs them to its heart as it dies, and so, too, mothers hug their children to their hearts, their mother love never dying. When I selected this flower, I was remembering my mother's bed of white pinks.”

Jarvis frequently referred to her mother's memory during her efforts to maintain the sentimental heart of the day while also maintaining her role as the founder of the holiday. In addition to her efforts to maintain her position and recognition as the holiday's founder, Jarvis struggled against forces of commercialization that overwhelmed her original message. Among some of these forces were the confection, floral, and greeting card industries. The symbols she valued for their sentimentality, such as the white carnation, easily became commodified and commercialized.

By the 1920s, as the floral industry continued increasing prices of white carnations and then introduced red carnations to meet the demand for the flower, Anna Jarvis' original symbols began to become re-appropriated, such as the red carnation representing living mothers and the white carnation honoring deceased mothers. She attempted to counter these commercial forces, creating a badge with a Mother's Day emblem as a less ephemeral alternative to the white carnation. Her negative opinion of these commercial forces was evident in her con-



temporary commentary:

“A printed card means nothing except that you are too lazy to write to the woman who has done more for you than anyone in the world. And candy! You take a box to Mother—and then eat most of it yourself. A pretty sentiment.”

However, her efforts to hold on to the day's original meaning led to her own economic hardship. While others profited from the day, Jarvis did not, and she spent the later years of her life with her sister Lillie. In 1943, she began organizing a petition to rescind Mother's Day. However, these efforts were halted when she was placed in the Marshall Square Sanitarium in West Chester, Pennsylvania. People connected with the floral and greeting card industries paid the bills to keep her in the sanitarium.

Jarvis died on November 24, 1948, and was buried next to her mother, sister, and brother at West Laurel Hill Cemetery in Bala Cyndi, Pennsylvania. Although the Anna M. Jarvis Committee supported her and helped to continue her movement during her declining health, it ultimately disbanded with the assurance that the Jarvis family gravesite would remain under the care of her grandniece who was the only heir to the estate, her second oldest brother's granddaughter, as she never married or had any children.

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My Day One...

By: Brandon A Wilds

It goes without saying it's all in the title "My Day One"! Let me introduce you to a beautiful woman named Barbara. A woman with four crazy children who are all different in their own right. I can honestly say I learned so much from this woman and I didn't even grow up with her. All the way from making my favorite Apples and Cinnamon oatmeal, to how to invest into certain money markets. My mother even through her own trials and tribulations was and always has been by my side. She taught me what love, loyalty and respect really meant. I have been gone for nearly half my life and she's been by my side every step of the way. Coming to see me in every prison every chance she had. I remember this woman got caught in the worst snow storm I've ever seen in 2011 just to come see me. Spending ten dollars on phone calls back in the day just to hear my voice. For my 26th birthday she had all her resident's at her nursing home fill out over 70 birthday cards and sent them to me. I remember the C.O came to my door several times to keep handing me card's and finally was like "well damn somebody must love you" Ha-ha I couldn't do anything but smile! I won't even get off into the story of how she saved my life by giving me the Heimlich because my Grandma gave me too much candy and I started choking. LITERALLY saved my life ladies and gentlemen! One of the biggest reason's I do what I do is to be successful not just for me but also for her. I want to make her proud of what I plan to become and hope that she never needs nor want's for anything. My mom isn't perfect but



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she's perfect to me. I couldn't have asked for a more amazing mother. I told you all the to celebrate my Mom but in the same sentence for the hope and belief that you can take the time to remember what all our mother's have done for all of us. Whether incarcerated or not. We only get one Mother and I couldn't imagine not having mine. Mom thank you for being such an amazing influence on me throughout my entire life. I truly dream about way's to pay you back even though you always say I don't owe you anything. I promise I will find a way to get you back!

I love you and Happy Mothers!





UNTITLED

By: Melvin King

I'm not someone who went to church every Sunday
My mom wasn't religious so I made it a fun day
Once a year she did make it her business
To recognize Jesus on the day he had risen
I was so young and I did not understand
Why we went to church once a year that made my grandmother sad
I never got to know religion, I just knew to pray
So I did what was asked, but not everyday
I first read the Bible when I was 23 years old
I couldn't understand it, was my heart that cold
The King James version of the Bible is very hard
So I got a Tyndale, which helped me come from afar
I've read the Bible front to back 2 times
Not once did I get an understanding, it never clicked I wondered why

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I tried Islam with the hope that it would wake me
That didn't work I should have let things be
Things didn't click with Islam because I stayed in trouble
So I went back to church, I was no longer in a bubble
For most of my adult life I prayed to an higher power
Trying to figure out things, why I felt so sour
Prayers get answered in due time its true
Don't look for it right away, or else you will be left feeling blue
My grandmother is my rock, I love her so
She gets a prayer sent up everyday, I want you to know
She has been there for me since the day I was born
Not once wavering from my side, she doesn't want to leave me torn
So I give thanks to her for all she has done for me each and everyday
All she asks of me is just to pray.



