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**HISPANIC
HERITAGE
MONTH**

Volumen

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OUTSIDE CONTRIBUTORS

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.

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 pur-

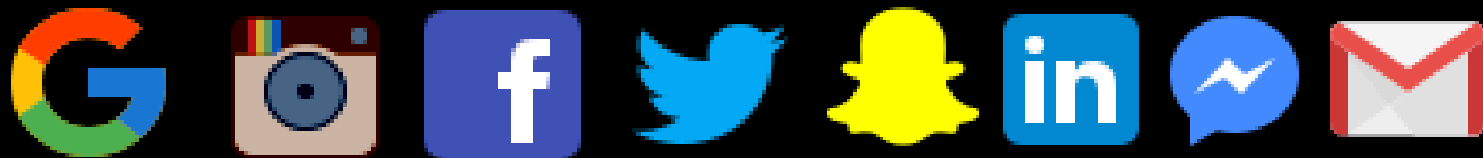
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

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!



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IDOC HOME PAGE — CLICK "ABOUT"—CLICK "NEWS"

THEN SELECT "[KEWANEE HORIZONS NEWSLETTER](#)"

Gift and Curse

By: Deangelo McCall @ Danville C.C.

“In order to get to something, You have to go through something.”

Most of us have a story to tell and no one can tell your story better than you, and with that being said, life you're either going to make the right "choices" throughout life. I grew up in a time where doing the right thing and making the right choice meant you wanted to do something with your life. And out of all things like me, you probably just wanted to make the wrong choice you let those people down who believed in you and wanted to see you excel in life. Prison has both a gift and a curse to me because on one hand I'm alive, I'm healthy, and my mental is way better than it's been in years, but on the other hand, I'm incarcerated, cut off from society, loved ones, and the freedom to do as I please.

Prison has taught me so many things about myself that when I look in the mirror I can see that person that was once hurt, confused, lost, and caused so many people pain, that when I look at myself in the mirror now I can see the transformation from old to new and how I evolved in so many ways. The gift is that I found myself within myself and was able to make the necessary changes needed to better impact my life going forward so that I can become a better human being. We can learn from ourselves and from each other if we allow that process to take place, I learned this from a book I read, 'Man is not my friend, but every man is my teacher'. What I'm going through in my life maybe can teach you a lesson on what to do or

what not to do and you can learn from my mistakes just as I can learn from yours. We all have a part to play and depending on what part you choose to play will determine whether you navigate towards the negative or positive outcome that we're looking for in our lives. I've made a lot of mistakes in my life like I'm sure many of you can relate, and it's not going to get better until we're all able to take accountability for the things that we've done because in order to break that curse, you have to find that gift and use it in a positive way so that you're able to guide those watching you and or following you in the right direction. Because the curse is being cut off, stuck inside a cell with no where to run or hide, isolated from love ones. It's time we stand up for what's right and do what we need to do to make our lives better for ourselves, our families, and our communities. Because making the wrong decision may feel right, but in all reality you can destroy your life in a matter of seconds. "Think before you act, not every action deserves a reaction. And every response, doesn't deserve a reply."

—Be A Gift to the World, not a Curse.—



"Distorted Reality"

By: Stacy E. Taylor

Looking in the mirror
But only blind eyes see
A perverted image
In a distorted reality
Dreams open the door
To secrets the mind hides
Its when we live those dreams
That we become truly alive
Fear is one emotion that can kill the dream
Bravery sometimes takes a lifetime to achieve
Be yourself even though you know society will stare
You'll find your courage has always been there
Authentic life in a world so fake
Being yourself will never be a mistake!

"A TALE CALLED"

By: Yusef Kareem Brown @ Pinckneyville C.C.

I am Yusef Kareem Brown... At last I've been given the opportunity to write, read and learn something's. For many years I was shackled by hands and ankles with heavy chains. I had no books, paper or even a ink pen. Now I say, "God grant me the serenity to accept my freedom of mind on this paper now". This is God's perfect timing that has come for me. I was so discouraged by my slow progress, but I must continue to faithfully follow God. Unshackled is Yusef Kareem Brown. I'm a man of great integrity and love now. I'm a sinner and I had to unshackle my soul. Someday we may find "we" are truly free of the things that bind "us". Still locked down, but no longer broken. If you find yourself in this situation, you still can rejoice, praise and learn something new from Yusef Kareem Brown. Knowing that you are building a deeper relationship with yourself and others. I was once bitter with hate. I Yusef Kareem Brown is much stronger now. I remember being told I'll never be nothing in life. I remember being told I'll never be nothing in life. I still dream about the fire's and how the Klan burned our books, Bibles, and The Quran. After that I Yusef Kareem Brown allowed my life to be out of control. They hurt me without realizing the damage! Years of holding in anger, hurt, and depression from the past. Shackled by the system, gangs, crime and drugs. I now see the truth of my pain. It is not uncommon to link our perceptions about God to our childhood experiences with people who played powerful roles in our lives. If you've been victimized in the past by people who were capricious, abusive, distant, uncaring, or incompetent. We may have learned in the past that putting confidence in people brings only pain and disappointment, but don't let that stop you from trusting again. Remember I am Yusef Kareem Brown.

HOW DID I GET HERE?

By: Toria Emerson @ Decatur C.C.

When I take an honest look into myself, I see all the lies, abuse, manipulation, fear, betrayal, and all the feelings of being a failure. Its like I tried so hard to be something but when I take a step back I'm like, "how did I get here?" I worshipped the ground my (now ex) husband walked on. I woulda laid down my life for my kids. I worked so many doubles to take care of my family. I didn't have the best childhood, but I've heard of people having worse. My family tried to do right, but I was a troublesome kid that wanted to be grown way too young. My mom gave me unconditional love. So I ask again, "How did I get here?" I started having sex when I was 12 years old and then drugs when I was 13. My first "love" beat my ass and made me think that was a way to show your love. After that relationship ended when I was 14 I

looked for that same kind of "Love" from men and gave that vicious/toxic "love" to the women I was with. The people who didn't show me some form of abuse or who was too nice to me, I kicked to the curb or I deliberately hurt them to cause them what I craved. I truly believe that my life and incarceration has been a mind altering experience. I've been using the past year and a half out of my 4 years locked up to strengthen my mind and expand my education. I've learned that people only look out for themselves no matter the situation or who they are to you. That no one owes you the loyalty you show to them. Years behind a relationship don't mean \$#!* to nobody and it truly is a dog eat dog world. And something I heard



the other day rings true, “what other people think of you is none of your business”. I now know that I was so used to abuse, drugs, and crisis that it became woven into the fabric of my life. I wanted the abuse because I craved consistency. I wanted the drugs because I needed to numb my pain and inner suffering from the years of abuse that I thought was normal. I now know that I am better than that. I am a warrior and I now have the strength to endure anything that comes my way. So when I ask “how did I get here?” my answer is very simple. To become the better version of me. “People who cling to their delusions find it difficult, if not impossible, to learn anything worth learning; A people under necessity of creating themselves must examine everything, and soak up learning the way the roots of a tree soak up water.”

James Baldwin

Sincerely,

Toria Emerson



INSPIRATION

By: Patrick Comi @ Illinois River C.C.

Voices, they ring out like a siren
Causing me to lower my frequency
In my mind, body, and spirit.
You naysayers may cast me down,
Beat me, berate me,
But like the phoenix
I rise from the ashes
To achieve your impossibility.
Your rage and hatred,
Will consume you with my demise.
Your deceitful ways cause me to look both
ways,
But I won't be discouraged or afraid.
Call me what you want, spread your lies,
Gather your forces, and I'll stand.

You can't define me,
Because I see you,
My vision is not distorted,
I'm protected by the Almighty
Against those who call themselves my friend,
While secretly plotting my end.
They rage at my blessings, and smile at my
woes.
You can't stand to see me shine
You want me dull
And to be beggar at your heels.
I tried to share my joy,
But your jealous ways caused you pain, and
disrupted the unity of friendship.
You perpetrated an image of me

That only exist in your conscience.

While I sensed your pettiness,

I tried to conceal my joy,

And when you thought I wasn't well,

You became a friend of woe,

Consoling a helpless confidant.

