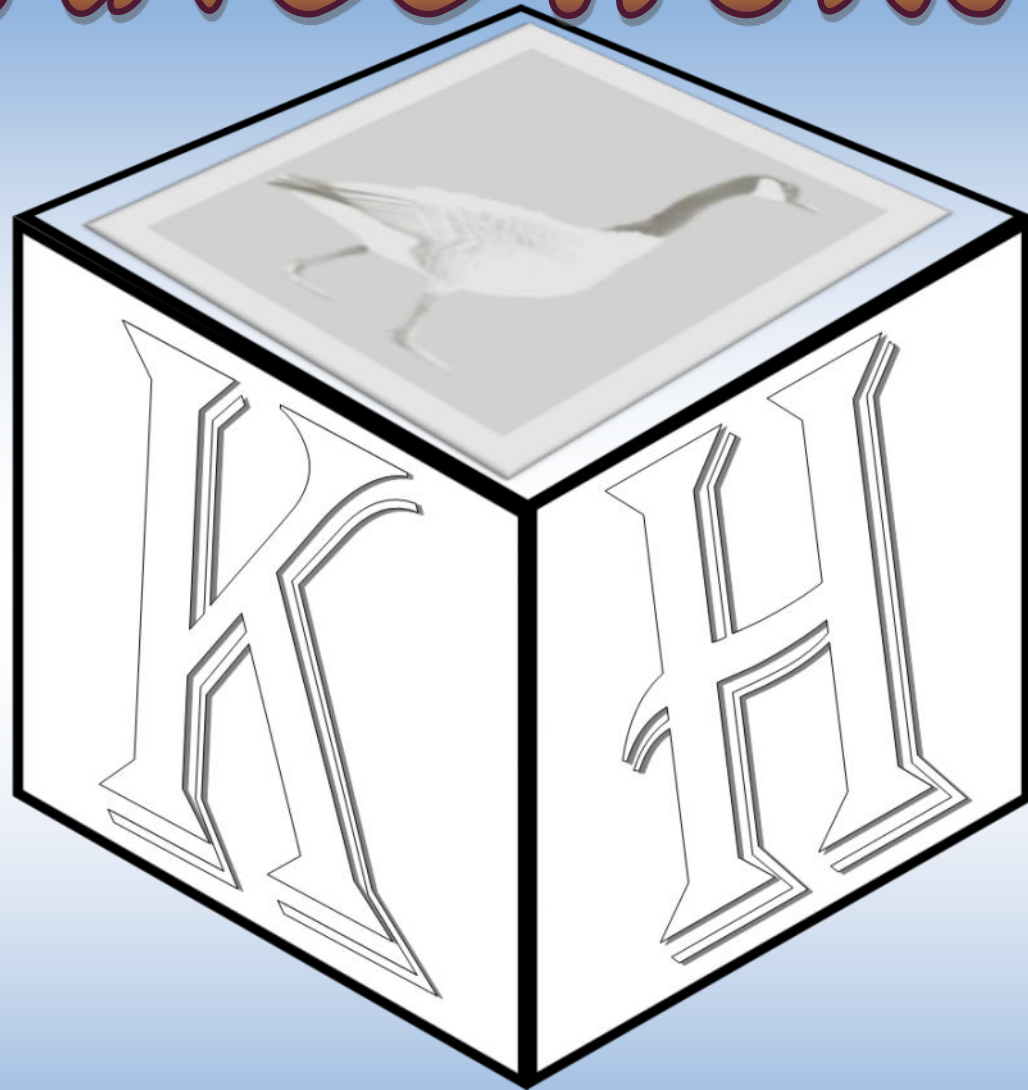


KEWANEE HORIZONS



VOLUME 84

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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 within 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.

HAT TRICK FOR RDM!

By: James E. Rodgers @ Centralia C.C.

December 24 2024, the *Reflections Drama Ministry (RDM)* at Centralia Correctional Center hat tricked another stellar performance for individuals in custody, staff, and volunteers in the gymnasium. A clear sign that this group of incarcerated thespians are on a roll showcasing real talent. This time, the performance of “Shouts To The Kingdom”, written and directed by, Terence J. Williamson mixed theatre with dance and song for a spiritual uplifting and enriching experience, that got the whole audience involved.

A real vibe is in the air at Centralia among individuals in custody with wonder about Williamsons next creative performance and how it will measure up to or exceed his track record following: “This Is Us”, “God Sees You”, and now “Shouts To The Kingdom”. It is a true testament to good things happening in a place where so many often feel lost and hopeless. A stark reminder to never give up-no mater how bleak the future may look!

Let's Get Free

By: Ignacio H. Carrillo @ East Moline C.C.

Let's Get Free Awards Poetry Prize to Ignacio H. Carrillo, East Moline C.C.

Let's Get Free: The Women and Trans Prisoner Defense Committee is a group working to end perpetual punishment and build pathways out of the prisons back to our communities through commutation reform, supporting successful possibilities for people formerly and currently incarcerated, and shifting to a culture of transformative justice. Let's Get Free has used art as an organizing tool since its inception, working to raise awareness about excessive sentencing while prioritizing the voices of women and trans people in prison. As part of this Creative Resistance element of our work we hold Annual Art Shows which feature the work of incarcerated artists along with artists in solidarity.

The theme for our 2024 (7th Annual) show was "This is Me "and featured work from 85 incarcerated artists, and 60 artists in solidarity, with a combined total of 200+ artworks! Alongside visual art, this was the third exhibition which included poetry, with over 118 poets submitting work for the show. Of these poets, 62 are in Pennsylvania and 56 are out-of-state. Over 1000 attendees passed through including people who didn't yet know about Let's Get Free, and who may never have realized that people can – and do! – make such amazing art and build powerful creative community across prison walls. For the third year in a row, we presented the show both in-person and online at creative-resistance.org.

