

KEWANEE HORIZONS

DOMESTIC VIOLENCE
AWARENESS

BREAST CANCER
AWARENESS

VOLUME 78

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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 purpose of uplifting mind, body and spirit.

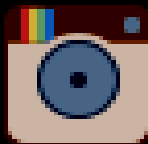
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

kewaneehorizons@illinois.gov

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#KEWANEEHORIZONS

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THEN SELECT "KEWANEE HORIZONS NEWSLETTER"

BREAST CANCER IN WOMEN

Most common cancer in women
1 in 8 women in the US. will develop breast cancer in her lifetime
Over 3.8 million survivors in the US.
Leading cause of death among Hispanic/Latinx women
Black women experience 40% higher mortality rate than White women
33% of women report depression
43,600 women will die in 2021 from breast cancer

48.5% cancer patients report a history of violence
Advanced-stage diagnosis correlates with IPV history
Limited access to care services
Delayed screening, diagnosis, treatment
Greater impact for women living in poverty

INTIMATE PARTNER VIOLENCE

Accounts for 15% of all crimes
1 in 4 women will be victims of family violence in her lifetime
Homicides more than double for Black women vs. White women
44% of lesbian women and 61% bisexual women report IPV
20% of women report depression
Over 1,300 women die each year as a direct result of IPV
20,000 calls to hotlines in a day

**OCTOBER:
PINK & PURPLE ARE TOGETHER FOR A REASON**

Domestic Violence Awareness Month (DVAM) is observed in October each year. It's a time to recognize victims, raise awareness, and mourn the lives lost to domestic violence.

Some things that happen during DVAM include:

- Go Purple Day
- Also known as Purple Thursday, this national day of action is celebrated on the first Monday in October. People wear purple to symbolize peace, courage, survival, honor, and personal dedication to [domestic violence awareness](#).
- National Call for Unity
- This is a moment of recognition and togetherness for advocates and survivors across the country. The theme for 2024 is "Heal, Hold & Center".
- Week of Action
- This week includes Pay It Forward Friday, Speak Up Saturday, and Support Survivors Sunday.

Domestic violence is a pattern of abusive behavior in any relationship that affects everyone, regardless of race, religion, or culture. Some signs of domestic violence include isolation, low self-esteem, unexplained injuries, and depression or anxiety.

AS THE LEAF DECAYS

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

Picked fresh from the branch, so green so fresh. As days go by detached from the branch slowly the edges curl up. The moisture is leaving day by day. Less robust is the green on the leaf as it slowly decays detached from the branch. As I sit observing the leaf, I wonder is it possible to reattach the leaf to the branch that is attached to the tree which is growing from its roots under the earth? Then leaf, as it dies slowly dries. Should I give it a drink from the sink? The daily demise of this green maple leaf has taught me a great lesson. Stay attached to your roots even if it is through a branch blowing in the wind. A leaf that has fallen in autumn has lived a leaf's full life. The natural course of the leaf's journey into compost is a sight to see. A lesson in the relative brevity of the lives of all the things we're here to enjoy. As the leaf decays and I hold it in my hand, I am touched by the life it has had. Sunlight, fresh air, in the wind without a care, rainstorms, birds, and bugs. So I thought next time I see a leaf on a branch in a tree I'll leave it be.

BREAST CANCER AWARENESS

By: James Stirn @ Taylorville C.C.

In 1997 my mom moved back to Chicago to be with me for my wedding. It was a joyous time, but that joy would be short lived. About 6 weeks after my wedding my mom started to complain about not feeling right, so my wife took her to the ER. After countless hours in the ER she was diagnosed with stage 4 breast cancer that had metastasized to her bones. She was told no amount of chemo or surgery would help, but radiation might slow the progression.

Thankfully the radiation worked for the next 2 1/2 years. The unfortunate side effect was an over abundance of vitamins and supplement's to give her the energy for the next radiation treatment. She had so much radiation, I'm surprised she did not glow. But the radiation did its job and slowed the cancer. Now the end of July 2000 is here and the cancer decided to comeback like Godzilla attacking Tokyo. Once it started within 2 weeks her organs started shutting down from the cancer until she went home on August 8th.

My sister living in Phoenix was diagnosed with breast cancer. Hers was found early enough that she was able to have a double mastectomy, chemo, radiation, and finally reconstruction surgery. She was in remission until 2018. In August of that year the cancer returned. Slowly at first until February 2019 when Godzilla reared his head again. I spoke with her at the end of February when hospice care was starting and within 2 weeks, March 9th she was home.

Today I know of at least 2 of my 4 nieces get regular checkups and are cancer free. The exams did not come easily because they were so young. But at least my oldest niece insisted and gave the doctors her family history and she get regular checkups. My other niece, I'm not sure how she convinced the doctor, but it worked, whatever she did.

My take-a-way from this experience is whether you have a family history or not, or the slightest feeling something is wrong, insist on being tested thoroughly. If that doctor wont do it, keep looking until you find one who will, you will not regret!



Defuse the Fuse

Terrance J. Williamson @ Centralia C.C.

Anger is a fuse,
ready, set to explode!
It can only be extinguished
If you seek help to defuse it
and let it go.

Anger is a fuse,
ready, set to explode!
You have seen
the catastrophe that it brings;
sadness, defeat, and broken souls.
Hearts that are physically complete,
but emotionally have suffered scars
and the bombardment of many holes.

Anger is a fuse,
ready, set to explode!
Hurt and pain, behold the earth

covered in soot, ash, and blood stains.
Indwelled with so much hatred:
do you know you mean to write
a Declaration of Separation,
a loss of love?
And to be cast to the relentless
bounds of total isolation?

Unable to control the eruption,
you'll find within the rubble and desolation,
although your explosion hurt many people,
the person you hurt the most, is yourself.

Why, anger is a fuse,
ready, set to explode!
It can only be extinguished
If you seek help to defuse it
and let it go.

She Survived!!!

By: Courtney Stephens @ Shawnee C.C.

Hello K.H readers my name is C.T. Stephens and I would like to share a Breast Cancer story. When I was in the county jail fighting my case four years ago I called home to talk to my wife like any other day and she answered her tone was somber and full of sorrow she explained that her and I need to talk and I asked "What's wrong?", I could hear in her voice that it was something serious. She said that she felt a lump in her breast and she went to the doctor and the doctor informed her that she had Breast Cancer. I felt like someone punched me in the chest and knocked the wind out of me. To hear this news quickly filled me with so many emotions, but most of all I was angry with myself for being incarcerated when she needed me the most.

I was so scared for so many reasons I didn't want to lose my better half, and to think about how scared she was because she was the one who got the news. I felt helpless and that's not a good feeling to have while incarcerated.

As the days turned into weeks, and the weeks turned into months, I just tried to be there the best way I could by keeping her in the best spirits when we talked but the REAL Hero is my oldest daughter who took care of her mother by taking her back and fourth to the doctors appointments and I could be in on those calls by way of speaker phone to be updated and also to let her know I was right there by her side. By the GRACE OF GOD they caught the cancer

in time and she was told that the doctors would have to do surgery to remove the tumor in her breast. The surgery was a success and she was able to keep her breast without any major damage. There was more things she had to endure, like chemotherapy and that process is a whole different animal and took a toll on her body and her health. She lost weight and lost her hair because of the chemotherapy. We were on video visit and I got a chance to see her and what the effects of her treatment was doing to her this gave me a chance to see how strong my wife was and this made me proud and she was still BEAUTIFUL!!!

To make a long story short my wife Shika is in full remission so far and has beaten Cancer and is doing amazing. Her skin is glowing, all her beautiful hair is back, and she has a big smile on her face every time we talk and she is loving life right now.

GOD IS GOOD!!! And my wife was healed, but not everyone get's to have that blessing. So to all the women out there make sure you get your check ups and stay on top of your health, it is so important us men need you more than you could ever know.

Do your exams and talk to your doctors because so many beautiful and loving women lose their lives to this terrible thing we call BREAST CANCER. I'm so grateful my wife was one of the blessed ones.

SHOUT OUT TO ALL BREAST CANCER SURVIORS
YOU ARE NOT IN THIS FIGHT ALONE!!!!

*Whoever said "winning isn't everything"
Obviously wasn't fighting Breast Cancer.*

Join The Fight!

THE SCRIPT



(WHAT IS CHARACTER?)

By: Kareem J. Cobbins Sr. @ Graham C.C.

I believe character is a trait you can create,
An image that not necessarily defines you,
Instead, an attribute you possess,
A moral strength, a precious value.
How much are you worth,
May be the question at hand.
Are the contents of your friends (?)
Be aware!