I hope that one day you would come to understand

That you were a blessing and stood as my inspiration, to succeed.

Your put downs were meant to break me,

I disregarded them.

Your lack of encouragement , I expected them.

Your look's of scorn,

I stored them.

Say what you will,

But I know who I am,

I am a god, and your mortal mind is evident.

Can't harm me because I'm invincible.

I plot your course

As a sailor navigates the star.

I am the truth,

2x180...

Do you need more proof?

Thank you for the inspiration!



SHAKE THAT LEECH OFF

By: Earl Milton Jr @ Centralia C.C.

Is it adding to your life in any way? Or is it taking away from you in every way at every turn? Is it draining your material resources? Do you find yourself lacking the things that you need and want on account of it? What I must tell you my friend is to shake that leech off. Because that is what it is. Tally up what it takes away from you. Also tally up what it gives you. A leech is a blood sucking parasite with only one goal, to feed on your vital resources and to eat away at all of your life lines. Shake that leech off, throw it in the toilet and flush it down the drain. Because that is what it is, a drain. A drain on your loot, a drain on your cognitive abilities, a drain on your store house of energy. It is eating all of your food, putting holes in your cloths, and it leaves you desperately begging for more of its abuse. Shake it off and crush it. Regain your power, reinvest your resources in a directly that actually benefits you. Drop that leech and lift yourself up to your full potential. I know that you can do that. So yank it off if you have to. Get it off of you A.S.A.P. by any means necessary.



UNTITLED

By Vincente A. Andrade Jr @ Pinckneyville C.C.

What if we act we all are experiencing a deliberately designed amnesia about our deepest, truest identity but it fades away more and more as we continue evolving? Could gentleness, kindness, patience, love, acceptance, and forgiveness be the keys that bring us into the greatest harmony with our true identity? Is this conscious universe sending us messages, through synchronicity bizarre events most dismiss as coincidence as it seeks to help us achieve our highest evolutionary potential? Could it be possible to use the key of science to unlock these great Mysteries and prove, beyond any reasonable doubt, that they are true?

Feelings and thoughts are not our enemies. There is nothing wrong with using our thoughts to contemplate the great Mysteries and attempt to solve them however, the ancient spiritual teachings have always told us that the truth can be reached only when we quiet the mind, open the heart, and let our intuition flow through the deep relaxation of the meditative state. Once we create this loving space within our minds and hearts, we open the door for synchronicity. Others who believe the mind is in control and that it can solve any and all problems may be far too stubborn to allow synchronicity into their lives. Nonetheless, by surrendering our burdens and relaxing into the now this very Moment we can gain answers that are otherwise impossible to think and impossible to feel.

Law of one quote...

Enlightenment is of the moment. It is an opening to intelligent infinity. It can only be accomplished by the self, for the self. Another self cannot teach/learn enlightenment but only teach/learn into, Inspiration, or a sharing of love, of mystery, of the unknown. This makes the other-self reach out, and begin the seeking process that ends in a moment but who can know when an entity will open the gate to the present?

Washington Park

By: Jon W. Mettler, Graham C.C.

What I would give to just walk down a city street to look up at the blue sky, to be free to smell the fresh air of a downtown café to linger in a restaurant, to be able to walk away, On a cool, crisp, sunny autumn afternoon or a sweet, warm day in the month of June to be able to lay on a beach tanned by the sun, to be free to walk in a crowd not noticed by anyone, To take a walk in the park strolling slowly by a lake watching all the parents and children happily at play listening to laughing, sounds of nature all around to be filled with love, joy, and happiness, no sadness to be found, In spring to see the lilies growing wild in the fields the fragrance of the roses of summer, pink, yellow, and red seeing the fireworks at night on the fourth of July oh, so beautiful and bright high up in the sky, How every night I dream of that walk through the park feeding the ducks and swans as it closes after dark seeing familiar faces smiling and waving as they pass by walking hand in hand with my daughter so young and so shy, Roads as they wind up, down, and around the bend men, women, and children fishing, wishing there was more time to spend with each other, the love and memories at their life's start for in my heart I continually walk through my beloved Washington Park.

The First

By: Ronald Palm @ Danville C.C.

Well everyone its official. I am the first person in the history of IDOC to go to law school while in prison. I will be attending the Mitchell Hamline School of Law in St. Paul Minnesota. By the time you read this I will be in the Minnesota Department of Corrections. I first want to thank my Mother, Grandma, and Auntie dodie for believing in me (Sharon Campbell, Harlene Palm, Rhoda Lester). Awo Birge for having my back. Ms. Rebecca Ginsburg of the education Justice Project for being my mentor and providing the tutoring and proctor for the LSAT. Andrea Miller of ESP for believing in me. Jessica Thornton of ESP for troubleshooting everything. Joan Huber for proctoring the exams. Carolyn Elizabeth Powers for tutoring me and encouraging me when I wasn't sure of my capabilities. Maat husband Ausar and Yairis Lopez of EJP for proofreading and editing my papers. Elena Quintana of Adler University for holding me accountable. Sang Lee of EJP for being a friend. Laura Kalmas of EJP/C.A.V.E for creating a safe space for me to work through my issues. Jaime Tate for pushing the administration to allow me to take the shot. This guy is the best clinical services department head I have ever seen. Eugene Moore of EJP for always being the voice of reason. Erin Cheslow for challenging me and always being down to earth. Ashton Hoselton for helping me to understand policy research and last but not least, Maya Johnson and Diamond Fletcher for believing in me and allowing me to have the opportunity. I could not have done any of this without the help of this awesome team. I am grateful to you all. Thank you! Well first day of class is August 19th. I will keep you posted as I pursue my Juris Doctorate.



HISPANIC HERITAGE MONTH

By: Martin Miranda @ Menard C.C.

The Mexican coat of arms depicts the Mexica-Aztec legend of the eagle eating a rattlesnake while perched on a cactus. Some say the snake wasn't included, its possible the snake might have entered the story after the Spanish arrived, perhaps by mistranslating the Mexica writings.

Non the less this was the place! After all those years of traveling, of fighting the elements struggling to live, searching for a place to call home, as our own, here it was!

It was the island where they would build our city Tenochtitlan. It was the year AD 1325.

Leaving the island of Aztlan in 1168 and after the long migration had finally come to our new island home.

Having no fear building our new city in the middle of a swamp area, harsh start, yet a low lying island on a lake was strategic location. There was plenty of food from fish and waterfowl and from farming where there was a constant source of water. Lake Texcoco was connected to other lakes, providing multiple waterways for trade, transportation, and setting out on war expeditions. Meaning as long as Mexica and Tepanec defeated Colhuacan and Texcoco which they did, Mexica started building the city.

Just wanted to share something, others might wonder why we love our eagle on our Mexican flag! Thanks for reading.



CRAFTSMANSHIP AT ITS BEST

SOAP ART CREATED BY ROBERT CASILLAS WHO IS ALSO A WAR VETERAN



 VetZone Post #4111
Certificate of Appreciation

is hereby granted to:

MR. ROBERT CASILLAS #N33565

for outstanding performance and lasting contribution of soap sculptures dedicated to Vet Zone Post #4111. We thank you for your time, creativity, and passion.

May 6th 2024


Daniel Monti, Warden

 
Lt. Steven Boyle,
VetZone Coordinator



The Lady 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!

National Hispanic Heritage Week was established by legislation sponsored by Rep. George Brown Jr. of Los Angeles and signed into law by President Lyndon Johnson in 1968, taking place on the week including both September 15 and 16. In 1988, the commemorative week was expanded to a month (September 15 to October 15) by legislation sponsored by Rep. Esteban Torres (D-CA), amended by Senator Paul Simon, and signed into law by President Ronald Reagan. September 15 was chosen as the starting point for the commemoration because it is the anniversary of the Cry of Dolores (early morning, 16 September 1810), which marked the start of the Mexican War of Independence and thus resulted (in 1821) in independence for the New Spain Colony (now Mexico and the Central American nations of Guatemala, El Salvador, Costa Rica, Honduras, and Nicaragua) which became the Federal Republic of Central America.