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My Top 5 Mother's

By: Jermaine Brown

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Growing up I wasn't fortunate to be raised by my biological mother, due to her mental illness. Instead, I was raised by my grandmother and with the help of my four aunts it eased the burden on her. Childhood was difficult for me especially with the fact that I never knew my father. Although, I had a lovely family, I was still a victim to reality. Reality told me I was nothing, and taught me how to hate self including my race. Think about that for a minute, if a person hates himself how could he care for another. Truth is; my childhood was robbed by my reality. I was so caught up in trying to figure out life by myself that I never embraced the fact that I had five beau-



tiful black women that I could count on for any and everything.

It took incarceration for me to be still and listen to GOD. Before that I couldn't hear or see clearly. I had Satan on both shoulders speaking into my young immature mind. What my **Mother's** taught me I quickly forgot, when I fell I couldn't see them there to catch me. But the beauty of life and the presence of God can restore not just your hearing, and vision but your heart as well. So, with that being said, I would like to take this time to show my appreciation to my 5 **Beautiful Mother's**, Lula, Pat, Linda, Delores, and Jeanette.



Thank you for taking me in and following your heart. The things you taught me are not lost but remain in my heart and have become part of my being. The love I have for you has caused me to respect all women. I may not have valued you as I should have as a young man but I want you to know that prison can change a man and I am one example of that. This is now my last year in

prison and soon I will be there to place crowns on your precious heads. Sincerely yours.

HAPPY MOTHER'S DAY



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HAPPY MOTHER'S DAY

By: Ronald "Eastside" Crawford

What do you say to someone so magnificent
When no matter how colorful, words seem insignificant
Does one thank her or praise her and the women that
raised her
Express gratitude to the God that made her
All of the above is more fitting because she's more than
worth it
Anything less than the world is inadequate because she
truly deserves it
How does one tell his mother how special she is
That through her he has life, so he's blessed that she
lives
Through ya'll we see where the best of us comes from
Happy Mother's Day to everyone who is a mom



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WHAT WOULD I TELL 16 YEAR OLD ME?

By: Taji K. Marshall

The most significant day of my young life happened when I was sixteen. On August 14th, 1987 my mother passed away. As I said I was sixteen, it was summer vacation and I was getting my football equipment and jersey later that day. So much of that day, I can still see clearly in my minds eye, but parts I think are forever hidden in a fog. For instance, I can't for the life of me tell you what I asked my mother for, or why she denied the request. However, I distinctly remember being upset at her denial, I didn't tell her I loved her after she said it to me. the very last thing I said to my mother was bye, not see you later or hope you have a good day, but a simple, angry bye. I can remember so much of the day being joyous, truly a day to remember, and for all the right reasons. Little did I know my entire life was being altered, out of sight of me and my loved ones.

The first half of the day started out great. I picked up my pads and jersey, and confirmed I would be starting as right defensive tackle. I arrived at Princeton Park around noon, and showed my new pads and helmet to my Aunt, my pride was evident. Maybe an hour later, all the guys in the neighbor-



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hood decided to play a full contact game of football, seeing as we all had pads and a helmet. We played several games, and it was starting to get dark when we decided to call it quits. I had no idea that short walk from the field at Drew school would end my current existence, and start a new one.

The walk to my Aunt's house was like so many I'd made over the years, except it wasn't. The most noticeable thing was the amount of cars, strange cars parked around her house. As I walked to the door, I could hear a plethora of unknown voices, to match the strange cars on the street. What's odd, is at no time did I ever consider any of the strange cars and unknown voices had anything to do with me, but it did, it had everything to do with me and my baby brother, who was living his own personal hell across town. Walking through the front door, I was bombarded with what I would later realize were looks of confusion mixed with remorse. It was my cousin, only two years my senior that said anything to me at all. I can't imagine what went into choosing him, or the weight he felt, having been chosen to do what no adult wanted to. My favorite cousin, a cousin I grew up treating more like a brother, and my mother treated like a son. That cousin, at age eighteen, took his younger cousin/little brother into the basement, and told him their mother was gone.

What would I tell sixteen year old me: I would tell him nothing last forever, that finality is as much a part of life as any beginning. I would tell him, that if he loves someone, to love them unabashedly, to never have them doubt your love. But most importantly, I would tell him to tell his mother he loves her and to hug her one last time.

TO THE MOTHER I'M IN LOVE WITH...

By: Keith Roberson

You are so much more than your first and last name. When your story is told, it will be the greatest ever told. In a world where nothing last forever, a mother's love is that diamond in the ruff and we all know diamonds are FOREVER. Life has not always been gentle with you yet your angel hands remains so gentle.

From the outside looking in, I have seen your true beauty; I have witnessed your commitment, your dedication, I have heard the tears in your voice; seen the care in your actions; seen the strength in your nurturing and the warrior in your unconditional love. I'm your #1 fan baby love and you're my superstar...the love I have for my woman king (my mother), it's that love I have for her that makes me gentle when I care for you. I see no flaws in you, only characteristic traits, jewels that identifies you so I can know like that Usher song, There Go My Baby.

