

KEWANEE HORIZONS



VOLUME 86

TABLE OF CONTENTS

COVER PAGE.....1	THE SHEDD AQUARIUM.....30	THE RIVER WALK.....51
TABLE OF CONTENTS.....2	THE FIELD MUSEUM.....32	THE MARKET CORNER.....52
RESTORATIVE JUSTICE.....3	THE ADLER PLANETARIUM.....33	EIGHT SPOKE WHEEL YOGA.....55
MISSION STATEMENT.....4	NAVY PIER.....34	MEME.....59
A PRIVATE SCHOOL.....6	SOLDIER FIELD.....35	GUEST ARTIST60
A SECOND CHANCE.....7	UNITED CENTER.....36	CHICAGO TRIVIA.....61
BEING THE CHANGE.....8	WRIGLEY FIELD.....37	HOROSCOPES.....63
PRACTICE TO UNPRACTICE.....17	RATE FIELD.....38	STATEWIDE CALLOUT.....66
REHABILITATED.....20	THE DUSABLE MUSEUM....39	
RESILIENT INDIVIDUALS-IN-CUSTODY.....22	GRANT PARK.....40	
PEER LED SHOWCASE.....26	WASHINGTON PARK.....42	
PLACES YOU CAN VISIT IN CHICAGO.....27	JACKSON PARK.....43	
MUSEUM OF SCIENCE AND INDUSTRY.....28	LINCOLN PARK.....44	
	LINCOLN PARK ZOO.....45	
	HYDE PARK.....47	
	WORLDS FAIR.....49	

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.

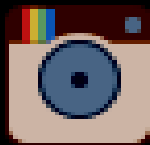
Kewanee Horizons will work to highlight the achievements of our community both on campus and off, inside facilities and outside. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives on our campus and across the state to other facilities on a 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



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

IDOC HOME PAGE

CLICK "ABOUT"

CLICK "NEWS"

THEN SELECT "KEWANEE HORIZONS NEWSLETTER"

A PRIVATE SCHOOL?

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

My public school is private too, they wont tell us why we cant get newer educational books, they keep certain information to themselves while passing out mean looks

I'm fed up with people coming to my school "D-grading" it because its public. Why wont they just upgrade it? look around its disgusting.

Students are perplexed by urination on the floor coupled with the gusting winds upon their pores, the toilets are no more, because the pipelines and windows are busted.

I don't understand why children have to feel abandoned, we try following the rules while in public schools, but yet, I still don't comprehend them.

Why can we learn about the united states constitution, and not the Ten Commandments?

Speaking of the laws, its time we enforce some toward black history. We paid our dues and worn out of plenty of shoes. Although nothing will compensate for our ancestors

misery.

Will we finally get the respect we deserve? I'M HOPEFUL! As a result it might bring some unity.

There's nothing wrong with learning about the Boston tea party...never the less what about black history in the making today? We could celebrate it! Then teach it after we preach it, truthfully! In honor of our slaves.

When we talk about constructive change, are we really hearing and believing what we say? If so, lets maximize the moment and watch how we behave.

We shouldn't celebrate Black History for one month, we should celebrate it everyday!

When I return to school hopefully prudent providential policies are in effect. Until then my public school is just a private school, with innocent worthy children literally dying for respect!

A Second Chance

By Jon Metter @ Sheridan C.C.

I just want to go home
Wherever that may be
To be rid of this institution
I just want to be free,

A second chance at a new life
Where I am not called crook, convict, or felon
My destiny is now within my grasp
I can now be forgiven, I have learned my lesson,
The institutionalized person I was forced to become
Must now be let out of it's cage
I have gradually rehabilitated myself
Where there no longer any place for anger or rage,

Please, I just want to go home
Whenever that may be
I have served my sentence
And paid with my life, I am ready
Finally, once again, be free.

Being The Change

By: Richard Rife @ Graham C.C.

I hear it all the time: "Be the change" but what does that actually mean? Sure, it sounds great to say it. but most people don't realize the effort it takes to put the saying into practice. To that, I'd like to bring attention to a group of men that have never asked for attention but deserve it nonetheless; GrahamVets and the newly created program, "Boots on the Ground."

If you were to ask an individual to describe what they think a typical convict looks like, what do you think they'd say? What would you say? You'd probably describe some tatted up dude, sticking it to the man on a daily basis, making sure everyone around him knows he's not to be messed with. For over 35 years now, GrahamVets has been slowly changing the stereotype. Imagine an entire housing unit of men covered in tattoos, rough around the edges, sitting in a classroom setting and talking about taking ownership of past wrongs, talking about how to make wise decisions and how to reevaluate his decision making processes. Imagine those men opening up and talking about how they've played the victim role their whole life, taking responsibility for how his inner critic has kept him from achieving his goals. Imagine these men developing empathy and compassion for each one another and demonstrating a sincere desire to influence positive change within each other. Now imagine that this behavior is carried and continued outside the group as well; a community of like minded individuals. That's what GrahamVets has created with this new program "Boots on the Ground."

The first official meeting of GrahamVets was held in 1990 here at Graham on veterans day. IDOC Lt. Melvin Durbin saw a need to try and reduce recidivism among the veteran population but had no idea of the impact that desire would have. Since it became an official chartered organization in 1994, GrahamVets has had the lowest recidivism rate of almost all IDOC programs, has donated thousands of dollars to the community, disaster relief funds, and has made it a priority to provide positive programming not only to veterans, but the general popu-

lation as well.

Before the “Boots on the Ground” program, veterans saw a need to implement programming within the housing units. Of their own accord, they created their own curriculum using evidence based materials to create to create classes such as “Rising above the Convict Mentality”, and “Basic Math”, along with many others. The men facilitating and those participating receive no benefit beyond the knowledge gained in the classes and the reward of seeing others improve. Then Covid happened, and everything was shutdown. After the new normal began, we returned to the idea of creating new programs with new vigor. The administration here saw the desire for change in the housing units, and allowed the “Building Block” program to start here as a launching point. It was never intended to be permanent, and so after the program ran its course, it moved on to other housing units to continue. But GrahamVets wanted more, and was working on a new program that would dress nearly every risk and protective factor that results in a persons recidivism. We wanted to address drug and alcohol misuse, criminal thinking patterns, unstable employment, self management, rational emotive therapy, effective communication, social connectedness, purpose, goals, and directionality among many other things. After several years of compiling curriculum, we had a year of curriculum broken up into 3 month modules. We reached out to the assistant to the chief of programs, and she came to Graham to discuss our goals and review the program proposal. She was impressed, to say the least. One of the things we were adamant about was that we wanted to make it clear that the program **should not** receive EPSC. What we wanted were people who were truly interested in one thing: to become the best versions of themselves. After a conversation with the administration, the program became official in march of 2024. it is now reflected on offender 360 as life skills programming. This program allows an individual, no matter his out-date, to acquire a curriculum reflected on his history.

Its not just the programs that works, though. We knew we needed to create an environment, a community, before we even implemented the program. The reason so many great ideas and programs fail is that the environment doesn't exist to allow the program to succeed.

Each member of our community is expected to adhere to a standard and maintain that standard. Each participant receives regular progress reports to inform them of areas in which they are falling short. What we have done is created an entire housing unit of men who are working together to achieve a common goal, and that's why this program works so well. We all share our struggles and victories. We are all in this together, and there is nothing more rewarding than seeing men who are struggling with change suddenly achieve an epiphany. These men understand that to truly change, sacrifices must be made and that change is uncomfortable. While many men are perfectly content to sit in their cells and watch tv, stuck on autopilot until their release date, these men are all taking a proactive approach to the reduction of recidivism. By providing the structured community these men need to thrive, they have no choice but to succeed. One need only to attend one of the classes to see the positivity. Every participant we've had notices the difference upon entering the unit, in fact. Most say it's like a weight being lifted off their shoulders. They can let their guard down and allow themselves to be vulnerable during group, and that is what allows a person to begin to change.

It's not all just classwork and standards though. Part of being a community is enjoying time spent together in and outside of the classroom setting. We do this in the form of exercising during yard time, or softball games, or volleyball, or in house tournaments for scrabble or cards. We always ask for people to share their victories concerning their personal lives, and they're always willing and happy to do so. The unit is literally a completely different world when compared to the other housing units; those aren't my words, those are words of both the officers that work there and the others that live there.

Those wishing to become part of the community may apply by writing CC2 Homes here at **Graham Correctional Center**. If you are a veteran, verification of service will be required, and everyone applying will have an application and interview process before acceptance into the program. Although the program is intended to target the veteran population, we encourage the general population to apply, with the understanding that veteran applications take priority. Because the program falls under the umbrella of Incarcerated Veterans Rehabilitative Pro-

grams, which receives federal funding, we are eager to see future objectives and improvements upon the program. Here are some testimonies of those currently involved in the program:

The following is a testimony from Michael:

I began my prison journey by being sent to Menard "the pit." For those of you who haven't been there, it is not pleasant. Someone is always yelling on the gallery. There is no rest or peace. People there are proud of their crimes and others glorify them. The environment breeds criminal thinking and behavior. While I was there I began to sober up and realize that I needed to change. My dad told me that Graham had a veterans group. I decided that would be a good place for me, so I put in for a transfer. I was told that I couldn't go directly to Graham and had to go to a medium/max first. I chose Pinckneyville because it was close to home. I chose poorly. There was a hooch everywhere, still no peace to be had, fighting and the typical convict stuff. Many were just doing their time so they could get out and get right back to the life that put them in there. I had intended to only stay there until I was able to transfer, but then covid happened and I was stuck there for 4 years. I finally got transferred to Graham. I was lucky and got sent straight off the bus to the veterans unit, right into the IVRP; I could feel the change in the air upon entering the house. This wasn't like what I was used to. There was something totally different here. To start with, I didn't feel like everyone was sizing me up. I didn't feel like I had to watch my back constantly. I was welcomed into the house and given a mentor to help me learn about the standards I was expected to maintain and guide me when I had questions. Because I was a veteran, I was immediately placed into classes with the IVRP and Boots on the Ground program. I instantly knew this was what I was looking for. These classes have helped me in areas that I didn't even know I needed help in. They have changed my way of thinking, and in doing so, helped me to make myself a better version of me. When I got here I was unsure of where this transfer might lead me. I was scared, shy, introverted, in the last year I have become more outgoing made a ton of friends, and been elected as chaplain of the GrahamVets organization. I owe it all to God and

this program. These classes may not teach anything new, but it's the way its taught, in a community setting, with others who also want to change. Maybe you want to change too. If you're serious about it and are looking for something or someone that will help you do it, come here and let the IVRP work for you too.