Some may aim only for a profit off your poten-
tial and success,
For their supply and demand.
I played an imaginary character in many mov-
ies,
I was a stunt double for an actor.
I was hiding behind scripts I never wrote,
Which lead to disaster.

I knew the costumes never fit,
It was just roles I played.
I got accolades from my peers, undeserved
cheers,
But I performed on the wrong stage.
So, I decided to write my own scripts,
I edit them daily, page by page.
You can try to be someone you're not, but
why?
Eventually, your distinctive qualities will
show.
Nurture your feature wisely!
What is character?
It will be the result of your growth.

DOMESTIC VIOLENCE AWARENESS



By: Martin Miranda @ Menard C.C.

Hello, I'm Marin Miranda and I wanted to share my story. As a child I was always protected my sister and mother, so witnessing my older sister harmed or hurt was hard to understand as a child. As I grew up it came to be that the harm came from an abusive loser, though as a child I was not able to do much.

Witnessed how huge it was for my sister to speak up and confide in love ones for support. So as I grew older in my personal life, I realized how huge it is to be aware of signs of domestic violence cause its not easy for our woman to just open up and share those types of serious issues. Due to finding it embarrassing or uncomfortable which is why its important to always ask how are our love ones feeling and doing. Even boldly ask how healthy are their relationships. Yes its normal and okay to speak upon uncomfortable topics because those are the times we can seek growth.

As it came to be with a special someone for me in my life, it was blinding due to the smiles and sweetness, yet the pain so real and deep. And I'm glad she shared because women at times don't reveal their situations, no dad, no brothers, etc...

They feel alone, stuck with a loser in a controlled relationship when truly we cant judge but only support them and help them speak up and be heard. Its not easy, but its important you provide options and doors like a big support would be them calling a domestic violence

hotline because realistically, it'll be easier for them to actually speak to a stranger over the phone and release the hurt and pain. Who better than another women who's overcome the battle, she'll be given many open doors. Hopefully she could open up to you but us as men in prison, our women don't want to stress us out, only love us. We shouldn't press too hard, just enough to the point where its felt that its very serious situation. I've had women that I've known, went to school with that I've seen in abusive relationships and over hearing girls among girls pleading to "leave the loser".

Sadly twice in my life the result was too late because two women were killed. I'll never know if the guy's meant too kill them or not but I do know choking is dangerous just a second to long can mean death as well as a hit to the head and there is no repeat or return, so yes its important to make each other **AWARE**.

Domestic Violence Awareness



"IN THE DIRT"

By: Toria Emerson @ Decatur C.C.

When I first met you, I was so in love,
For you, I would have went beyond and above.
I gave you everything that I had,
But all I seemed to do was make you mad.
And then you first hit me I was so scared.
Why is this happening? I thought you cared.
You told me that it wouldn't happen again,
So I forgave you, cause we all sin.
Two weeks later I'm in a ball on the floor,
Getting my ass beat for the cloths that I wore.
"I'm sorry baby please don't hit me anymore!
I promise I did not mean to dress like a whore."
Its like when you hit me I'm always to blame,
You say its only a black eye, but look how far
we came.

You threaten to kill me every time I try to leave.
Those are the only words you've said that I truly believe.
I'm sick and tired of running to my family
when I'm hurt,
But if I stay I'm more likely to end up in the
dirt.....



TAKING FULL RESPONSIBILITY

By: Henry Ford @ Danville C.C.

For many years I saw myself as a victim who had been in an emotionally abusive marriage, which ended with me in prison. The problem with me saying I was a victim in an emotionally abusive marriage was this, “who would believe a man was being abused in a marriage, or relationship when that’s usually the role of the woman”? I admit my marriage was a verbal and psychologically abusive mess, but I dare not blame all the problems in my marriage on my wife “God forbid”. There are always two sides to every story.

Over the years I have learned to be honest and first examine myself to see if I was part of the solution, or part of the problems which I experienced in my life. In the past I had the habit of always finding fault with others, or reason to blame others. An example of this habit was, I blamed my father's abusive treatment of my mother for my anger issues. I also blamed my wife's depression, Bi-Polar, or whatever mental issues she happened to be dealing with as the reason for my violent behavior. For the majority of my life I found reasons to blame others for my woes, “it is always easier to find fault in others if we are unwilling to take responsibility for our faults.”

To move beyond my life of playing the blame game, I now clearly see the negative effects my actions played in domestic violence. My salvation was the turning point for taking responsibility. The amazing thing about salvation is that it forces a person to see themselves in the light of what God calls sin, and how we are called to repent of those sins. That word repent

carries the sense of turning away from sin to God, which also carries a call to self examination. I no longer see myself as a victim but a fallen sinner. I was someone filled with pride, self centered and somewhat of a narcissist in my thinking which only concealed my violent sinful behavior.

I never stopped to think, “why have all my relationships at some point become physical?” I understand now that I was the problem in most of my domestic altercations. In my distorted thinking I felt as long as I did not beat woman like my father beat my mother, I wasn't as bad as him. Trying not to imitate my fathers actions only led to a buildup the anger and violence within me, this often led to a violent outburst.

I was too proud to get counseling and to ashamed to talk to family members, all which could have possibly helped me to understand and deal with my anger issues. Over the years and with practice I have now learned the principle of taking responsibility by Gods grace and with help in my Bible College courses like Practice Preaching, and Christian Counseling. I have now been equipped to take full responsibility for all of my actions. And completely avoid domestic violence of any kind.



Somebody Please tell me why...

By: Travis Rhodes @ Western C.C.

Somebody please tell me why?

At such a young age, I had to witness it.
Mommy not being hugged, but instead she was
hit.

First it was, Jason then Frank and now my
dad.

I even knew in diapers, this was all bad.

Somebody Please tell my why?

Mommy that night got so drunk and high,
Mommy can't you see that I'm only three?
I'm innocent and always so care free.

Somebody please tell me why?

At night all I heard was mommy's scream
I thought mommy and dad were on the same
team.

All I could do was sit and hold my sister Ja-
mie.

And yell out "it's not mommy's fault, you can
blame me".

Somebody please tell me why?

They came, took me, and put me in foster care.
What about my sister, toys and favorite teddy
bear.

Tears poured down my face as we pulled away.
I would give anything to turn around and stay.

Somebody please tell me why?

Domestic violence hurt mommy and I so
much.

All she wanted was to be loved with a tender
touch.

Not to be left with a bruised face, and black
eye.

Seeing that always made me cry.

Somebody please tell me why?

I kneel down and see mommy's name etched in
stone.

At least now, she'll never feel or be alone.
Domestic violence sometimes causes suicide.
Always know mommy I will always be by your
side...

TURBULENCE

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

The smooth flight changes and becomes a bit rougher. The shaking, the quaking, the convulsing. All the way in the sky at the mercy of the elements. As long as it's a safe landing a turbulent flight is just a rough trip. If you knew that you would arrive safely, the roughness of the trip wouldn't matter as much. If you had assurance and were certain of a favorable outcome, what's a little turbulence. In turbulence times take comfort in the knowledge that you'll get through it on time. Every trouble has an expiration date. Some are short and some a bit longer, but they all get you that much stronger. Everything had a reason. Many things are prep. If you didn't go through this you wouldn't be ready for this. Life has many boot camps that prep us for the battle of life. So, as we go through whatever we go through, we must be sure to come out with the lessons learned and understood. So, what is a little turbulence on the way to the treasure chest. Life is a treasure trove of meaningful experience. Everything has a reason and a season. So, sit back and enjoy the flight in spite of any turbulence times.

FROM CELLS TO SELLS

HOW I WENT FROM DOING 10 YEARS IN PRISON TO EARNING \$10K A MONTH

I was informed in June of 2023 that my parole date will be recalculated from January 2028 to January 2024 due to a new house bill going into effect in January. I was both excited and nervous because everything I learned from the past ten years; I could potentially put into effect upon my release. I released from Crossroads Adult Transition Center January 4, 2024, and the next chapter in my life began.

Finding a job while on ankle monitoring was difficult. I had to wear it for sixty days and my curfew was from 7am to 4pm. Not many places hire individuals with such limited availability. After two months of job opportunity rejections, I finally called a childhood friend of mine, Leighton, who's a sales manager at a Chevrolet dealership. I asked about employment, and he said, "I think you'd do great as a salesman." I disagreed at first and expressed to him I've only conversed with convicted felons and IDOC staff regarding prison topics for a decade. I really didn't know how to relate to the average person who's never been through the prison system. He told me to stop overthinking and visit the dealership to shadow one of the salespeople.