The 30-day period also includes many dates of importance in the Hispanic community: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua celebrate their anniversary of independence on September 15; Mexico commemorates its independence on September 16; Chile commemorates its independence on September 18; and the celebration Columbus Day or Día de la Raza.

Hispanic Heritage Week was first proclaimed by President Johnson in 1968 in Presidential Proclamation 3869. Presidents Nixon, Ford, Carter, and Reagan gave annual proclamations for Hispanic Heritage Week between 1969 and 1988. National Hispanic Heritage Month was first proclaimed by President George H. W. Bush on September 14, 1989, in Presidential Proclamation 6021. Since 1989, all Presidents have given a Presidential Proclamation to mark Hispanic Heritage Month.



Celebrate Hispanic Heritage Month With These Inspiring Inventors

Each year from Sept. 15 to Oct. 15, National Hispanic Heritage Month is celebrated across the United States.

First observed as Hispanic Heritage Week under President Lyndon Johnson in 1968, the commemoration has expanded to a month long event honoring the histories, cultures and contributions of Hispanic and Latino Americans. The Sept. 15 start date signifies the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. The subsequent independence days for Mexico and Chile are celebrated on Sept. 16 and 18, respectively.

As Hispanic Heritage Month begins, it is important to understand the value of the diverse perspectives that enrich our nation. Continue reading to learn the stories of five National Inventors Hall of Fame Inductees. These visionary Hispanic inventors have enhanced our world one breakthrough at a time.

Miguel Ondetti

After earning his doctorate in chemistry from the Universidad de Buenos Aires in 1957, Miguel Ondetti began working at the Squibb Institute for Medical Research in Argentina. Three years later, he was offered a job at Squibb's New Jersey laboratory. Ondetti would later team up with co-inventor David Cushman to synthesize captopril, the first of a new class of lifesaving hypertension drugs known as angiotensin converting enzyme (ACE) inhibitors. The U.S. Food and Drug Administration (FDA) approved captopril for medical use in 1982. While

originally approved to treat hypertension, Ondetti's work with ACE inhibitors has since helped patients with congestive heart failure, diabetes, chronic renal insufficiency and atherosclerotic cardiovascular disease.

Julio Palmaz

Argentina native Julio Palmaz transformed cardiovascular medicine with his invention of the intravascular stent. After earning his medical degree in 1971, Palmaz practiced vascular radiology at San Martin University Hospital in La Plata, Argentina, and then moved to the University of Texas Health and Science Center at San Antonio (UTHSCSA). He developed the first balloon-expandable stent between 1978 and 1985 at UTHSCSA. By 1991 the stent was approved by the FDA for peripheral arterial use and it was approved for coronary use in 1994. Palmaz's invention has touched the lives of many patients, with more than 1 million people undergoing a stent procedure to repair arteries each year.

Alejandro Zaffaroni

Alejandro Zaffaroni, who was born in Uruguay and moved to the U.S. to pursue his doctorate at the University of Rochester, became one of the premier biochemists for drug discovery and development. His early work with controlled drug delivery methods, particularly his early concepts for transdermal patches, has led to extensive research in innovative drug delivery systems. Zaffaroni founded ALZA Corp. in 1968 to pursue his ideas for controlled drug delivery systems. The corporation brought more than 20 prescription products to market before being acquired by Johnson & Johnson. To date, the FDA has approved more than 40 transdermal products containing substances such as hormones, pain medications and anti-depressants.

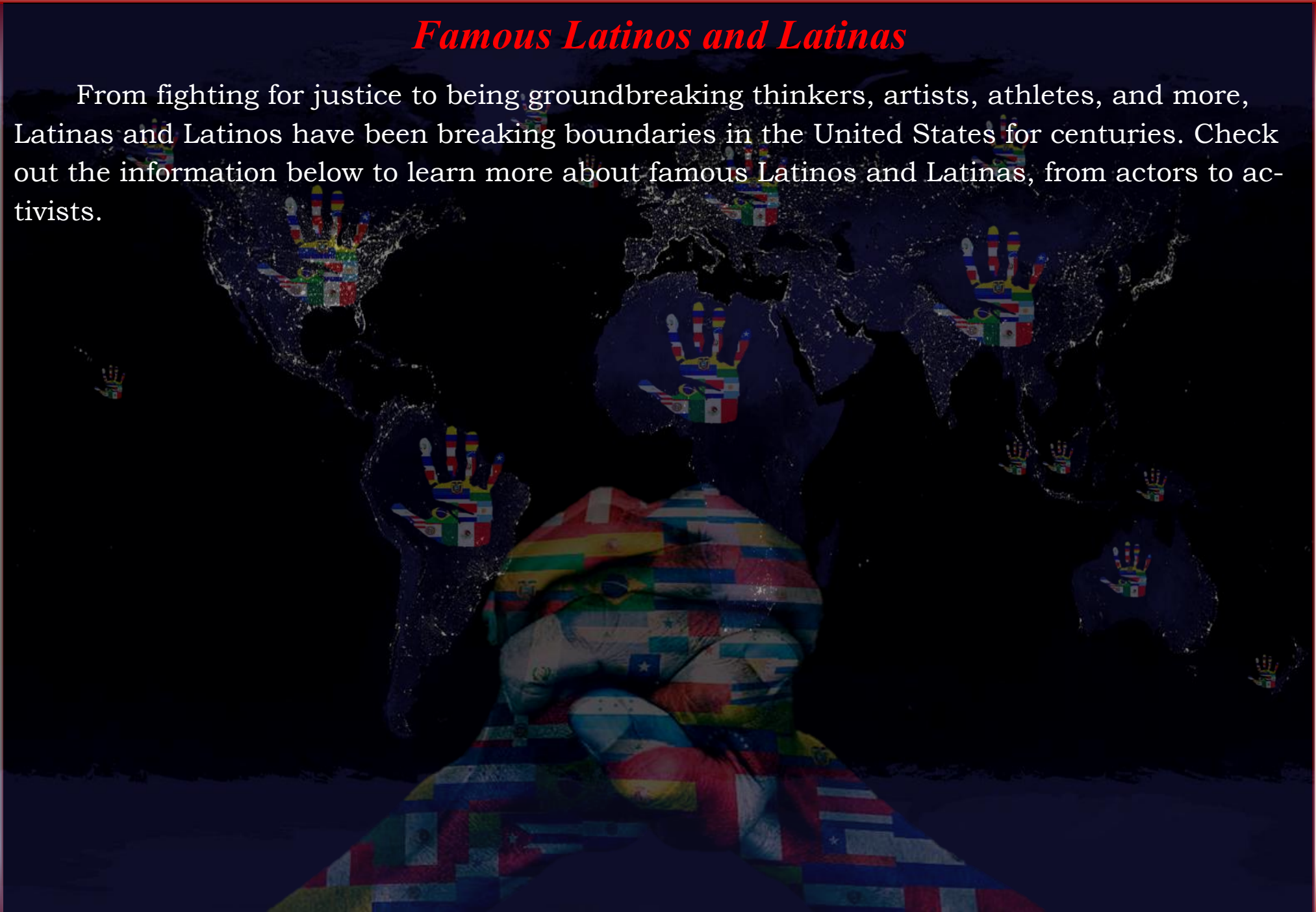
Luis von Ahn

Born in Guatemala, Luis von Ahn earned his bachelor's degree in mathematics from Duke University in 2000, then received his master's and doctorate degrees in computer science from Carnegie Mellon University in 2003 and 2005, respectively. He was part of the team that created CAPTCHA – Completely Automated Public Turing test for telling Computers and Humans Apart. This test helped companies thwart bots – anonymous software programs that generate fake emails, bypass online queues and corrupt search results. Later, von Ahn developed reCAPTCHA to further this work while also harnessing the efforts of billions of internet users to transcribe archived books and newspapers. By 2011, von Ahn had switched focus, dedicating himself to advancing learning opportunities for people of all social classes with his co-founding of Duolingo – the world's largest online language-learning platform that has helped educate millions of people thus far.



