

# KEWANEE HORIZONS



VOL.

86

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OUTSIDE CONTRIBUTORS

## RESTORATIVE JUSTICE

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

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

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

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



## MISSION STATEMENT

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

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

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

KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

**doc.kewaneehorizons@illinois.gov**

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# #KEWANEEHORIZONS



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## A HISTORICAL PRISON EDUCATION PROGRAM

By: Ignacio Carrillo @ East Moline C.C.

The East Moline Correctional Center (EMCC) in East Moline, Illinois saw its first three Augustana College Prison Education Program graduation, an event 5 years in the making. Christopher Allen, Jorge Herrejon, and Brandon Johnson received their Bachelor of Arts Degrees at a graduation ceremony held at the prisons gym on Tuesday May 27, 2025.

Over the course of the last few months the Illinois Department of Corrections and APEP have worked together to organize this historic event. Converting the prison's gym to an event space with seating and dining area to host the almost 150 attendees. The attendees consisted of the current 30 APEP students, the three graduates and their families & friends, Senior IDOC personnel including Latoya Hughes (Director of IDOC), Jennifer Parrack (Chief of Programs and Support Services in IDOC), The Warden of East Moline C.C. NPR, and the local ABC, NBC, and CBS affiliates and of course always under the watch eye of the prison security team.

Herrejon, Allen, and Johnson graduated with Communication Studies majors, Summa Cum Laude, and Phi Beta Kappa. Allen and Herrejon also have Religion minors. Two additional graduates Matthew Cummings and Juan Hernandez completed their Communication Studies degree but chose not to participate in the commencement ceremony.

Its such a pleasure to see everyone come together interacting together respectfully said

Bonnie Jessie an APEP representative that was helping manage the event. Hopefully this is inspirational to everyone involved and proof that education can be transformative.

While most stories of successful completion of prison programming has been private and without fanfare or fuss in the past, EMCC, IDOC, and APEP made the decision to highlight the accomplishment of the three graduates in a move that showcases a commitment to partnering with organizations that can provide rehabilitative services to people in custody. Similar programs also exist at Sheridan C.C. Danville C.C. and Kewanee Life Skills Re-Entry Center.

Food, which was provided by Portillo's included Italian Beef Hoagies, Salad, Pasta, and Cake. Justin Dismuke and APEP junior told me "the food is great and everything, but the perk is the surreal feeling of normality". He continued between bites of his hoagie "we are sitting alongside our professors, fellow students, and IDOC folks just eating and chatting like we're all friends and family." The prison's custody staff were supportive in their role as security.

There were various speakers from EMCC, IDOC, and APEP all of whom spoke highly of the APEP program and the graduates, second chances and potential realized were common themes. But it was the graduating students heartfelt remarks that stole the show and broke through the tough guy façade worn by most of the attending APEP student body. Raul Deluna, a freshman in the APEP program told me that at one point most of the guys were choking back tears or openly crying. Deluna said it was when Jorge thanked his mother in Spanish for her love and support. He told a story about how he made her cry upon his ar-

rest and how he promised himself at that moment that the only tears his mother would cry over him would be tears of joy or pride. It busted my heart because I could see his mom crying proudly in her seat. It was all just too much emotion for me.

After the event, Allen told me once you experience the sacred of the classroom, you open your mind to the possibility that you can grow out of the label and stigmas which have come to define you. He continued, 99.0% of my decades locked up I've known people looked down on me, so I looked down on me, but today I can stand with my head held high because I did something of value that I plan to use to be valuable to my family and community upon release. Herrejon, who had been listening interjected, "we know some people don't think we deserve an education and I get that, I really do, but people forget we're human too. We're trying to make up for some of the harm we've caused in the past. All of us graduates regret our past mistakes and want nothing more than to balance the scales in some small way. Education is a tool we can use to that end. Johnson shared similar ideas when I spoke with him, "there is a world past the stigmas and that alone can be revelation to so many of us that have felt like we're buried in a barrel at the bottom of the ocean. Graduating has frayed the grip of incarceration. It no longer chokes the life out of me. I'm moving past bars and concrete, even if only metaphorically. It's the start of fighting for a freedom that is not dictated by my state of circumstances, but my state of mind. That's the real power of education, the feeling of hope and purpose.

Organizers said the event was an overall success. Jessee concluded with "she couldn't



wait until next year.” The future was the message shared by all of the graduate speakers who noted in their speech in one form or another that today was just the beginning.

The Augustana Prison Education Project was the brain child of Director Sharon Varallo. The current student body is approximately 30 students, APEP expects to graduate 7-10 students in May of 2026, and APEP is currently accepting applications for the 2025-2026 cohort.

*Learning is a treasure that will follow its owner everywhere.  
Chinese Proverb*

## *The Goodness of God*

By: Earl Milton Jr. @ Centralia C.C

The faithful, master of all that is; is so good to us all. He gives us oxygen to breathe each day. It doesn't matter; who you are, or what you've done or omitted to do; God's own goodness prevents him from failing to provide oxygen for us all. He doesn't give gravity to only the good people and let the not so good people float off into space. People that deny his existence; don't cause him to remove the ozone layer from them; while only protecting those; who believe in him; from the heat of the sun, or the coldness of outer space. The goodness; which he provides generously to us all without fail. We are alive today;; because of the place for us; with him forever after we die. The grace of god has enabled me to express to the best of my ability at this time; the goodness of God. I give all glory to god for every freedom and privilege that he allows me to partake of. The goodness of God is speaking loudly in all parts of his creation. Thank God for his great goodness; that he has provided this day; and everyday since we have been alive. The goodness of God is beyond words. It is an everyday experience; which takes conscious awareness to recognize, realize and relish. The goodness of God is absolutely perfect.

## GREETINGS FROM MINNESOTA

By: Ronald Palm @ MCF-Faribault

Greetings Everyone,

I have officially completed my first year of law school. Since I transferred from Danville C.C. to MCF-Faribault my life has drastically changed, the first thing that has changed is my social interaction, I am allowed to call my classmates outside of school and do homework. Also I am allowed on zoom to link up with them for group projects. I have so many new friends outside of prison, this is exciting.

I have the ability to email my professors on my tablet as well as members of the Academic Administration here at the facility so I can actually get work done in real time. As far as my living conditions, we are outside of our cells about 13 hours a day for what's called flag time, but in Illinois it is called dayroom time. Commissary run every Saturday like clock work, also the vending machines that are in the visiting rooms are actually in the housing units, I can actually buy burgers and gyros everyday. I don't wear blues anywhere and I have keys to my room and my very own mail box. Also when I go on visit I can actually iron my clothes, how cool is that? I also have a remote control to my Television. Over the holiday we were able to order cheese pizzas from a local restaurant and Eli's cheese cake, all in all



I'm doing great.

As for my progress in school my G.P.A. is 2.81, allow me to explain, that is a B- average. During my first semester I got two C+ and one B-, during the spring semester I got two B- and one A, so I am doing okay. I will say that working in the Law Library I developed some bad habits that worked for pro se litigants, but these habits are detrimental if you want to become an actual lawyer. Right now I'm in my summer semester and I'm taking a class on Employment Discrimination and Independent Film. I am also doing an internship with the Legal Revolution in ST. Paul Minnesota. During my internship I am drafting pardons for people who want to clean up their criminal history.