—Mike Roberts—

The following is a testimony from Gabe:

My name is Gabe Alvord. I have been locked up for 5 years now. The first join I was in was Galesburg. I was there for 2 years. It was a toxic environment for me, as it was mostly, gangbangers from Chicago. I've never been in a gang, and because I couldn't really relate to anyone there, it was difficult to get on the phone or use any of the other few privileges we had. There was a whole lot of hustling going on, something that I didnt want to be apart of. I stayed to myself and was in my cell most of the time. I was depressed and very lonely. I was unable to attend school due to the amount of time I had left. I was in a bad place mentally, physically, and spiritually.

I heard about GrahamVets on the tablet, and since I'm an army combat vet, I decided to put in for a transfer to Graham. When I finally arrived at the unit, I almost immediately felt more relaxed and felt like I could let my walls down and be myself. I was with a group of military brothers mixed with non vets who just wanted to be better people, better fathers, better sons, and generally just better than they were before they got here. I was placed into the IVRP and became very impressed with everyone involved as well as the material presented. I have adopted many of the principles taught in the material into my life and have noticed significant changes by doing so. My complete mindset has changed. Even though its hard and takes work, I've begun to change my thought patterns. I've learned things like how to become more emotionally intelligent, communicate effectively, resolve conflict and so much more. I highly recommend to any veteran or non veteran that is wiling to put in the work to change to apply and participate in the Boots on the Ground program. It will change your life, like it has changed mine.

-Gabe Alvord-

The following is a testimony from John Nuckles:

I have been incarcerated, this time, since June of 2003. This is my third incarceration. I still remember telling myself back in 2003 "what have I done now?" There was a voice in my head that I have ignored since I was a kid, convincing me that it was someone else's fault that I was in my situation, whatever that situation was. So, off to prison I went. Again. I wasn't even fazed by the 28 year sentence at 100% I just received. I was telling myself that this time I would be treated differently. I wasn't locked up for theft or drugs; this time I caught a murder so I would be perceived differently.

I've been coming to prison since 1998. my first prison experience was Logan when it was coed. And the second time Shawnee. Both times myself and fellow individuals in custody had the victim mindset; it was someone else's fault that we were in prison. There was no focus how to get out and not come back. We all just created a routine to keep us occupied, to keep us from thinking about anything. Get up. Wait on yard. Lift weights. go to sleep. Day in and day out. All the conversations we had were about making or strengthening our connections to continue in the things that brought us to prison in the first place.

In 2003 things would be different, or so I thought. My first stop was Menard, my first look at a max prison. I was transferred in January of 2015 to Danville. I was still caught up in the criminal mindset of just doing my time, no thoughts about how I got here or how to stay out, no thoughts about what I was going to do when I did get out. I was no longer isolated in segregation. I was back in population, getting my hustle on. Shaking and moving. My thing at the time was pills. I finally got caught cheeking my meds to sell on the gallery because I was focused on the hustle. I got 90 days segregation and a disciplinary transfer to Pinckneyville.

It was there that I finally hit rock bottom. I finally began to get an inkling of realization that I needed to do something different. I had to get away from the patterns of thought that was leading me to manifest the physical aggression responses I displaying along with all the other manifestations that result from the typical convict mentality.

I was eventually transferred back to Danville , and it was there that I got a flyer in the mail inviting veterans to transfer to Graham for a pilot life skills program. I figured this was my chance to start changing; so I asked a counselor to put me in for a transfer.

I have to say it was the best thing that has happened for me. That was in April of 2018. the moment I got off the bus here at Graham, I was greeted by the GrahamVets head coordinator Shreve. He told me right then that even though GrahamVets has been a positive influence for decades, I would still face verbal abuse and criticism for joining the program. For some reason there will always be people who look down on others for trying to do the right thing or better themselves.

He was right. Even to this day, after all the things we have done here, and all the positive influences we've had, his words still ring true. I am, however, glad and proud of the choice that I made to endure the negative. This was nothing like Menard. In Menard I found myself alone; I didn't have a clique or group. In Menard I started adapting to those around me, creating a personality profile that would allow me to gain acceptance from the group that I wanted to hang with. I learned that gossiping about the faults of my peers was looked at favorably and got me attention. I got caught up in my false self, not being able to prove the lies that I created about myself. Because I lacked effective communication skills, I often got into verbal and physical altercations. When I hit that rock bottom though, I realized that I was constantly surrounding myself with individuals who were stuck in that convict mentality . Fast forward back to getting off that bus. It was the first step toward redeeming myself.

Here I'm surrounded by individuals of all race and creed, all backgrounds. Lifers and short timers. The difference is that here, were all focused on the same thing : addressing our issues, together, and figuring out how to stay out of prison. I'm learning to accept personal responsibility for my past and present actions and thoughts.

I no longer have to maintain that façade, that fake version of myself that's easily accepted among those stuck in the convict mentality; I can be myself, and that's what has allowed me to truly begin my transformation. I've learned that its okay to maintain my own standards

when others are being negative, and its okay to help those who are struggling. I've learned to challenge the inner voice that wants to blame others, the voice that wants you to quit in the face of adversity. I've learned that life is o journey and that there will be low points as well as high points, and that listening is the most important tool when it comes to communication. I am literally becoming a different person, the person I was meant to be. I am "being" the change. To "be" is to remain undisturbed, but I have grown from the call to be to a state of being, thanks to the IVRP.

-John Nuckles-

The following is a testimony from Mr. Weis:

I came to Graham from Pinckneyville specifically for the incarcerated Veterans Rehabilitation Program after seeing it advertised on the tablet. This program has been extremely helpful to me, especially as a means of self reflection. One issue (of many) that I struggle with is effective communication, and then dwelling on situations in which I failed. I've tended to beat myself up after negative conversations or interactions and replay what I should have said or done in the moment. So far, this program has helped me identify specific issues that I've failed to address in the past when involved in stressful conversations or conflict situations. I've become much more aware of these things now, and just being aware of them has made it easier to utilize the tools I'm learning when it comes to effectively communicating with people in here and out there.

I am looking forward to the rest of the modules I haven't taken yet, and am excited to continue using what I've learned. I would recommend this program to anyone who is serious about changing their life and growing as an individual.

-Michael Weis-

These testimonies are but just a few. For those that wish to participate, however, be aware that this is hard work. Knowledge means nothing without application; there are many things within the modules that many of us already know. We all "know" how to resolve conflict for the most part, we all know how to maintain friendships and build lasting relation-

ships, we have all heard how to manage our anger, and we've all heard how to identify ways to cope with stress. But to actually utilize these things is another matter entirely. It takes constant work and effort until these things become habit. It takes daily effort, and I'll be honest: some people just aren't ready...and that's okay! Consider this, however, you say that prison has made you this way, has molded you into someone that you no longer desire to be. You say that you want to be a better father, a better son, a better husband, a better person in general. When faced with this opportunity to change, when placed in an environment where that change is possible some people still struggle and refuse. But that's why this works better than anything else in IDOC has going on right now. The environment has been created, the community, that allows this change to happen. Its not an every man for himself mentality here in this community. Its every man for each other, and we genuinely want to see each other succeed. We ca talk about what were going through openly because we've all shared the same struggles.

In closing, I have never been prouder than I am now. To see so many men completely change their lives within a place where change is difficult is the most rewarding thing I can imagine, and its given many of these men purpose. I encourage those that have a true desire for change to participate, and to actually engage in "being the change." So even though the IVRP program has been going on for years and the program has never had any benefit other than the reward of sharing in each others victories. The reward of seeing each other turn adversity and hardship into opportunity. Even though they've never asked for recognition there have never been more deserving men than those who have been implementing change for rover 30 years within IDOC. So thank you for giving me the opportunity to change my life and allowing me to influence that change within others.

PRACTICE TO UN-PRACTICE

By David L. Reed @ Danville C.C.

The lifestyle I once lived mainly revolved around negativity. In the community I came from negativity was thrived upon. I can remember days when I would wake and think about negative things I wanted to do for that day. From selling drugs to using drugs. How to hit a lick, or what I could steal and get away with. Each day was a repeat of the previous day. It was common for myself and others in that environment to learn and practice negativity. Although my parents, siblings and family practiced positivity, when I became a teenager I was drawn to negative things. What I saw on the streets and in the movies seemed to illustrate that being negative could lead to a better life. The things I didn't see or pay attention to were the endings. Think about it, in the movie "Super Fly" who came out the hero? In the "Mack" who came out on top? And, in "Scarface" who looked the best? Two pimps and a drug dealer. Those were the people I found to be influential and looked up to. They motivated me to become a drug dealer and user. I thrived at seeing them being negative on the big screen... because I got to see it everyday in the environment I was living in. my inspirations came from being and doing negative things that I saw perpetuated in my community. When I step foot outside my front door I would see the pimps, players, hustlers, drug dealers, numbers man, alcoholics and addicts. Working for a living was for squares.

It wasn't until I reached my early 30's that I finally started realizing the illusionary world I had created for myself was wrong. But, I still didn't get it. Although I was holding jobs, family, and a home, I still practiced that negativity through my behavior and actions. I just didn't know how to change things in my life. Something inside of me would compel me to do negative things, even if I had no reason to be negative. Plus, I was an alcoholic and drug addict. I would listen to that inner voice (which by the way), could talk me into things that I knew was wrong. A voice that was so seductive and believable, that I was defenseless against it. I tried different things like going to church, activities with my kids, and staying in the house. The

voice inside my head seduced me to do things I didn't want to do. I had to figure out how to turn that voice in my head down or change the volume and messages it was giving to me. After being in the county jail countless times, and after going to prison 3 times, I knew something had to change. I had to get rid of my false mentors, illusions, and falsehoods. I had to start cleansing my mind and reevaluate which direction I wanted my life to proceed. I had to reboot my life.

In 2008, I started attending Alcoholics Anonymous meetings. I went mainly to converse with the guys and get out of the cell. For 2 years I went to these meetings unfaithfully. In 2010, a guest speaker came to the meeting. He started speaking about his life story, I thought he was talking about me and my life. He had unbeknownst put me under a spotlight. After 2 years someone had made me see my life in them. That moment in time helped changed the rest of my life. I took on a new role of education and recovery.

I soon took on the role of primary chairperson for the Alcoholics Anonymous meetings. I reorganized, restructured, and reformatted the meetings. I took on the leadership role of speaking openly about my life story. I started educating myself on the 12 steps of Alcoholics Anonymous and seeking knowledge in college. In the A.A. big book, it states, "if we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. we will comprehend the word serenity and we will know peace. No matter how far we have gone down the scale our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change". Alcoholics Anonymous, 4th Ed., p.83-84, Alcoholics Anonymous World Services Inc., New York City, 2001.