Famous Latinos and Latinas

From fighting for justice to being groundbreaking thinkers, artists, athletes, and more, Latinas and Latinos have been breaking boundaries in the United States for centuries. Check out the information below to learn more about famous Latinos and Latinas, from actors to activists.





Cesar Chavez and Dolores Huerta-Instrumental in the Civil Rights movement, Cesar Chavez and Dolores Huerta were leaders in the fight against the unfair treatment of farm workers in the United States. In 1962, they founded the National Farm Workers Association, which later merged with other unions to become the United Farm Workers of America.

Sylvia Rivera-A Puerto Rican-Venezuelan activist, Sylvia Rivera was a loud voice in the fight for gay and transgender communities. She criticized racism and economic exclusion within the LGBT community.



Dr. Ellen Ochoa-Ochoa flew aboard the space shuttle Discovery and became the first Latina to go to space in 1993. Her inspirational journey includes a 30-year career with NASA and serving as Johnson Space Center's first Hispanic director.

Sonia Sotomayor-Born in New York City to Puerto Rican parents, Justice Sotomayor broke boundaries in 2009 when she became the first Latina and third woman to serve on the Supreme Court of the United States.





Luis Álvarez-An experimental physicist, Luis Álvarez joined the Manhattan Project in 1943, which is known for producing the first atomic bombs. In addition to his work as a professor and his contributions to the study of nuclear energy, Alvarez invented a radio distance and direction indicator during World War II. His invention provided a landing system for aircraft and a radar system for locating planes, improving military safety and detection. The transformational scientist went on to win the Nobel Prize in Physics in 1968. Álvarez is also credited in collaboration with his son, Walter Álvarez, for creating the hypothesis that dinosaurs went extinct 65 million years ago because of an asteroid.

Ileana Ros-Lehtinen-Born in Cuba, Ros-Lehtinen became a trailblazer as the first Latina elected to the US Congress. She served as a representative from Florida from 1989 to 2019.



Lin-Manuel Miranda-Miranda is an award-winning composer, playwright, and actor known for being the creator and original star of Broadway's Tony-winning musicals "Hamilton" and "In the Heights." He continues to be a leader in the entertainment industry through his involvement in projects such as Disney's "Moana" and "Encanto." Miranda remains active in his efforts to increase the representation of people of color.

Cheech Marin-A Chicano comedian, actor, musician, activist, and art collector, Cheech Marín gained recognition in the 1970s as part of the comedy duo "Cheech and Chong." Today, Marín is a strong advocate for Chicano art.



Roberto Clemente-Roberto Clemente Walker played 18 seasons as a right fielder for the Pittsburgh Pirates and was selected to play in every All-Star Game from 1960 until his death, except for the 1968 season when he was suffering from shoulder problems. Born in Puerto Rico, he became the first Latino American Baseball Hall of Fame inductee. Outside of baseball, Clemente was known for his humanitarian efforts. In 1972, he died in a plane crash while bringing earthquake relief supplies to Nicaragua. In 1984, a stamp in honor of Clemente contained the first appearance of the Puerto Rican flag on U.S. postage. His dominance in the game and commitment to humanitarian work made Clemente a beloved athlete and one of the most famous Latinos to have ever played.



Meg Medina-The “Merci Suarez Changes Gears” author, Meg Medina, received a Newbery Medal in 2019 and has shared that her writing is influenced by her Cuban heritage. Medina currently serves as the National Ambassador for Young People’s Literature at the Library of Congress. Through this position, she will engage readers across the country with her platform “¡Cuéntame!: Let’s talk books.”

Dr. C. David Molina-A physician and entrepreneur, Dr. Molina was a trailblazer in the medical community as the founder of Molina Medical Centers. Now called Molina Healthcare Inc., the organization has grown to become a publicly traded Fortune 500 company.





Olga E. Custodio- Custodio was born in San Juan, Puerto Rico and served in the United States Air Force for 24 years. She made history as the first Latina US Military pilot.

Macario García-García became the first Mexican national to receive a Congressional Medal of Honor following his heroic efforts during World War II. García bravely fought while injured to help his fellow soldiers while serving in Germany in 1944. After returning home, he gained his U.S. citizenship and was active in his community and a strong advocate for civil rights.



Carolina Herrera-Raised in Venezuela, Carolina Herrera arrived in the United States with her family in 1980. Inspired by her European travels and attendance at fashion shows, she launched a clothing brand in New York just one year later, in 1981. The fashion designer's brand continues to be known for timeless, stylish pieces.

George Meléndez Wright -The first Salvadoran and Latino in a professional role at the National Park Service (NPS), was deeply passionate about nature and wildlife. He led wildlife conservation efforts at Yosemite National Park, conducting multiple studies. Fluent in Spanish, he served as a translator for culture keeper Yotuya Lebrado in Yosemite. Despite a tragic accident cutting his life short, Meléndez Wright's legacy includes revolutionizing wildlife conservation and sustainability in our National Park.





Alida Ortiz Sotomayor-Sotomayor had a deep appreciation for the outdoors of her native Puerto Rico. In 1958, she was the first in her family to attend college and, by 1976, became Puerto Rico's first woman to earn a Marine Sciences Ph.D. from the University of Puerto Rico. Alida co-founded and directed the Coastal Marine Biology Program at the University of Puerto Rico in Humacao. She developed the Island's first Earth Sciences curriculum for public schools and trained many teachers in Marine Education. As a scientist, she advocated for the preservation of Puerto Rico's marine life.

Ernesto "Che" Guevara-14 June 1928^[1] – 9 October 1967) was an Argentine Marxist revolutionary, physician, author, guerrilla leader, diplomat, and military theorist. A major figure of the Cuban Revolution, his stylized visage has become a ubiquitous countercultural symbol of rebellion and global insignia in popular culture.^[4]

As a young medical student, Guevara traveled throughout South America and was appalled by the poverty, hunger, and disease he witnessed. His burgeoning desire to help overturn what he saw as the capitalist exploitation of Latin America by the United States prompted his involvement in Guatemala's social reforms under President Jacobo Árbenz, whose eventual CIA-assisted overthrow at the behest of the United Fruit Company solidified Guevara's political ideology.^[5] Later in Mexico City, Guevara met Raúl and Fidel Castro, joined their 26th of July Movement, and sailed to Cuba aboard the yacht *Granma* with the intention of overthrowing US-backed dictator Fulgencio Batista.^[7] Guevara soon rose to prominence among the insurgents, was promoted



to second-in-command, and played a pivotal role in the two-year guerrilla campaign that deposed the Batista regime.^[8]

After the Cuban Revolution, Guevara played key roles in the new government. These included reviewing the appeals and firing squads for those convicted as war criminals during the revolutionary tribunals,^[9] instituting agrarian land reform as minister of industries, helping spearhead a successful nationwide literacy campaign, serving as both president of the National Bank and instructional director for Cuba's armed forces, and traversing the globe as a diplomat on behalf of Cuban socialism. Such positions also allowed him to play a central role in training the militia forces who repelled the Bay of Pigs Invasion,^[10] and bringing Soviet nuclear-armed ballistic missiles to Cuba, which preceded the 1962 Cuban Missile Crisis.

^[11] Additionally, Guevara was a prolific writer and diarist, composing a seminal guerrilla warfare manual, along with a best-selling memoir about his youthful continental motorcycle journey. His experiences and studying of Marxism–Leninism led him to posit that the Third World's underdevelopment and dependence was an intrinsic result of imperialism, neocolonialism, and monopoly capitalism, with the only remedies being proletarian internationalism and world revolution.^{[12][13]} Guevara left Cuba in 1965 to foment continental revolutions across both Africa and South America,^[14] first unsuccessfully in Congo-Kinshasa and later in Bolivia, where he was captured by CIA-assisted Bolivian forces and summarily executed.



Giving Credit Where Credit Is Due

By: Barnard Patton

Today I became one of the many individuals in custody who shares their Kewanee experience. For those of you that know me; I hate pictures and being seen. However, the short time I've been here has changed my out look on incarceration. My entire 26 years in prison has felt like the twilight zone with each prison experience playing out as another scary episode. Although Kewanee is still a prison; what separates it from others is the ability to operate efficiently and with humanity. Since my arrival, I had a family emergency and within 2 days of the tragic news the Kewanee staff escorted me out of time to be with my mother as she fights a terminal illness.