Alongside raising awareness, the show was also an auction fundraiser for Let's Get Free, and a contest. As part of this year's contest, 10 poets were awarded prizes including **Ignacio H.**

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Carrillo at East Moline CC. Ignacio's poem "**Change of Heart**" powerfully underscored the process of conscious self-reflection and transformation and won the prize for **Poem that Embodies Transformation**. We are so grateful for Ignacio's participation and awesome contribution.



Mural Speech

By: Cole Eben

Good afternoon, everyone, my name is Cole Eben a student that participated and graduated in the New Direction class. During that class I was given the opportunity to paint a mural on the wall inside the classroom.

Drawing this mural began as a simple sketch inside my class folder. Some of the discussions and lessons in the class unlocked a great deal of insight on my post life. It tells a story of how life was for me with the vice of drugs and abuse before I came to prison at 19 years old. For the one's who get the opportunity to see the mural I chose to use black and grey to depict how lifeless and dull life is though addiction. The character seating below the smoke from his vice's, knows he's hurting his loved ones but has no idea how to communicate for help. Because of that thing we all face at some point in our lives... FEAR.

Recovery is in color because life is full of color and reaching that point when family and friends want to be involved with you because of the positive changes you have made through the help of other people.

I've been granted the gift to draw in prison and this substance abuse class made it easier to answer those tragic questions I've been asking all my life. I am grateful to depict these images that give all of you a glimpse into my life.



What am I without my body?

By: Earl Milton Jr @ Centralia C.C.

We live everyday in faith that something more exists beyond what we see. Yet for the life of me, I cannot see or understand, “what am I without my body?”. I don’t know what a soul or a spirit actually is. When I look at my hands and wiggle my fingers, I say to myself “this is me”. When I stand in front of the mirror, I see me. Am I more than this body I am walking around in? If I am more, can somebody please tell me “What am I and how do I really appear?” Why do tears roll down my face at funerals? Why would I visit a grave site time and time again. Are we these bodies? Is this us? It seems to be so. Furthermore, I don’t know what it will be like when my body is laid to rest. I have faith, as many of us do. But we cry, mourn, and grieve because these bodies are all we know a person to be. I confess to being afraid of what my last breath will bring. I don’t know what a soul or a spirit is or how it would be to be one. All I know is this body, and all of my life this body is the only me I’ve actually known. Again I ask the question “What am I without my body?” And still I do not know. So I hope in God, and believe in heaven. The only proof I have is faith. No one seems to agree on the same question in the back of our minds? If we actually know and have proof, that there is a better place, then why are we so sad when someone we love goes to a better place? Shouldn't we be happy for them? Tell me why are we so sad? Is it because we all have this same question, which can only be answered by experience. And that question is “what are we without our bodies?”

CHANCE TO CHANGE

By: Tiana Berkey @ Decatur C.C.

After my arrest in 2021, while I was out on bond, I knew coming back to prison was inevitable. I knew I needed to change.

Arriving at Logan, going through the R&C process changing from county clothes to a bright yellow banana suit was not the change I needed. Peeing in a cup and hearing, "Berkey, you're pregnant". Was the change I needed.

Prison is heavy enough. Add on finding out you're pregnant , you will be giving birth during your sentence and losing custody of your baby. Luckily, thanks to the mom's and babies program, there's a different ending to my story, well our story.

I was given a chance December 17,2024, I gave birth to a healthy baby boy by the name of Chance.

I'm currently sitting in my "Prison Cell" waiting for count; writing this looking at his crib, watching him sleep. I actually had to take a break to feed him.

A real SPECIAL Thank YOU to Mrs. Waller and Ms. Bass for everything they do for us and this program.

I am grateful everyday for the opportunity to be here. My words can't explain it, but the smile on Chance's face does.



Words of Wisdom

By Baha Eddin Al Momani @ Centralia C.C.

I'd like to share these humble words with all of you believing in "The best gift you could ever gift someone is advice" I hope you enjoy.

- In the hour of adversity be not without hope, for crystal rain falls from black clouds.
- The enemies which rise within the body, hard to be overcome.
- Those who wish well towards their friend disdain to please them with words which are not true.
- The son who delight his father by his good actions; the wife who seeks only her husbands good; the friend who is the same in prosperity and adversity—these three things are the reward of virtue.
- Kind words are the bod of love.
- Kindness increases the love of friends, and diminishes the hatred of enemies.
- God loves the man who is tenderhearted.
- No true joy but in doing good and no true sorrow but in doing evil.
- Be merciful to him who is beneath you and you will have mercy from him who is above you.

Illinois River Fall Programs Graduation

Illinois River CC held a graduation for various programs on Monday September 15, 2025. The ceremony included recognition of graduates (including those that have already reentered their communities) and guest speakers from Free-



dom House Domestic Violence Advocacy in Princeton, IL. The series of photos showcases individuals who have successfully completed a range of impactful rehabilitation programs within the correctional facility. The recognized programs include Start Now a cognitive-behavioral therapy (CBT) emotional regulation course; Money Smart, which focuses on financial literacy and management; Inside Out Dads, designed to strengthen father-child relationships; Interpersonal Violence Treatment, aimed at addressing and reducing violent behavior; and various DOL and Illinois Correctional Industries certificates. These images reflect the participants' commitment to personal growth, emotional healing, and building skills for a positive future.

Illinois River Fall Programs Graduation



Illinois River Fall Programs Graduation



MAKE TIME SERVE YOU!

By: Vicente A. Andrade @ Pinckneyville C.C.