I began by changing my thinking patterns, and practicing to unpracticed my negative thoughts, behaviors, and actions. I practiced to unpracticed listening to that seductive voice inside of me that wanted to do negative things. I also practiced to unpracticed my negative at-

titude by using affirming words to help me forgive myself for my negative behavior. I practiced to unpracticed the self-doubt that wouldn't allow me to grow. I had to learn to love me for me, despite my faults, flaws, and failures. Believe me, that task wasn't easy. But with practice, I slowly begun to unpracticed the negative behavior and actions I had instilled in my life. I was able to achieve loving myself.

In 2013, I met an educator that changed the trajectory of my life yet again. I was at Lakeland college @ Western C.C., and the instructor's name is Ms. Cooper. She was a sociology instructor that opened my eyes to how beautiful and remarkable the world truly is. She showed me the differences in cultures, perspectives, and humans. Ms. Cooper helped changed me into the person I am today because she seen something in me that I didn't see for myself. She seen a man whom needed positive reinforcement, when I was use to the negatives. Ms. Cooper told me, "as long as you keep practicing to unpracticed those negative behaviors and actions, each day of life will get better for you".

Here it is, over 16 years later and I am still the primary chairperson of the Alcoholics Anonymous meeting in Danville C.C. I've earned 2 associate degrees, and a Bachelor degree. I've earned back the respect and love of my parents (both deceased now), my siblings, my children and their mother. And still today, I continue to practice to unpracticed my negative attitude, behaviors, and actions. All this from a former alcoholic and drug addict. If you are anything like me and want to change your life, start by turning the volume down to your inner voice. The voice that has lived with you all your life. It you change the voice, you can change your life. It takes practice, and it takes to unpracticed your negative attitude and behavior. Try it, you've tried everything else and it didn't work. That new freedom and new happiness the A.A. Big Book was talking about is real. This is the free-est I've felt since I was a kid. I've released the mental bondages I held onto for so long. You can too, only work if you work for it.

Thanks to the Guest Speaker & Ms. Cooper.
Practice to Un-Practice

REHABILITATED

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

Rehabilitation is many ways, like renovation. It is in most cases, a painful process that eventually becomes a pleasant experience. To refurbish the whole being of an individual takes time and discipline. The pain is intense, when the old walls are being torn down. The old appliances and furniture are removed and replaced. New walls are installed. The habit of maintaining the new installments takes a refined responsible care to upkeep the newly remade living quarters. Rehab takes work to do and work to maintain. Everything in life that is worth anything to you, must be properly maintained to retain its effectiveness. Rehabilitation is a conscious rebuilding of the whole person. The thoughts of the mind have to become responsible. The words and actions must be thought out. To appreciate the value of the lessons of life, one must apply said lessons, and benefit from any corrective rehab experiences. To be rehabilitated is a daily conscious choice of making better decisions. Stamp out old irresponsible habits of being, replace them with responsible habits, and reinforce regularly. A meal that you ate 6 months ago is only going to sustain you for so long. You must replenish and refresh to prevent yourself from falling into decline. When you gain back your right mind, you must proactively improve upon what you have attained. Preventative actions will prepare you for anything that you must face. The workout you did 6 months ago isn't building any new muscle today. A rehabilitated mind refuses to fall back into decline. Everyday has enough waking hours in it, to make positive changes. Small changes add up to an overall big change. You can have something in life, if you continue to grow and improve yourself. Your past can not hold you back, if

you put in the work. If you keep walking forward, what is behind you will get smaller and smaller. There is a reason that the front windshield is much larger than all three rear view mirrors. There is a reason that you must keep your eyes on the road, only briefly checking the rearview to make sure that you see what you must avoid. This takes practice, yet when it becomes habit, you can drive responsibly on the busiest streets. Sometimes you have to drive defensively, at other times you have to move out, because you have places to be, people to meet, and a life to live. Most of the time it is a mixture of both. In closing, my dear friends life is what you make it out to be, which it is decided by how you spend our most precious resource, which is time.



Resilient Individuals-In-Custody

By: Timothy Youngblood @ Lawrence C.C.

What does it take to succeed in prison and out of prison with a criminal history that will follow you your entire life? Why do some current and former Individuals-In-Custody succeed no what obstacles are thrown in their path, while others surrender and are crushed by adversity? Why do some people, given equivalent lengthy prison sentences over come that adversity and better their lives, while others just give up? In the final analysis, what accounts for this discrepancy? It all comes downs to a persons resilience.

If you are an Individual-In-Custody, most likely you have no lack of stress in your life. Be it from the daily pressures of being locked down and treated like an animal, or the larger setbacks of losing a loved one, surviving the break-up of a relationship, suffering financial difficulties, becoming ill or injured, or feeling isolated and alone, you are probably no stranger to pain. People who respond poorly to adversity are often devastated by setbacks. Some recover slowly, others never do.

I am convinced that each of us has a power hidden within, something that can get us through any kind of adversity. That power is resilience.

The day I entered into a fully negotiated plea deal to spend 15 years in prison at 85% was both the lowest and the highest point in my life. It was the first time I realized that my lowest point could actually be converted into my best friend. It gave me my greatest lesson in resilience. Becoming resilient starts with the realization that the adversity you experience—any pain, incarceration, discrimination, or challenge—can be converted into powerful fuel that can actually better your life. According to the Timothy Youngblood dictionary, there are two definitions of adversity:

1. A state or instance of experiencing God sent fire; a thorn in the side; or an incurable wound.
2. Fuel; energy; your best friend.

That second definition may seem odd, but I'm about to completely reframe the way you see your

problems and, I hope, bring you into an “aha moment of awareness”, where you say, “aha, now I see it!”

Resilience, this process of using that adversity as fuel, has fundamentally changed my life. I truly feel hope is always alive, because absolutely everyone can benefit from resilience. What is resilience? Resilience is the ability to endure pain, to press on, even if you're not winning. The ability to show up, to keep going, or even to just continue to go through the motions while you're dealing with failure, depression, anxiety, hopelessness, legal problems, financial difficulties, terminal illness, addiction, anger, thoughts of revenge, loneliness, a break up of a relationship, having no family or friends to support you, or any other adversity. In short, resilience is the ability to bounce back when you have every reason to give up— but you fight on! Resilient individuals-in-custody have both tapped and untapped reserve, enabling them to overcome and thrive as they face the setbacks, challenges, and fears of daily prison life. Let me say that another way. Resilience enables individuals-in-custody to deal with the day-to-day grind, the pain and challenges of prison life. It will give you the tools to cope and thrive. Resilience showed me how my problems, even my worst problems, could become my greatest resource. If we are able to reframe our challenges and recognize them as emotional fuel, we can operate like a refinery, channeling the emotion generated out of something negative, like pain and incarceration— or even something positive like love and friendship—and turning it into fuel that can be used to propel us forward toward a life of hope and an ability to thrive regardless of our circumstances.

Once you see how resilience works, your problems can become a never-ending source of fuel. When you have your “Aha moment of awareness” you realize that the fuel is there, know how to access the fuel, and are able to access it quickly. Once you can do that you will experience long-term resilience. There are a lot of things that can motivate you to be resilient. Pain channeled in a positive direction is the greatest thing that can happen to you. But I want to make you aware of something else. Your greatest motivation to be resilient is the knowledge that others depend on you.

As human beings who are incarcerated our connection to other human beings is essential. No matter our circumstances, we need each other. We need to know that we are influencing others, and

we need to feel the influence of others in our lives as well. Connection to other human beings is vital to our ability to be resilient and thrive. Loneliness is a powerful enemy of resilience, and is something that many individuals-in-custody struggle with. However, the need for inclusion varies greatly from person to person; the important thing is that you are aware of your needs so that you do what you can to fill your life with the amount of human connection you need to be resilient. Personally, all I need is a little consistent human connection during my day room hours to play chess. But if I had the king exclusive chess 960 limited edition chess computer in my cell, during day room hours and play chess against the computer. And I would use its estimated performance rating of well over 2600 USCF as the amount of substitute little human connection, I need to be resilient.

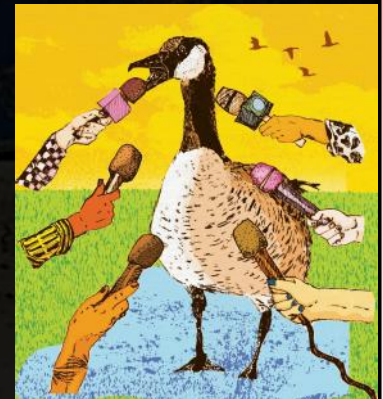
The say that everyone needs to be needed. When it comes to an individual-in-custody who is struggling, I would agree. If the prison administration wants to see change in an individual-in-custody who is struggling, they should create a meaningful roll for that person. Give him or her a job or an important responsibility, something that he or she can do well, and see what can happen. In the 1990's I witnessed a warden give one of the toughest individuals in custody the assignment to water the plants that were on the prison grounds. Other staff and individuals in custody began acknowledging how great the plants were looking. This individual started pulling weeds and doing other garden stuff he didn't have to do to make sure he took care of those plants. The warden said it was so eye opening for her he was literally a different person, just because he had a task and was needed.

Everyone needs to be needed by someone. These relationships matter. They are meaningful. Its really a matter of awareness. I think to myself, is what I'm doing: writing essays for various prison newsletters and talking on the Lawrence prison podcast impacting others who may be depending on me to make things make sense to them. This is a great source of untapped fuel in our lives. A relationship might be the main fuel to inspire someone to get their G.E.D. or vocational certificate on construction and/or an associates degree. It might be the fuel to get someone to stop using drugs. It might be the fuel to get someone to change their negative behavior. It might be the reason someone gets off their bunk today, and choose life instead of suicide. It's a big gas tank of resilience fuel! And its waiting to be used. You simply have to be aware that its there. At the end of the day, the reason why relationships are so important is that they give you a feeling of being significant. As your sense of significance increases through your connections to other people, you become more resilient.

I have flown to the Bahamas twice. I have eaten in the nicest restaurants. I've been to some of the most incredible Ebony magazine shows. I've experienced all those things. These all provide a temporary high and mimic lasting happiness. But the most amazing thing that I have ever experienced, by far, hands down, is playing X-box call of the duty black ops video games with my two sons. Or having my two sons run to meet me at the door after a trip to the casino, a huge smile on their faces and to hear them say, "Daddy! Hi, Daddy!" Nothing compares to meeting others emotional needs and having your own emotional needs met. Its the greatest rush you'll ever have in your life. When its all said and done, the only things that really matter (but some of you may disagree) are relationships. When someone needs me and I need them, this is real wealth. This is one of the highest levels of fulfillment—and one of the ways to long lasting resilience.