I came in one Friday to observe how the car business is operated. Leighton offered me a sales position immediately. I accepted the position, but I had many doubts. I'm supposed to talk to strangers about financial topics that were considered "taboo" to discuss when I was growing up. I had so many questions and Leighton answered them all. He said the only way to dissipate my recluse, introverted state of mind, was to force yourself to converse with individuals who know nothing about you. I mustered up the courage and eliminated all self-doubt before walking into the dealership on my first day.

My first two weeks I didn't see a customer because I needed to complete phone training.

It sounds easier than it is. You must call previous customers, build a rapport in less than thirty seconds, and then convince them to visit the dealership to test drive and/or purchase a new vehicle. I was so nervous talking to strangers over the phone, that I often stuttered and said the wrong things. I've been hung up on, cursed out, and blocked.

After completing my two-week phone training, I shadowed other salespeople while they made deals. Every salesperson has their own unique style of selling product. I took a little from each salesperson and began creating my own style. I struggled at first because I knew nothing about the car business. I botched sales, forgot to reach out to customers, missed signs of possible new leads, turned in incomplete notes and paperwork, mismanaged profit, and most importantly got way too emotional. It was difficult because no one really wanted to help the new guy because the turnover rate in sales is 300%. Therefore, why help someone become a better salesperson when there's a chance they'll quit? Also, when it comes to sales, your coworkers are your opponents. Every sale you make is a sale they missed. Not everyone there supports you. I learned this the hard way. I asked a million questions. No matter how frustrated my coworkers were with me and no matter how stand-offish some were, I still asked questions.

After phone training and shadowing coworkers, I sold a grand total of 3.5 cars in the month of April. I know what you're thinking. How does one sell half a car? If you sell a car and receive no help from another salesperson, you earn a full point. If you sell a car to a customer and you need help from another salesperson for various reasons (e.g. your appointment shows up on your off day, you have another customer at the same time, language barrier, or cultural differences), then you and the other salesperson each earn half a point. I taught myself how to speak Spanish while incarcerated and it's paying dividends. Non-Spanish speaking salespeople miss out on numerous deals because they never took the time to learn the language. When I approach a Spanish-speaking customer with a prompt, friendly, enthusiastic greeting, I progress the sale in Spanish as much as I can. If I believe I've done my best and the

customer hasn't signed to buy the car, then I tag in a Hispanic salesperson to close the deal. I'm not too proud to share half my commission check with a coworker to close a deal because half a commission check is better than no check. You must put your pride and emotions to the side and focus on winning the **WAR**, not the battle.

After selling only 3.5 cars for the month of April and being ranked last in the sales ranking, I kicked it into high gear. I began making over sixty cold calls a day and introduced myself to every service customer. I realized sales is a numbers game. The more hands you **shake**, the more money you **make**. I watched numerous videos about the different features and specs on all Chevy vehicles. The more I **learn**, the more I **earn**. I make sure my appearance is professional because the more **attractive** you **look**, the more **deals** you **book**. Once I applied myself and focused on my desired-positive outcomes, everything shifted. I began selling more vehicles every month. I went from being ranked last (13th), to consistently being in the top 5 every month. I'm currently ranked second (as of 9/20/2024); behind the number one salesman Elvin. I relate to Elvin because he did thirteen years in prison. We bonded quickly over sharing ridiculous prison stories with Barry, one of our sales managers, who's also a convicted felon. We're all former convicts earning good money for ourselves and our families. Out of us three, I'm earning the least amount at \$10K monthly. But Elvin and Barry gross between \$150K-\$180K annually.

Sales isn't for everyone. The hours are long. You spend more time at work than with your family. If you don't sell a car, you don't earn any money. You must have a hustler's mentality because your paycheck isn't guaranteed. On the other hand, working for minimal wage isn't for everyone either. Think about how many customers a Walmart employee helps in an hour to only earn \$17. Now, imagine selling a customer a car for an hour and earning \$1,700. Working in sales, you could earn someone's **monthly wages** in **one hour**. Once you work for commission, you'll never see yourself working an hourly-based job again.

I don't view me being a salesman as a job. I'm a business within a business. I'm using the

dealership's resources to earn as much profit as I can. You must sell yourself. I'm challenging those of you who aren't interested in working an hourly-based job to dive headfirst into a sales career. Learn how to connect with people and bring value to customers. Customers are more willing to buy something from you if they really like you. Make yourself **likable** and always smile. Negotiating is a transfer of feelings. When you're energetic, happy, and positive, so customers will be. Therefore, when you parole, apply for a sales position where you **MUST** communicate with customers to earn a living. If I can go from doing 10 years in prison to earning \$10K a month, **SO CAN YOU!**

Sincerely,
Marcus Harris



From this



To this...



Domestic Violence

By: Tramaine Shorty @ Hill C.C.

A lot of our women live in silence because they have fallen victim to DOMESTIC VIOLENCE. Girl don't put your head down, keep your head up! Rise with some dignity because enough is enough! Dry up those tears and wipe your weeping eyes. Move with some integrity, quit hiding behind your pride! Where is your motivation, did he steal that too? Are you a prisoner in your own house, now who's fooling who? Where does it stop or does it ever end? The bumps the bruises or do you just pretend? That nothing has happened and all is well, cause' what they eyes can't see the mouth can't tell. Where is your morals, your principals, your self respect? Do you stay in a relationship that you'll most likely regret?

Now the children is on the outside looking in... At their father beating their mother for something she "suppose to did". He shows no love, no support, not even affection. You're walking on pins and needles, you need an order of protection. Now you're sitting back thinking about the love you gave. To a man that's insecure, full of anger and rage. You called the police, done all you can do. You are in fear of your own life, and guess what... The kids are too!

Now you're shaking and trembling most of the time, the phone startles you, you jumping, you're losing yo' mind. You're sitting back waiting and thinking, but you're catching the blues. You turn on the television and guess who's on the news? The very same man that you thought you knew. He killed another woman that reminded him of you. The cause of death, she lived in silence and she became victim to his DOMESTIC VIOLENCE.



PEER LED SHOWCASE

The Ladies 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.

FREEDOM HOUSE



Domestic Violence & Sexual Assault Services

Freedom House is a client-centered agency that strives to empower survivors to regain control over their lives. The abiding principles of this approach are treating clients with dignity and respect, individualizing service plans to meet the unique needs of each person, and helping clients to avoid re-victimization.

Freedom House fulfills my dream of offering a safe haven to all. Quiet comfort — from chaos, violence, fear, and threats — is now a reality for anyone who seeks it.

Nedda Simon
Freedom House Founder

Freedom House is the pioneering leader of domestic and sexual violence services in Bureau, Henry, Marshall, Putnam, and Stark Counties. Facilities include an administrative office and shelter in Princeton at 440 Elm Place and an outreach office in Kewanee.

OUR GOALS



Nedda Simon
Founder 1983

Rest here a while,
then take from this place
hope and serenity
with you always.



- ♥ Provide compassionate, confidential, and comprehensive services at no cost to survivors of domestic and sexual violence;
- 🧩 Work collaboratively with collateral agencies to obtain legal remedies, medical attention, and all available services to support an enhanced quality of life; and
- 🎓 Provide professional trainings, public awareness, educational programs and the promotion of volunteerism in the service of combating domestic and sexual violence.



FREEDOM HOUSE
is a Gender-Neutral /
All-Inclusive Agency.



This project was supported in part by Grant #2015-VA-GX-0049, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice, through the Illinois Criminal Justice Information Authority. Points of view or opinions contained within this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice, or the Illinois Criminal Justice Information Authority.