This is cool because it is so different from filing for a pardon in Illinois, but I will say I am learning a lot. Graduate school is not easy, but if you do the work, be humble, and ask for help when you need it, it is possible to succeed. Anyway I'll close with this, to graduate com laude my G.P.A. needs to be at 3.33, I am currently at 2.81 and I have four years to get there. I'm going for summa cum laude, but at the end of the day I'll be leaving prison with a Jons Doctorate, so I'm grateful.

## BREAKDOWN OF CLASS G.P.A.

(LARC) Legal Analysis, Research, and Communication 1 (C+)

Torts (C+)

Criminal Law (B-)

Legal Analysis, Research, and Communication 2 (B-)

Contract (B-) - Property (A)

*Never let formal education get in the way of your learning.*

*Mark Twain*



## Perfect Through Suffering

By: Enoch Jackson @ Mt. Sterling C.C.

God never would send you the darkness  
If he felt you could bear the light,  
But you would not cling to his guiding hand  
If the way were always bright,  
And you would not care to walk by faith  
If you always walk by sight.

It's true he has many of anguish  
For your sorrowful heart to bear,  
And many of cruel thorn crowns  
For your tired head to wear,  
He knows how few would reach heaven at all  
If pain did not guide them there.

So he sends you the blinding darkness,  
And the furnace of seven fold heat.



It's the only way, believe me,  
To keep you close to his feet,  
It is always so easy to wander  
When our lives are glad and sweet.  
Then nestle your hand in your hand in your Father's  
And pray, if you can, as you go,  
Your prayer may cheer someone behind you  
Whose courage is sinking low.  
And, well, if your lips do quiver  
God will love you better so.

I have become a better man, physically, mentally,  
and spiritually all through sufferings.  
God and I, encourage you to do the same.  
Keep your head up and always hold it down.

## UNTITLED

By: Timothy Clark @ Illinois River C.C.

Long hard roads seen so familiar  
My expert hands craft self sabotage swiftly

Hatred and hardships would say they miss me  
Given long nights away In unwelcoming places  
Where joy and happiness are exceptionally evasive

I grow weary.  
Scarcely do they hear me  
For within, they might be just as lost

Admitting to such things  
To a great cost  
Who am I ?

I've been asking that question  
for what seems like eternity  
At once I was careless

And yet now study life with much urgency  
To know

To grow  
Understand, reshape, and rehabilitate  
Assimilate with society

While not losing my God given traits  
Cant make the mistake and believe  
That I'm the same as those who walk around me

I'm not greater than any one man  
I'm similar, yet so different  
Than those who surround me

Life is a test of will  
Test of patience  
Test of truth and understanding

I've felt pain behind these eyes  
To be a man is so demanding  
All the while moving on silence

Don't groan or grumble  
Accountable and responsible

To take what feels like the weight of the world  
On your shoulder  
Managing choices and decisions  
With risk so insurmountable  
Often isolation

Various trails and tribulation  
Seek higher purpose my motivation  
Behind the scenes  
No standing ovation

Just me and my Lord  
I force no belief on man  
This is my conviction  
My testimony

From what I've learned  
These last 30 years  
On this land.

## C.H.A.N.G.E

By: Keoni Zucco @ Shawnee C.C.

CHANGE is a acronym I adopted at the inception of my journey, it stands for:

**C**ommonality

**H**as

**A**llowed

**N**ew

**G**rowing

**E**xperiences

In order to understand CHANGE we must adhere to accountability and understand self. Who are we? What role do we play in the world? What's important? What makes us truly happy? Self reflection and inquiries of these nature should be addressed and are vital component's of the awareness process. Psychoanalyst Carl Jung once said, "in order to be enlightened, one mustn't imagine figments of light, rather make the darkness conscious". The generational traumas and abuse passed down from parent to child, serves as a reminder that change must be WANTED, DESIRED, attained through resilience and consistency powered by commitment to persevere over adversities. Sometimes you need to be broken and in a dark place to create that redemptive light, gather your thoughts and block out negativity as well as distractions.



Life is what we make of it and worth the legacy and wealth we leave behind. Everyday is an opportunity to be better than we were yesterday. Elevation and education breaks the restraints of ignorance and injustice imposed upon ourselves. CHANGE starts with self, community and investing in surrounding yourself with like minded people who share your core values and principles of success. CHANGE starts now because our lives and the people who love us, who are also affected by our absence, lives depend on it. They deserve a positive role model.



## MILESTONES

By: Jon Mettler @ Sheridan C.C.

Each one of us have our own story to tell  
Within the fabric of our lives images flash by  
We constantly dip into our memories as if out of a well  
This existence is only temporary like a meteor falling from the nights sky,  
Slowly fading and burning out in all of its glory  
We shine brilliantly only for a brief time  
Where second chances at life are rarely given  
Making the most of each and every day as I strive to make to make it mine,  
The people I have loved and all the people I have met  
Scattered throughout the decades and years  
The milestones I have accomplished and decisions I live to regret  
It is a daily struggle to smile through the tears,  
Continuing to age, this life is really only temporary  
Stone, concrete, and structures continue to remain

s time rushes by I feel almost stationary  
Reflecting on my thoughts and memories, struggling to stay sane  
The sun will still rise and set long after I am gone  
Multitudes of people still going about their daily routines  
All of us become mere shadows or silhouette's, reflections of light  
For in the end we will all go off silently into the night  
As if in a dream.



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!

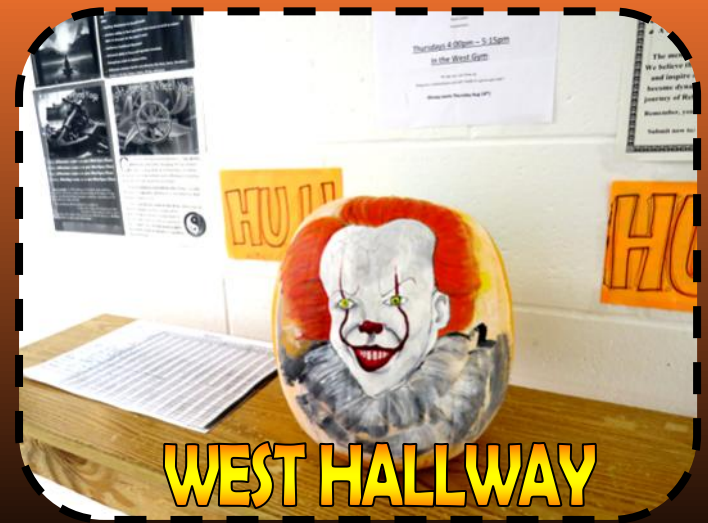
**Trust me, it's not going unnoticed.**



## PUMPKINS AROUND KEWANEE

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

Every year here in Kewanee the Horticulture Group grows fresh vegetable's for us here to eat, along with the vegetable's they grow pumpkins for the fall season and we all know what comes in the fall, **Halloween**. Once the pumpkins are harvested they go to the Art Room to be painted and the guys in the Art Room do a great job when it comes to painting. When the pumpkins are painted they go to different class rooms and departments throughout Kewanee. I wanted to share with you the art work that was done on the pumpkins this year in Kewanee Life-skills Re-entry Center. Thank you to the Horticulture group and the Art Room for all the hard work that went into getting the pumpkins prepared for this years **Halloween** in Kewanee, I hope you all like the work.