We are all surrounded by an almost limitless resource, other people. If your going to tap into the resilience resources all around you, you have to first decide that you are going to use emotional energy whether negative or positive and convert it into fuel to better your life. Once you do that, you will know what it takes to succeed in prison and out of prison with a criminal history that will follow you your entire life. You will also know why some current and former individuals in custody take their challenges and use them as fuel to better their lives. While others surrender to negativity and use their challenges as an excuse to hurt themselves or others. In the final analysis, there are those around you who need you to be resilient so that they too can be resilient. So I challenge you now, whatever state you may be in, to begin to be a resilient individual in custody who overcomes adversity.

KH READERS WOULD LIKE TO KNOW WHERE HAVE YOU BEEN?





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.

PLACES YOU CAN VISIT WHILE IN CHICAGO



Art Institute of Chicago

Founded in 1879, the Art Institute of Chicago is one of the world's major museums, housing an extraordinary collection of objects from across places, cultures, and time. We are also a place of active learning for all—dedicated to investigation, innovation, education, and dialogue—continually aspiring to greater public service and civic engagement.

Mission

The Art Institute of Chicago shares its singular collections with our city and the world. We col-

lect, care for, and interpret works of art across time, cultures, geographies, and identities, centering the vision of artists and makers. We recognize that all art is made in a particular context, demanding continual, dynamic reconsideration in the present. We are a place of gathering; we foster the exchange of ideas and inspire an expansive, inclusive understanding of human creativity.



The Griffin Museum of Science and Industry—one of the largest science museums in the world—is home to more than 400,000 square feet of hands-on exhibits designed to spark scientific inquiry and creativity.

Opened during 1933's Century of Progress in a building from 1893's Columbian Exposition, Griffin MSI is the place where generations have come to see what's next.

1893 - The Palace of Fine Arts

Built as the fair's Palace of Fine Arts, ours is the only building constructed for the 1893

World's Columbian Exposition's "White City" that remains at the site. Unlike most structures of the White City, the Palace of Fine Arts was built with brick as a safeguard for the international artwork on display. This was key to the building's longevity long after other structures from the fair had been lost to fire or decay.

1933- The Museum of Science and Industry

The Museum was born in a moment of inspiration during a family vacation nearly a century ago. Watching his child enthralled by an interactive museum display at the Deutsches Museum in Munich, our founder Julius Rosenwald resolved to share that same experience with his hometown of Chicago. The former Palace of Fine Arts was restored, and on June 19, 1933 the Museum opened with its first (and briefly only) interactive experience: the Coal Mine.

Four stars

Chicago's flag has four stars that are said to represent milestones in city history (two of which are the World's Fairs mentioned above). Here are four stars representing milestones in Griffin MSI history.





THE SHEDD AQUARIUM

Every year Shedd Aquarium welcomes 2 million guests for unforgettable encounters with belugas and bluegills, stingrays and sturgeons. But Shedd is more than just a destination. With partners in Chicago and around the globe, we're also protecting endangered species and their habitats and rescuing and rehabilitating wildlife in need.

Shedd Aquarium (formally the **John G. Shedd Aquarium**) is an indoor public aquarium in Chicago. Opened on May 30, 1930, the 5 million US gal (19,000,000 L; 4,200,000 imp gal) aquarium holds about 32,000 animals. It is the third largest aquarium in the Western Hemisphere (after the Georgia Aquarium and The Seas at Epcot) and the 11th-largest aquarium in the world.

Shedd Aquarium was the gift of retail leader John G. Shedd, a protégé of Marshall

Field (benefactor of the adjacent Field Museum), to the city of Chicago. Although Shedd only lived long enough to see the architect's first drawings for the aquarium, his widow, Mary R. Shedd, cut the ribbon at the official opening ceremony.

The aquarium cost \$3 million to build (equivalent to \$56.5 million in 2024),^[11] and initially included 132 exhibit tanks.^[12] Groundbreaking took place on November 2, 1927, and construction was completed on December 19, 1929; the first exhibits opened on May 30, 1930. As one of the first inland aquariums in the world, the Shedd had to rely on a custom-made railroad car, the Nautilus, for the transport of fish and seawater. The Nautilus lasted until 1959.

In 1930, 20 railroad tank cars made eight round trips between Key West and Chicago to transport 1 million US gallons (3,800,000 L) of seawater for the Shedd's saltwater exhibits. In 1933, Chicago hosted its second world's fair, the Century of Progress. The Aquarium was located immediately north of the fairgrounds, and the museum gained exposure to a large international crowd.

In 1971, Shedd Aquarium added one of its most popular exhibits, a 90,000-US-gallon (340,000 L) exhibit reproducing a Caribbean coral reef. That same year, the aquarium acquired its first crewed research vessel, a 75-foot (23 m) boat for exploring the Caribbean, to conduct field research and collect specimens. In 1985, this boat was replaced with the aquarium's current vessel, the *Coral Reef II*. In 1987, Shedd Aquarium was placed on the National Register of Historic Places.

John Shedd's grandson, John Shedd Reed, who had served as president of Atchison, Topeka and Santa Fe Railroad from 1967 to 1986, was president of the aquarium's board from 1984 until 1994, and was a life trustee until his death in 2008.^{[13][14]} Ted A. Beattie served as president and CEO of the aquarium from 1994 until his retirement in 2016. Bridget C. Coughlin assumed duties as president and CEO of the company in the Spring of 2016.^[15]



THE FIELD MUSEUM

Located on Chicago's iconic Lake Michigan shore, the Field Museum opened its current building to the public in 1921—but our story began years earlier. Our collection grew out of items on display in the 1893 World's Columbian Exposition in the "White City." The exposition delighted visitors with 65,000 exhibits filled with natural wonders and cultural artifacts, many of which later found a permanent home in Chicago at the newly created Field Columbian Museum. Our museum name still honors Marshall Field, who donated \$1 million to make the collective dream of a permanent museum a reality. Since opening the Museum in 1894, our collection has grown to nearly 40 million artifacts and specimens. The breadth of our mission has expanded, too. We continue to research the objects in our collections, as well as document previously unknown species, conserve ecosystems in our backyard and across the globe, educate budding scientists, invite cross-cultural conversation, and more—all to ensure that our planet thrives for generations to come. The nearly 40 million specimens and artifacts in our collection are just the beginning of our quest to learn as much as we can about this incredible planet. Our more than 150 scientists and researchers travel to the far corners of the world in search of new discoveries and clues

to what life was like hundreds, thousands, and millions of years ago. Every day we find new evidence of just how interconnected our world is, and we're working to build stronger communities to help preserve the planet for all the diverse life that makes Earth home. We ask big questions, publish groundbreaking research for the scientific community, and craft exhibitions to capture the imagination of a public who shares our passion for science that is just plain fun. Science is for everyone. And we can't wait to share it with you.



THE ADLER PLANETARIUM

Fun fact: we're the first planetarium in the Western Hemisphere.

Located on Chicago's lakeshore since 1930, the Adler Planetarium connects people to the universe and each other. Whether it is introducing a guest to the Ring Nebula, a neighborhood school to a community partner, a research team to a network of citizen scientists, or one staff member to another, the Adler's focus on meaningful connections dates back nearly a century. The museum typically hosts more than half a million visitors each year and reach-

es millions more through youth STEAM programs, neighborhood sky watching events, online citizen science, and other outreach efforts. Today, the Adler is bringing our unique approach—scientific exploration rooted in community and connection—to guests from around the world who can enjoy the digital Adler from their own homes, libraries, schools, or offices. With the Adler’s support, people of all ages, backgrounds, and abilities gain the confidence to explore their universe together and return to their communities ready to think critically and creatively about any challenge that comes their way.

NAVY



PIER

Did you know that Navy Pier dates all the way back to 1916? Navy Pier began as part of Daniel Burnham’s vision to transform the lakefront into an attractive public space for recreation and social interaction. Since its reopening in 1995, the Pier has welcomed over 186 million guests, including a record-breaking 9.3 million in 2016. The Pier continues to evolve with exciting developments and new venues. If you want to learn more, check out WTTW’s documentary [“Navy Pier: A Century of Reinvention.”](#)



The former South Park Commission (the Commission merged with 22 other park systems to establish the Chicago Park District in 1934) hired Chicago architects Holliard and Roche in 1919 to design a stadium that would serve as a showcase “for events and a playground for the people.” On October 9, 1924, the Grant Park Municipal Stadium premiered and one year later, at the request of

the Chicago Gold Star Mothers, the stadium was renamed Soldier Field. It was known as one of the great venues during the "Golden Age of Sports" and one of Chicago's most famous landmarks. Crowds in excess of 100,000 were commonplace, marked by several memorable events including the 1926 Army-Navy game and the epic 1927 Jack Dempsey/Gene Tunney heavyweight rematch featuring the controversial "long count". In 1944, 150,000 spectators attended a wartime visit by President Franklin Roosevelt and thousands turned out to hear evangelist Billy Graham in 1962. Soldier Field is also the birthplace of the first Special Olympic Games in 1968. College and Professional football, rock concerts, festivals, rodeos, stock-car races, and even a skiing/toboggan event have called Soldier Field home. The Chicago Bears moved from Wrigley Field and began using the facility in 1971 and

played their first game in the renovated Soldier Field on September 29, 2003. Soldier Field has been a Chicago landmark since 1924. With a capacity of 63,500, the public facility is home to the Chicago Bears and the Chicago Fire, and hosts an array of sporting, entertainment, and community events each year. Owned by the Chicago Park District, Soldier Field is managed by ASM Global, the global leader in venue management.



In 1988, William Wirtz, owner of the Chicago Blackhawks, and Jerry Reinsdorf, majority owner and Chairman of the Chicago Bulls, formed a new partnership to create an arena that would take sports and entertainment into the 21st century.

The United Center, home to the Chicago Blackhawks and Chicago Bulls, is the largest arena in the United States. Construction began in April 1992, with the ribbon cutting ceremony hosted on August 18, 1994.

Since opening, the United Center has hosted more than 200 events each year. Some of the events the arena has been proud to host include the 1996 and 2024 Democratic National Convention, The Rolling Stones, Eric Clapton, Bruce Springsteen and the E Street Band, Paul McCartney, U2, The Who, The 3 Tenors, Ringling Brothers and Barnum & Bailey Circus, Disney on Ice, the Big Ten Basketball Tournament, the NCAA Basketball Tournament, the 2017 NCAA Men's Frozen Four and the University of Illinois men's basketball. The United Center has hosted over forty million guests since its opening in 1994.