I learned on a Friday that it wasn't looking good for my mom, so I passed this info to the Kewanee staff and on Sunday morning I was at my moms bedside. We laughed and smiled which gave me a memory and experience that I wouldn't associate with being in custody. It began with my counselor Ms. Arch who once I explained my situation to on Friday morning began putting things into motion. Ms. Arch was very involved, I was able to hang up the phone with my family and walk to Ms. Arch office without an appointment, call pass, or without anyone calling to check and see if she would see me.

Kewanee allows you to go anywhere on the grounds and see whoever you need to see. Within minutes of speaking to counselor Arch paper work was being submitted and phone calls were being made. By Saturday Warden Carothers, I.A. Barns and Director Latoya Hughes had all

signed off on the hospital visit. My visit with my mom in the hospital was much more rewarding thanks to Sgt. Segura and C/O Kida whom escorted me and was very nice to me and my mom as well as family members. Sgt. Segura was very comforting offering her own experiences. I wanted to give credit where credit is due so thanks to all the Kewanee staff and special thanks to Latoya Hughes, Warden Carothers, Counselor Arch, Sgt. Segura, and C/O Kida.

**HISPANIC
HERITAGE
MONTH**

My KEWANEE EXPERIENCE

By: Antonio Espino

I thank all who have helped me here, especially Wardens Jones & Carothers. It already has been a **phenomenal & beautiful** experience. A common question I get is, "How do you like it here?" I smile and respond, "I feel blessed & exceedingly grateful." There's so many "small things" here that relieve the tension we experience during our incarceration. Believe me they all add up! One amenity I Love, I was able to walk out to the yard first thing in the morning, roll out my mat & do Yoga, meditating in prayer. There are actual battle ropes, & I already clean-&-pressed my goal, 255lbs!! It is rewarding setting goals for yourself & accomplishing them. That is what this place is all about. I'm already in the art room, which is open ALL DAY, & pouring into my art. Being amongst other creators is an amazing experience. All the small amenities add up, & are the LEAST of what is amazing about this place. They create an environment, favorable for stimulating & motivating growth. You can focus as much of your energy as possible on what matters... what drives you from within! This place is doing **AMAZING** things for people who want it. When you set out your career choice's, there are teams of people here who make necessary connections for you to take steps towards making your dreams and goals a reality. I am not being facetious nor exaggerating. I told one of my former Jedi Masters how I was going to ease slowly into the roles I am capable of here, and I realize, some flows you must submit to. There are so many opportunities to shine your inner spirit in its true state. I partook in the Global Leadership Summit in the first week & will be part of guiding our new program next month, "The GLS Academy". I'm helping redesign our Barber Shop, have almost finished my concept art, & will be submitting it for approval. But they said I cannot knock down a wall to have a more "open concept"...ha! I've loved helping restore a historical fence for a town by priming & painting. Here, you may donate your time & effort to help give back to local communities.

I feel like I am holding back from sharing so much, but I will share more in later issues as I go. One essential life lesson I have learned greatly in my journey at Illinois River was not to burnout, by filling my itinerary to the max. My lesson of “Balance” is so important here, especially since I have forty+ (40+) classes I already signed up for. On one of the motivational talks on the movie channel-by Daily Stoic-Marcus Aurelius was quoted. He had stressed how important it was to unwind & decompress, or how if one does not, the mind will unravel itself. One common thing I hear here amongst participants I know from Illinois River is, “**Take a breath**”. They are not saying it to *me* in particular, rather an acknowledgement for how much there is to do here & a reminder of just to take it easy on your *self*. Just stop, pause for a moment in time, and ***breathe***.

I would like to thank **every one** of my Former Supervisors who gifted me with a chance to show you what I was capable of. Thank you for seeing me for who I truly am & casting no prejudice. Thank you to Dietary Supervisor Peters, for showing me *the way*. Coach, I thank you for those two (2) years of being a Clinical Services Clerk/Peer Mentor. We had some amazing experiences in our classroom, especially in our Fatherhood Inside Out Dads, & creating a duplicate of Kewanee’s “Day With Dads”, in Pinckneyville. I thank you Mrs. Tasker, for allowing me the gift of being one of your Yoga Instructors since 2019. To my Yoga practitioners in the past seven (7) years, **Namaste (“the Divine Presence within me recognizes & bows humbly to the Divine Presence within you all”)**. I thank my Family, my Love, all my Friends & their Families, for all of your support, for I not only do this for myself, but for the roles I will uphold when I’m with you all, as well as for our little Anthony Giovanni (my Son). Please know that our Creating Life Force has me us in its hold. THANK YOU to my Ma for my middle name, I hope you can see I am living up to it, Emmanuel. May the light of our Creating Life Force shine on everyone who is reading this, who has helped me, who I have helped, & those who have challenged me.

Reimagined Rehabilitation

By Ricardo Camacho

To imagine a justice system that truly rehabilitates, and facilitates a successful re-entry for justice impacted individuals can seem more like a fantasy than a reality. That could be due to the fact that many different aspects of the criminal justice system are flawed, including the “Department of Corrections.” For decades the Department of Corrections has been a revolving door consisting of new and returning individuals, to someone not very familiar with DOC it’s easy to jump to the conclusion that repeat offenders are bad seeds and deserve to be locked up so they can focus on their rehabilitation. Little do those individuals know that DOC does not actually work towards correcting the behavior of the individuals in custody, instead correctional staff members look to punish those that are incarcerated, and sometimes they intentionally provoke individuals for their own entertainment and benefit. Due to behavior on both sides, division is created which results in the “us vs. them” mentality; also known as “carceral logic.” In order for the justice system to rehabilitate individuals and prepare them to be productive members of society upon their release, the division created by “carceral logic” cannot exist whether it is with staff or amongst individuals in custody of DOC. As a result of eliminating “carceral logic”, the environment in which individuals must live in, and correctional staff members must work in would become less hostile. Creating a sense of community would be the ultimate goal, and I understand that many people reading will question this, but stop for a moment, think and ask yourself “what kind of community would I like to be a part of upon release?” A community whose members come together will continue to improve and the same thing can happen on this side of the fence. I’m not talking about KLSRC only, I’m talking about every IDOC facility. Creating a sense of community, especially in higher security facilities will also help individuals adapt to changes when they transfer to lower security level facilities as well as when the time comes for them to be released. Communication is significant to the elimination of “carceral logic”, whether we like it or not we must learn to communicate in an effective manner. This starts with treating others the way you want to be treated, also

known as “The Golden Rule.” Approaching others respectfully, even in stressful and/or frustrating situations will help you get much further with whatever it is that you are trying to accomplish as opposed to being rude and making demands. Think about this manner in which you would conduct yourself during a job interview; you would be polite, and respectful right? Do your best to keep that in mind as you interact with others everyday. Now on a simpler note, when you are out on the walk heading to a call pass don’t be shy and put your head down as you walk past someone, hold your head up and say what’s up to whoever you are passing by; little gestures like that go a long way! Along with creating a sense of community and working on communication, ineffective punishments need to be done away with as well. An example of an ineffective punishment is a lockdown; due to the actions of no more than a handful of individuals an entire facility can be placed on lockdown, punishing people that had nothing to do with the incident. As a result, the individuals punished for the actions of others become angry and once more hostility has been produced. Being stuck behind the door is already bad enough, but not being able to take a shower or call loved ones can in fact mentally break a person. So throughout the duration of a lockdown , whoever caused it is placed in seg, and let out after a week or shipped out to another facility, meanwhile everyone else is still dealing with the consequences of their actions. Once the facility is taken off of lockdown another incident is likely to occur which will continue to repeat this cycle and do nothing besides create 1,500+ angry individuals that are more likely to recidivate upon release as opposed to helping 1,500+ individuals get whatever help and resources they need to become productive members of their community upon their release. I know that imagining a justice system that truly rehabilitates, and facilitates a successful re-entry into society for justice impacted individuals does indeed seem like a fantasy when you think about it, however I’m telling you all right now that it won’t be easy but it can become a reality. Not only would those who are incarcerated be effected, but everyone in our communities would be as well! It’s deeper than improving communication skills, building a sense of community, and ending ineffective punishment cycles. It’s about facilitating a successful re-entry into society! Sure, it will prove to be easier said than done, but working on these areas could prove to be a step in the right direction.