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BARBERSHOP



## CHICAGOAN STATUS

By: Antonio Woodson @ KLSRC

Being in a world that a lot of us call our hood, our blocks, our city don't never get pass just that, whereas we never get the chance to explore the outta city of CHICAGO! As a youngster I was one of them ones that never got the chance to explore the outta city. I can count on one hand how many times I've been down town, over east, the west side and or on the north side; to a Bears, Bulls, Blackhawk, or Cubs game crazy right LOL yep YOU probably guess it, I am a south side baby who grew up in the wild hunds as we call it, Roseland area and even then I wasn't all over the hunds only my area, MY HOOD! I say it's a got d#\$n shame, because to me it feel as if I've been a tourist in my own home town my entire young life. But, I've learn that its way more to what I grew up knowing and this time I can't wait to explore my city as the respectful, responsible and clear minded individual that I've become over the past 22 years of my incarceration. It's going to be a sight to see because I'll be able to honestly say I am in a better place and see thing in a different lighting. Knowing that our city has a lot more to offer then what's being reported' would show myself and others that CHICAGO is a beautiful city to come to and enjoy what it (WE) has to offer. Which is good food, music, dancing (in which we call stepp'in lol) and amazing sights to see. I encourage all upon your release and or them who may be stuck in that circle of life that I was once in to step out of your confront zone and explore the beautiful city that you've grew up in and NEVER become a tourist in your home town. CHICAGO is a beautiful city and I would like to invite ALL to come and explore and experience the life of the (OUR) CITY! Where a lot of us call home LOL CHI TOWN baby.



## HISPANIC HERITAGE MONTH!

By: Julian Alequin @ KLSRC

So, since I have been at Kewanee I have done my best to participate in any and all events that are offered for every holiday. Juneteenth? IM THERE! Patriots Day? THERE! Cinco De Mayo? DUH! This year I took more of a leading role when it came to our Hispanic Heritage Month festivities and it was awesome! We had a few movie nights and some sporting events with a few different ethnic meals thanks to our very own Chef BoyRAUL! There were a few hiccups here and there like cancelled events due to surprise visits or movies that stopped working half way through but it was fun and the comradery made it all worth it! There were a few of us that did our best to put something together so we could all enjoy and celebrate our heritage. For some it means nothing but to **ME** it means everything. I am from Humboldt park. Anyone that knows anything about that area knows that there are Puerto Rican flags around every corner. A five minute walk through my neighborhood will take you through so many different elements of my culture that you'll probably walk out with an accent. Growing up and constantly seeing my culture around me made it as though there was a piece of me





everywhere. Incarceration took that from me. There are no Puerto Rican flags. There is no salsa playing. There is no Puerto Rican food. My culture basically doesn't exist in most institutions. This is where I must give Kewanee its acknowledgment because I was allowed to not only setup events but I was given the ability to put up decorations that included fact sheets about my culture and I was blessed with the ability to have my flag donated and displayed where I could see it. The flag was donated by my **absolutely wonderful fiancée Yamari!** I walked past that flag every day and was reminded of home. It made my heart soar to see that a piece of my life , a piece that I felt I was not going to be able to see again for years, was given the ability to be displayed proudly. Like I said before, to some this means nothing but, to me, my culture is a large part of what made me the man that I am! So, having the ability to celebrate the smallest part of it brings me an amount of joy that I can barely explain. I want to thank **ALL** of the guys that showed up and participated in every event. I also want to send a huge thanks to **everyone** that donated to the prize bags. I greatly appreciate all that was done and hopefully the tradition continues on. We have to be able to give the next group of guys the ability to also celebrate their heritage!



**DODGEBALL WINNERS**



**FINAL 3 HANDBALL WINNERS**



**SOCCKER SKILLS WINNER**



**LOTERIA WINNERS**



**SOCCKER WINNERS**



**VOLLEYBALL WINNERS**



**CHEF BOY RAUL**



**HHM PARTICIPANTS**













## THE GRATIFICATION OF INCARCERATION 22 YRS IN

By: Antonio Woodson @ KLSRC

It's been 6 months down here at KLSRC now for me and as I said before, It has truly been a blessing to get to experience this part of my journey. Coming from the types of places at a young age starting in Cook County Div.11 getting a 60 year sentence making my way down to Menard cc doing a lot of my time there then Statesville cc, going back to the county for 3 years waiting to get resentence. After resentencing, I was sent to Pinckneyville and then making it here to Kewanee while staying sane and continue to staying focus wasn't easy by far. I've had to transform my whole way of thinking at the same time not lose the sense of the old me, for the fact that the old me and the road to this point of this entire journey help me become the individual that I AM today. This journey has truly giving me a direction of what I wanted my life to be, especially after I had found my passion in barbering. I never thought that at this point of time would come as it has, especially with an MSR date of Aug. 2058 to now on paper my MSR date Sept. 2028, more so catching an early blessing of making it home or to work release within the next 2 to 8 months. When I allowed GOD to take control that's when all this came as it has, and is possible. By Him giving me the ability and the strength to want to change for the better of me way before I even thought any of this was possible has giving me the appreciation of gratification that this journey and the amazing peoples I've come across within this journey and for it, all I AM more than grateful. You may know the saying..."He would never put something on you that





YOU can't handle" and or "He may not come when you want Him, but He's always there right on time" true statements I believe. Because I can honestly testify to them both lol. I've also been blessed to come across some very good brothers who I consider my BROTHERS!!! You all know who you are, keep your heads up and never give up, know that I Love you ALL . On the other hand with the staff members that I have come across who have giving me amazing advice and putting me in the best position to gain the much needed confidence to help me speak up and be accounted for through the jobs that I've held especially having the true goal of owing something one day. I've learn that your Employees will only go as hard as the person who is leading them. So I would like to give Special Thanks to cdoc staff Pats, Mrs. Brown-Conley, Ms. Rachel, Clark, Ms. C and a few others. IDOC staff, my Special THANKS goes out to Ms. Monroe, Crispy, Allen, Mrs. Wanack, Ms. Presley and last but not least Mrs. E, warden Carothers, Mr. Jones, Mr. Burns and the staff down here in Kewanee that makes this process easy and conformable as we prepare our sleeves as we get ready to enter back into society, a society that is very unfamiliar to a lot of us for more than two decades. More so; you all are very special in your own way and because I was able to learn so much throughout this journey, I can honestly say that I can and will continue to stay with the drive and hunger to be better and succeed towards a better future. Especially with having the knowledge and wisdom as well the sense of direction that I've gather throughout this journey, noting would be able to stop me and my new chapter in becoming a successful businessman, outstanding person and pillar to my community. Through consistency of prayer, focus and determination, there isn't anything that would be able to stop my progress in having a safe, productive, positive and successful career outside of prison. My positive attitude, strong faith and contributions will continue. I also want you all to remember TONIO'S IN THE CUTS BARBERSHOP COMING SOON!!!!!! Thank You All.

PEACE & BLESSINGS

A decorative image of several pumpkins, some carved into jack-o'-lanterns, is positioned in the bottom right corner of the page, partially overlapping the text.