When you are incarcerated, don't just serve time, make time serve you. The time that you now have before you will be a time for reflection and future planning, but you must make sure that you use the time you've been blessed with and the life you've been blessed with. You must see your life as a blessing, not as a curse, and that is what I mean by making time serve you. The prison cell does not have to be a cell of isolation. It depends on how you see that prison cell, and more importantly, how you see yourself. Throughout my time in prison, I never allowed myself to feel separated or isolated from the Civil Rights Movement or from our peoples movement to gain freedom, justice, and equality. Human beings adjust, but remember dear brother that you are not the prison cell. You are in the cell, but you are not the cell. The situation that we may face in life whether were in prison or what's called the "outside world" can only confine us if we allow it to. You have to be aware that at the end of the day, it is you who decides the quality of your life. Prayer and meditation are important while you are incarcerated, but study you environment and those around you. You should also express yourself the best expression in life is self-expression, and life during prison confinement you should express not only how you feel but what you are learning from this experience. Transformation can take place even in a steel box, because transformation takes place first in ones consciousness. If you want to change the world, you first have to think about how you see the world. Changing the world and changing your own consciousness. Never to become bitter, because bitterness only distorts the beholder. You may feel that the world has wronged you, and that may be true, or you may have wronged yourself. But it is not the wrong that you should focus on, instead focus on how to make the situation better and how to make it right for yourself, even while

you're incarcerated. Self improvement starts there, it's a mistake to say "well, I'm gonna get better when I get out". You can get better while you're in. It was not easy but I mention it because you have to set high goals in life, even while you're inside a prison cell. And then you must strive rather than let your confinement adjust you, you have to adjust the contours of your confinement. You cant move the steel cell bars, but you can move how you think through those bars and not allow your consciousness to be confined. I never felt alone while I was in prison because I stayed in constant touch with my family. You should also stay In touch with your loved ones. Loneliness is a sign that you feel isolated, but I want to encourage you. One lesson I learned while I was in prison was never to let the forces of my confinement break my spirit. Keep your spirit strong. What I mean by "your spirit" is your inner essence not only what you think about, but your soul, your vibration, how you see the world, and your aspirations. Yes, you can have aspirations while in prison, but plan how to execute them. Study is very important. Prepare yourself and read everything you can. If they allow you to have a newspaper, don't just read your favorite section, read everything. Words are very important, reading, writing, studying, and reflection are all part of the universal process of self-development. Self-preparation, and self-preservation are important too, because you preserve yourself by preserving others. You help yourself by helping others, you expand your vision by extending the grace that God has given you and the blessing that you see to sum up. I want to encourage anyone reading this letter to not just serve time, but make time serve you. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. Change always brings about fear, but our job is to acknowledge it and move on..

FOREVER BE A ROSE

By: Oscar Lee Brown Jr. @ South Western C.C.

The pain which you were caused in the past

Refuse to let it show

Who were you

Your future doesn't have to pause

For you must forever grow

You know better now to allow what falls

Beneath your standards

To enter into your door

Now that you have risen

O how once you were so low

When you accepted the mistreatment

When you were forced to the floor

Although you heard more than once

It wont happen anymore, you mentally

Gain strength and emotionally realized

It was time for you to go, don't let

Your heart turn cold, choose one wisely

Listen to your soul, one who is gentle

To your pedals because you will forever

Be a rose.



The Opinion of Apt Fools

By J.E. Rodgers @ Centralia C.C.

For a Lifer, time slips towards a slow death
And becomes lost to whims of fate and faith.

No one can predict, from a crystal ball,
What will become of a Soul that made a
Terrible choice to do that which is wrong.
And yet, scorn abounds in the jurists' mind.
Redemption is quelled by the opinions of apt
fools.

Criminologist cook facts with twisted
Statistics as proof of what doesn't work,
Especially for those deemed as the worst.
Lawmakers campaign on pseudo-reforms
For those who languish behind prison walls,
While heeding public outcry for hard time

Out of fear that a convict moves next door.

Mass-Incarceration abounds because...
Redemption is quelled by the opinions of apt
fools.

Changing hearts and minds is no easy task.

It begins with the resolve to win our
Liberty by showing society
We are more than our worst day or mistakes;
But some become artists, scholars, and
bards.

Surely, a seething indictment charging...
Redemption is quelled by the opinions of apt
fools!

ARTICLES WANTED

KEWANEE HORIZONS WANTS TO HEAR FROM YOU.

YOUR VOICES ARE THE MOST IMPORTANT PART OF K.H.

TELL THE STORY OF HOW YOU ARE DOING SOMETHING TO IMPACT YOUR COMMUNITY IN A POSITIVE WAY, OR HOW YOUR COMMUNITY IS IMPACTING YOU IN A POSITIVE WAY. TALK ABOUT A CLASS, A GROUP, A PROJECT, A JOB ASSIGNMENT OR SOMETHING ELSE THAT IS FOCUSED ON OUR COMMUNITY AND HOW YOU CONTRIBUTED TO THAT THING. WE ARE MORE THAN OUR WORST MOMENT OR DECISION. WE KNOW THAT OUR COMMUNITY IS CAPABLE OF GREAT THINGS IF GIVEN EVEN HALF AN OPPORTUNITY TO SHOW IT. GET YOUR ARTICLE AND YOUR PICTURE IN HORIZONS AND GIVE YOUR LOVED ONES AN OPPORTUNITY TO SEE YOU ON THE INTERNET. **ALL ARTICLES ARE TO BE SENT TO EFA MR. WARNSING 2021 KENTVILLE RD. KEWANEE IL, 61443. ALSO WE WANT YOU TO KNOW THAT ALL ARTICLES THAT WE HAVE THAT HAVE NOT BEEN PUBLISHED, WILL BE PUBLISHED IN THE NEXT UPCOMING ISSUES OF KEWANEE HORIZONS.**



PEER LED SHOWCASE

The 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.

THANK YOU

Hello everyone, we here at Kewanee Horizons would like to thank you once again for taking time out of your day to read this latest edition of Kewanee Horizons. We also would like to thank all of you who contribute to this newsletter sharing your stories of triumph while incarcerated. We here at K.H. are inspired by all of the amazing articles that we receive, and we ask that you continue to write and keep sending them in so that your stories can continue to be published and help others to be encouraged on their journey. We also hope that those of you who have been published in our pages feel that we have done your work justice in the way it is presented. We take our Mission Statement extremely serious, we try to find new ways to push forward every chance we get to live by our understanding of Restorative Justice. We see how the rest of our community is trying to engage in Restorative Practices and we feel our community is coming together. These publications are more than just profiles, articles, pictures etc., in our minds every publication is a new thread weaving a new color into a tapestry of positive change in our collective mindset. We know its been awhile since the last issue of Kewanee Horizons and we are sure you all know why, we want everyone to know that we are back and you can start sending in your articles once again. There was a lot going on here in Kewanee over the last few months during our absence, (Day With Dads, DEFY Graduation, Memorial Day, Fourth of July, and so on,) we would like to share some of that with you all, we hope you enjoy the pictures and articles from us. So again, we thank you for reading and contributing to Kewanee Horizons. There is more to come from us in the near future so stay tuned.