My KEWANEE EXPERIENCE

By: Jeremiah Martin

I want to start this letter by giving a big thank you to Warden Carothers. As well as his staff for accepting me to KLSRC. I arrived at Danville C.C in May of 2022. After a few weeks I got a job as a porter, a month later I was able to start the building block program, which covered a wide range of self help. 15 months in my counselor brought me a Kewanee Application to fill out. I was transferred to Robinson C.C soon after I filled it out. I remember being told by my counselor that I'm under truth in sentencing at 85% so I won't start any treatment until I am a year from my MSR date. My heart sunk and all I could do was pray Kewanee would accept me because all I wanted was to better myself. I remember being lost, stressed and scared.

On March 29, 2024 I was called into B of I and informed that I would be transferred to Kewanee, my heart skipped a beat, I thought "Finally", I was going to be able to progress.

On April 23, 2024 upon getting off the bus here at Kewanee I was finally able to relax, breath and have a sense of Hope. The staff as well as others Individuals in custody made me feel welcomed, allowing me to let down my guard and I didn't have to keep looking over my shoulders any more. Little did I know how much would change for me over the upcoming months. For the first two weeks I took the time to breath and get to know everyone. I started a job in the Dietary as a line worker, which helped in the process. After a month I started mandatory classes, interpersonal skills with Ms. Rowan, Rapid Typing with Ms. Mango. My 2nd month I attended Communication 1 with Mr. Beringer, financial lit with Mr. Price. I can now say I "Used" to be scare/



shy to stand up and talk in a group setting.

Also I can type pretty fast, but I love to keep challenging myself. I learned how to budget money better and what to look out for while making purchases. I've also gained knowledge through Peer-Led classes that will help me in the job force, I have two certificates so far, Intro to Warehouse and Flip 2 with more to come in the near future. I have also been attending AA/NA and The Trauma Unit. I am on a list to start essential learning and get my GED which is one of my main goals.

I am on the waiting list to start my self-help classes as well. I'm doing everything here at KLSRC I couldn't do at the last facility I was at. Of course I'm not trying to overwhelm myself, but let's be real, "It's better to utilize your time than to waste it!"

I'm closing this letter with a big shout out to Warden James Carothers and all the staff here at KLSRC and for caring about my future.



TOOLS FOR THE TOOL BELT

By: Roger Sharkey

As I look back at this experience, it reminds me of many things, namely how am I going to exist in the free world? So at this point last year I would have to admit that, I truly did not have any “skills” that pertain to work related abilities. I do not know how to fix a car; I do not know how to do anything with electricity, or any skilled type of labors nothing! So coming to Kewanee, I decided that would be my mission, to put things into my “tool belt” so that I have a better chance to succeed once I get out. We just had a guest speaker yesterday Curtis Ferdinand and he said something that resonated with me. He said how he did everything he could while he was locked up and had all these tools in his belt. That he went from one thing to the next out of his “tool belt” and in doing this, found what he wanted to do with his life. I am currently doing this here and I do not know if I will be a truck driver when I get out but it is a very good tool to keep in ones belt.

Now that brings me to this CDL class, very informative and lead by three very outstanding individuals. I literally knew nothing about CDL driving and through this class only got one question wrong. The videos and the insight that they give is phenomenal. I am definitely ready for the written test, when they get the simulator up and running then I can be ready for the driven test as well. Therefore, I would like to give a big shout out to Cliff, Mike and Luke, thank you for the class and cannot wait to take the business class. Again, do not know if driving a truck is in my future but right now, I am loading my “tool belt” to equip me with as many tools as I can get. THANK YOU!





BORICUA!

By: Julian Alequin

It's more than the curiosity peaking aroma that keeps you guessing the combination of spices that could ever create such a scent. It's more than the music that makes you want to move despite possibly not having a clue as to what's being said. It's more than the cars covered in flags with people hanging out the windows screaming "Boricua!" as they whiz by. There is something in the air that you can't quite put your finger on yet it feels so real. You walk through areas of this gathering and it feels as though you're walking through a family reunion. There are kisses and hugs that seem to come from a place that can only be called love. Your every sense seems to be teased and toyed with and it seems to go on for miles despite only being a few blocks. The fact that it only lasts a few days leaves a wanting for more and a thirst for an excitement that can only be satisfied with the next celebration.

For most Chicagoans we know exactly what the Puerto Rican Festival feels like. The sights, sounds and smells are no stranger to us. "Boricuas" have always been a proud people who have no issue with shouting our allegiance to our people. Through the years there have been certain aspects of different cultures that have been lost or forgotten yet, despite the generational gap that separates us from our island roots it seems to only get stronger with each new generation of Puerto Ricans that is born. Whether it be the weekend mornings that smell of fabuloso and sound like Marc Anthony or the summer nights that seem to never end the love for our people is burned into our souls. My grandparents went deep into their eighties not only loving each other but dancing as much salsa as their limbs would allow. I also spent my childhood dancing with women triple my age because they wanted me learning our culture as soon as my mind could grasp it. That built me into a man that cannot deny his love for his people

or culture. Incarceration has only deepened my love due to the lack of sights and sounds that are attributed to what I grew up around. I went from driving through a neighborhood that had two giant Puerto Rican flags arching over the street to barely getting a glimpse of one. That was a major change, and as time went on a hurtful one. Now my adrenaline pumps and my excitement is apparent every time I see a Puerto Rican flag. It's a love that is undeniable and uncontrollable. I must say, If this seems like a little too much to you than I'm truly sorry that you don't have a culture that you can love and appreciate like we do.

While I mention incarceration I must speak on the many moments of ignorance I've experienced from people that either cannot or will not learn. There have been moments where speaking "Mexican" replaces speaking Spanish. There has also been even more times where "what's the difference?", asked with a smirk, has cut me deeply. Its not that being mistaken for another Latin ethnicity is an insult ,rather we are all proud of our uniqueness. The same way you love your parents but are proud of your differences is the same way we respect one another but love our own cultures. The "anger" that you see and assume is between one another is actually toward the ignorance that surrounds us. When "**migo**" takes the place of our names without our approval for so long it starts to sting. I mean you don't like being called "inmate" right? We were all wonderfully made and the differences within that wonder is what makes us all so great. I'm not expecting you to understand our love for our cultures from one article, but I am hoping you could grasp the ability to ask us about our cultures and not just assume. Understanding our love may be difficult but just know that its there. Whether it be our food or our music or our language know that we have a love and loyalty that is impossible to deny and easy to see.



KEWANEE CELEBRATES HISPANIC HERITAGE MONTH



RELAY RACE WINNERS



CAPICU WINNERS



CORNHOLE & HORSESHOE WINNERS



**TIRE-FLIP/TIRE CARRY
WINNER**



DOMINOES WINNER



LOTERIA WINNERS



Karaoke Winner



Roast Winner



Spades Winner



Flag Football Winners



SOCCER WINNERS



Softball & Football Toss Winner

**Running
Suicides
Winner**



DOMINOES WINNER



HISPANIC HERITAGE MONTH COMMITTEE

My Time is mine, so is my Trauma

By: Mr. Kelly Bennett

In Webster's dictionary, there are 20 different definitions for the word **time**, however in it there is the no mention that this is the one commodity/resource on God's green earth that is distributed evenly, every man, woman also child only ever get 24-hours in their day.

How they choose to use, spend it, or waste it is entirely up to them.