## My Kewanee Experience

By: Jerome "Justice" Jones @ K.L.S.R.C.

My Kewanee experience began during my travel here. Sitting on the bus amongst unfamiliar faces, multigenerational groups same conversations, some things never change. In my three decades plus of incarceration I have transferred several times, some places better than others. As I sat, observed and processed it all, the significance of what 'this' transfer meant caused a still inner silence. For the numerous arrivals and myself Kewanee signifies the last chapter of an interesting book or the proverbial home stretch, either adage will suffice. **Excited** and **curious** are two words that come to mind. I have read the stories produced by Horizons & Two Roads, saw the pictures and felt the Energy !

Now it is my turn to absorb, appear, learn, grow, write, share, and be (a) part of the whole, contributing to positive change and continuing the cycle of difference makers. Imagine if you will an orientation that takes two weeks to complete, reason being you meet and greet all institutional supervisors, matching faces to departments. Imagine each day that you awake determining how much or less you do because you set your own schedule, you! This may be hard to believe until you experience it. I know why 'The Caged Bird Sings' and now I know why everybody here for the most part smiles, it's no longer an ancient secret. You are smiling not because you are incarcerated but because you are (free). **Free to equip yourself with the necessary tools/resources to assist your transition into the broader society upon release, (if you want it).** My Kewanee experi-



ence is in its infant stages and that's saying a lot but they will grow and mature, as they do I will update you. In ending I would like to thank Warden Jones of Illinois River, Clinical Services and the ICI staff, you all gave me the platform to give back. Special thanks to Warden Carothers and the staff who allowed me the opportunity to have a Kewanee experience.

# HAPPY HALLOWEEN





## My Experience

By: Trever Jones @ K.L.S.R.C.

Where should I start? Well firstly my name is Trever Jones. I've been here at Kewanee for 5 months now and in that 5 months I've already done more to better myself than I have in the last 8 years throughout IDOC. The way that I'm able to make my own schedule every month and pick and choose from classes that I need and want is crazy. I have the opportunity to deal with any trauma I might have and ease myself out of this prison mentality before I'm released. I dictate my own pace here and it's refreshing to have a choice in how I spend my days for once. You're treated like a human NOT an inmate! This place sets you up for success, you just have to want it for yourself.

Right now I'm working as a painter and I have an Anatomy and Fitness class 5 days a week plus Intro to Warehousing, Drug and alcohol education, Criminal and addictive thinking, Socialization, and Relapse prevention I take throughout the week. I'm also on the waiting list for the CDL class and the CDL and CAT simulators. All of this is by choice! You don't have to take anything that you don't want to but I'm doing what's best for myself. I'm taking advantage of everything I can while I'm here. I'm done with prison Bruh! There's a better life out there and Kewanee is helping me get back to it with the tools that I'ma need to make it. I never thought I'd get here to be honest lol. This is my 3rd 'bit', back to back to back. I didn't deserve to come here but somebody here gave me a chance and that's all I needed. Sometimes that's all any of us need. Thank you!



## METAMORPHOSIS AT KEWANEE

By: Thomas Jones @ K.L.S.R.C.

During my time, here at Kewanee I have been able to be a part of several different events and programs that has helped to change people but what they allowed me to do to change the environment means more to me than anything. When I first got down here, it was a big change from what I was used to. I have been in prison for over 19 years now and this place has helped me to open up to what I really like to do. I have always loved to sew since I learned it at Illinois River and I will always keep that with me and will continue once out. I plan to start my own sewing company.

What I would like to talk about is growing milkweed plants to help the population of the Monarch butterflies. Did you know that there population is at 20 percent from just a few decades ago? This is all because of what humanity has done to them. The caterpillar of the Monarch butterfly only eats the Milkweed Plants and we cut them down because we do not like them. Growing up my grandma has always loved butterflies and with the help of Lt. Decoster and Warden Carothers, I was allowed to plant several of these plants, which attracted the butterflies.

I would have never guessed that there are other people including staff here that wants to give back by helping them out. I put in a lot of time in growing those plants and when I saw the first caterpillar, I was like get off my plants but then I remembered that was why they are there. It was great to see all the hard work that I put in accomplish something. At first I did not think it would work. Once we got some of the caterpillars to make there cocoons that was when I really loved what I was doing. I would have never



known that they had gold in there cocoons. This is all because of what Kewanee allowed me to do.

We as humankind need to save our plant even if it is helping out an insect that is going instinct. We need to help each other as well and Kewanee has shown me that. There is something to say about our nature when you see someone look at the cocoons or seeing me release the butterflies or even just seeing the caterpillars. At first, I would have never guessed that hardened criminals would like to see that but I was wrong. A lot of them were amazed and grateful that it was being done. In total, we were able to help 4 hatch into butterflies. Of them 3 were female and one male. Next year I hope to do at least 40 of them.

This place helped me to see beyond my walls in what I thought I was able to do. It is amazing what we can get stuck in and are used to. I would have NEVER tried to do this if it was not for Lt. Decoster and Warden Carothers. I am forever grateful for everyone here at Kewanee. There is nothing that I can say or do to repay what they have given me. They gave me my humanity back. I feel like a human again and not an animal stuck in a cage. Kewanee staff help you out when you want it you just have to open up and it was hard for me to do that for a long time. There is nothing that they will not try to do (within Reason).

I will have a butterfly garden when I get out and hopefully show others how to do the same thing. If I am able to reach others on a different level to change our way of thinking then maybe we can help endangered species. Thank you for your time and for one last thing I just want to say even though we are in prison we do not have to let it define the man or women we are. We can change our future if we choose to open up and trust someone for advice and guidance. Kewanee is a great place if you want to change and become a better person. If you do not want to do that then you will not last long here.





## THE MARKET CORNER

By: Jomar "Beau" Warr @ KLSRC

Hello again My Fellow investors! Getting letters from all ya'll being interested in the Market Corner? and asking to keep them updated really touches me. I'm glad that I can be of some help to those who really want to take charge of their finances, HANDS ON themselves. Remember there is absolutely NOTHING wrong with putting money away into a index and letting it build up over time, Its a great Entry level investment strategy, and That how i started off in this journey of financial freedom. However like all aspects of life, if you take the time to learn how to do something yourself? And endure a little more risk? The Reward is immeasurable. So For today, We'll get started on the basic of Charting/Technical.

So, This Portion of the Market I Will be STRICLY speaking on The technical aspect of trading. These strategies are Not 100% Fool proof, Let me be clear NONE OF THEESE strategies work 100% the Time. However using and Learning these technical aspects of trading WILL put you in a more Advantageous position amongst Other investors, You'll Learn when to take the best Entry (When to Buy) and Exit Points (When to sell) when executing a trade. The whole logic and reasoning for this style of trading is to Predict Price Movement of Stocks/ Forex/US Currency Markets. However Don't Just Run Off With These few Steps Here, and think that's all there is too it. There's Much More to Dive into!

We also want to use what is known as "Price action" To help Confirm our Hypothesis of a Trade! Price action is Real time information LIVE trading, The Most Common View Now of Price action used are Candlestick Chart.