I am so proud of my accomplishment; luckiest man loving. My admiration is fixated on you. You are the first true love to ALL kings and queens; how can anything compete with you; a mother; when nothing can even begin to compare. I love being in love with you. WHAT!! You want the world. It's yours... You want the stars and the moon too. It is nothing, I will lay happiness at your feet; I will greet you with validation; have you lusting with anticipation and loving my affirmation...You are my love language baby. My eyes will forever compliment you; my faith in us will remain faithful. Hold me close baby, sadly we only get one lifetime. Woman; I am so grown when it comes to you *smile*.



Libra



Gemini

To the mother I am in love with
Happy Mother's Day *kisses*

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I REMEMBER

By: Terrance Lloyd



I remember, when you use to tell me that I grabbed your leg when you use to go to work, because I didn't want you to leave me. I remember when I use to get in trouble at school and you would take the most important things from me. I remember, when we had special chores that had to be done before you got home from work. Now, I realize that you did that out of love. You wanted me to be the best man that I could be. You did that because you were just being a good mom. So, now is the time for me to "Thank You" for not dragging me when I pulling. Thanks, for taking what was good from me, for me to realize that bad deeds don't get reward. Until this day I can still depend on you. Every time we talk I still feel the love from when I was that little boy on that floor, not wanting you to leave, though you had to go to work. So, I want to say the way you showed your love was in a strange way. Now, that my mind is clear as I reflect on those times, you were just being a mom to your oldest son showing that Love you continue to dish out till this day. So, I hope you and all mothers enjoy this Mother's Day. Now, I finally realize everything you did it was out Love.



I LOVE YOU MOM (Stephanie Lloyd)

HAPPY MOTHER'S DAY

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MY SOLAR ECLIPSE

By: Roger Sharkey

Seeing the moon start to engulf the sun, I soon realized I am sharing this encounter with millions of people. To look around and see staff and I.I.C's standing together to share in this majestic phenomenon was truly breath taking. Something that would not be allowed to happen anywhere but here in Kewanee. Looking around as my surroundings started to darken; I was genuinely amazed at how my shadow looked like it had a shadow. I wanted to be the last one there but some of my fellow I.I.Cs was even more stunned then me, which made me smile. To know that he enjoyed this event as much as I did. I sincerely feel blessed to have experienced this solar eclipse and to be here in Kewanee. Thank you to everyone who made this happen, Ms. Coulter, Mr. Warnsing, Lt. DeCoster, and last but not least Warden Carothers.



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Celebrating Solar Eclipse at KLSRC

By: Jermaine Brown

On 4/8/24 I had an assignment as the new video and camera guy to capture images of the Kewanee community as they witnessed the complete solar eclipse. To my surprise the staff had gone out of their way to provide everyone with the necessary protective eyewear to view the eclipse safely without damaging any ones eyes. Before filming and snapping pics, I took time out to place the special glasses over my eyes to witness what all the fuss was about. After I became a witness I began my quest. Soon everyone that basically walked passed were putting on the special shades and enjoying history and there I was recording those moments. It was a blessing being able to see both staff and I.I.C sharing the walk way at complete ease with noses to the sky. For a moment I felt as if I wasn't in prison and I'm sure I wasn't the only one. I seen one guy laying in the grass and I decided to do the same. All in all it was a beautiful day and the footage came out great.

I couldn't help but think about how rare an opportunity this was; I mean anywhere else the prison would probably have been on a petty lockdown (therefore I count my blessings). Anyway, I just wanted to keep all you brothers and sisters currently incarcerated encouraged. We hope you and all of our outside viewers enjoy the images that we here at Kewanee Horizons captured.



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HAPPY MOTHERS DAY

HAPPY MOTHERS DAY



SOLAR ECLIPSE

2024



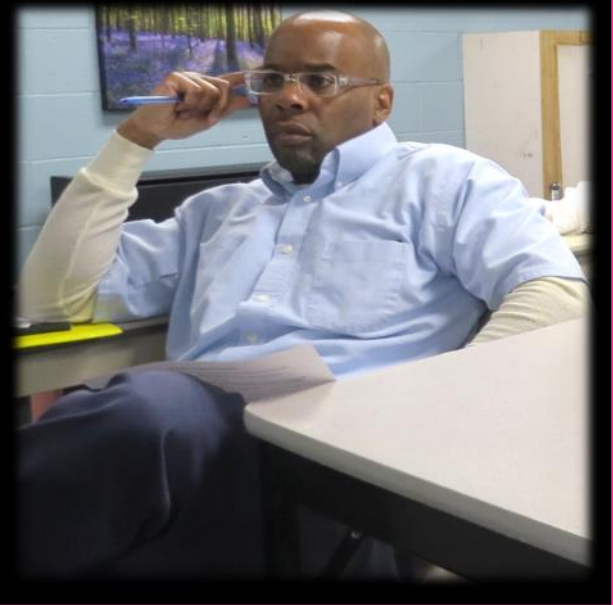
IJP JOURNALISM SEMINAR

Halik Williams @ K.L.S.R.C.

I'm sure you've heard there is a first time for everything. Well, on April 9th 2024 I experienced a first. The Illinois Justice Project (IJP) held a Journalism Seminar at Loyola University (Center for Criminal Justice) and it involved Effective Reentry and what a Meaningful and Sustained system Demands. The seminar lasted from 8:30 am- 3:00 pm and there was never a dull moment. Usually, I'm not one to believe that we have people behind the scene who understands, fights for, or are aware of the plight that we experience while trying to better our selves and seek assistance with planning for a successful reentry. Now, I have a different thought, let me explain why.