WRIGLEY FIELD

Wrigley Field, baseball stadium in Chicago that, since 1916, has been home to the Cubs, the city's National League (NL) team. Built in 1914, it is one of the oldest and most iconic Major League Baseball parks in the United States.

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RATE



FIELD

Rate Field (formerly named **Comiskey Park**, **U.S. Cellular Field** and **Guaranteed Rate Field**) is a baseball stadium located on the South Side of Chicago, Illinois. It is the home ballpark of Major League Baseball's Chicago White Sox, one of the city's two MLB teams, and is owned by the state of Illinois through the Illinois Sports Facilities Authority. Completed at a cost of US\$137 million, the park opened as Comiskey Park on April 18, 1991, taking its name from the original Comiskey Park, the team's home since 1910. Rate Field is situated just to the west of the Dan Ryan Expressway in Chicago's Armour Square neighborhood, adjacent to the more famous neighborhood of Bridgeport. The stadium was built directly across 35th Street from the original Comiskey Park, which was demolished to make room for a parking lot for the new venue. The location of Old Comiskey's home plate is represented by a marble plaque on the sidewalk next to Rate Field, with the foul lines painted in the parking lot. The spectator ramp across 35th Street is designed in such a way (partly curved, partly straight but angling east-northeast) that it echoes the contour of the old first-base grandstand.



The DuSable Museum

The DuSable Museum is proud of its diverse holdings that number more than 15,000 pieces and include paintings, sculpture, print works and historical memorabilia. Special exhibitions, workshops and lectures are featured to highlight works by particular artists, historical events or collections on loan from individuals or institutions.

In 1961, with a few dedicated colleagues and a dream, the artist/educator/writer/activist Margaret Taylor Burroughs established our nation's first independent museum celebrating Black culture. The Ebony Museum of Negro History and Art was inaugurated that very year in the Burroughs' home on Chicago's iconic South Side. Burroughs was proud that the Museum was "the only one that grew out of the indigenous Black community." At its 60th anniversary, the Museum—since named to honor Jean-Baptiste Pointe DuSable, the Haitian-born founder of Chicago—has welcomed millions of visitors to its home in Chicago's historic Washington Park to experience its innovative and timely exhibitions and powerful and transformative educational programs, which together place the African American narrative firmly within the broader context of U.S. history. The DuSable is a convener; a point of connection; and a place where difficult conversations lead to reconciliation and renewal. And, as a beacon of strength and a refuge of reason, the Museum is a vital part of a socially equitable reconciliation of our nation's historic divisions.

At this time of profound transformation, the DuSable is taking steps to solidify its position as a place where together, we can make good history. As part of this effort, it is focusing its outreach efforts on a sustainability campaign that will allow the Museum to imagine its next five years, while preparing it for its next sixty.



The original plans for the town of Chicago left the area east of Michigan Avenue unsubdivided and vacant, and purchasers of Michigan Avenue lots were promised that it would remain unoccupied. When the former Fort Dearborn Reserve became part of the townsite in 1839, the plan of the area east of Michigan Avenue south of Randolph was marked "Public ground. Forever to remain vacant of buildings."^[2] The city officially designated the land as a park on April 29, 1844, naming it Lake Park.

When the Illinois Central Railroad was built into Chicago in 1852, it was permitted to lay track along the lakefront on a causeway built offshore from the park. The resulting lagoon became stagnant, and was largely filled in 1871 with debris from the Great Chicago Fire, increasing the parkland. In 1896, the city began extending the park into the lake with landfill, beyond the rail lines.^[3] On October 9, 1901, the park was renamed Grant Park in honor of American Civil War commanding General and United States President Ulysses S. Grant. At the 1868 Republican National Convention in Chicago, Grant had been nominated for his first presidential term.

The legal restrictions prohibiting any buildings in the park were ignored in the 19th century, as various civic buildings were sited there. At various times, a post office, exposition center, armory, and even an early home field of the baseball club now known as the Chicago Cubs were built in the park. A 1904 plan prepared by the Olmsted Brothers recommended locating the Field Museum as the park's centerpiece, an idea integrated into Daniel Burnham and Edward H. Bennett's 1909 Plan of Chicago.^[4] Chicago businessman Aaron Montgomery Ward ultimately fought four court battles, opposed by nearly every civic leader, to keep the park free of buildings.^[5] The one exception to which Ward consented was for the Art Institute of Chicago, constructed in 1892.

In the early 20th century, Grant Park was expanded with further landfill—much of it from the excavations of the Chicago Tunnel Company—and developed with a very formal landscape design by Edward Bennett. More land fill in the 1910s and 1920s provided sites for the Adler Planetarium, Field Museum of Natural History, and Shedd Aquarium, which were linked together as the Museum Campus in 1998. In 2004, a section of northern Grant Park, previously occupied by Illinois Central railyards and parking lots, was covered and redeveloped as Millennium Park.



WASHINGTON PARK

Washington Park is listed on the National Register of Historic Places as a United States Registered Historic District. Its National Register of Historic Places Multiple Property Submission consisted of 3,670 acres (14.9 km²) containing 15 contributing buildings, 28 contributing structures, and 8 contributing objects.^[24] Interesting sights in the Park include the DuSable Museum of African American History and its sculpture garden, the Lorado Taft sculpture *Fountain of Time*, and an architecturally distinctive National Guard armory.^[25] Washington Park is a social center of the South Side and hosts many festivals in the summer, including Chicago's best organized cricket league and the terminus of the Bud Billiken Parade and Picnic. It is also the host of the annual UniverSoul Circus which comes to the park each fall (its first performance at the park was 1996). The largest 16" softball league in Chicago is played there on Sundays (called "Sunday's Best Softball League"). There are 34 teams who play on 13 diamonds. There is also a weekday evening league.



JACKSON PARK

Jackson Park is a 551.5-acre (223.2 ha) urban park on the shore of Lake Michigan on the South Side of Chicago. Straddling the Hyde Park, Woodlawn, and South Shore neighborhoods, the park was designed in 1871 by Frederick Law Olmsted and Calvert Vaux and remodeled in 1893 to serve as the site of the World's Columbian Exposition. It is one of the largest and most historically significant parks in the city, and many of the park's features are mementos of the fair—including the Garden of the Phoenix, the Statue of The Republic, and the Museum of Science and Industry.

The parkland that would become Jackson Park was originally developed as part of an unrealized 1,000-acre (400 ha) addition to the Chicago park and boulevard system,^[1] other parts of which include Washington Park and Midway Plaisance. Initially called Lake Park, it was renamed in 1880 in honor of Andrew Jackson,^[2] the seventh President of the United States. The aquatic islands and lagoons have since been developed to include boat harbors, playing fields, prairie restoration, a golf course, and three beaches. The park also hosts the Barack Obama Presidential Center^[3] and La Rabida Children's Hospital.



LINCOLN PARK

Lincoln Park, the second-most-visited park in the United States with 20 million visitors a year, stretches across the lakefront of North Side Chicago for a sprawling seven miles. Starting from Ohio Street on the south, and running to Ardmore Avenue on the north and facing Lake Michigan, Lincoln Park is roughly 1,200 acres, making it the largest public park in Chicago. This swath of land is characterized by parkland, beaches, recreational areas, nature reserves, and harbors. There's baseball, basketball, and soccer fields, as well as tennis courts, volleyball courts, an archery range, and even a driving range. A whole day can easily be spent viewing the many museums, recreation areas, landscaped gardens, public art, and bird sanctuaries. That doesn't even include the zoo, the Lincoln Conservatory, the Chicago History Museum, the Nature Museum, and Alfred Caldwell Lily Pool. Lincoln Park didn't grow into the park it is now overnight – it's the result of a hundred plus years of progressive thought put into action.



1. Lincoln Park Zoo is one of the oldest zoos in the country—and remains the longest-running free zoo.

In 1868, two pairs of mute swans arrived in Chicago as a gift from New York City's Central Park. This event marked **the beginning of Lincoln Park Zoo**, and other animals soon followed as Lincoln Park commissioners started creating the rules and decrees that would bring the zoo to life. In 1878, those authorities declared that the zoo must always remain free.

2. Park Place Café was the site of the city's first aquarium.

Before the John G. Shedd Aquarium opened in 1930, Chicago residents could see fish and other aquatic animals at Lincoln Park Zoo. The aquarium was located at what's now Park Place Café, in the center of the zoo. You can see signs of the original usage of the building in the designs that mark its exterior.

3. Laflin Memorial Building, where the zoo's administrative offices are today, was once

the city's first science museum.

In 1857, this building at 2001 North Clark Street housed the Chicago Academy of Sciences, which was the original home of the Atwood Celestial Sphere that now sits at the Adler Planetarium. In the 1990s, the building was repurposed to contain the offices of zoo personnel. From the front, Laflin can be distinguished by the statue of lions along Clark Street.

4. Lincoln Park Zoo is haunted.

Lincoln Park Zoo was partially built on top of a large burial ground near Lake Michigan's edge. However, as cholera spread through the north side of Chicago, residents began to believe that City Cemetery was a major source of infection and officials worked to remove it. Eventually, the space became home to a public park at the city's northern border. This history has caused many haunted legends to spring up around Lincoln Park Zoo, including ghosts at the lion house and Laflin Memorial Building. To learn more, you'll want to take Adam Selzer's Haunted History Tours Tuesdays and Wednesdays in October!

5. Lincoln Park Zoo became a private institution in 1995, separate from the Chicago Park District.

After 127 years of being managed by the Chicago Park District and operating within the city's budget, Lincoln Park Zoo came under the management of The Lincoln Park Zoological Society and became a private entity. This allowed the zoo to expand its programming and focus on conservation. Today, the zoo still receives financial and other support from the City of Chicago and the Chicago Park District, but 80% of its funding comes from donors, members, event attendees, and guests.

6. The zoo composts animal waste.

The animals at Lincoln Park Zoo produce plenty of poop. That waste can add to landfills and contribute to greenhouse gas emissions, unless it's disposed of responsibly. This is why the zoo composts, turning animal by-products into nutrient-rich fertilizer. This waste, along with food debris and plant cutting, results in up to 93,000 pounds per month of fertilizer that can be used to help new plants grow. That's the equivalent of 35 adult eastern black rhinos!