FREEDOM HOUSE



Domestic Violence & Sexual Assault Services

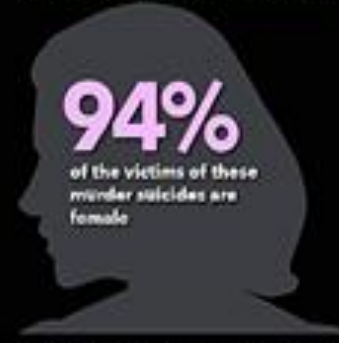


www.freedomhouseillinois.org

24-HOUR HOTLINE

(800) 474-6031

CONTROL PAIN ATTACK INTIMIDATE ASSAULT TRAUMA UNSAFE
 HATE FEAR **DOMESTIC** BATTER INSULT SECURITY
 ALL BEHAVIOR **VIOLENCE** PSYCHOLOGICAL TERROR
 TACK ANGER ABUSE **AWARENESS MONTH** DENY
 VICTIMS LONELINESS TEARS
 VICIOUS REGRET DEATH MENTAL



Women between the ages of 18-24 are most commonly abused by an intimate partner

CONTROL PAIN ATTACK INTIMIDATE ASSAULT TRAUMA UNSAFE
 URDER HATE DESTROY BEHAVIOR FEAR BATTERY INSULT SECURITY
 KILL LONELINESS DEPRESSION ABUSE PSYCHOLOGICAL TERROR
 TACK ANGER TEARS EMOTIONS REGRET VICIOUS MENTAL DENY

To the Victim of Domestic Abuse,

Your life **matters!**
 You can't change the way someone treats you, but you can **change** how you react to it. Dig deep inside for the **inner strength** to break free from this abuse. **You deserve better.**

STOP!
 You don't always need a plan, but you do need **courage** and to **trust** in yourself. You can do this! Break the cycle. **Speak up and get help.**

BECOME A SURVIVOR
 Call 704-736-1224. Get the help you need!



Domestic Violence Awareness Month



ENSLAVE

YOU MUST ALWAYS BE COMMITTED TO ME; YOU CAN'T HAVE MALE FRIENDS; AFTER WORK I'M GOING OUT WITH THE GUYS; YOU WILL STAY WITH ME WHILE I GROW INTO A MAN; I EXPECT YOU TO KNOW HOW TO BE A HOUSEWIFE AND TREAT ME RIGHT; I CAN TALK TO OTHER WOMEN AND HAVE MALE FRIENDS; YOU CAN'T HAVE ANY RELATIONS WITH THE OPPOSITE SEX; THE FRIENDS THAT YOU DO HAVE I MUST APPROVE OF THEM FIRST; DON'T WEAR THAT OUTFIT BECAUSE IT SHOWS TOO MUCH; IF ANOTHER MAN LOOKS AT YOU IT'S CONSIDERED CHEATING; YOUR SCHEDULE MUST ALWAYS BE FREE FOR ME; PUT YOUR LIFE ON HOLD, I SHOULD BE YOUR ONLY WORRY; YOU CAN'T BE SMARTER THAN ME; I SHOULDN'T HAVE TO CALL YOU MORE THAN TWICE; I CAN PICK FIGHTS WITH YOU; YOU HAVE TO ACCEPT EVERYTHING I DO BECAUSE I CAN NEVER DO WRONG; *AM I A LADY OF A SLAVE?*; CHEATING IS OK FOR ME; I CHEAT JUST FOR MORE SEX; IF YOU CHEAT YOU'LL LEAVE ME; ALWAYS KNOW YOUR PLACE; WHAT WE GO THROUGH SHOULD BE KEPT BETWEEN US; IT'S OK FOR ME TO GET ADVICE FROM MY FRIENDS ABOUT US; IF MY CLOTHES ARE DIRTY WASY THEM; IF I'M HUNGRY I EXPECT YOU TO COOK; IF MY BACK HURT YOU HAVE TO MASSAGE IT; AND NO I WON'T SAY THANK YOU OR APPRECIATE IT BECAUSE THAT'S YOUR JOB; WHEN I'VE HAD A LONG DAY YOU'RE EXPECTED TO LISTEN TO ME; YOU DON'T HAVE REAL PROBLEMS COMPARED TO A MAN; *HOW WOULD YOU KNOW ABOUT THE PROBLEMS I HAVE IF YOU NEVER ASK ME?* I DON'T MEAN TO HURT YOU I JUST WANTED TO TEACH YOU A LESSON; TELL THEM YOU HIT YOUR EYE ON THE DOOR; THOSE BRUISES WERE FROM US PLAY FIGHTING; I DIDN'T KNOW MY STRENGTH; YOU KNOW HOW TO PUSH MY BUTTONS; YOU'RE NOTHING WITHOUT ME; I'M SORRY I LOVE YOU. - **ALEXIA HAMILTON**

I Won't Retreat When The Wind Serenades

Every moment spent with you was a game
of
"He loves me"
"He loves me not"
I was a wildflower
but you preferred dandelions over daisies
quantity over quality
that's a man's game.

In love with the version of you that lived in
my head
the one where you were gentle and genuine
I got away from you once
but my memory failed me on how broken we
were
Experiences you shared from your past were
handcrafted especially to deceive.

Like you handed me two baby birds

their broken wings like blinders
their screaming in my ears
left me deaf to your noise
I went from bright and bubbly
to your queen of darkness.

Dressed in the finest of sins
deflowered by your storm
innocence torn
saturating my soul with your sickness
intoxicating me with your breath.

We made it past nightfall before the script
flipped this time
got carried away hoping
we took a bite out of tomorrow
before we were done chewing the many hours
of tonight there was left to swallow a day ago.

Domestic Violence Quotes

1. “At any given moment you have the power to say this is not how the story is going to end.” — **Christine Mason Miller**
 2. “And here you are living despite it all.” — **Rupi Kaur**
 3. “Grief does not demand pity; It requests acknowledgment.” — **Jude Gibbs**
 4. “Trauma may happen to you, but it can never define you.” — **Melinda Longtin**
 5. “Don’t judge yourself by what others did to you.” — **Cody Kennedy**
 6. “All violence is the illustration of a pathetic stereotype.” — **Barbara Kruger**
 7. “Our wounds are our sources of growth.” — **Rachel Naomi Remen**
 8. “You survived the abuse. You’re gonna survive the recovery.” — **Olivia Benson**
 9. “The enemy doesn’t stand a chance when the victim decides to survive.” — **Rae Smith**
 10. “Violence is a dark contrast to what so many of us still believe in – love.” – **Robi Ludwig**
- Domestic Violence Quotes on Surviving**
11. “You are not the darkness you endured. You are the light that refused to surrender.” — **John Mark Green**
 12. “Violence doesn’t equal strength.” – **Becca Fitzpatrick**
 13. “I have the power to change my physical and emotional experience.” — **Patricia Dsouza**
 14. “You survived the abuse, you’re going to survive the recovery.” — **Mariska Hargitay**

15. “Raise your heart, not your hand.”— **Abhijit Naskar**

16. “I am not what happened to me, I am what I choose to become.” — **Carl Jung**

17. “Never let a man put his hands on you without your permission.” – **Melda Beaty**

18. “All marriages are sacred, but not all are safe.” — **Rob Jackson**

19. “Domestic violence is the front line of the war against women.” — **Pearl Cleage**

20. “The COVID-19 crisis has fueled the rise of domestic violence.”— **Asa Don Brown** 21.

“Suspicion of Abuse gets to your toes before you see it in your face.”— **Auliq Ice**

22. “In violence, we forget who we are” — **Mary McCarthy**

23. “[Domestic violence is] a carefully laid physical, financial and psychological trap.” — **Leslie Morgan Steiner**

24. “Domestic violence and sexual assault go hand in hand.” — **Georgia Taylor**

25. “Culture is no excuse for abuse.”— **Davinder Kaur** 26. “A survivor’s story is always a reality check.” – **Jerald Monahan**

27. “One day, I plan to love so loudly, my body abandons every demon harvesting me.” — **Arati Warriar**

28. “There is life after abuse. This is mine.”— **Lindsay Fischer**

29. “Use the darkness of your past to propel you to a brighter future.” — **Donata Joseph**

30. “Domestic violence can occur at any socioeconomic level.”— **Asa Don Brown**



#SUPPORTCANCERRESEARCH

BREAST CANCER



AWARENESS

DOMESTIC VIOLENCE

By: Melvin King

Domestic Violence– the infliction of injury by one family or household member on another.

When someone close to you strikes out at you or makes you feel afraid or uncomfortable, when someone hits, punches, slaps, kicks, shoves, or bites you, threatens to hurt you, throws things at you, destroys your personal property or sentimental items or forces someone to have sex against their will, that is domestic violence and unfortunately this is something that has plague our society for far to long with no end in sight. Most victims of domestic violence are women, in fact intimate partner homicides made up 40-50% of all murders of women in the United States in 2013, fast forward to today, I'm sure that number has increased significantly. Why does this happen among people who supposedly care about each other? Unfortunately there is no easy answer to this question. We do know that physical abuse among friends and relatives rarely start out as severe violence, but unless someone takes action to stop it early on, it will probably get worse and happen more often. I started addressing this issue back in 2013, I was part of a Hot Topic session titled (DOMESTIC VIOLENCE) that was put on by me and my fellow Peer Educators at Pinckneyville C.C. There were people in the room who committed an act of domestic violence and also there were victims of domestic violence. We talked about what domestic violence is, types of domestic violence, types of resolutions and the effects that domestic violence has on someone. 2014 I arrived at Pontiac M.S.U. and I continued to take part in programs that bring awareness to domestic violence like "A walk In Her Shoes",

this program is put together by the women of Safe Journey Domestic Violence Shelter, it allows someone to walk in the shoes of someone who is being abused, with the hope that the outcome will be positive. I also reach out to victims of domestic violence with poems and hope that I can prevent someone from going back to the same situation or a similar situation. Our society usually ignores physical abuse until it causes severe injury, but if people would deal with it before it gets serious, we could prevent many violent crimes. We need to reject the idea that physical abuse is ok before it happens.