Mr. William Jenkins, Evelyn "Qimayah" Jackson (at Logan C.C.) and my self were invited and honored to attend the seminar via zoom. For 6 and 1/2 hours we were allowed to listen to five different panels as they discussed Reentry: Theory and Practice, Reentry's Basic Needs, Experienced and Consequences of Long—Term Incarceration, Journalism Inside Kewanee, and Logan, Stat-ville: What's Next and How You Can Cover it.

We were blessed to hear from Tony Lowery, Associate Vice



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President, SAFER Foundation, Orlando Mayorga, Executive Director, Juvenile Justice Commission, Illinois Department of Human Services, Dr. Dave Olson, Professor in the Department of Criminal Justice and Criminology and Co-Director of the Center For Criminal Justice at Loyola University Chicago, Joseph Mapp, CP4P Program Manager, Precious Blood Ministry of Reconciliation, Annie Sweeney, Communications Director, Illinois Justice Project and Sandra Brown, Senior Advisor, Women’s Justice Institute . I’ve named just a few of the panelist (many more). But I would like to give a huge shout out and thanks to each of the panelist and appreciation for allowing us to attend this seminar.

The conversations were based on the fact that individuals aren't receiving the proper resources when it comes to reentry. That with the exception of Kewanee LSRC, others don’t have the necessary tools or access to information that’s pivotal/detrimental to weather they sink or swim. More than one panelist echoed the fact that reentry shouldn't just be a word. How other facilities and those in position should do more. So that when we are released back into society, we know more than the basics.

Many of us hear the horror stories of guys violating parole (not with a new case), the struggles with health care, employment, finding housing, and transportation. Often we can say it’s on the individual and then it’s those situations where we learn from hearing about others misfortunate. In closing, I believe there needs to be more seminars and discussions about Re-Entry. However, we can’t be silent or embarrassed when asked questions about our fears or needs when it comes to returning to society.



My Kewanee Experience

By Curtis Russell

My first impression of Kewanee was, I could really be secure, and safe now. I no longer have to be guarded anymore. As soon as I got off the bus, I seen how friendly and helpful the officers and inmates were. I said to myself, I can finally live and do the rest of this time I got, and I can say that I made it to a place that will keep it real and understand where I come from.

The officers and the teachers always speak to me. When I met them, they were really joyful and asked me do I want to talk about anything. Even the inmates are always helping me if I need help with anything. I'm so grateful that I've been accepted for the right thing instead of the wrong thing. The first experience I had in the Lost Time Group gave me a place to learn how to speak up more. It also helped me work on my anger.

There are many good people here, and I'm really glad I made it here. I never thought in a hundred years I would be where I'm at mentally, physically, and spiritually. Everyday I'm getting better and becoming a better me.

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MY KEWANEE JOURNEY

BY Roosevelt Baggzzz" Mills

I want to tell you about my lil' rollercoaster, so from the start, when I heard about Kewanee, I never thought it would be me that would get picked at all. I had left my cell at 6 in the morning, goin' to work. When I got in, my boss like,

"Why you here, you leaving me. I fought to get you in here and now you gone."

I'm like, "stop playin wit me, I'm about to work."

He like, "naw they came and got you."

"Who came??"

He said, "The lotto."

Now, I'm like 'yeah, he playin'.

He said, "you going to Kewanee". I'm really like yeah, he buggin' (meaning that he playin').

So I started to work, then somebody said,

"Bro, they said you up outta here."

I'm like, "whatever man, I'll believe it when I see it." The day of pack out came, we on lock-down, so I'm like I knew they were lying, I'm not going nowhere. Then at eight that night, they came. I knew it was real. All night, I was up like damn, this real. For breakfast, my whole circle (the guys) we were all kickin' it, felt like I was going home. So the morning came

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and I got on the bus and this was a long ride. People asking' me where I was going. I told them, I don't know, 'cause it still felt like I was not coming here (Kewanee).

So when we stopped, I'm like dang, this place look like a max joint, but then I saw people shooting hoops (basketball) on a small court with one rim, I was like, yeah, they must be in seg or something. In my mind, I'm like this place is B.S., and they made it all look so good on the tablet. When I got off the bus and the white shirts and the Warden were looking like they were about to snap out, he (Warden) came and shook my hand and told me,

“Sorry for all the pain you suffered, but welcome to Kewanee.”

Everyone started smiling and being nice. I came in to the cells and it looked like (BLANK)! I'm like “aww hell naw!” I can't sleep with this. When I walked through the doors, it was like every single person was shaking my hand telling me “you made it.” I saw everybody smiling, staff is nice and treats you like a person. Where I came from to this, I know this the best place for anybody who's ready to grow. They show you the most respect and they let you in on everything. They are here to build you up, not knock you down.

Now, my time in Kewanee has been nothing but great. The feeling of moving on your time is amazing. Having free movement is crazy! You have to make everything on your own, it's getting you ready for the world. I wake up every day knowing I can really learn something from everywhere. Who would've ever thought of that. This place here is showing me that even when you make mistakes you still can change and become the person you always tried to be. Never give up! This place here is a blessing!