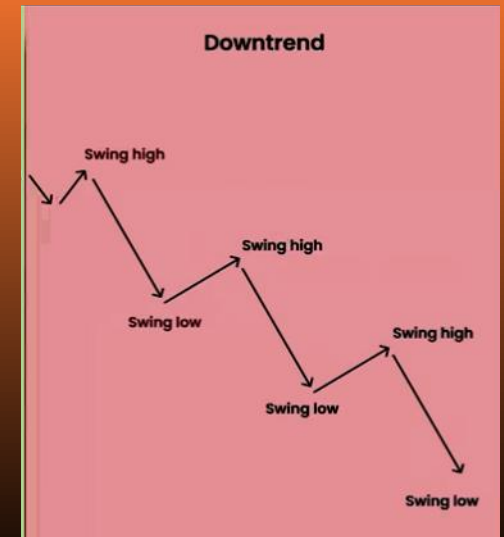
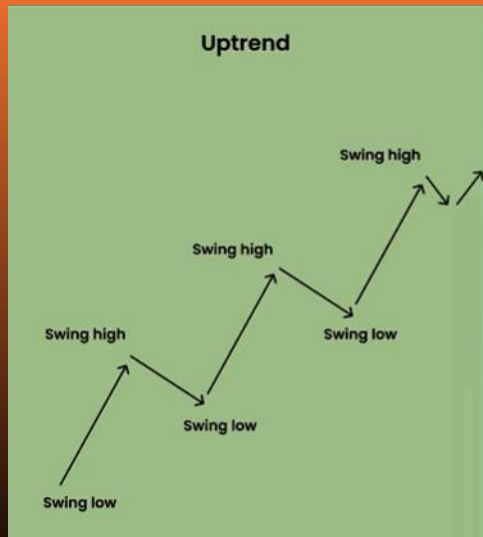
Also I Recently asked about a good book that I would recommend to others on the topic. For those who are Interested the Book is Called, "The Candlestick Bible" By TED WISE. There is Pure GOLD in this book.



## Technical Analysis

The First thing you need get yourself Fully acquainted with is Reading "Market Structure". Have you heard this term before? (Bare with me ya'll, I'm going to break it down Simply, But i DO want you to Learn proper terminology, So for those Who are learning and watching CNBC (Stock Channel) If you Hear these terms/ Vocabulary?? You'll become familiar with them in time and YOULL KNOW what they are talking about.) Have you heard the saying? "The Trend is your friend?" This is the Fundamentals of that Term. So, When i say market structure, Think of the Overall Direction that the market is Going. Does it Look like its going UP some like this??? (Uptrend Photo Here) Going Down like this??? (Downtrend Photo Here) Orr Wavy like This?? (Ranging Market)

These are the 3 Different Forms of Market Structure, Photo 1, is Called a "Uptrend". Photo 2, is Called a "downtrend". Photo 3 is called a "Ranging Market." Now just because a Stock is at One of these 3 points of market Structure DOESNT mean it will STAY in this same form. Markets are Constantly changing over time, For instance a stock can be in a Uptrend, and next week be in a downtrend, or Ranging market, Vice versa or any combination of the 3. Our Job as traders are to IDENTIFY when they are happening by taking advantage of Price action, and Use our technical analysis and tools To



spot the Perfect Entry and Exit points, so we can Maximize profits of our trading in Shorter amounts of time. I Highly Recommend Practicing & identifying different form of market structure by Using The Yahoo Finance Tab in the "SIAM" App on our IDOC Tablets. View different Stocks and Take time looking at the charts and see If you Can Identify The 3 Types. Uptrend, So a Uptrend Consist Of Higher High's and Higher Lows, ( Photo Example)

Downtrend Consist of Lower Highs and Lower Lows, -- (Photo Example)

Range Markets, are little tougher to identify, But they Price using "Ranges" Between a Line Of Support and Resistant. (Photo)

Now once we've Established the type of market structure that a stock is in. We Need to know what type of position we are going to take. So there are 2 Types of positions. Long Positions ( "Bullish" position Because, they want the stock to go Up) Or Short Positions ( "Bearish" positions, Because they want the stock to go Down.)

So Remember I Always say a good Trader Can Make Money in BOTH directions of the market. Up or Down, This is a distinct advantage of Handling trading yourself. This is where "The trend is your friend" comes to play. Never trade against the trend. For new traders i highly recommend trading with the trend and not trying to anticipate reversals. This is a Skill ill discuss in further Articles, for now We just want to Ride the Wave.

So If a stock is in a Uptrend, We are ONLY looking for good LONG position (Buying Opportunity) Entry's.

And If the stock is in a Downtrend, we are ONLY looking for SHORT position (Selling Opportunity) Entry's.

What Is Support and Resistance??

So Support Line, is a Line we Place on Our Chart (Horizontal Line Tool On Yahoo Finance) When we Place the Line, We are Going to Place it in a Area, Where the Price Has the Most Activity Example ( Support line Photo) Notice I Place the Line Where the Price Seems like It Bounces Back Up every time it comes down to this Price Point?? THIS is called Support!

This Would Be where we would want Our Entry point to be around in a LONG position. Of Course there are other indicators we would search For Before we make our decision's but THIS is a GREAT point of interest.

Resistance, This is the Opposite of support, (Resistance Example) Notice Each Time the Price Reaches The Top and attempts To Go Pass the Line? but fails to get over the line?? And Falls Back down???? This Is Called a Resistance! This Would be where we would want to look for our entry on a SHORT position. Again there are other factors to take in but this would be a GREAT, point of interest.

If The Price Reaches and closes above the Line of Resistance, OR below the line of Support its called a "Breakout" However Only when a Breakout is formed and Creates a CLOSED candle?? ONLY then is it a Confirmed breakout! There are also traps that Big institutional investors Use call Bear & Bull Traps, To trick us Retail investors into believing the stock will Rise/Fall! But lets pump the breaks! LOL Baby steps fellas it alot of Money to be generated through these teaching i ASSURE you, but lets humble ourselves and digest the information, not so that we just know, it but enough to notice these situations on Ill dive into Breakouts and Change of Characters Next Article!


Beau's Playbook -

Decided to give a Quick Little insight, Of a Trade That I'm Currently Watching, Ticker symbol is META (Parent company of Facebook) So Recently META had a Earnings Report, and it had a Top and Bottom BEAT, However the stock price of META plunged from \$744 to \$645 Nearly 14% DECLINE over Night. You Probably wondering If the Stock Beat its Earnings and All Revenue was Positive, the company made Money YOY, (Year over Year) Why would the stock go down??? Well Mark Zuckerberg, announced he's Raising CAPEX (Capital Expenditures) for 2026-2027 in addition to AI investment, and Increased Compute for their technology. Investors are Worried he's spending To MUCH and not getting enough Revenue back in result of spending. In My opinion AI and tech are evolving at a Rapid Rate, And in Mark




Zuckerberg's OWN words not Mine, stated He would Rather Over Spend/Over Invest in funding to AI then Underspend/Underinvest. META is a tech GIANT, and with Clearly Gaining Revenue YOY, a 15% to own this stock, sounds like DEAL to me. However \$645 is still a STEEP Price, So There's a 2x Leverage ETF Ticker symbol (METU) It Mirrors the META stock, Currently selling at \$32.20 at the time of this writing, I've Positioned myself With 100 Shares. And Going To Wait For a Rebound around \$41.00 and Try to net \$900 Profit Hopefully in a Couple weeks.