7. The zoo has 33,000 feet of green roofs that benefit Chicago.

As part of the zoo's commitment to sustainability, Horticulture staff members maintain 18 green roofs on zoo buildings. While most of these roofs are higher up or behind-the-scenes and thus not viewable by guests, you can see a few of them from strategic spots around the zoo—like Bird's Eye Bar & Grill, which overlooks the greenery atop Pepper Family Wildlife Center. These roofs provide energy-saving benefits to the zoo as well as the city, as they manage water runoff from streets, sidewalks, and parking lots to keep nearby bodies of water cleaner. The roofs also cool buildings and the surrounding air down and provide additional habitat for pollinators.

Perfect for All Ages

Today Lincoln Park is so much more than its humble beginnings would have suggested. From a world-class zoo to a beautiful sandy beach, and a tranquil conservatory, or a particularly interesting nature museum, Lincoln Park has a lot to offer for people of all ages. Whether you intend to just take a short stroll through or are out for the day, Lincoln Park offers a tremendous amount to do and see.

HYDE



PARK

Hyde Park is home to the University of Chicago and several seminaries: Catholic Theological Union, the Lutheran School of Theology at Chicago, and McCormick Theological Seminary (in addition to, UChicago's own Divinity School). The Griffin Museum of Science and Industry and two of Chicago's four historic sites listed in the original 1966 National Register of Historic Places—Chicago Pile-1, the world's first artificial nuclear reactor, and Robie House—

are also in the neighborhood.^[2] In the early 21st century, Hyde Park received national attention for its association with U.S. President Barack Obama, who, before running for president, was a Senior Lecturer for twelve years at the University of Chicago Law School, an Illinois state senator representing the area, and U.S. senator from Illinois.^{[3][4]} The Barack Obama Presidential Center is currently under construction in Jackson Park, on its border with Hyde Park.^[5]

Hyde Park's boundaries and subdivisions have several local definitions. The community area's formal boundaries are 51st Street (signed locally as Hyde Park Boulevard) on the north, Midway Plaisance on the south, Washington Park on the west, and Lake Michigan on the east.^[6] Another local definition considers a section to the north between 47th Street^[7] and Hyde Park Boulevard to be in Hyde Park, although this area is, according to municipal boundaries, the southern half of the Kenwood community area. As such, it is often called "South Kenwood". Hyde Park and South Kenwood are also sometimes collectively termed "Hyde Park-Kenwood" (as in the name of the epoynmous Historic District, for example). Meanwhile, the portion of Hyde Park that lies between the Illinois Central Railroad tracks and the lake is usually referred to as "East Hyde Park" and is usually also taken to include "Indian Village", the small southeastern corner of Kenwood.^[8]

In 1853, Paul Cornell, a real estate speculator and cousin of Cornell University founder Ezra Cornell, purchased 300 acres (1.2 km²) of land^[9] between 51st and 55th streets along the shore of Lake Michigan,^[10] with the idea of attracting other Chicago businessmen and their families to the area.^[9] The neighborhood was named after a hamlet on the Hudson River of the same name in New York.^[11] The land was located seven miles south of Downtown Chicago in a rural area that enjoyed weather tempered by the lake – cooler in the summer and warmer in the winter. It was conveniently located near the Illinois Central Railroad, which had been constructed two years earlier. Cornell successfully negotiated land in exchange for a railroad station at 53rd Street. Hyde Park quickly became a suburban retreat for affluent Chicagoans who wanted to escape the noise and congestion of the rapidly growing city.

In 1857, the Hyde Park House, an upscale hotel, was built on the shore of Lake Michigan near the 53rd Street railroad station.^[2] For two decades, the Hyde Park House served as a focal point of Hyde Park social life. During this period, it was visited or lived in by many prominent guests, including Mary Todd Lincoln, who lived there with her children for two and a half months in the summer of 1865 (shortly after her husband was assassinated).^[12] The Hyde Park House burned down in an 1879 fire. The Sisson Hotel was built on the site in 1918 and was eventually converted into a condominium building (the Hampton House). In 1861, Hyde Park was incorporated into an independent township (called Hyde Park Township). Its boundaries were Pershing Road (39th Street) on the north, 138th Street on the south, State Street on the west, and Lake Michigan and the Indiana state line on the east.^[13] The territory of the township encompassed most of what is now the South Side of Chicago. Hyde Park Township remained independent of Chicago until it was annexed to the city in 1889.^[14] After annexation, the definition of Hyde Park as a Chicago neighborhood was restricted to the historic core of the former township, centered on Cornell's initial development between 51st and 55th streets near the lakefront.

WORLD'S



FAIR

Chicago has hosted two significant World's Fairs: the World's Columbian Exposition in 1893 and the Century of Progress International Exposition in 1933-1934. The 1893 fair, also known as the Chicago World's Fair, was a major event celebrating the 400th anniversary of Columbus's arrival in the New World. The 1933-1934 fair focused on celebrating Chicago's

centennial and showcased technological innovation.

World's Columbian Exposition (1893)

Theme:

Celebrated the 400th anniversary of Christopher Columbus's arrival in the Americas.

Location:

Jackson Park on the South Side of Chicago.

Purpose:

To showcase new technologies, fine art, horticulture, and transportation advances.

Significance:

It was a landmark event that attracted millions of visitors, introduced new inventions and concepts, and left a lasting impact on Chicago's architecture.

Notable features:

Included the Ferris wheel, electric lighting, and various exhibits from participating countries and U.S. states.

Century of Progress International Exposition (1933-1934)

- **Theme:** Celebrated Chicago's centennial and focused on technological innovation.
- **Location:** Northerly Island near downtown Chicago.
- **Purpose:** To showcase the latest advancements in science and technology, particularly those impacting American life.
- **Significance:** It was a significant event during the Great Depression, offering a glimpse into a technologically advanced future and highlighting the relationship between science, industry, and society.

Notable features: Included the Sky Ride, a transporter bridge, and exhibits showcasing advancements in rail travel, automobiles, and architecture.



THE RIVER WALK



The Main Branch of the Chicago River has a long and storied history that in many ways mirrors the development of Chicago itself. Once a meandering marshy stream, the river first became an engineered channel to support the industrial transformation of the city. Chicago's phenomenal growth into a major urban center is due, in large part, to its strategic location on the Chicago River and Lake Michigan. As early as the 1600's the river and the lake were major trade routes. By the City's incorporation in 1837, the river had already been established as a desirable location for industrial development.

The award-winning Chicago Riverwalk is a key component of Building on Burnham, Mayor Emanuel's comprehensive plan to invest in the Lakefront, the Chicago River, natural areas and recreational opportunities in neighborhoods across the city. Under the Building on Burnham plan, 985 acres of parks have been acquired and 5.5 miles of waterfront access have been developed with continued plans to acquire additional parkland and further develop the waterfront in the coming years.

Since 2011, the Chicago River has been transformed into the city's next recreational park, with vast opportunities for residents and visitors to access and enjoy the river at almost every mile. The Chicago River-walk covers 1.25-miles through the heart of the city and continues to offer new and improved ways to enjoy Chicago's waterfronts and architecture.



THE MARKET CORNER



By: Jomar “Beau” Warr @ KLSRC

To all our dedicated traders/investors welcome back! Its been awhile since we released an article due to our new IDOC Tablets! (Not to mention our Phones have been added to our tablets?? Big UPGRADE its like a gift from The Stock Market Gods for us Traders!) I Also want to bring to your attention under the “SIAM” App in let Yahoo Finance is NOW AVAILBLE! My mouth DROOLED when I saw this! This is a MAJOR KEY to my fellow traders/investors I encourage you all to get familiar with it! we are able to plot support/resistance lines, utilize majority of technical tools such as fib. Retracement, MACD moving averages, RSI, AND MUCH, MUCH MORE. More in depth details on how to use those features. I will soon post but anywayzzzz, look I can kick the bo-bo’s with ya’ll another time its time to get to the Money!

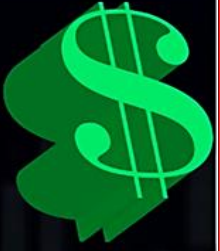
So to those who are new and are just beginning their journey into Trading/Investing.

So, What is a stock? A stock can be purchased, and when purchased, you are buying a small percentage of ownership of that business. So, you may be asking yourself what’s the difference between traders and investors? Good question! traders, typically known as “Day Traders” usually buy and sell stocks within short time frames. They may buy a





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stock for \$10 and sell it 5 minutes later for \$10.25. A day trade is defined as “buying and selling a stock

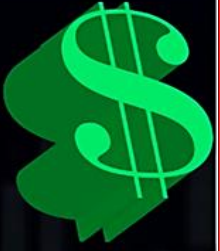
of the same company within the same trading day.” The NYSE opens, also called the “opening bell” at 8:30am (Central Time) Monday-Friday and closes at 3:00pm. Day traders are usually in it for a quick flip. Another type of traders are Swing Traders, a swing trade could consist of buying a stock and selling it next week, next month, 6 months a little longer than day traders.

Investors buy stocks and hold them over longer periods of time. Typically a year or longer. Collecting dividends, and allowing the stock price to raise before selling for a profit. So which ever one seems more up your lane, the choice is yours, and if your asking your self the question, Can I do both? the answer is absolutely! no matter which road you decide to go down we all have the same goal and that's to make a few coins am I right? Okay so let me guess some of you knew that already right? okay, so when is the best time actually buy stock? How do you know if you're getting a good price? well the same way we prepare for a test. We do our homework. You not going to just put your money in anything would you?

Okay! Remember Investors Usually hold their stocks for a long period of time, So for my investors, if you open your SIAM Tap TSLA in Yahoo Finance, then the tab that says “Statistics” it gives you access to the company's balance sheet. The balance sheet is like the report card of a company, it shows data regarding how is this company doing? operating cost, gross profit, cash flow, does this company have debt, if it does how much debt does the company have? These are questions you want to know when making a decision when it comes to where to



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park your money. These are called Fundamental Analysis. Traders, especially day traders, usually DON'T care much for fundamentals, we look at things called Technical Analysis. For this we traders utilize what are called "Candlesticks", it's a chart of red and green candles, and we recognize Patterns within the market. You can

utilize these charts on YAHOO finance, find a Stock that interest. When the graph loads, in the middle (To the Right of "Key Events" tab it and change it to "Candle" the icon of 2 arrows to the right is the full screen. Tap it and it will bring the screen to full screen, you'll have a full view of the Candle stick chart. Next Article Ill Begin to teach you a few of these common patterns and how to read the candlesticks, but till then.

Happy investing!

EIGHT SPOKE WHEEL YOGA : WHAT ARE WE INGESTING? (BY ANTONIO "JEDI" ESPINO)

We all hear and have continued to hear how important it is to know what we are putting into our bodies. When scientific studies progress over the years, we continue to receive new information that changes the status quo. At times this new information can be overwhelming, especially if we have integrated them into our daily routines, or if we identify it as a part of our culture.