MY KEWANEE EXPERIENCE

By: Jodeci "Jody" Commer

My time in Kewanee has been nothing but great. The feeling of being free is here; I mean free of any thing that we're accustomed to (prisons of the past). I wake every morning knowing it's something I can learn new in this place. Before this I was in cells and for 11 years I thought I was normal but I was wrong. Now, I want to get y'all out of that mindset because I know it's some of you that think that way as well. Being confined in cells only does one thing for the soul: it makes the soul grow old and you lose basic communication skills. Nobody needs that. But this place is really a blessing, ("All praises to Allah") it opens up so many doors. I know now that I'll be more prepared when it's my turn to be released. I can not thank Kewanee enough for choosing me and Inshallah, will many more get to feel what I feel when they get here. Stay focused "Allah got us"!

The truth is found when men are free to pursue it.

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Kewanee Life Skills Re-Entry Center Rotary Community Corp Book Drive



Reading is fundamental. Growing up in poverty, books were sometimes my only passport into more promising worlds; Worlds where I could be a superhero like Captain Underpants, a wizard like Harry Potter, or even experience a different kind of adventure with the Littles. Participating in the book drive for the youth of Galva, Kewanee, and Wethersfield, was a full circle moment for me. From the selection of the books to the insertion of the books marks, I enjoyed the process. Once, I was a recipient of the priceless gift of reading, and the numerous doors it unlocked. Now, it was my turn to equip a new generation with their passports. My only hope is that the youth that receive these books, stamp every page of their passports and explore the many different worlds of possibilities that lay in between the pages of those books.

Sincerely,

Will D. Jenkins



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HAPPY MOTHERS DAY

HAPPY MOTHERS DAY



Rotary Book Drive

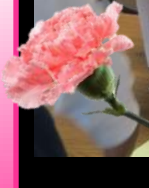
Darren B. Anderson



On March 24, the Rotary Community Corps put together a book drive for the kids of Galva and Kewanee. We received a grant from the Rotary of Galva and designed bookmarks and stickers inside of the books that were made for them.



It feels wonderful to know that I am involved in an organization that cares for our communities the way we do. The children are our future, and giving them materials to read and to teach is very gratifying. I cannot express the joy I have in my heart to know that I am giving a service that is above myself, is what Rotary Community corps is all about.



Rotary Book Drive

Randy Kagels, Vice-President, Rotary Community Corps



In my very short time as a Rotary Community Corps member, I've had the great fortune to see what hands-on community service work looks like. As a Rotary C.C. member, the opportunity is available for giving back to communities many of us have taken so much from. I'm very rarely impressed or shocked by anything after so many years inside, but the things that the Rotary C.C. has accomplished in such a short period here at KLSRC has been nothing short of impressive. And there is SO much more still on the horizon. On Sunday, March 24, 2024, our outgoing Vice President, Robert Downey, nominated me as his replacement. At that time, I was unanimously elected Vice President of the Rotary C.C. here at Kewanee LSRC. I'm *extremely* proud and appreciative for that, but honestly, that was not the best part of my day.



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At 12:00 p.m. sharp, the entire community corps was gathered in the library (including the always appreciated Executive Chairperson Rachel Tucker). We were allowed the chance to volunteer our time to box up children's books that were sent to local school-age kids. We placed stickers on the inside covers so that they could write their names inside. All of them were given customized bookmarks which were designed by our amazing art room here, namely Mr. Max Aguilar and Mr. Adisa Wheeler. This was one of those rare times when none of us would rather have been anywhere else in the world. The entire team was all smiles and laughs, but our focus was crystal clear. One would be hard pressed to find a more worthy use of time than volunteering and assisting in the literacy of children.



Even though it's been *many* years since I was a young child, I can still remember the importance placed on reading and books by my family and my teachers. For me, growing up, the library was an amazing place full of adventure, possibilities, and knowledge. Our goal in this community service effort was to give back just a little bit of that passion and joy of reading to these young boys and girls. One of the best things about this, at least for me, was that these children then spent *their* time reading the donated books to the residents of an assisted-living facility called Courtyard Estates of Galva that is located across the street from the school. It's amazing to see the kindness paid forward!



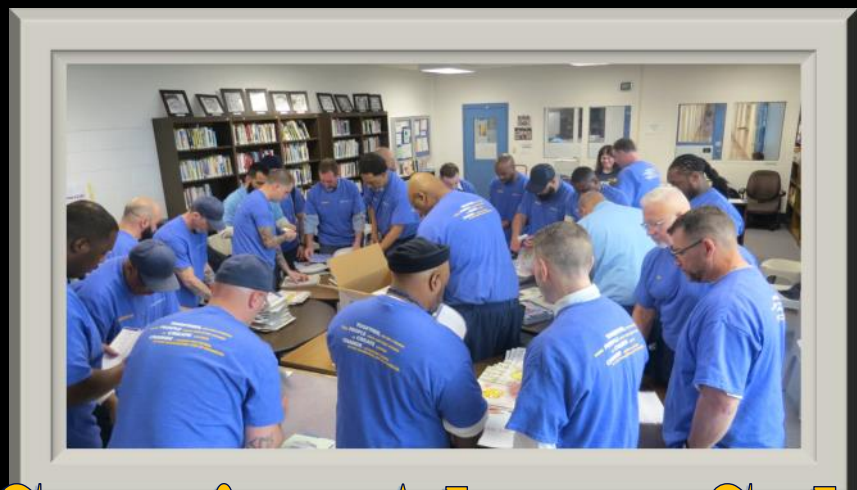
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Many thanks and much appreciation goes out to *everyone* that made this a reality. Mr. Mike