**Don't judge
yourself by what
others did to you.**

CODY KENNEDY

EVERYDAY POWER

Someone Else's Tears

By: Julian Alequin

So I have a question, at what point do we stop drying our own tears to take the time to dry someone else's? After having spent days, years or decades wallowing in our own self-pity do we take a minute to at least realize the pain and suffering that we have caused others? We have all had to deal with the horrors of incarceration and persecution, and that's hard. Imprisonment is difficult and scary but where does "woe is me" end and "whoa...it's me" begin.

This month is domestic violence awareness month and we must not overlook the reality that this has become so severe that we need an entire month to bring even more awareness to it. That is a sobering thought because as a society you would think we would be light years ahead of any archaic ideas yet we continue to stoop to primal behavior when we are tested. It might be from generation after generation of false teachings saying we have the right to do what we want and when we want. It could also be from our own self-taught delusions that we believe gives us the right to do as we please, but either way it's wrong. We have had the mental capacity to go from feet to horses to cars yet we can't comprehend the right and wrong way to treat the people we say we love. It doesn't make sense!

Dating apps and websites are some of the most profitable companies in the world because humans long for love and affection. Whether it's just a physical fling or a lifelong commitment humans love the company of another. We have so many stories and ideas of how to

get into a relationship but we don't have the first clue about leaving one. We seem to have this belief that we are always ready to be in a relationship and yet a majority of us are not. We have an abundance of baggage that we carry around that we never seem to unpack and that comes with its own weight and creates its own dysfunctions. How do we expect to have a meaningful relationship with another person and we can't figure out how to have a meaningful relationship with ourselves. It takes time and work to figure out who you are. Recognize if your playing a role in the destruction of a relationship. Realize that you shouldn't be looking for your next relationship if the last one ended with sirens and tears. Take the time to fix yourself before going and destroying someone else's version of love.

Unfortunately when we use abuse whether it be mental, verbal or physical to control our relationships we are harming everyone including ourselves. There are ripples from that abuse that affect every aspect of people's lives that surround us. What you do may be what your significant other accepts as their normal because of their fear of being alone. There are also children that must live within those environments as well, and their forced to do their best to understand what all this means. "Is this the way I'm supposed to show love?" The consequences from our actions can create a new generation that believes that abuse is the only way to express their love. Those ripples could impact a family for more than one generation in turn affecting another family and its future generations. It may sound a little dramatic but think about it and you will know it to be true, that nothing goes untouched when a catastrophe strikes. You may not think you're the issue but realize that just because they've never told you that your abusive doesn't mean that you're not, it just means it hasn't been said. They may not have the strength to leave you...but don't be the coward that stays.

I must also speak to those individuals that are in those relationships and feel trapped. I apologize for that person that can't and won't figure out their own dysfunctions but that does not give them the right to treat you any less than you should be treated. You must recognize the problem and then build up the courage to remove yourself from something that is detrimental to your existence. Don't allow false apologies and adoration to sign you up for more pain. Seek out help if need be from whatever source you have available to you and then LEAVE because it's never too early, but there is such a thing as too late. Domestic violence must be put into the fore front and out in the open so we have the space to discuss it and victims can feel safe to report it. When it creeps into our conversations and we allow our own discomfort to stop us from addressing it then it wins.

More often we must have the conversations that push us towards an attitude that does away with Domestic Violence. When no one is watching or listening we must be brave enough to say certain things are right and wrong. Even a joke can give someone the idea that their behavior may not be as serious as we all know it to be. Do not approach this with the mentality that it is not your business or your problem because we never know how close it can get to home until it is too close for comfort. We have spent enough time on the sidelines making indirect statements about things we know are wrong. It's time we step up and take responsibility for whatever part we have played in this ongoing problem and at least try to be apart of the solution. We can either continue to waste tissues on ourselves or help dry someone else's tears.

Prison Art Culture

By Antonio Espino

Hundreds walk by, everyday, & look into the art room in hopes of seeing what the creative minds have brought to existence. One thing I found most shocking about my experience here in Kewanee is, I have been in the art room virtually everyday & have yet to hear these expressions we all typically hear at every institution. Everyone of us incarcerated individuals have heard the common language used towards us & others in each prison; "[He]'s got the joint"; "[He]'s S#!tt!n' on [him]"; "[His] S#!t's garbage"; [He]'s Taxing"! Or some of us may actually not even be artists ourselves, yet use this destructive language.

For years I have watched & experienced my art progress, develop, wondered a question over & over; "When art, for centuries, has been so prevalent in prisons, why aren't more people doing what I do?" This question, I have even asked my friends & the few I knew who drew, painted, or whichever medium they chose. Most came to the conclusion that the majority plateaued due to no longer having access to art supplies. I cannot in any way deny how considerable of an impact this has had on us all. Yet since I have been here in the oceanic experience of Kewanee, the answer flowed over me.

I sat in a room of collaborative artists working on their respective pieces, in the respective mediums, with some music playing. This room has some awesome artwork adorning each & every wall, not to mention the walls are painted themselves. As we were all working on our art, occasionally one artist would get up, step back & look at their work from a slight distance. They would be quizzically looking at 'something'. As they stepped back, another observant & concerned artist would walk beside them & join them in looking at their work. As they spoke, shockingly, I realized what was happening before my eyes. It is saddening that this surprised me, yet it was the fact that they were sharing ideas & one artist was helping the other. Easily,

with no guard up, receptive & with no suspicion of malicious intention, the other was receiving it well. I witnessed the one artist offer a, “thank you”, sat back down happily & applied the tips. I found this fascinating & smiled inwardly as this continued all day, every day. I also thought to myself, ‘This has to be what it feels like to work in a tattoo shop’!

Stories of learning & developing art flowed from the room & everyone was consistently sharing with each other. The energy in the room is considerably constructive, and light-hearted. As I went back to drawing my illustration (a Bengal Tiger in Colored Pencils), I was able to listen, laugh, and feel safe. “SAFE”, this word, is a huge thing for artists. Having a safe place to explore your art without harsh judgment, and hear feedback that is well received, is tantamount to growth. I say this because I remember myself hiding my art for over a decade! I remember the feeling of pride in my work after finishing a piece. Yet it was a fleeting one, as it was followed with an isolating feeling of not wanting to show it to anyone, because I felt like I could **not**. I felt I was surrounded by so much negativity for years from over hearing how others spoke of art that was not “great”. Yet we all are in different stages of our art, & if we hit some perceived plateau of skillset, do we feel comfortable enough to be able to reach out & share from a real place of vulnerability, in an environment full of destructive & judgmental egos?

I close with this, please find a way to create this where you are at. Reach out & help other artists grow. We must discontinue the negative and oppressive dialogue. I have witnessed such amazing growth in so little time, it makes me wish I had this 14 years ago when I first started drawing. I Thank Mrs. Draper & fellow artists for creating this!



My Art Journey

By: Brett J. Flanders

My love & passion for art is undeniable. It has been a staple in my life since childhood, but I remember being told I was accepted to Kewanee my mind and body instantly filled with anxiety and fear. Not about coming here, but about the art I saw, in the Horizons Newsletters, coming out of this place... 'How could I ever compete?', 'I'm nowhere near as talented'. I had not even realized the effect Prison Art Culture has had on us, myself included. It makes us seriously doubt ourselves & our skill set, in turn holding us back.

Coming here was a whole new experience I didn't even realize I not only needed but craved. I have always wanted to branch into a new medium/color but scared of the ridicule and judgment from others, this place has none of that. Finally being in a creative and conducive environment, I'm learning and growing with artists actually wanting to share the techniques and hacks they have developed over the years.