How do we sort out all information we take in about what we are putting into our bodies? There are good fats/bad fats, good carbs/bad carbs, no alcohol, but wine is good for your heart? There are a never-ending series of "fad-diets", which come forward with new claims of health benefits, backed by new studies from renowned Universities. As we take a closer look at our physical health, how about we pause for a moment and consider our mental and emotional health?

When we are going through our days, we draw in tons of information, consciously and subconsciously. Our mind processes these bits of data and chooses what to store, and ignore. Our bodies do the very same thing for our food and drinks. We draw in sustenance and our bodies work to excrete the toxins and impurities. This also happens on a cellular level. Each cell on its own right draws in and then keeps what it determines as sustenance and excretes what it considers waste. Companies and places of business do the same thing by hiring what they believe will assist them in flourishing and achieving their goals, and firing and letting go of something detrimental to their plans and mission.

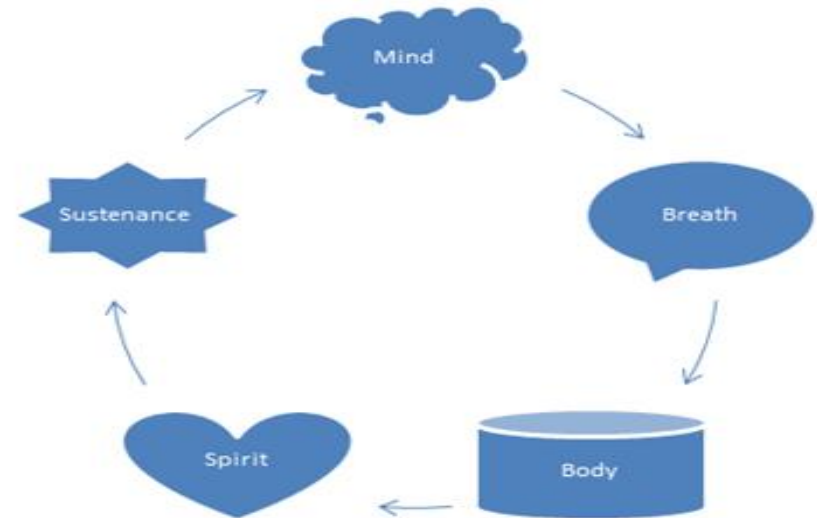
The question arises, "If life-on every level-performs this way, what am I consciously feeding my brain?"

“A good teacher protects his pupils from his own influence.”

Lao-Tzu



Balance of Physical, Emotional, Spiritual



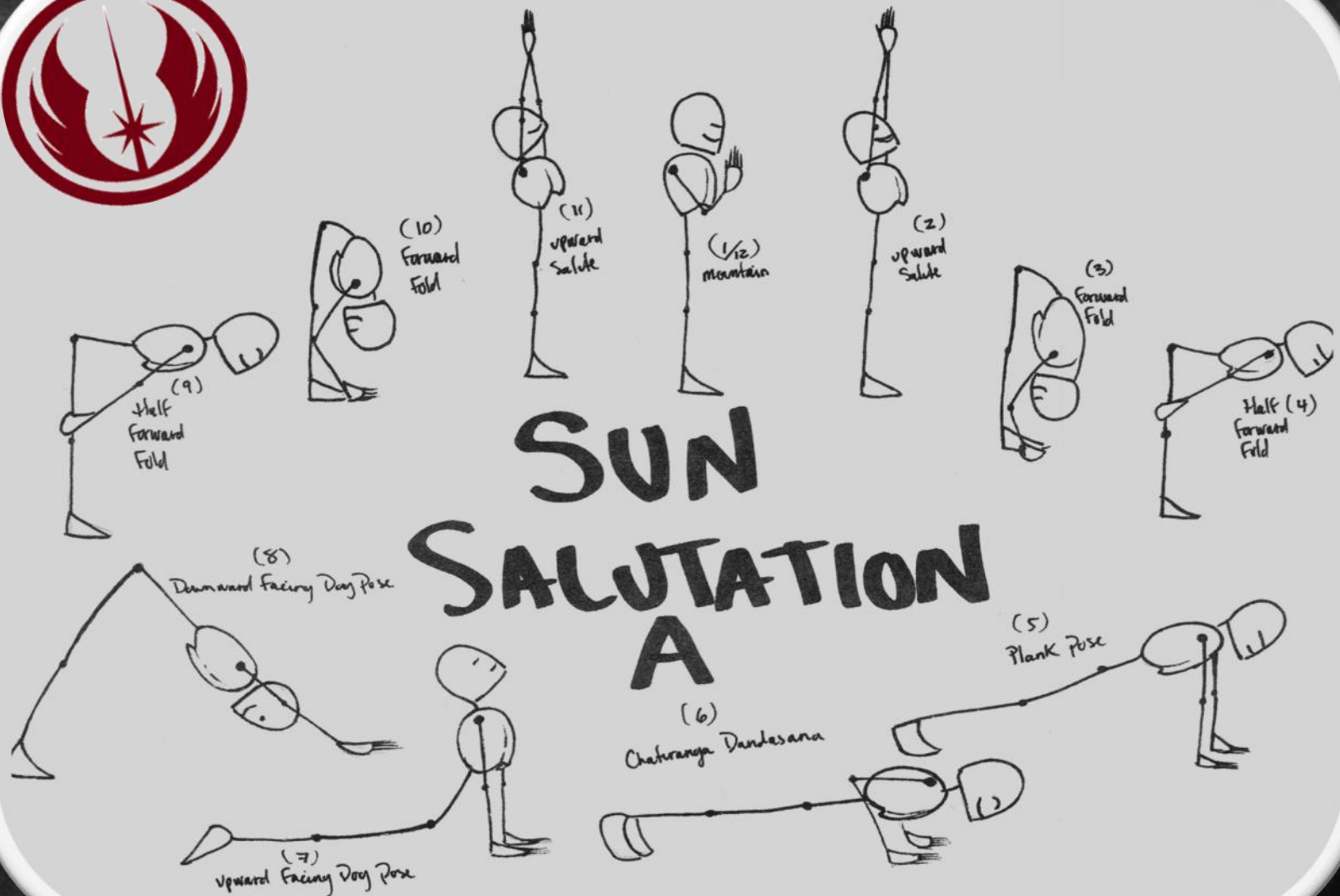
Then, another follows: “Whatever I am feeding my brain, what effects does this have on my body, mind, spirit connection?”

What are our sources of sustenance? Just like the unseen effects of food inside our bodies as we mindlessly eat an entire bag of chips, a pack of cookies, or twenty packs of butter, there are unseen effects of what we take into our minds. What we feed them, if you will.

What shows do we watch on TV? What movies do we watch “for fun”? What books, magazines, articles, and studies do we read? What kinds of relationships are we allowing into our lives? What types of conversations are we partaking in, or even sitting around and enabling? As we ingest each bit, day-by-day, our minds continue to form perceptions, and then create patterns, and then worldviews, EVEN IF WE KNOW THE MOVIE/SHOW/BOOK IS FAKE!

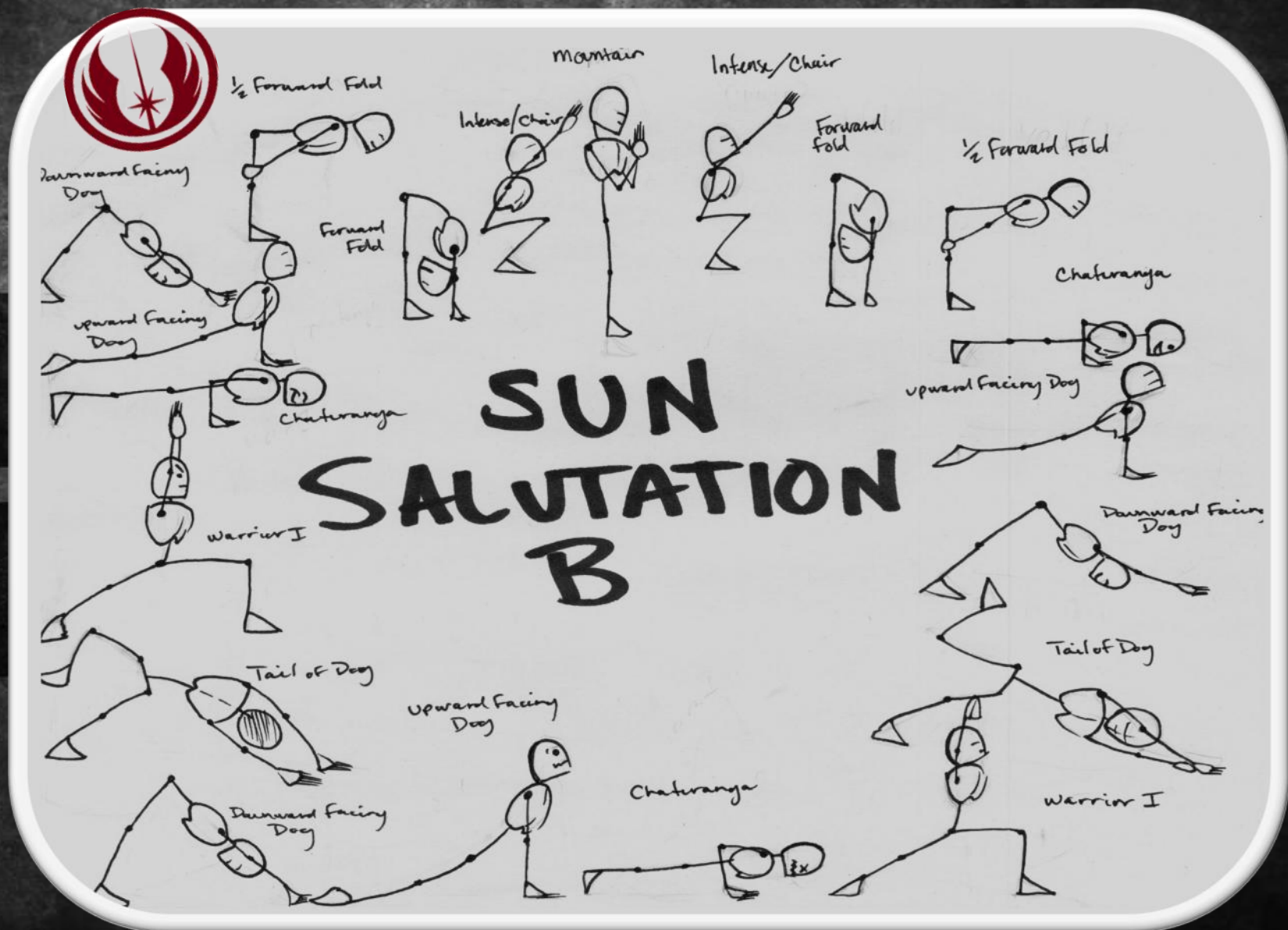
Are the things we are feeding our minds and the minds of our children nourishing them for growth and maturity? Are we feeding theirs and our abilities to empathize and love, or rather to judge hate, and be apathetic? **May the light of our Creating Life Force shine on your day path & spirit. Namaste.**