Massie and Mr. Mark Lohman have been such huge pillars for us here. Thank you to Rotary International, as well as Mr. Chance Jones, for even giving this Rotary team the platform to operate from here at Kewanee LSRC. Mr. Ben Endress for his numerous contributions to us.

Even if you don't belong to a Rotary Community Corps or an organization like it, that doesn't mean that you can't give your time to a great cause and have some effect upon someone else. Many of us spend quite a bit of time on things that are way less worthy of our effort. Find something you're passionate about and find out what you can do to assist in making that thing even better than it already is.



"Service Above Self"

Keeping it Reel

By EFA Warnsing

It's been a while since I've written something for KH so last week when I was having a meeting with one of the pioneers of KH, Eric Anderson, I was giving him a hard time about contributing an article and he threw it back at me that I had not taken the time to write anything lately. It got me thinking about what to write and then I got a bit of inspiration from a reel on Instagram. For those of you that don't know what a reel is, on the social media Instagram there is a popular section called reels. A reel is a short (usually under a minute) of video content that a user is sharing. A reel can be made on just about any topic and your average Instagram user can spend hours just swiping through reel after reel after reel. Probably not the best use of time but a normal scrolling of reel on my Instagram feed is filled with motivation, jiu jitsu, workout, whiskey, and cat videos. Nothing can beat a good 30 second video of a cat going crazy! But inspiration for this article did not come from a cat but was a reel about Jiu Jitsu. In this particular reel a black belt Jiu Jitsu practitioner was discussing who certain academies hand out the belts in their system. In adult Jiu Jitsu there is a 5 belt system (white, blue, purple, brown and black) that you go through as you gain more knowledge and skill. So this indi-



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vidual was commenting on his observation that some academies have the practice of handing out belts based on a predetermined time (number of classes) spent at each belt level. For example some academies may advance a person from white belt to blue belt after they have attended 200 classes. So in this system the knowledge, technique and skills do not matter as much as the number of classes you have paid for. This guys point being that by engaging in this practice when you receive you belt it is not about what you have accomplished as much as it is about the number of classes you have checked off. Now the opinion of this could be argued at great length but I want to focus on the key concept of counting off days instead of really taking in the experience of those days.



This concept goes well beyond Jiu Jitsu and really hits hard at life in general. Think of the number of times we have heard friends, family, everyone counting down the days of the work week until their weekend. Or at this time of the year, students counting down the days until the school year is over. Or in the case of most of the readers of KH, counting down the days until the end of their incarceration. Now I'm not trying to judge those who countdown the days but I would challenge us all to think for a moment what happens if we get so focused on counting the days that we quit living those days. We quit looking at every day as opportunities to improve ourselves, bring joy to ourselves and others, and possible discover just why we were put on this rock.

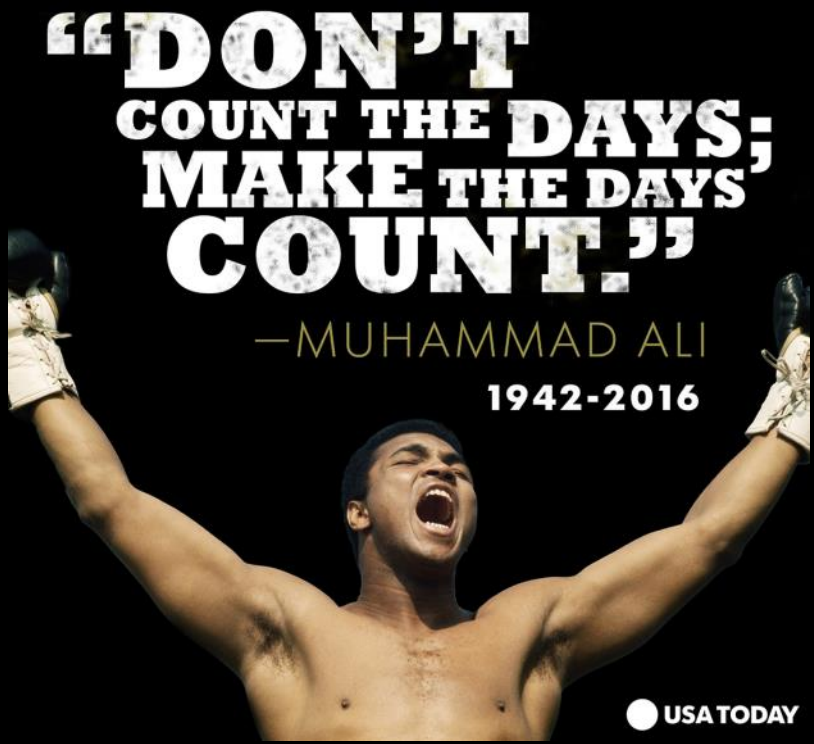


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As a white belt Jiu Jitsu practitioner my home is that someday I will earn my blue belt not for the number of classes I've been able to attend but for the technique and skills I'm able to show proficiency in. For me I want the belt to represent more than just an amount of time that I have passed. I want to be able to look at it and remember the blood, sweat, and effort that went into the hours of training. I want to see the relationships that were forged on the mat and in competition.