If You Have Any Specific Questions Stock related or Market related Write Us here at! (Kewanee info) Ill Gladly get back to You!

A close-up image of a Michael Myers mask, showing the iconic white, featureless face with dark eye sockets and a black strap across the forehead.

HOW ABOUT I JUST COME AND PAY  
YOU ALL A VISIT!

A realistic illustration of a Canada goose standing and facing right.

YEAH, I WILL  
NOT BE HERE!

## PICKING SIDES

By: Nicholas V. Barfield @ K.L.S.R.C.

Hello everybody, my names Nick and I'd like to talk to you about Prison Reform In Action. It is something I have thought a lot about since arriving at Kewanee LSRC. If you're just now coming to IDOC, whether serving a one year sentence or natural life, the way you'll be able to spend that time, is a standard set by me and countless other inmates before you.

We set those standards through Prison Reform In Action. When it comes to prison reform there are two basic trains of thought. The first is rehabilitation through programming or education. The second is in order to keep the streets safe inmates should be housed as long as possible. So whose side are you on, Rehabilitation or Housing? Are you sure about that? For it's by our actions that we show whose side we're truly on. Good Time, Calculations Sheets, Class Completions, or even Degree's we achieve while in prison do not dictate prison reform. What matters is what happens to inmates after they reach their MSR that were offered any type of programs or education. Did they still re-offend [TEAM HOUSING] or did they become [TEAM REHABILITATION] productive members of society?

In 2002 Graham Correctional Center had an intense drug rehabilitation program ran by the Gateway Foundation. Do you know why that particular program is no longer available? That is because of me. Since after completing the program and going home, I still caught another case and re-offended. When the statistics were weighed, I helped tip the scale to put more tax payers' money into housing and less into programs. Right now the reactions from reading that last paragraph, is really going to separate the men from the boys! The boys are saying "I'm gonna do me , people gonna screw that up anyway" putting the blame on others , to give themselves permission to screw up. While the men are saying "People might mess this

up, but I will not be one of them. I'm taking responsibility for me and my actions, never being a pawn in someone else's agenda again."

Does your prison have any programs or education available to you? If you participate in any of these opportunities, when you reach your MSR, whose side are you going to be on?

I have four to five left until my MSR from Kewanee. I'm taking every available class here. From actual class assignments to peer lead groups. And I refuse to sit in class and just be wasted space, not willing to learn. Because I want every advantage I can possibly have when I MSR from here. Because ten years from reaching my MSR, I still will not be in the system as a returning inmate. I will be the reason every correction Center in IDOC will have Kewanee quality education and programs. I will not be the reason Kewanee fades away from IDOC in the way of the Gateway Foundation.

In conclusion, forget the past. Starting from this day forward by your actions, whose side are you really going to be on?

"Awareness is always the first step because if you are not aware, there is nothing you can change " Don Miguel Ruiz pg.99 of "The Four Agreements"



## Eight-Spoke Wheel: Limb 3 Asana/Posture (by Antonio "Jedi" Espino)

**A***sana* is Sanskrit for seat/ stance, or posture. *Asanas* are the many poses we take across the mat within our physical practice of Yoga, i.e., Mountain, Upward Salute, Forward Fold, Chaturanga Dandasana, Corpse, etc. There is actually only one (1) actual pose described in this ancient text. When *Asana* is conveyed in Ancient-Yogic text, they are referring to more than the physicality of Yoga.

For a **true** understanding ask yourself when you are amidst a challenging pose like "our favorite" Chaturanga Dandasana (Four-Limb Staff Pose), do you find yourself loathing what is to come before even coming into the pose? Do you notice your mind struggling to even bring yourself into the pose as you move your limbs your muscles and nerves cringe and become tense?

This immediately justifies the initial assessment, internally, that preceded you moving into the physical pose. You cringe because you recall the last time you held this pose for thirty (30) seconds, your chest burned, your arms shook, your breath became short and tense, your elbows released, your back tightened, and then you dropped your torso-heavily-to the mat in exasperation. Ahh relief... You immediately tell yourself that was **exactly** as bad as how you remembered if not worse, and **why** you do not enjoy said pose.

Believe-it-or-not, this entire experience would have been very different if we had a deeper understanding of asana. Not the physical posture or stance, but the posture and stance we take within ourselves **mentally, emotionally**, and in our **breath** or **spirit**. Yoga is about the unifying of the three, finding the subtle connections, and yoking them to navigate and weather the storm(s) we face outside and inside ourselves. When we approach our challenges we tend to carry the burdens of the past alongside, dragging them along as they hold us back from our true potential. Sometimes it feels as if we are actually carrying these burdens and hardships physically. *That* is a view into how the connections are formed.

When we come to our physical *asana*, we ask ourselves if we may face it new **without** expecta-

tions formed from past experiences, or our own held ideas of our physical limits and restraints. A profound thing occurs here when we ground ourselves into our breath, find when and where it tightens up within our body, and we initiate grabbing that eight-spoke ship wheel. Check in with the body looking for spots of tension in our chest, legs, shoulders, facial muscles, etc., and take a fresh renewed *asana* within ourselves. Our entire nervous system actually responds differently, by yoking our muscles, our organs, and the internal reactions to the mental asana we take within.

**This** is where, why, and when we embrace the *deeper* understanding of what the limb *asana* is and apply it to our practice, not only daily, but also from pose to pose. We come to moments in life off our Yoga mats when we find these same Yogic principles apply. Do you tense up internally when coming to face a challenge in life, and find yourself holding onto some anchor of the past? Are you finding you refuse to let this anchor go, even though it is slowing you down, because you have been dragging it along so much you identify by/with it? Maybe your anchor is dragging along so much it has rusted over the years and you do not even notice it to the backdrop of your wooden ship hull. Have there been times you have found yourself attempting to up anchor it as it hurts too much to do so, so you would rather leave it?



As you go to face your challenges today, tomorrow, next week, and so on, ask our self: what stance am I taking within myself as I face this, and how is it affecting me physically, mentally, emotionally, and my spirit?



What can you release  
right now?