8 SPOKE WHEEL YOGA



downward facing dog
(3)

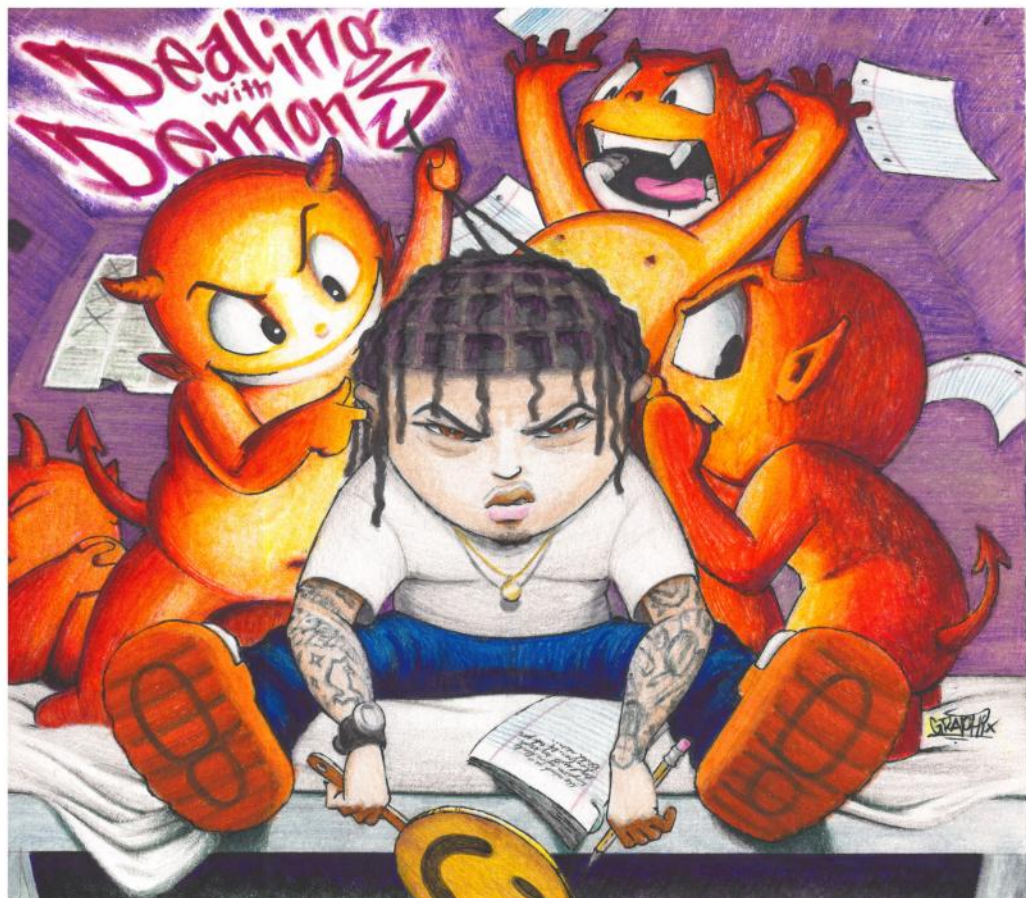
8 SPOKE WHEEL YOGA



**YOU KNOW YOU'RE FROM
CHICAGO WHEN**

**YOU LIVE TWO MILES FROM WORK AND IT
TAKES AN HOUR TO DRIVE THERE**

Guest Artist



There's an ongoing struggle all around me /
Struggles within my mind, I tried to hide but they found me.
They sneak up from behind and surround me;
I cover my ears and muffle the sounds /
but the thought of it's still weighing me down.
I've been dealing with these demons for a while now /
And it's kinda making it hard for me to smile now.
Breaking my focus; trying to make me feel hopeless, I resist /
Cuz I know I'm not the only one who feels like this.



CHICAGO TRIVIA



- 1). WHO ESTABLISHED JJ FISH? AND IN WHAT YEAR?
- 2). WHAT WAS THE ORIGINAL NAME OF MAXWELL'S POLISH STAND?
- 3). WHAT RESTAURANT DID HAROLD PIERCE START AND RUN WITH HIS WIFE HILDA IN 1950? WHERE WAS THIS RESTAURANT FIRST LOCATED?
- 4). WHAT WAS THE NAME OF THE FIRST CHICAGO STYLE PIZZA?
- 5). WHAT YEAR DID THE CHICAGO STYLE PIZZA FIRST APPEAR?
- 6). WHAT WAS THE WILLIS TOWER ORIGINALLY NAMED?
- 7). WHO WAS CHICAGO'S FIRST AFRICAN AMERICAN MAYOR?
- 8). HOW MANY ELECTED MAYORS OF CHICAGO WERE AFRICAN AMERICAN?
- 9). WHAT CHICAGO RESIDENT WAS THE FIRST AFRICAN AMERICAN WOMEN TO WIN A PULITZER PRIZE?
- 10). WHAT WAS THE POTAWATOMI TRIBE NAME FOR WHAT IS NOW CALLED CHICAGO?
- 11). WHAT HOSTESS SNACK CAKE WAS CREATED IN CHICAGO?
- 12). WHAT CHICAGOAN CREATED THE FIRST EVER CELL PHONE IN 1972?
- 13). WHO DID THE WHITE SOX PLAY IN 1984 FOR 5 HOURS AND 6 MINUTES?



ANSWERS



- 1) . JAMES J. GREEN ESTABLISHED JJ FISH ON MARCH 8, 1982.
- 2) . THE ORIGINAL MAXWELL POLISH STAND.
- 3) . HAROLD PIERCE STARTED HAROLD'S CHICKEN WITH HIS WIFE HILDA IN 1950 ON 39th STREET.
- 4) . THE NAME OF THE FIRST CHICAGO STYLE DEEP DISH PIZZA WAS THE PIZZERIA UNO.
- 5) .THE CHICAGO STYLE PIZZA FIRST APPEARED IN THE FALL OF 1943.
- 6) . THE SEARS TOWER.
- 7) . HAROLD WASHINGTON.
- 8) . CHICAGO HAS HAD 3 BLACK MAYORS. HAROLD WASHINGTON, LORI LIGHTFOOT AND NOW BRANDON JOHNSON.
- 9) . GWENDOLYN BROOKS.
- 10). THE POTAWATOMI NAME FOR WHAT IS NOW CALLED CHICAGO WAS Shikaawa.
- 11). TWINKIES .
- 12). MARVIN COOPER.
- 13). THE MILWAUKEE BREWERS.

HOROSCOPES



Aries: Put your energy where it counts. Plan your strategy from beginning to end to avoid setbacks or surprises. A financial gain or change in how you handle money matters will increase your options.

Translation: Where you focus your energy will show because of the laws of attraction. If you want to achieve financial peace focus on financial success.



Taurus: Look inward and consider the changes you want and how to achieve your goal. A secretive approach will help ward off any interference and give you time to investigate the possibilities.

Translation: Knowing what's needed to be done is only half the fight. Now that you know, seek the solution but don't show your hand before you're ready to execute your plan. It's a chess game so always think three moves ahead.



Gemini: Connect with people who can offer as much as you can. Don't disguise your intentions. Be precise about your needs and be ready to move on if you can't agree with someone.

Translation: Shake the leeches hanging around to take, take, take. Find people who will reciprocate what you give out and are willing to lend a hand when you need it. But remember, a closed mouth won't get fed.



Leo: Talks, lectures and new beginnings are apparent. Refuse to let someone dominate your time. Step into the fast lane and travel in a direction that offers hope.

Translation: Stop living in other people's shadow. Life is too short so start looking for new ways to get what you need in life. Time is ticking.



Virgo: A change of scenery is encouraged. Personal growth, physical improvements or rethinking the way forward will bring you closer to feeling happy and content. A kind word will be welcomed.

Translation: Everything starts with self so center your mind, body and soul for peace. You may have to change the people, places and things around you to find that peace though.



Libra: Make your life more meaningful by being precise about what you want. Handle a proposal that comes from the heart with sensitivity and goodwill. Articulate what you are willing to do to keep the peace and make things happen.

Translation: Don't be afraid to chase your dreams with passion. When opportunities come your way handle them as if your life depends on it and stand firm on your principles and morals.



Scorpio: Make security your top priority. Protect against unwanted change or others trying to monopolize your time. Someone looking for an excuse will pretend to misconstrue you.

Translation: Be cautious about who you associate with because people will try to have you do their dirty work and then pretend the plan was all yours in order to cover their own tracks.



Sagittarius: Put distress or anger aside and shoot for the stars. Look at the bright side of your situation, and you'll discover how to get what you desire. Don't limit what you can do.

Translation: Stop being pessimistic and find the opportunity that's before you no matter the situation. There's always a flip side to a negative situation. Believe that.



Capricorn: Too much of anything will weigh you down. Discarding what you no longer need will lead to positive lifestyle changes. Put a budget in place that helps you maintain the status quo.

Translation: Stop tricking off so much with all of your paramours. It's time to choose one who will understand you but not to mention reciprocate the love. You losing right now.



Aquarius: Keep an open mind, but don't give in to pressure. Go about your business and offer others the freedom to do as they please. The less friction there is, the easier it is to get things done your way.

Translation: Believe in the freedom of choice and know that because others are doing something doesn't necessarily mean you have to do it nor does it mean judge them. Let them do them.



Pisces: Misinformation will disrupt your personal life. Confirm any information about your residence, living arrangements or relationships with friends, family or your loved ones.

Translation: This may seem like an oxymoron but fake news is a real thing. You see what I did right there. Rumors run rampant so be careful about what information you entertain and allow to circulate. False info can create a lot of unnecessary problems. Remember the 2020 election?



Cancer: Hide in a secure spot and avoid conflict. Take time to decide what you want before you let others pressure you to fall in line. Personal growth will lead to financial gain.

Translation: Do your own research about where to invest your time and money. Don't listen to dude with the get rich quick scheme. Find solace in the facts first.

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!**