Days at work need to be more than just the paycheck you receive. Day leading to your MSR need to be more than just a count down. The iconic DOC count when you get close to your MSR is "a number of days and a wake up". In those terms maybe this is a call to not focus as much on the counting of the days as we focus on the wake up. Focusing on what we do when we wake up today, when we wake up tomorrow and when we eventually wake up on that last day!



USA TODAY



THE MARKET CORNER

By: Robert Kennedy and Kenji Haley



There are two main strategies to create wealth in the stock market. You can invest in stocks, holding them for many years while pocketing the dividends. You can also trade stocks, holding them for a few hours, days, weeks or months. Investing is taking a long-term position in the market, while trading allows you to take a short-term position. The choice is yours.

There are thousands of stocks to choose from, but many investors like to buy shares of a company that provide a dividend every quarter (3 months). A dividend is a specific cash amount determined by the Board of Directors of a company to be paid to each shareholder, for each share of stock the shareholder owns. The company is essentially distributing a portion of its profits in the form of a dividend.

Coca-Cola for example, currently pays a dividend of \$0.44 for every share owned. Therefore, if you own 10 shares of Coca-Cola, which, at the time of this writing, is \$62.50 per share, Coca-Cola will pay you $\$0.44 \times 10$ shares or \$4.40 in cash directly deposited into your brokerage account every three months. Over the course of a year you will receive 4



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payments of \$4.40 each quarter, for a total of \$17.60 annually. This creates a dividend of 2.8%. while this may not sound like much, consider the fact that the average yield on a savings account bank's offer is less than 1%. A dividend yield is calculated by adding the four dividend payments of \$0.44 per share which is \$1.76 and dividing it by the current price of the stock, \$62.50. so, \$1.76 divided by \$62.50 equals .02816 (x 100 = 2.8%) annually. Not all companies offer dividends. You need to watch CNBC and do your homework to find out which companies do. Most profitable companies usually offer the shareholders dividends. On the other hand trading is more of a short

term strategy. Traders aren't concerned with a companies, or whether or not the company is profitable. A trader is interested in the price of the stock. Trading involves more technical analysis and a lot less fundamental analysis. Traders can profit not only when stock prices go up, but also when the stock and shorting prices go down. Options contracts and shorting stocks are a couple of tools traders use to build wealth. A successful trader can make money in the best and worst market conditions. So, the question is which one are you? An investor or a trader? In my opinion, one isn't better than the other.

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THE MARKET CORNER



STATEWIDE CALLOUT TO ALL CARTOON ARTIST

If you are a fan of our funnies section which features The Dayz Of Dyrok and you can draw, then this is for you. We here at **KH** would like to give you a chance to present your cartoon drawing skills. Over the next few months we are looking to showcase Cartoon Artist from all over the state. As you've seen over the past few years with The Adventures of J-Dawg and The Dayz of Dyrok, they brought you true stories of what happens here in Kewanee, yes, everything you saw and read was something that happened here. We would like to know what's going on where you are, so if you think you got what it takes to create a cartoon using your surroundings then **LETS GO!**

Send all submission to:
Kewanee Horizons Cartoon
EFA Mr. Warnsing
2021 Kentville Rd
Kewanee, Il 61443

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MENTAL HEALTH AWARENESS MONTH

Grounding Techniques

After a trauma, it's normal to experience flashbacks, anxiety, and other uncomfortable symptoms. **Grounding techniques** help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.

5-4-3-2-1 Technique

Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.

What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.

What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. pick up an object and examine it's weight, texture, and other physical qualities.

What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.

What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.

What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

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Body Awareness

The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step.

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
4. Clench your hands into fists, then release the tension. Repeat this 10 times.
5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
6. Rub your palms together briskly. Notice the sound and the feeling of warmth.
7. Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
8. Take 5 more deep breaths and notice the feeling of calm in your body.

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Mental Exercises

Use mental exercises to take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use at nearly any time or place. Experiment to see which work best for you.

- Name all the objects you see
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favorite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and “draw” it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.

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Categories

Choose at least three of the categories below and name as many items as you can in each one. Spend a few minutes on each category to come up with as many items as possible.

- | | | | |
|--------------|-----------|----------|---------------------|
| Movies | Countries | Books | Cereal |
| Sports Teams | Colors | Cars | Fruits & Vegetables |
| Animals | Cities | TV Shows | Famous People |

For a variation on this activity, try naming items in a category alphabetically. For example, for the fruits & vegetables category, say “Apple, Banana, Carrot,” and so on.