KEWANEES DAY WITH DADS

By: Melvin King @ K.L.S.R.C.

K.L.S.R.C. held their annual Day With Dads Picnic for the Individuals In Custody at the facility. Last year I had the opportunity to cover the event for Kewanee Horizons and I said that if I was here for the next one I would be more than happy to cover the event again, but unfortunately I was not available to cover this year's event, I had to go to work. Although I wasn't there, the event did get the same treatment that I gave it last year with coverage from Kewanee Horizons. From the pictures I've seen and some of the stories I've heard, the kids enjoyed themselves once again spending time with their fathers. We had some kids come for the first time, we also had some familiar face's out there, but in the end they all had a great time whether they were painting, playing sports, or one of the many games that were available for them that day. There was some good music playing and we can not forget about the grilled hot dog's and snacks that were at hand. Thanks to all the volunteer's who helped to make the day a success, Chaplin York and thanks to Warden Carothers for allowing this event to take place once again here in Kewanee Life Skills Re-Entry Center. So will this happen again next year? We shall see, I'm saying yeah! I hope you enjoy the pictures from this years Day With Dads.

KEWANEE'S DAY WITH DADS



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KH MEDIA TEAM



KEWANEE HORIZONS PG. 26



Defying Odds

By: Edwin Neal @ K.L.S.R.C.

Graduating Defy Ventures was maybe the greatest moment of my incarceration. Going to class twice a week for 6 months straight felt like it would never end but it was all worth it. I remember seeing how big those text books were and I knew I was in for some work. A lot of the material was mind-boggling. I came in thinking I was going to instantly learn everything about the ins and outs of running a successful business. Surprisingly, there was a lot of material that address the mentality and self awareness of who you are as an individual before they start taking business plans or ideas. Understanding the structure of you are is much needed before the structure of business. Essentially any business that you start pretty much takes on the identity of who you are as a person. All graduates were required to present a pitch similar to the kind seen on Shark Tank. There were multiple rounds of pitching that took place and so many were chosen to advance. I didn't make it out of the first round but I still enjoyed myself. I learned a great deal of how much work it takes to identify a problem then coming up with solutions to not only become profitable but helpful. Defy Ventures is an experience that will stick with me forever. Whether its personal or financial I believe I acquired some pretty useful tools to overcome anything. Shout out to DEFY!!!



DEFY GRADUATION

By: Henry Broomfield @ K.L.S.R.C.

Graduating from DEFY was one if not the best days of my life. Going through that program for 9 months was more than worth it, our graduation was LIT (LOL), but what stood out the most was our loved ones were able to come and enjoy this moment with us. So many of the guys mothers were present and to be able to see them be so proud of their sons was rewarding. Being that mom passed away during my incarceration, I know how hard I worked on making things right for what went wrong. A few of the mothers gave me hugs and said they were proud of me, that meant the world to me. I also made it my business to express to them the work that their sons put in on becoming better men. So even though my mom wasn't there to share that moment, she was watching over me. The volunteers that came were awesome and cheered us on as well, most of all they treated us as human being. Thank you to all the volunteers who came out for us and a big thank you to Kira for hanging in there with us, we wish you the best on your next adventure.



KEWANEE JUNE DEFY GRADUATES



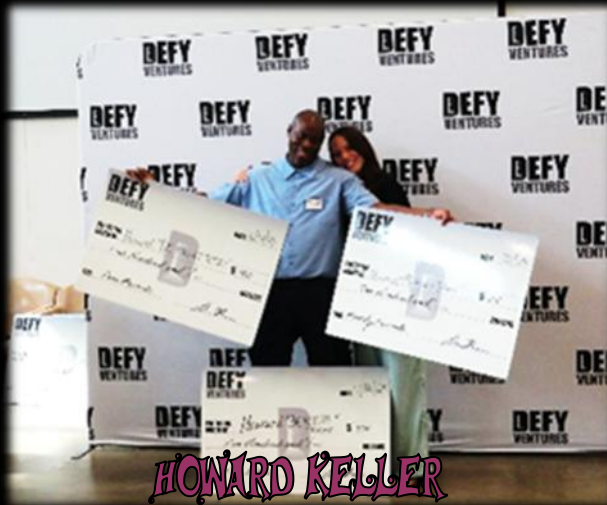
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KEWANEE HORIZONS PG. 31



KEWANEE HORIZONS PG. 32



↑
AND THE WINNER IS



KEWANEE HORIZONS PG. 33

KEWANEE'S 1ST ANNUAL OLYMPIC GAMES

By: Melvin King @ K.L.S.R.C.

I have to say that we here at Kewanee have done something that to my knowledge has not been done before, we pulled off our version of the Olympic Games and I have to say it was 3 days of fun that will go down in Kewanee Life Skills Re-Entry Center history. Our version of the Olympic Games consisted of athletes from 3 cell houses competing against each other in different games, there was a timed point system for each event, 1st place got the highest points, 2nd place got the next highest, and 3rd got the lowest, just like in the real games gold, silver, bronze, we just used points for the events. Which ever house had the most points at the end of the 3 day games was crowned the winner of the Kewanee Olympic Games. There was a lot of planning that went into getting these games off the ground and these plans started with our Big Brother Edward "YAHK" Willingham who also stills thinks he is 21 years old, he came up with the idea of the Olympic Games to help continue community building within Kewanee Life Skills Re-Entry Center. The games did bring the community out to play, the Clinical and Education staff assisted with the community challenge on the first day, it was a sight to see. The games started with each house marching out to a song of their choice, we even went as far as having an Olympic torch made, one person from each house was chosen to carry the torch. After the last house arrived on the yard, the games began. The list for the games was long, but we had the whole weekend to compete and everything happened the way it was supposed to happen except for those who thought their house was supposed to win. Here is a list of the games that each house competed in, we had a 3 Legged Race, Softball Throw, Frisbee Throw, Water Bucket Challenge, 10 Lap Relay, Strongman Team, Free Throw Comp, 3 Point Comp, Boot Camp, 100 Yard Dash, 200 Yard Dash, Long Jump, Frisbee Golf, 1on1 Handball, and 2on2 Handball. All in all everyone had fun, and we got some much needed exercise in, I cant wait for the next games to begin, I here there's talk of a Winter Games for Kewanee, we shall see, stay tuned.