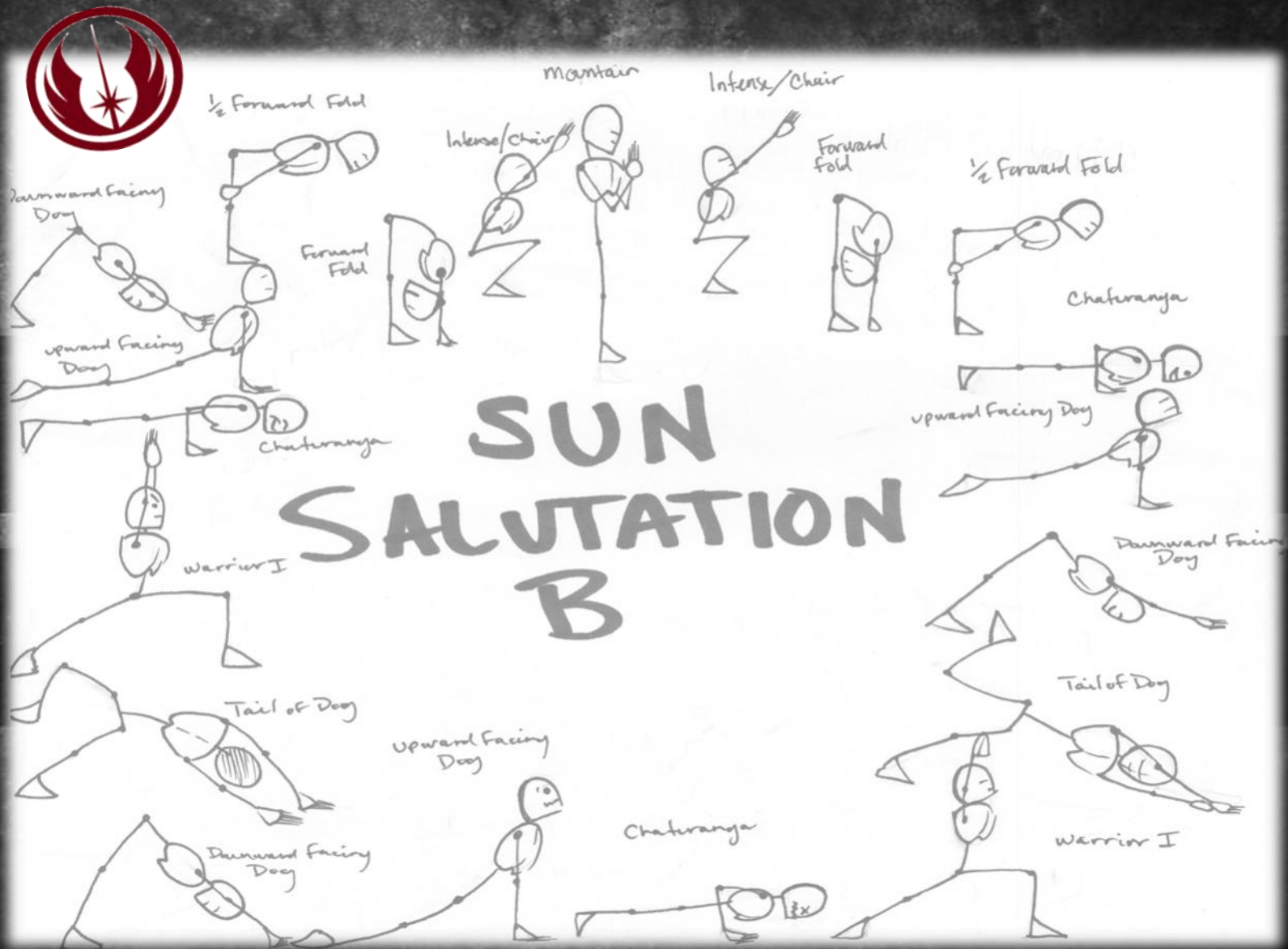
'As'-root is defined as; "being present in one's body-inhabiting, existing, living in it."

Literal Translation [Asana]; "To take one's seat".

May the light of our Creating Life Force shine on your day path & spirit. Namaste.



## 8 SPOKE WHEEL YOGA



## THROWBACK MEME



**The moment you realize the Tator Tot Casserole done crept up on you, but you gotta wait for the c/o to call your table.**



## THROWBACK BRAIN FACTS

### CONFLICT RESOLUTION SKILLS



#### **Managing and Resolving Conflict in a Positive Way**

Conflict is a normal, and even healthy, part of relationships. After all, two people can't be

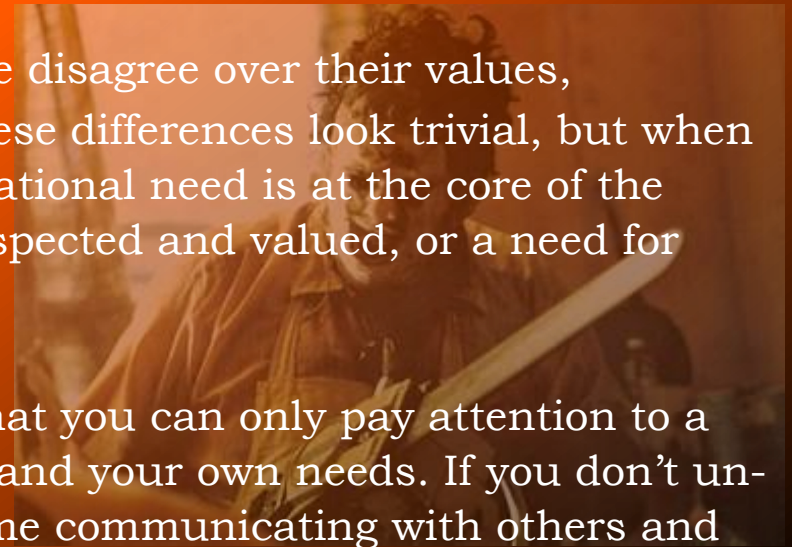
expected to agree on everything at all times. Since relationship conflicts are inevitable, learning to deal with them in a healthy way is crucial. When conflict is mismanaged, it can harm the relationship. But when handled in a respectful and positive way, conflict provides an opportunity for growth, ultimately strengthening the bond between two people. By learning the skills you need for successful conflict resolution, you can keep your personal and professional relationships strong and growing.

#### **The fundamentals of conflict resolution**

Conflict arises from differences. It occurs whenever people disagree over their values, motivations, perceptions, ideas, or desires. Sometimes these differences look trivial, but when a conflict triggers strong feelings, a deep personal and relational need is at the core of the problem—a need to feel safe and secure, a need to feel respected and valued, or a need for greater closeness and intimacy.

#### **Recognizing and resolving conflicting needs**

If you are out of touch with your feelings or so stressed that you can only pay attention to a limited number of emotions, you won't be able to understand your own needs. If you don't understand your deep seated needs, you will have a hard time communicating with others and





staying in touch with what is really troubling you. For example, couples often argue about petty

differences—the way she hangs the towels, the way he parts his hair—rather than what is really bothering them.

In personal relationships, a lack of understanding about differing needs can result in distance, arguments, and breakups.

In workplace conflicts, differing needs are often at the heart of bitter disputes. When you can recognize the legitimacy of conflicting needs and become willing to examine them in an environment of compassionate understanding, it opens pathways to creative problem solving, team building, and improved relationships. When you resolve conflict and disagreement quickly and painlessly, mutual trust will flourish.

**Successful conflict resolution depends on your ability to:**

- **Manage stress while remaining alert and calm.** By staying calm, you can accurately read and interpret verbal and nonverbal communication.
- **Control your emotions and behavior.** When you're in control of your emotions, you can communicate your needs without threatening, frightening, or punishing others.
- **Pay attention to the feelings being expressed** as well as the spoken words of others.
- **Be aware of and respectful of differences.** By avoiding disrespectful words and actions, you can resolve the problem faster.

**Healthy and unhealthy ways of managing and resolving conflict.**

Conflict triggers strong emotions and can lead to hurt feelings, disappointment, and discomfort. When handled in an unhealthy manner, it can cause irreparable rifts, resentments, and

breakups. But when conflict is resolved in a healthy way, it increases our understanding of one another, builds trust, and strengthens our relationship bonds.