All in all, I am pushing my creative boundaries & experiencing uncomfortable but much needed growth. I wouldn't have it any other way. Thank you to all the art room guys & Mrs. Draper for making this all possible. So to end this first chapter, I challenge all the incarcerated artists to grow with the others around you by being vulnerable and sharing your artwork. Uplift others by teaching & learning new skills, instead of bashing others' hard-work. Letting go of the isolated habits, lets all collaborate creatively & change the world by starting with ourselves & the others around us. **Boom!**

Male Breast Cancer

Although breast cancer is much more common in women, men can develop breast cancer. In the United States, less than 1% of all breast cancers occur in men.

Most often assume that men don't get breast cancer. Although breast cancer is much more common in women, men do have a small amount of breast tissue and can develop breast cancer.

Male breast cancer is a rare disease. In the United States, fewer than 1% of all breast cancers occur in men. In 2022, about 2,710 American men are expected to be diagnosed with breast cancer, and about 530 are expected to die from the disease. An average man's risk of being diagnosed with breast cancer in his lifetime is about one in 1,000 (compared to one in eight for the average woman).

Unfortunately, men are often diagnosed with breast cancer at a more advanced stage. The main reason is they don't have routine screening mammograms like women do to find breast cancer at an early stage when it is easier to treat. And since men may not know they can get breast cancer, they're usually not on the lookout for changes in their breast tissue, and may not realize they should talk to their doctor about a lump, pain, swelling, or other symptoms.

Doctors say that men should be familiar with how their breast tissue normally looks and feels so they can be aware of any changes. The earlier breast cancer is detected, the better the chances it can be successfully treated. The outcomes of men with breast cancer are about the same as those of women diagnosed at the same age and stage.

Since there are relatively few cases of breast cancer in men compared to women, there is less information and research focused specifically on male breast cancer. As a result, treatment decisions for male breast cancer are often based on studies of breast cancer in women.

Some men who've had breast cancer say they felt especially shocked and isolated by their diagnosis because everyone views breast cancer as a women's disease. Many say they had never

met other men who had breast cancer. It's important to know that support is available through groups like the Male Breast Cancer Coalition.

Risk factors for male breast cancer

Several factors are known to increase the risk that a man will develop breast cancer. But it's important to know that many men who develop breast cancer do not have any of these risk factors.

Factors that can increase a man's breast cancer risk include:

Growing older

The risk of male breast cancer increases as you age. The average age of men diagnosed with breast cancer in the United States is about 67. But breast cancer can occur in young men, too. Family history of breast cancer

A man's risk for breast cancer is higher if any of his close relatives have had breast cancer, and especially if any male relatives have had the disease.

High estrogen levels

You may think of testosterone as a male hormone and estrogen as a female hormone. The truth is, both men and women have different levels of testosterone and estrogen in their bodies. Men have less estrogen than women, but all men have some estrogen in their bodies. Higher levels of estrogen can increase the risk of male breast cancer. Men (and people assigned male at birth) can have high estrogen levels as a result of: Hormone therapy for prostate cancer (androgen suppression therapy) hormone therapy taken by transgender women (as part of male-to-female transition; also called feminizing hormone therapy or gender affirming hormone replacement therapy), being overweight or obese, being a heavy drinker or having liver disease (like cirrhosis), both of which can limit the liver's ability to balance hormone levels in the blood, having an undescended testicle, surgery to remove one or both testicles (orchiectomy), swelling or injury of the testicles

Klinefelter syndrome- Men usually have one X and one Y chromosome in their cells. But men

born with Klinefelter syndrome — a rare genetic condition that happens when a male is born with more than one X chromosome in their cells — may increase their risk of breast cancer. Klinefelter syndrome may cause the testicles to develop abnormally. This can result in lower levels of androgens (usually higher in males) and higher levels of estrogen.

Men with Klinefelter's syndrome may have an increased risk of developing gynecomastia (breast tissue growth that is not cancer) and male breast cancer.

Radiation exposure

If a man has received radiation therapy to the chest, such as for the treatment of Hodgkin lymphoma, he has an increased risk of developing breast cancer.

Symptoms of male breast cancer

The first sign of male breast cancer is usually a lump in the breast that feels like a hard knot or pebble. Since most men aren't regularly checking their breasts and aren't aware of the early warning signs of male breast cancer, it may take some time for them to notice a lump or other breast change and bring it to the attention of their doctor. While the majority of lumps are not breast cancer, it's important to have any unusual changes to your breast, chest, or armpit checked by a doctor as soon as you can. When breast cancer is found early, it's usually easier to treat successfully. The signs and symptoms of breast cancer in men to watch out for include: A firm lump felt in the breast, often right under the nipple, a lump in the armpit, nipple pain, nipple turning inward, nipple discharge (clear or bloody), sores or a rash on the nipple and areola (the dark area around the nipple), changes to the breast skin, such as irritation, redness, dimpling, or puckering, change in the size or shape of the breast

These changes can also be signs of less serious conditions that are not cancer. Some benign (non-cancerous) breast conditions in men are:

Gynecomastia Gynecomastia is an increase in the amount of breast tissue in males. It can involve swelling or overall enlargement of one or both breasts. Often, the first symptom is a lump of fatty tissue under the nipple that may be tender or sore.

Gynecomastia can occur in male babies, boys going through puberty, or adult men. It is typically caused by an imbalance of the hormones estrogen and testosterone. This imbalance can be due to normal changes in hormone levels or to other factors such as taking certain medicines, heavy alcohol use, marijuana use, weight gain, liver disease, or kidney disease. Gynecomastia is the most common non-cancerous breast condition in males. If a man has enlargement of both breasts (not just on one side) that is often a sign that he doesn't have male breast cancer and is more likely to have gynecomastia.

Benign (non-cancerous) breast lumps

Men can develop other types of abnormal lumps or masses of tissue in the breast that are not cancer and do not spread outside the breast. Some examples are lipomas (lumps of fatty tissue), cysts (fluid-filled sacs), hematomas (accumulations of blood), and fat necrosis (firm scar tissue).

Again, be sure to see your doctor right away if you notice any abnormal change in the breast, chest, or armpit.

Diagnosis of male breast cancer

Doctors use a number of different diagnostic tests to find out whether or not breast cancer is present and, if so, whether it has spread outside the breast. Diagnostic tests are also used to gather more information about the cancer to guide decisions about treatment.

If you have possible symptoms of male breast cancer, your doctor may recommend some combination of the following diagnostic tests: Breast physical exam, mammogram, ultrasound, biopsy

If you are diagnosed with breast cancer, your doctor may recommend additional tests, including: Breast MRI, blood marker tests, chest X-ray, bone scan, computerized tomography (CT) scan, positron emission tomography (PET) scan.

Treatment of male breast cancer. Depending on the details of your diagnosis, treatment options for male breast cancer can include: Surgery, chemotherapy, radiation therapy, targeted therapy, hormonal therapy, immunotherapy

If you are a man who has been diagnosed with breast cancer, you and your medical team will develop a treatment plan based on the characteristics of the cancer and other factors.

Don't Quit

When things go wrong as they sometimes will,
When the road you're trudging seems all uphill
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit—
Rest if you must, but don't quit.

Life is strange with its twists and turns,
As every one of us sometimes learns,
And many a fellow turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow—
You may succeed with another blow.

Often the goal is nearer than
It seems to a fair and faltering man,
Often the struggler has given up
When he might have captured the victor's cup,
And he learned too late when night came down,
How close he was to the golden crown.

Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems afar,
So stick to the fight when you're hardest hit,—
It's when things seem worst that you mustn't quit.