THE 1ST ANNUAL KEWANEE OLYMPICS GAMES





COMMUNITY CHALLENGE





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CONGRATS TO HOUSE 5 THE 2025 KEWANEE OLYMPIC GAMES WINNERS



KEWANEE'S LAW AND GENERAL LIBRARIES

By: Melvin King @ K.L.S.R.C.

K.L.S.R.C. Library is not just that, it's a host to some of our Peer Led groups as well, so not only can you come do your legal work and check out books, Ms. Coulter the Librarian has opened the door for us Individuals here in Kewanee to come and participate in some events that she plans and clubs that are going on in the Library on weekday afternoons. She has a special one time a year book club that has been going on here at Kewanee for the past 3 years, its for Halloween, but this year its going to be held on November 5th at 1:30pm. Participants are going to be reading (The Big Book Of Illinois Ghost Stories) By Troy Taylor. The author will be making a guest appearance via zoom to chat and take question about the book. That's just one of the events that we have going on in the library, there also is,

- DOCUMENTRY DAYS
- AUTHOR EVENTS
- PEER LED BOOK CLUBS- (ask librarian)
- PROSPERIY BIBLE BOOK CLUB (WED)
- MAGIC THE GATHERING CLUB (MON AND FRI)
- CHESS CLUB (MON AND FRI)
- FREE WRITERS (THUR)



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TWO DIFFERENT WORLDS

By: Tyler Gulli @ K.L.S.R.C.

First and foremost I'd like to say happy Juneteenth to all my Brothers & Sisters in IDOC and wish myself a happy birthday. That's really my reason for writing! As I spend this June 19th on the yard here at Kewanee playing music for every one on the yard, while enjoying all the festivities, I couldn't help but sit back and reminisce on where I just was a year ago. I spent last year locked in a cell and then remember seeing the photos from Juneteenth on the horizons and just thinking I'd never make it to see these days. To my brothers & sisters still stuck behind the door, hold on because brighter days could be just around the turn. Much love to all! Happy Juneteenth..!



KEEPING IT TRUCKING

By: Luke @ K.L.S.R.C.

When the feelings of oppression are broken and the hopes of stepping out of prison are on the fore When the feelings of oppression are broken and the hopes of stepping out of prison are on the forefront of your reality and the strangulation of vice is beginning to release, you can breathe! This freedom means life.

It is inspiring to know that when the past is forgotten or forgiven new options are presented and opportunities made available.

CONGRATULATIONS! To the C.D.L. program and its latest graduates here at Kewanee Life Skills Reentry Center for the combined effort in representing options, opportunity, life and change.....keeping it trucking. - Sincerely Brother Luke.

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WRITERS BLOCK

By: Swavell Toliver @ K.L.S.R.C.

During the month of January 2025, the “Invincible” WRITERS BLOCK was officially formed at Kewanee Life skills Re-entry Center. This is a group where individuals in custody can find a place where they can sincerely open their creative hearts and express themselves through a number of mediums in the field of performing arts. On February 23rd the WRITERS BLOCK held its first black history event where poetry, music, and crucial key facts were on full display. The support from the brothers here at Kewanee was a blessing in terms of the turnout. Over all, it was an amazing afternoon for everyone. For me, the WRITERS BLOCK is truly a god send. For almost 3 decades one of the main things outside of my family that stopped me from totally losing myself to the madness of incarceration is the ability to express myself through writing. And now, as a co-facilitator of this incredible group of creative men, I have the opportunity to help others experience the joy of creative writing. Thanks to the WRITERS BLOCK.



PROSPERITY BIBLE

By: Henry Broomfield @ K.L.S.R.C.

When I first came to Kewanee and began working in the Library the librarian asked me if I wanted to be part of the book club that she has? I told her that I knew of certain books that would elevate us. So I requested that we get the Prosperity Bible and some additional books. I know from experience how this book has made so many million and billionaires, however I had a vision where in addition to Prosperity Bible Book Club we would have financial literacy talked about in the Club. We would cover so many investment strategies and ways to accumulate wealth, not only would we be learning the methods to break generational curses, but turn them into generational blessings. As brothers we will be building wealth, learning about credit, stocks, and most of all how to create and attract wealth. Why chase when you can create and attract wealth? The same energy that we take to create negative situation, we process the ability to create positive people, places, and things. Our greatest asset is what we pay attention to, needless to say focus on the things that really matters. Let your inner reality be your reality, trust the process and demand what you want through your Faith. Faith without works is dead but most of all own your frequency of what you desire or trying to manifest.



KEWANEE HORIZONS PG. 47



I Made my Momma Cry

By: Christopher Trotter @ K.L.S.R.C.

I remember the first time I made my momma cry. Cook County hospital , 7 pounds 12 ounces, head first, “it’s a boy” umbilical cord cut. Once I cried she stopped crying, gazing in the eyes of a living life.

I made my momma cry with my first steps, my first word “Ma” and when she had to rush me to the hospital cause I had hives from an allergic reaction.

I remember I made my momma cry when I graduated from kindergarten. As time went by from my hard-head she made me cry many times.

As years went by, Red and Blue flashing lights, a juvenile snatched out his house, hand-cuffed, and thrown in the back seat of a squad car. Looking out the window of the back seat as it pulls away seeing a heart broken woman.