**Unhealthy responses to conflict are characterized by:**

- An inability to recognize and respond to matters of great importance to the other person
- Explosive, angry, hurtful, and resentful reactions
- The withdrawal of love, resulting in rejection, isolation, shaming, and fear of abandonment
- The expectation of bad outcomes
- The fear and avoidance of conflict

**Healthy responses to conflict are characterized by:**

- The capacity to recognize and respond to important matters
- A readiness to forgive and forget
- The ability to seek compromise and avoid punishing
- A belief that resolution can support the interests and needs of both parties

**Four key conflict resolution skills**

The ability to successfully manage and resolve conflict depends on four key skills. Together, these four skills form a fifth skill that is greater than the sum of its parts: the ability to take conflict in stride and resolve differences in ways that build trust and confidence.

**Conflict resolution skill 1: Quickly relieve stress**

The capacity to remain relaxed and focused in tense situations is a vital aspect of conflict resolution. If you don't know how to stay centered and in control of yourself, you may become emotionally overwhelmed in challenging situations. The best way to rapidly and reliably

relieve stress is through the senses: sight, sound, touch, taste, and smell. But each person responds differently to sensory input, so you need to find things that are soothing to you.

## **Conflict resolution skill 2: Recognize and manage your emotions.**

Emotional awareness is the key to understanding yourself and others. If you don't know how you feel or why you feel that way, you won't be able to communicate effectively or smooth over disagreements. Although knowing your own feelings may seem simple, many people ignore or try to sedate strong emotions like anger, sadness, and fear. But your ability to handle conflict depends on being connected to these feelings. If you're afraid of strong emotions or if you insist on finding solutions that are strictly rational, your ability to face and resolve differences will be impaired.

## **Conflict resolution skill 3: Improve your nonverbal communication skills**

The most important information exchanged during conflicts and arguments is often communicated nonverbally. Nonverbal communication includes eye contact, facial expression, tone of voice, posture, touch, and gestures. When you're in the middle of a conflict, paying close attention to the other person's nonverbal signals may help you figure out what the other person is really saying, respond in a way that builds trust, and get to the root of the problem. Simply nonverbal signals such as a calm tone of voice, a reassuring touch, or a concerned facial expression can go a long way toward defusing a heated exchange.

## **Conflict resolution skill 4: Use humor and play to deal with challenges**

You can avoid many confrontations and resolve arguments and disagreements by communicating in a playful or humorous way. Humor can help you say things that might otherwise be difficult to express without creating a flap. However, it's important that you laugh *with* the other person, not *at* them. When humor and play are used to reduce tension and anger, reframe problems, and put the situation into perspective, the conflict can actually



become an opportunity for greater connection and intimacy.

## **Tips for managing and resolving conflict**

Managing and resolving conflict requires emotional maturity, self-control, and empathy. It can be tricky, frustrating, and even frightening. You can ensure that the process is as positive as possible by sticking to the following conflict resolution guidelines:

- **Make the relationship your priority.** Maintaining and strengthening the relationship, rather than “winning” the argument, should always be your first priority. Be respectful of the other person and his or her viewpoint.
- **Focus on the present.** If you’re holding on to old hurts and resentments, your ability to see the reality of the current situation will be impaired. Rather than looking to the past and assigning blame, focus on what you can do in the here and now to solve the problem.
- **Pick your battles.** Conflicts can be draining, so it’s important to consider whether the issue is really worthy of your time and energy. Maybe you don’t want to surrender a parking space if you’ve been circling for 15 minutes. But if there are dozens of spots, arguing over a single space isn’t worth it.
- **Be willing to forgive.** Resolving conflict is impossible if you’re unwilling or unable to forgive. Resolution lies in releasing the urge to punish, which can never compensate for our losses and only adds to our injury by further depleting and draining our lives.

ADVISORY: Because of the length of this article we will have to share the other half in the next issue. Thank you for your patience.

TO BE CONTINUED...

# HORROR-SCOPES



**Aries:** Your head is full of ways to make money. Hidden opportunities get revealed. Take advantage of a surprising development cautiously.

**Translation:** Yo! They runnin' store again? They just ran store last month, must be election season. Time to buy six more noodles and a soap, if they have them of course.



**Taurus:** You've got the confidence to make things happen. Check your course, before plunging ahead. Watch your step. Avoid assumptions. Keep your patience. Look around.

**Translation:** Yes, you can plan for your family to catch a ride to visit with your cellie's family when they come down, be on top of your shit tho' don't make an ass of u and me by thinking they ain't gotta chip in for gas, it's just chipping in though not filling the tank yo.



**Gemini:** Indulge in peaceful solitude for private contemplation. Avoid noise, chaos, or crowds. Consider circumstances from a higher perspective. Look for benefits hiding in change.

**Translation:** Use that meditation time to contemplate. That 3 o'clock count time is good for a nap but it may be better used to think out and strategize where you are going with your life. Make positive life choices.



**Leo:** Take charge to resolve a professional puzzle. New circumstances require new solutions. Things may not go as planned. Discover an unusual option with potential.

**Translation:** They are going to hire you to work in the kitchen? Don't dismiss that pots and pans job just yet, it may lead to something better real quick.



**Virgo:** Expand your horizons. Explore uncharted territories and take notes. Study, research, and investigate a subject that takes you in unexpected directions.

**Translation:** Read a frickin' book that ain't just another urban novel! Something educational might help, try "The 4 Agreements," I heard there was a dope book club based on it!



**Libra:** Cash flows in with greater ease, take advantage of an unexpected opportunity. Collaborate for common gain. Together find new markets, profits or savings.

**Translation:** Tell your people to keep half that holiday money they were going to send and instead, try learning about investing and get into the market.



**Scorpio:** Connect with your partner at a deeper level. Change directions intuitively together. Collaborate to adapt with recent changes. Strengthen foundations.

**Translation:** You ever seen them big ass clouds of birds that all fly together and then all of the sudden they all change direction at once? Do some shit like that with yo bae somehow.



**Sagittarius:** Prioritize vitality, fitness, labor, and health. Stay open-minded with shifting circumstances. Discover unusual solutions. Learn from experts. Practice to build strength and endurance.

**Translation:** This shit is about working out, you can't just do bench and curl everyday, do some fucking burpees once in a while.





**Capricorn:** Relax and have fun with someone you love. Take advantage of an unexpected opportunity. Enjoy sweet moments together.

**Translation:** Stop spending your whole 20 arguing on the phone, at least spend 10 on some positive fun convo.



**Aquarius:** Manage practical domestic objectives. Fixing one thing can reveal another repair needed. Make upgrades and improvements to avoid greater expense later.

**Translation:** Fixing the problems with your shorty not going to school is good, your communication with your co-parent needs work. Buy you some phone minutes and message credits... it is going to be process.



**Pisces:** You're especially brilliant. Capture ideas, musings, and creative possibilities in writing. Research from multiple perspectives. To learn something deeply teach it to others.

**Translation:** you been talkin' that "I'm finna learn Spanish"- shit for like 5 years. Get a book and a homie and learn that!



**Cancer:** Support and be supported with recent changes. Help your crew adapt around a challenge. Go for distance, and not speed. Don't over extend.

**Translation:** This is about playin' ball, -(not every horoscope is some deep shit)- all money ain't good money on a fast break, you gotta let your squad get back for defense. Facts.



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





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