AUTHOR UNKNOWN

www.TheSilverPen.com

Never Forgotten

By: Sean Helgesen

Today was a tough day and one I will not soon forget. As we make our way through this Kewanee experience the entire community has the good fortune to make indirect amends for the poor choices in life that lead us to a purgatorial existence by participating in the many groups and classes premised on constructive introspection. One such gathering is the **Criminal and Addictive Thinking** group facilitated by Mrs. Scott I attend on a weekly basis. *(side note: I know on some level it may seem strange to people reading this that we often refer to this prison as “an experience” with a positive connotation attached, but this place is so much different than anything Illinois has contemplated since the creation of the nation’s first juvenile court system in 1899, that I would be doing a disservice to many of the people striving to effect change in our lives if we merely referred to Kewanee as just another prison).*

I’m sure it doesn’t shock the conscience if I say that sometimes in life we find ourselves in the middle of a class, a job, or maybe a family gathering and notice our mind tends to wander out of sheer boredom wishing we were somewhere else. Especially in prison right? But not this group! And not today! Mrs. Scott’s approach is to dismantle the walls we have painstakingly constructed, brick by brick, over the course of a lifetime. Then demonstrate she knows more about you than you think is possible and engage with you on a no B.S. level. Her one requirement for the time we spend together is to “**keep it real.**” I think it’s safe to say that each of us exit the room affected in different ways. Some more reflective than others, but none of us leave that room with a clean slate if you know what I mean. There are no feelings of absolution or relief or condemnation. Just a deeper appreciation of the space in between the footprints we leave behind in life. Today, the topic of discussion dealt with recidivism and how much of our lives we have devoted to incarceration and the practical ways in which we are affected long and short term. We discussed the collateral consequences our communities experience, coupled

with the suffering our loved one's live through in our absence. Imagine for a moment your entire life could be summed up and reduced to fit on a 3 by 5 piece of stationary? When it was my turn I reluctantly reached out to accept the flash card being offered to me as a familiar feeling of profound sadness washed over me. I had an idea what was coming. In the soft glow of a yellow highlighter, the number 75 was written on that flash card. 75% represented the proportion of my life that has quite literally disintegrated inside a prison cell. Living in darkness. Fear. Isolation. Regret. And I wasn't alone. Collectively the numbers are staggering and painful when you wrap your head around the sum total and how much time we give away owing to the life altering choices we make.

Where do we go from here is a question my heart and mind grapple with every day of my life. The enormity of the thought forces a deep-rooted intense self-reflection. An essential reminder that we need self-discovery to bring forth the truest value of the people we are today and not of the moment we fear defines us forever. I am always astonished when I meet people who seem to know every move they're going to make and the confidence to know it will work in spite of the difficulties we face. Is the self-assurance just masking the fragility we often times cling to because of the familiarity we have in the memories created by it? Or am I alone in imagining what it would feel like to have the void in our lives filled not with sorrow and remorse, but something beautiful?

After class that day and for days afterward whether on the unit, or the dining room, or another class, a few of us continued with the discussion of "time", "relationships" and the acute feelings that constantly reemerge for all the people we have moved on from since our transfers' to Kewanee. We haven't forgotten you. You are a friend, a brother, a sister, a dad, a mom, a confidant. And even as the world around us is skeptical of the progress we are trying to make in a world filled with angst and distrust, I am you and you are me. We propel ourselves forward with the knowledge our success today, in this place and the wider world beyond, will assist in paving the way for those of you whose fate rests in the spaces in between the footprints we leave behind.

STRIKE, STRIKE, STRIKE PRESIDENTIAL RESULTS

Kenji Haley,
Co-Editor of THE MARKET CORNER

No, I'm not talking about a baseball game (the World Series just ended) but I am talking about how the companies like Boeing and the Longshoremans (from the ports) decided to go on strike and how it effects you, while in prison, and the actual market. The longshorepersons (b/c there are women too) are the ones that takes the things we love like noodles, rice, honey buns, etc. off of the ships that imports these products everyday from around the globe. They take account of these items, so that the IDOC can bid from them, thus providing you with your *zoom zooms and wham whams*. For your families, if they shop at Target, Wal-Mart or even Aldi's, they receive packages from them. When they decided to go on strike for 3 DAYS, although it seems like a "nothing burger", the effects were large. Each day of the strike cost the US \$4 Billion dollars (not like when I said \$7 Trillion, but misspelled it). Needless to say, that's a lot of moolah. Furthermore, although we lost \$12 Billion, we also got a setback. Each day that the strike was on, shipments and products were delayed 5-9 days. So, on the fourth day, when the strike was over, were setback as little as 15 days and as long as a month (29)!! How does this effect you and the stock market? Easy, when those *zoom zooms and wham whams* are

not on the shelf, and are on “back-order”, there you go. In essence, when your people are at the store, and they can’t find those products, its because they are off track and this depresses the stock. From all my watching, the only company that is not struggling with this is Wal-Mart (WMT) that is up over 43% since its split in late February.

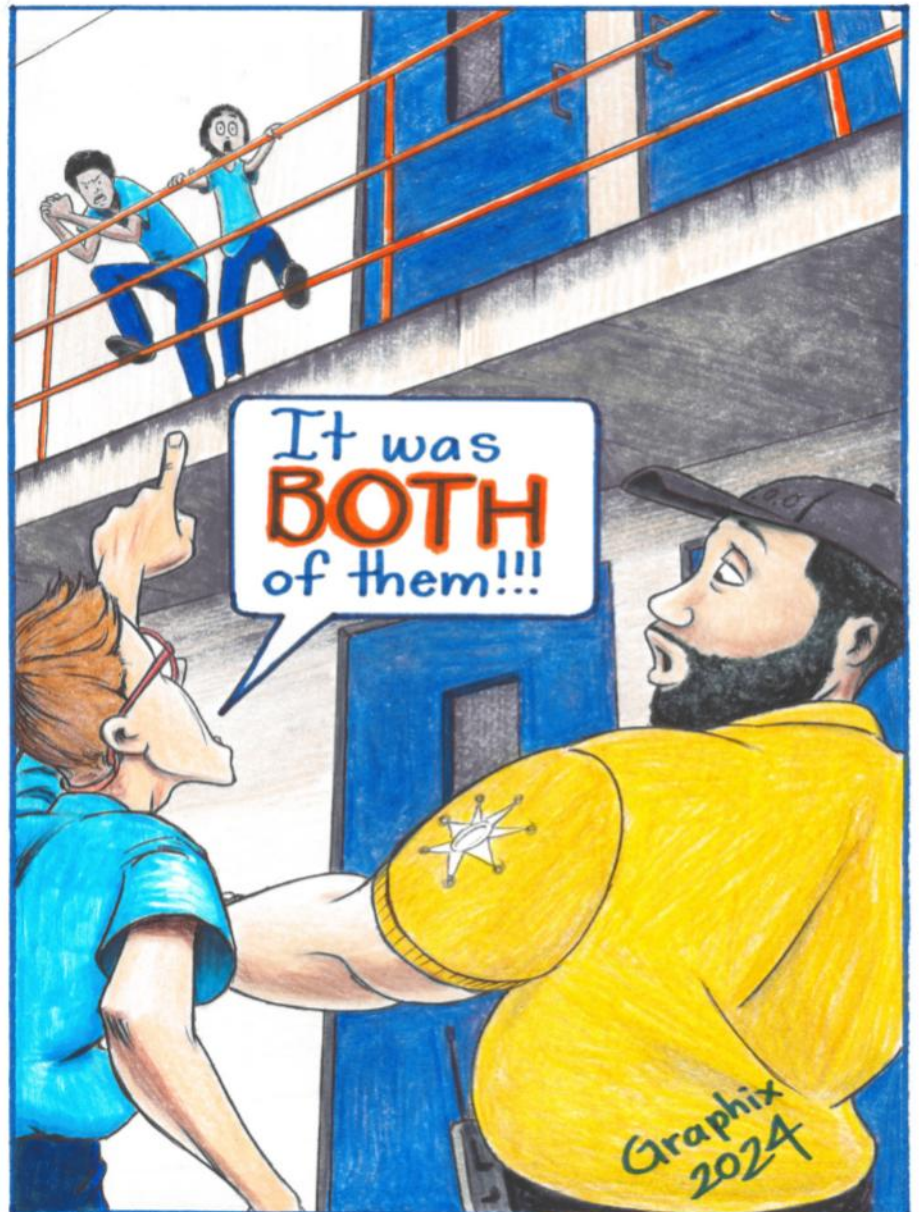
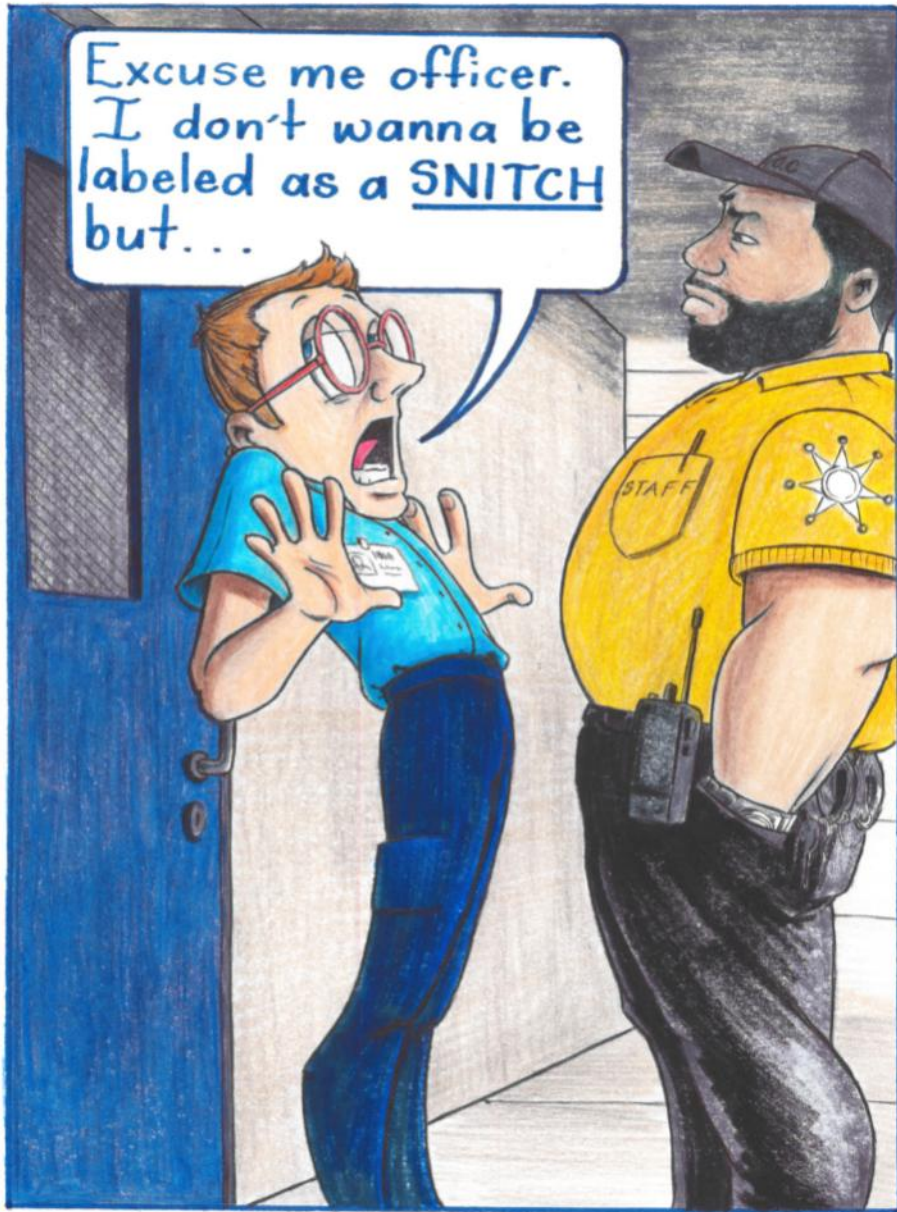
So, unless you were under a rock, the results are in and Former President Donald J. Trump has been re-elect as the 47th President of the United States. It wasn’t even close and now that it has happen, the market has reacted....for the good. Bitcoin is now over \$75,000, the market is up, ALL NEW HIGHS for the DOW, S&P and NASDAQ, and there is more to come. With him winning and them taking the Senate (and possibly the house) there is no stopping Trump getting agendas approved. In my opinion, the moment VP Harris “talked” about taxing the rich, it was like the scene from “Head of State” with Chris Rock and Bernie Mac—all of suburbia came out, running to the polls. As of this article, Trump is almost to 300 electoral votes to Harris's 223. again, not even close.