Something I learned along the way, life and time are this world's two greatest teachers. Life teaches to make good use of time, while time teaches us the value of life. I have been serving time for over two decades and truth be told, early on I never considered the value of my time, you see for 36 years prior to my incarceration I never knew the things I was experiencing would leave a scar so deep that all time would not heal the wounds. I witnessed so much hurt, so much pain so much injustice I believed that it was all a part of this "normal life". However as I have grown and matured into this man nothing in the life I have lived or my experiences were normal compared to Webster's definition of normal or even life. I have experienced many different things, been some special places with some special people. However, after some mental health care and a lot of soul searching I realized hurt people really do hurt people. Please note I am never making excuses for my action nor am I negating the fact I am guilty of scarring not only one family for their entire lives but two, my victims whom I have deeply apologize too, also my own. I work daily to repair the pain & trauma I caused them I would like to speak upon the things I experienced, and how they were never treated. Let us face this fact mental health, nor was trauma a topic of discussion in my home ever. Please believe the things I witnessed and experienced at a young age shaped how I thought and how I related to the issues, I faced in this life. Case in point there was a house fire next door to the house I grew up in. The fire started in the basement and several families were trapped in the upper floors. I witnessed women jumping to their death after throwing their babies out the same windows in total seven people died that day. My brothers and my sister stood there and watched people die and never once did anyone knock on our door asking about therapy

or after trauma care. We went about our lives like normal after all the funerals and burials were attended. My aunt Jewel lost her life in that fire may she always rest in peace, many families lives changed that day. Our family went from six to ten because my mother took on the task of raising my four cousins along with us. Not even a year later my cousin Vernon passed away laying next to me in bed from a seizure, induced by methadone laced candy given to him by a classmate. Once again, there was no one banging our door down offering any of us therapy, nor was I asked in school about speaking with someone. It was all normal, people live and people die that is the cycle of life, we live in time and methods may differ. It was not until I had served well over a decade of my life locked away; that I realized nothing about the way I had lived my life or was raised was supposed to be viewed as normal. The way my friends had died or the way my friends and me were living was normal. Running from rogue law enforcements, fearing for our lives each day from random acts of violence carried out by old friends and classmates, who happen to live in different neighborhoods. How was this ever-considered normal by any stretch of the word? The life I lived early on was traumatic on so many levels yet it was my life and I made the very best of it regardless.

Even Though nothing about my life was normal, never was there any complaints, because it was life and I did want was required to achieve some form of success no matter the circumstances or the situations. To this very day I am still a very hard worker, with very little to complain about. Life is fair and there is a time and place for everything in this life. I believe that blessing comes to those when they are needed the most mine have come, and they will come again. However, I must do the work necessary to recognize them and be in position to take advantage of them.

Therefore, I began making the necessary changes; first, spiritually, then mentally, and last I began to work on the many bad habits of daily living I had created. Which I must confess, warped and distorted my thinking, placing more value in the things and trappings of toxic living instead of people. So I had dedicated a lot of my time to the giving of self in the form of mentorship helping when I can and everywhere I can and that has been my purpose and how

through conscious choices I committed myself to use the time in my hands. Effective use of time is a skill like any other; it can be learned therefore somewhat mastered. Here are four keys to mastering your time and perhaps your life, this was dropped on me by a trusted Brother and fellow mentor years ago. Taken from the Author Hal Urban

1. Plan your day
2. Make appointments with yourself
3. Use the Little bit at a time approach
4. Know your most productive time

I can honestly say this may not work for everyone, I have found it useful in my life, and for that, I am forever grateful to my brothers and the many caring people who have be a great part of this journey of healing. You will never cease to learn if you keep, your mind open to new things and it all begin by being able to just listen and not just hear. Yes, I have been guilty of that very thing for most of this life, why because I did not have the time for it. I was always on my way out the door to the streets. (Enough said)

Please believe the journey continues, there is still a lot of healing and work ahead of me. I truly hope to someday repair the damage I left behind so with the time I have left in my hands it will be used serving for that purpose.

Moreover, I pray daily that Gods will be done in my Life Not My own!

Thanking you once again for your time. I do know first-hand how valuable it is...

“The man who views the world at fifty the same he did at twenty has wasted thirty years of his life.”

Muhammad Ali

“You never know the value of a moment until it becomes a memory’

Unknown

LOST TIME

By: Curtis Russell

Hi my name is Curtis Russell and I have been locked up for 17 years, I was 21 years old when I caught my murder case and I had to start my 20 year sentence in Menard correctional Center. It was scary to me because when I made it to N.R.C. from the county jail I heard stories about how Menard was so the first thing I told myself when I got that brown bag in front of my door was "I'm not going for anything from no one". Being from the streets I was not playing games, and once I started moving around, I started talking to these older guys. They were asking me a lot of question, and telling me how I could make my 20 years easy. One guy told me and I will never forget "you can make your time easy or you can make your time hard its up to you". So I started to kick it with him, trying to get more knowledge in my life, I was there for 2 years before I got shipped to MT. Sterling. I stayed in MT. Sterling for 7 years and everything I did bad in Menard, I took with me. I stayed in trouble in MT Sterling. I started looking at myself in the mirror one day and said its time to grow up. I started trying to do just that but I kept doing the same old things I was doing in Menard. I have been to 6 prisons in my 17 years of incarceration, but once I made it to a place I never thought I would make it to I got my head on straight. I have been here in Kewanee for 8 months now and I have been in the Lost Time Peer Led Group for the entire 8 months, I learn something new every Wednesday. I learn something different every time and real talk, when say we are a brother hood I mean just that. The group gives me ground to talk about anything I would like to let off my chest, or just want to listen to someone else pain. We have all had a hard and rough time in our life, but one thing I do know and that is it could better if you want it to. Don't let anyone or anything stop you from being you, never stop fighting for your life. Who ever you believe in keep them first and always pray and he will see you through. We can't do this alone, everyone needs someone and I hope my words get you all through rough and hard times in your life.

The Market Corner: Don't Dred "The Fed"

At the time of this writing the stock market is trading in "bear market" territory. A bear market is usually brought on by the anticipation of declining economic activity and rising interest rates.

The Federal Open Market Committee, (FOMC) sets interest rates and credit policies for the Federal Reserve System, commonly known as "The Fed". The FOMC has 12 members and this committee decides whether to increase or decrease interest rates and are closely watched and interpreted by economists and stock market analysts who try to predict if "The Fed" is seeking to tighten credit to stimulate the economy. Inflation is at a 40 year high, so "The Fed" has been raising rates, (after almost a decade of near zero rates) to try and slow down consumer demand to match supply without causing a recession. ACCORDING TOE THE National Bureau of Economic Research (NBER), a recession is defined by many economists as the downturn in economic activity of at least two consecutive quarters of decline in a country's gross domestic product (GDP). Many economists say we already fit this criterion, but as of last year, this definition that has been in place has been ignored. As you know, our supply chains have been affected significantly by many factors, including but not limited to, ongoing battle between Israel and Hamas, the Russian invasion of Ukraine, the drop in energy prices and the weakening of the US dollar.

Company's stock prices are being revalued due to these factors as liquidity is leaving the market coupled with negative views of upcoming quarterly earnings reports. Recently, NVIDIA took a \$300 Billion hit on their stocks, so the market is a forward looking mechanism. If there is a recession, or if we are already in one, the economy slows down, the consumer doesn't spend as much, and businesses profit margins are negatively affected, usually resulting in stock

prices decreasing in value. So, what does all this mean? In my opinion, these are when buying opportunities are created and where wealth is obtained. Stocks don't always simply go up. Bear markets occur and are simply a regular part of the market correcting itself. Stocks get overbought in bull markets and are oversold in bear markets. As the saying goes, "when in Rome, do what the Romans do." In other words, people are selling good stocks for many unknown reasons and this could be your opportunity to buy in at incredibly low prices. It's difficult to determine when the market hits its bottom. Just realize, when that time actually arrives, the market often bounces back very strongly. If you are patient, disciplined and consistent in your long term investing, your "dollar cost average" will be very respectable. Remember, you want to buy low and sell high. However, it's extremely difficult to keep buying stocks when the price is continuously dropping. It requires a certain amount of intestinal fortitude. On the other hand, there are plenty of ways to make profits using call and put options, as well as buying good dividend paying stocks that literally pay you while you wait. The key is to not give up and stay invested in good companies. Eventually, the stock market will reward you handsomely for "staying the course". Remember as Tom Brady said of the now-defunct FTX, "Fortune favors the brave."