Damn!

I made my momma cry...

But that was just the beginning of catching case after case, kicked out of schools, not to mention once puberty hit, “baby mommas” with they mommas knocking on my momma’s door, telling my momma “He’s a Hoe..!”

Now imagine your momma eyes tearing up, her nerves getting bad, and her heart skipping a beat every time she see red and blue lights flashing at a scene...

NOT just from a sight of police cars... but a Ambulance!

Knowing at these scenes, Somebody made they momma cry!

When the judge slammed the gavel, seeing her first born and only son, given a sentence more than his age.

Made my Momma cry...

Now how can something from your likeness continue to cause you so much pain, and how can you continue to cause pain to from who you became.

Where did it all go wrong? Maturity is change. A decision was made, the cause of these tears must change.

I made my momma cry...

When I got my G.E.D and sent it home. Her tears were finally like the very first time, I made my momma cry.

Getting trades, degrees, being the man of the house-hold from prison and just being Well and Alive is how I make my momma cry now.

When she see me finally walk through them gates, hug me, and I tell her "I'm Sorry Momma".

I 'ma make my momma cry...

Make your momma cry tears of joy not pain.

Happy Mothers day, **Everyday** is Mothers Day!



THE MARKET CORNER



By: Jomar “Beau” Warr @ KLSRC

If you've been previously reading the Marker Corner, I'd like to welcome you back and thank you for faithfully tuning in and being a part of our process here at Kewanee, if you are a new trader/investor and have been curious and would like to learn a little about the law of the land in the Market, I encourage you to continue reading this article & future articles. Soooo, my name is Jomar Warr AKA “Beau” Robert “Bulldog” Kennedy's approved apprentice, and I would like to start by saying the things I'm going to teach, I actually do and I'm doing currently, I'm actively involved in trading, everyday, faithfully. I wake up at 3:00a.m. to check future markets and Europe markets on CNBC, my T.V. does not leave channel 9 in Kewanee. My phone calls consist on checking prices of stocks and making trades, what I'm really trying to say is I'm not getting any information from a book and just writing about it to you guys. I sleep, dream, wake up and live the market, I know what its like to have BIG gains 100%-600% R.O.I, (Return on Investments) in a few days, and I've also lost thousands of dollars. The good thing is, I did the hard part for you, you will avoid some of the mistakes I've made and hopefully with my teachings, you will become successful traders. I will discuss how to purchase and





THE MARKET CORNER



sell stock/when is the best time to enter a position to purchase and sell stock, how to read candlestick/candlestick patterns/option trading, even breakdown some of the Jargon (trade language) you may here on CNBC if you watch the market, so when they're talking you get a better understanding. Honestly there is tons to cover but also lots of \$\$\$\$\$\$ to be made. Don't worry, we are going to break it down. If there is something specific you want know on the subject that I didn't cover, I'm going to try and have at least 1 or 2 Q & A's and in the next article, I will have a response for you. First things first, before you can do anything, you have to choose a brokerage, a brokerage is the company/app that you chose to open an account with that will facilitate all your trades. Here are 3 main brokerages, 1 ROBINHOOD (this is the brokerage I use, its simplicity makes it extremely easy to walk or guide someone through, so if your going to have someone make moves for you on the phone this is my recommendation, 2 WEBULL & 3 E-TRADE, there are 100s of brokers to chose from but you have to choose what is comfortable for you. I'm looking forward to sharing all the information I have with you all, so until next time, be safe.

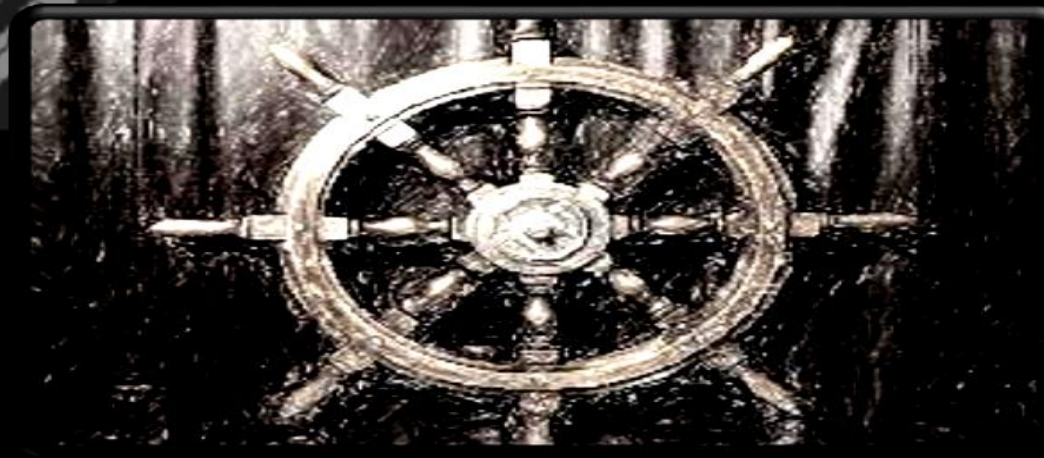
Eight-Spoke Wheel Yoga By Antonio "Jedi" Espino

When you hear the word “**yoga**”, what comes to mind? Do you think of people stretching on a mat in tight pants? Do you envision people doing amazing feats with their bodies contorted into abstract & seemingly painful positions, or even doing head & handstands like a 90’s break-dancer? How about an instructor with a “man-bun” from the movie, “Couples Retreat?”

Yes, some, & all of these you will find in Yoga, as well as so much more. Yoga has a depth that one will explore for the entirety of one’s life span.