Lastly, with Trump having Elon Musk (who basically runs the world, right Costner?) with the lottery systems and giving away \$1 Million everyday to the end, who is in the best position to get his driverless taxis and spaceships off of the ground?? Those are only my thoughts. Well, please love on your family and friends that are suffering from any abuse and cancer, and a special shout out to Katrina Giles...HANG IN THERE GIRL!!!



Congratulations Job Partnership Graduates





BRAIN TEASERS

1. How can $8 + 8 = 4$?
2. There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?
3. You're escaping a labyrinth and there are three exits. Exit A leads to an inferno. Exit B leads to an assassin. Exit C leads to a lion that hasn't eaten in 3 years. Which exit do you pick?
4. What fastens two people yet touches only one?
5. What can be stolen, mistaken, or altered, yet never leaves you your entire life?
6. Until I am measured, I am not known. Yet you miss me, when I have flown. What am I?
7. Four cars come to a four way stop, all coming from a different direction. They can't decide who got there first, so they all go forward at the same time. They do not crash into each other, but all four cars go. How is this possible?
8. He has married many women, but has never been married. Who is he?
9. What has no hands but might knock on your door, and if it does you better open up?

10. **You do not want to have it, But when you do have it, You do not want to lose it. What is it?**
11. **An elevator is on the ground floor. There are four people in the elevator including me. When the lift reaches the first floor, one person gets out and three people get in. The lift goes up to the second floor, 2 people get out, 6 people get in. It then goes up to the next floor up, no-one gets out but 12 people get in. Halfway up to the next floor up the elevator cable snaps, it crashes to the floor. Everyone else dies in the elevator except me. How did I survive?**
12. **The number 8,549,176,320 is a unique number. What is so special about it?**
13. **Put a coin into an empty bottle and insert a cork into the neck. How can you remove the coin without removing the cork or breaking the bottle?**

Answers:(1)When you think in terms of time. 8 AM + 8 hours= 4 o'clock,(2) Heroine, (3) Exit C. If a lion hasn't eaten in 3 years, it has definitely starved to death., (4) A wedding ring., (5) Your identity., (6) Time.,(7) They all made right hand turns.,(8) A preacher.,(9) Opportunity.,(10) A lawsuit.,(11) I got off on the first floor.,(12) This is the only number that includes all the digits arranged in alphabetical order.,(13) Push the cork down into the bottle. Then shake the coin out.

HOROSCOPES



Aries: You feel a push-and-pull with your partner now, Aries. It's driving you nuts, but avoid giving them a piece of your mind. Patience will allow this to pass.

Translation: **Do not allow people to dim your shine because they are blinded. Tell them to put some sunglasses on!**



Taurus: Joint financial deals could seem too good to be true, Taurus. Before moving ahead, take a second look at what's being proposed. You'll regret it otherwise.

Translation: **"Never invest in a business you cannot understand."-Warren Buffet**



Gemini: How are you growing, Gemini? It's possible you're feeling a little stagnant mentally. If there's been a new topic that interests you, dive in and rejuvenate. **Translation:** **Our lives are stories in which we write, direct and star in the leading role. Some chapters are happy while others bring lessons to learn, but we always have the power to be the heroes of our own adventures.**



Cancer: If you've got a big project on the job, Cancer, ask someone you trust for a second look. You'll win points for collaborating and avoid any embarrassing mistakes. Win-Win!

Translation: **Being vulnerable is a strength, not a weakness.**



Leo: Your social life is jam-packed now. Leo, be careful about burning yourself out. You can afford to be discerning, so choose who you spend time with wisely.

Translation: We've been making our own opportunities, and as you prove your worth and value to people, they can't put you in a box. You hustle it into happening, right?"



Virgo: It's a quieter time for you, Virgo, so focus on how you can increase your financial and personal worth. You won't have anything to distract you from expanding your little empire.

Translation: Success is not final, failure is not fatal: it is the courage to continue that counts.



Libra: You're shining now, Libra, and everyone can see it. If you need any favors given or wishes granted, turn on that charm and make it happen. You might even surprise yourself with what you're able to acquire— just use your powers for good.

Translation: Silence is the last thing the world will ever hear from me.



Scorpio: Give yourself a chance to settle in, Scorpio. A number of changes have you excited but reeling. Slow down, process and regroup— you'll absorb it all better that way.

Translation: Learning how to be still, to really be still and let life happen—that stillness becomes a radiance



Sagittarius: If you tell someone what you need and they can't give it to you, do you give up, Sagittarius? Even if it's not easy, that doesn't mean it's not worth it.

Translation: I want to be in the arena. I want to be brave with my life. And when we make the choice to dare greatly, we sign up to get our asses kicked. We can choose courage or we can choose comfort, but we can't have both. Not at the same time.



Capricorn: Your foundation may be a little shaky right now, Capricorn. You're in the process of rebuilding— so make sure you do so thoughtfully and carefully.

Translation: For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn't end



Aquarius: Inspiration strikes suddenly, and you've got to run with it, Aquarius. This means you may have to ditch a few tasks— promise to make it up to others!

Translation: I'm not going to continue knocking that old door that doesn't open for me. I'm going to create my own door and walk through that.



Pisces: Your day-to-day seems a little grinding now, Pisces. Consider it an opportunity to change up how you go about your least favorite chores.

Translation: You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens.

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!**