DOLLAR COST AVERAGING REVISITED

Kenji Haley, Co-Editor for THE MARKET CORNER

Now that you know the characteristics of good stocks, you have to address the question of how to go about buying them. One of the biggest worries is timing. Suppose you're unlucky enough to buy at the very top of the market? Or suppose something unexpected happens to dash the price of your shares overnight? How can you protect yourself against bad things happening to good stocks while you're holding a basketful of them? Dollar-cost averaging is a time-tested method of smoothing out the roller-coaster ride that awaits those who try to time the market. You don't have to be brilliant to make dollar-cost averaging work, and you don't even have to pay especially close attention to what's happening in the stock market or in economy. With dollar-cost averaging, you simply invest a fixed amount regularly, depending on your saving schedule. The key is to keep to your schedule, regardless of whether stock prices go up or down. Because you're investing a fixed amount at fixed intervals, your dollars buy more shares when prices are low. As a result, the average purchase price of your stock will usually be lower than the average of the market prices over the same time. Here's an example of how dollar cost averaging usually works. Say you invest \$300 a month over a six-month period in Palantir Technologies (PLTR), a stock that ranges in price from a low of \$20 to a high of \$30. Here's a look at what dollar-cost averaging would do. (This example ignores brokerage commissions.)

FIRST MONTH: The stock is trading at \$30 a share. Your \$300 investment buys ten shares of Palantir.

SECOND MONTH: The market has taken a tumble and the price of your stock has fallen to \$25. You buy 12 shares.

THIRD MONTH: Things have stabilized. The price of your stocks is still \$25, and you buy another 12 shares.

FOURTH MONTH: On news of a takeover bid by another company, the price soars to \$33. Your \$300 buys you only nine shares, with a little change left over.

FIFTH MONTH: The takeover bid falls through and the price dips back down to \$25. You pick up another 12 shares.

SIXTH MONTH: An earnings report that falls short of analysts' expectations causes a couple of mutual funds to sell your stock, pushing the price down to \$20 a share. You acquire 15 shares.

LET'S ADD IT UP: So far you've spent, in round numbers, \$1,800 (not counting commissions) and you own 70 shares of Palantir, which means you paid an average of \$25.71 a share. Compare that with other ways you could have acquired the stock: If you had bought ten shares during each of those six months, you'd own 60 shares at an average price per share of \$26.33. If you had invested the entire \$1,800 at the start of the period, you'd own 60 shares at \$30 per share. You can begin to see the advantages of dollar-cost averaging. Now, you might have noticed that at the end of the sixth month you were holding stock for which you had paid an average price of nearly \$26 in a market that was willing to pay you only \$20 a share. What now? Should you sell and cut your losses? Not necessarily. Now is a good time to reassess your faith in Palantir; reexamine the fundamentals described earlier. If the fundamentals still justify your faith, this dip in the price represents a good opportunity to buy more shares. Dollar-cost averaging won't automatically improve the performance of

your portfolio. But don't underestimate the value of the added discipline, organization and peace of mind it gives you. It's natural to be frightened away from owning stocks when prices head down, even though experience has shown that such times can be the best time to buy. Because they charge no sales commissions, no-load mutual funds can be better suited for dollar-cost averaging than stocks. You'd incur relatively large commissions to buy a small number of shares of stock, and your fixed monthly investment might not buy whole shares. You can buy fractional shares in a mutual fund.

FROM WHAT I SEE IN THE MARKET

I don't know what is going on, but the market wants to grow and soar, yet people will be cautious as we head towards the elections. Both sides are tackling the same platform, minus the fact that VP Kamala Harris stated that she doesn't agree with the Former President views on Powell and the FED.

Hopefully by now the market will ease by this latest rate cut and that the 30-year mortgages will reduce some. I don't know what many of you will do, but for me cash is not trash and I am willing to wait to see what the market is going to do. See you next time on...



THE MARKET CORNER

BRAIN FACTS

HEADACHE AND MIGRAINE

A dull ache or a sharp or throbbing pain, a headache may appear gradually or suddenly and last from less than an hour to several days. Migraine sufferers have episodes of severe headaches often accompanied by sensory disturbances, nausea, and vomiting.

A headache is a symptom with a range of possible causes. Probably the most common form of headache is tension headache, in which the pain tends to be constant, in the forehead or more generally over the head. It may be accompanied by a feeling of pressure behind the eyes and/or tightness around the head. It is typically brought on by stress, which causes tensions in the muscles of the neck and scalp. This, in turn, is thought to stimulate pain receptors in these areas, which send signals to the sensory cortex, resulting in a headache. Another form of headache is a cluster headache, which involves relatively short attacks of severe pain.

A migraine usually occurs over one eye or on one side of the head, although the area of pain can move during an attack. A migraine typically consists of up to four stages, which vary in intensity and duration. The underlying cause is not known, but research suggests it may be

due to a surge of neuronal activity in the brain, eventually stimulating the sensory cortex, resulting in the sensation of pain. Triggers for a migraine include emotional shock or stress; tiredness or lack of sleep; missed meals, dehydration, and certain foods, such as cheese or chocolate; hormonal changes (for many women, migraines are associated with menstruation); and changes in the weather or a stuffy atmosphere.

ARE MIGRAINES A GENETIC DISORDER?

Migraines often run in the family. Certain genes combine to increase predisposition to migraines, but environmental factors such as stress or hormones are also involved.

MIGRAINE ATTACKS

An attack may begin with an early stage, the prodrome, with symptoms such as anxiety, mood changes, and tiredness or excessive energy. This is sometimes followed by aura, a warning stage that can include flashing lights and other visual distortions; stiffness, tingling, or numbness; difficulty speaking; and poor coordination. The main stage includes a severe throbbing headache made worse by movement, nausea and/or vomiting, and dislike of bright light or loud noise. This is often followed by a postdrome stage of tiredness, poor concentration, and persistence of increased sensitivity.



HOROSCOPES



Aries: Engaging interactions? This is a particularly lucky day for meeting new people.

Translation: Friendship dances around the world bidding us all to awaken to the recognition of happiness.



Taurus: Craving a bit of luxury? The sun's alignment with Venus presents an opportunity to invest in yourself.

Translation: What cannot be satisfied is not a man's stomach, as most men think, but rather the false opinion that the stomach requires unlimited filling



Gemini: Oozing charisma? You magnetically attract friends and lovers!

Translation: Live your beliefs and you can turn the world around.



Cancer: Private party? Your imagination springs to life. Make sure to jot down inspiring ideas!

Translation: Wake up determined, go to bed satisfied.



Leo: Group activities? This is an excellent day for outings, celebrations and social gatherings with like-minded souls.

Translation: “Spread love everywhere you go” -Mother Teresa



Virgo: In the spotlight? This gives your reputation a positive boost. A career opportunity is incoming.

Translation: We must let go of the life we have planned, so as to accept the one that is waiting for us.



Libra: Traveling well? You're comfortable in whatever setting you're dropped into.

Translation: Acclimation into any environment can be difficult but if we can make it through these places, we can make it through anything!



Scorpio: Intimate encounters? You're taking a business or romantic relationships to the next level.

Translation: “You are experienced enough to do this. You are knowledgeable enough to do this. You are prepared enough to do this. You are mature enough to do this. You are brave enough to do this.”



Sagittarius: Feeling the love? Someone sees your worth but only because YOU saw it first!

Translation: “Nobody built like you, you design yourself” —Jay-Z



Capricorn: Feeling good in your skin? A healthy attitude facilitates a healthy mind and body.

Translation: Look in that mirror and say these words “I am beautiful” and not once ounce of my self-esteem depends on your feelings of me.



Aquarius: Prioritizing pleasure? Let passion steer your decisions. Invoke confidence to make magic today!

Translation: Unjust behavior is a function of an un-pleasurable life, not the means to achieving a pleasurable one.

Pisces: (Chosen) family celebrations? Your focus is on upholding harmony in the household.

Translation: “Find out who you are and be that person. That’s what your soul was put on this earth to be. Find that truth, live that truth, and everything else will come.”



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 impacts 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!**