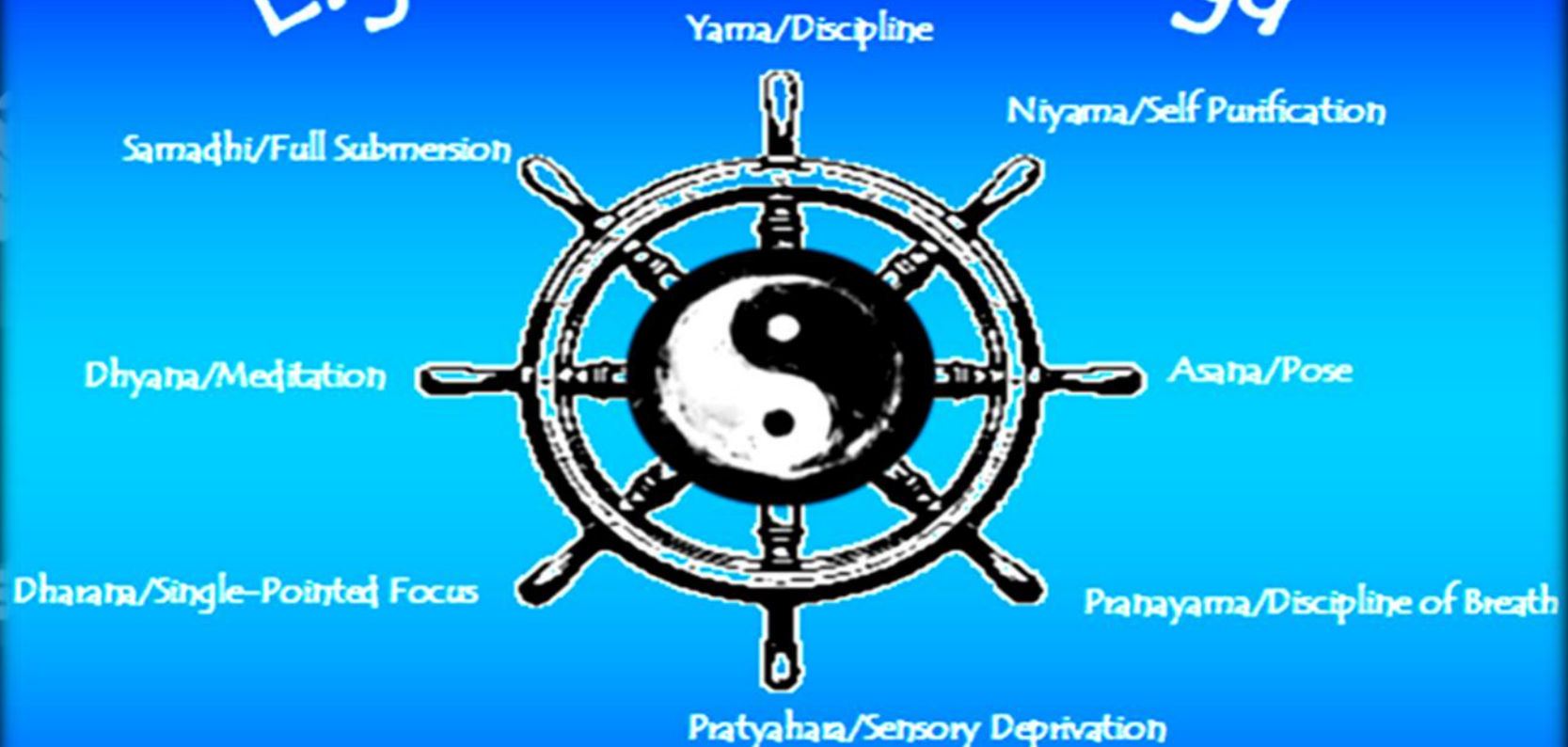
One part of this depth is something we refer to as “The Eight-Limbs of Yoga”. For this, I ask you to picture in your mind an **ancient ship wheel** with eight (8) spokes adorning its center. Envision eight (8) total spokes to grip with your hands, to

assert some sort of control, some guidance. Each of these eight (8) spokes represents an aspect of Yoga, a “Limb” if you may.



According to ancient text, the many poses we see illustrated in Yoga are numbering over 400,000! Yet when it comes to these poses, they are but only one (1) aspect/limb of Yoga, of the eight (8). This may seem daunting, yet we know we are **not** expected to do, nor even remember, every pose. I have yet to experience 2/3's of the 2,100+ poses I personally have seen; & I have practiced Yoga for the last eight (8+) years.

Eight Limbs of Yoga





As we begin our journey, we'll find each limb grants us a deeper understanding of our experience inwardly, as well as our outward experience of life, a Yoga on and off the mat.

One fundamental goal of Yoga is to develop a familiarity with as many spokes on the wheel, throughout the day, on & off the mat, in order to have better navigation & control over our vessel/ship/self throughout the challenges, and stressors we face in life.

Again, we will return back to the concepts of a ship & its wheel as a visual frame of reference for the 8-Limbs of Yoga. Over time, we will address every one (1) of the eight (8), & expound deeply.

Please remember, there is much to learn & experience in Yoga as there is in life, yet we take this journey day-by-day.

We will traverse the seas and weather the storms ahead of us together.

I thank all my instructors for your profound influence on my life. I promise will continue to continue to create, cultivate, and share the light with others. Yiayia, I thank you for seeing me and sharing your vision with me. I am fulfilling your prophecy. To all my practitioners over the years who not only believed in what I have to share, but for sharing your energies with me on this journey of life together. Thank you Kewanee staff for gifting me with this opportunity to continue on my path as a Yoga instructor.

May the light of our creating life force continue to shine on your day, path, & spirit.

Namaste. The divine light within me recognizes & bows to the divine light within you.



My Yoga Experience

By: Antonio Strong

Every since youth I been artistic, creative & interested in unusual things. I came to yoga at the age of 34 hoping to relieve stress during a difficult time, with a bonus of staying fit. Honestly I thought yoga was for women what a fool I was. I didn't expect yoga to transform me in an ineffable, seemingly magical way at all, like seeing a unicorn, magical right.

When I started practicing, I aim to make the picture perfect poses, young in mind I were. I slowly realized that yoga isn't about performing the poses perfectly but instead being perfectly okay with the body & mind...consciously in the moment within your thoughts.