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Aries: Look how far you've come, Aries! It's been a challenging time for you lately, but you're on the upswing now—even if it doesn't seem this way. You'll be rewarded for overcoming some significant obstacles—just trust that what is karmically owed to you is coming.

Translation: All the positive things you've done outweighs the negative so now it's time for you to collect on it. Don't give up hope. The difference between those who won and the one's who lost is the winner stayed in the fight a little longer.



Taurus: You are doing too much and getting nowhere, Taurus. Make sure you slow down and take time to do nothing. The space you create for yourself will also give you the solution.

Translation: You're moving like a hamster on a wheel going nowhere fast. Slow down, smell the roses and find a peace of mind. Sometime your best move can be not to move at all.



Gemini: You're a social butterfly, Gemini - and this is actually a skill you can use to further your ambitions. Join a new group or club and find opportunities galore.

Translation: You have a charm and glow about yourself that attracts people. Use those people skills to help you in a positive way. Socialize and watch it pay off.



Leo: You're welcome to make changes as much as you want, Leo, but this may not solve the problem. You may need to seek outside guidance to resolve this situation.

Translation: It's okay to ask for help if you can't figure things out by yourself. The time wasted being stubborn only hinders your progress.



Virgo: Others see you as a taskmaster, Virgo, and you don't like that perception. Being vulnerable with a few people will allow them to see you as human - opening up is the key.

Translation: Yeah you're a boss, but even bosses have feelings. Start showing others that you aren't all work and no play. Go out and have some fun once in a while. By the way, don't forget to smile.



Libra: You're worth more than you feel, Libra. Look to how others treat you to confirm this - unless you feel worse when with them. Those are the people you should cut out now.

Translation: Love yourself and don't seek validation from people who are always negative. Misery loves company. Surround yourself with people who are both positive and honest.



Scorpio: No one understands your motives better than you, Scorpio - yet this time you may not even know yourself what they are. Before taking on more, figure this out.

Translation: Focus on the outcome of your moves and don't bite off more than you can actually chew. Think, strategize and execute your plans. Winging it can be disastrous.



Sagittarius: Extend invitations to people you normally wouldn't hang with, Sagittarius. If nothing else, it will help people feel less intimidated by you - which will work in your favor.

Translation: Stop being a bug to people. The person or people you keep mistreating or ignoring may be the person you need later on down the road. Treat people with respect.



Capricorn: You're looking to change up some things that have been sources of your identity, Capricorn. This is no easy task, so move slowly and carefully - as you do.
Translation: Although it may be hard to cut ties with people and things from your past, sometimes this is essential for growth. It's time to take off that mask so that you can now be your true self. Step away from the things that hinder your elevation.



Aquarius: No matter how you phrase it, someone close just isn't getting it, Aquarius. Have you tried being blunt? It might just do the trick.
Translation: Stop being passive aggressive and say what you mean. Say it with your chest!



Pisces: Make that money, Pisces! You're working on increasing your worth, and this includes financially. Pick up some side gigs and watch your accounts grow.
Translation: The word hustle means making a way when there isn't one, so stay on your grind and get it done. The bag won't just fall into your lap.



Cancer: No one thinks you're being unfair, Cancer, but you're acting like you are. Stop feeling guilty for things you can't control - some people have simply earned more than others.
Translation: Accept your blessings and stop allowing survivors remorse to prevent you from being happy. Everyone won't receive the same blessing nor will the blessings arrive at the same time. Give what you can, including your time, but don't be burdened by what you can't give.

STATEWIDE CALL OUT



Everyone here at Horizons would like to take the time to express our sincerest gratitude for all of the viewers, supporters, and participants of Kewanee Horizons. Our approach is different from other material that has been of benefit to us all, especially in regards to highlighting the successes of our fellow peer's, as well as highlighting the fact that we have an outstanding amount of friends, family, and loved ones that contribute to our overall success. Horizons is more than just a platform for us to use to spread content throughout I.D.O.C., it's also valuable to us all to show that we are indeed a community made up of "real" people, striving to make it through this journey. With Horizons, we are experiencing amazing things. Things that weren't the norm just a few years ago, and that's the evolution of "US", (the incarcerated individuals), and our desire to spark an already contagious thing, which is a change in the utmost positive direction. Change begins with us, and that's exactly what's been shown, as well as proven.



STATEWIDE CALL OUT



Being able to see some of the Peer led groups is something that is a blessing for us all. For so long, some of us didn't have the courage to teach what we knew, and quite possibly, the issue was that we didn't know what we knew would help anyone. Kewanee doesn't make Horizons, we "ALL" make Horizons. It's about all of us. The things we do during this incarceration not only impact us, but our community as well. If we want people to believe in us, we first have to believe in ourselves. The entire Horizons team is honored to be able to be a voice for some of those that feel that you don't have one. Our focus is on positivity and how any occurrence that you've encountered since being incarcerated has impacted you in a positive way. Our driving force is positivity with a Restorative Justice mind-set. We don't look to focus on anything negative, we don't want anyone dwelling on yesterday's bad decisions, we want everyone focusing on tomorrow's goal of productivity, positivity, and finding ways to help one another in the best way possible. Please don't shy away from submitting your article to Horizons. **WE WANT TO HEAR FROM YOU!**