Yoga is more than just another way to exercise the body, it's a series of physical positions that can have a positive impact on your physical, mental & emotional well being. Yoga for me is widely understood to increase the energy flow throughout the body, it help me purge my body toxins, sharpen my mind, & freed my emotions. Being a 100%, yoga also enhance my spiritual awareness, even though the direct historical roots of yoga are unclear, some experts believe the practice to be more than 5,000 years old, for myself yoga is a blended of modern gymnastic, ballet & some form of therapy. Here's a fun note, I



started doing gymnastic & ballet at the age of 10, my ballet teacher Homer Bryant in the world of ballet was the go to guy.

I honestly think yoga is designed to help people to become more self aware, to tune into their body needs while opening up their feelings & intuition, at the same time providing a full body workout which includes strength training, & stretching. Yoga remove distractions, it calms your emotions, & clears the mind which lays the foundation for understanding of self. From my experience, the consistent practice of yoga can lead to many amazing mental, physical, spiritual & emotions benefits, that you definitely do not won't to miss out on. Yoga comes in a variety of forms & levels of difficulty, ranging from very basic to extremely complex.



Here's another fun note: some people call me Master Yoga or stretchy guy.

One time, I vividly remember lying on my yoga mat in corpse pose during a yoga class with my eyes wide open, impatiently looking around when I knew that I was supposed to be relaxing, all what I thought about was what a waste of time, distracted by the death of my sister, my nephew & my little princess which hit me so hard, I wasn't myself after this, the trauma, the grief, the stress & the depression was eating me whole literally, the pain of losing so many pieces of my heart hurts, its like a fist physically squeezing your heart; this pain has broken me; there was no life there, no love nor light... nothing but a void of space, literally a body in a coffin of my own making;

but all wasn't lost, honestly this is when I truly fell in love with yoga the essence of it, the pure movements within the breath, as well as being stillness of mind.

Yoga is my therapy, my outlet, my peace, all in all its my life. Yoga taught me patient, the love of being one with all, & the simplicity of breathing.

I want to Thanks my yoga instructor Ms. Christine, she always challenge me to push pass my limits, that little bitty lady is fierce in her craft she do not play around with yoga...



JUST FOUND OUT THAT THE PHONE APP HAS JUST
BEEN ADD TO THE TABLETS!



BRAIN FACTS

THE SCIENCE OF CREATIVITY

Creativity - our ability to come up with new and useful ideas - is linked to 3 distinct brain networks: the default mode network, the salience network, and the central executive network. While these networks are linked, they are not typically active at the same time. However, fMRI studies of people asked to perform specific tasks show that people who can switch quickly between these networks at suitable moments have more creative responses to the task. The correlation is so strong, in fact, that a person's creativity can be predicted based on the strength of the connection between these networks.

THE CREATIVE BRAIN

While genetics plays a role in creativity, other factors are also significant. Low levels of noradrenaline may support creativity as this neurotransmitter diverts inward-focused attention to external stimuli. While this might help our fight-or-flight response, creative ideas generally emerge from internal sources. Creativity may also require a strong knowledge base - composers, for example, tend to write their best work after decades of compositions.

THE BRAIN ON JAZZ

In one study, jazz musicians were asked to play the piano while in an fMRI machine. Their brain activity was recorded as they switched from playing memorized music to improvised jazz. The results showed that brain areas responsible for the evaluation of our own actions and inhibition were less active during improvisation.

HOROSCOPES



Aries: Looking to the future, Aries, what do you want to happen? Where do you want to be? Now is the time to evaluate if you're on the right track.

Translation: Be courageous. Challenge orthodoxy. Stand up for what you believe in. When you are in your rocking chair talking to your grandchildren many years from now, be sure you have a good story to tell.



Taurus: Harmony reigns supreme in relationships now, Taurus. You're getting along with everyone and vice versa. Look at you, building bridges!

Translation: The simple act of listening to someone and making them feel as if they have truly been heard is a most treasured gift.



Gemini: Commit to a plan to ensure you're taking care of both your responsibilities to others and to yourself. You can't be everything to everybody, Gemini.

Translation: Try to be a rainbow in someone's cloud.



Cancer: The simple things in life make you happy, Cancer. You'll discover you've been unhappy with elaborate plans and spending.

Translation: How wild it was, to let it be.



Leo: You're feeling a little bit like a homebody these days, Leo. Taking it easy appeals to you now, so maybe plan a short vacation or a long weekend.

Translation: I believe that if you'll just stand up and go, life will open up for you. Something just motivates you to keep moving.



Virgo: Giving someone some good news warms your heart, Virgo. You don't like to bring others down, so this particular task will be easy for you.

Translation: Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!



Libra: You're able to assess your values and self-worth now. Do you like what you find, Libra? Reinvest in yourself and you'll increase your well-being.

Translation: I'm going to be gone one day, and I have to accept that tomorrow isn't promised. Am I OK with how I'm living today? It's the only thing I can help. If I didn't have another one, what have I done with all my todays? Am I doing a good job?



Scorpio: Spend some time focusing on you and what makes you happy, Scorpio. You've probably been giving to other people — now do the same for you!

Translation: When you've seen beyond yourself, then you may find, peace of mind is waiting there.



Sagittarius: Now is not the time to start anything new, Sagittarius, so resist the urge. Spend time dreaming about this new venture you want to undertake.

Translation: You are never too old to set another goal or to dream a new dream.



Capricorn: Open your heart to new people, Capricorn. Friends and associates are revolving in and out of your life, whereas you prefer stability and continuity. Maybe you need to meet some new folks who better suit what you value now.

Translation: When we let fear be our master, we cannot be happy and free as a butterfly. But when we choose to trust the journey and embrace love and joy, we are free to fly.



Aquarius: You're finding value in working, and not just for the money. Your social circle could be expanding as a result. This will boost your self-esteem, Aquarius!

Translation: You can be everything. You can be the infinite amount of things that people are.



Pisces: You're ready for a real vacation, Pisces, one where you get in a plane and go somewhere new and exciting. Go be a tourist somewhere for a while.

Translation: The bad news is time flies. The good news is you're the pilot!



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.





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!

