



**Kewanee
Horizons
VOL. 89**

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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.

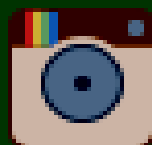
Kewanee Horizons will work to highlight the achievements of our community both on campus and off, inside facilities and outside. Whether individually or collectively and no matter the uniform we wear. **We're going to look into the daily lives on our campus and across the state to other facilities on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



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

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CLICK "ABOUT"

CLICK "NEWS"

THEN SELECT "KEWANEE HORIZONS NEWSLETTER"

A SPECIAL EDUCATION

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

I couldn't read as well as my classmates,
 And my speech was sort of slurred;
 However, I was bright as them;
 Also, I always spoke up, when I wanted to be heard.
 I produced good grades, despite my disability,
 I was at the head of my class.
 My education was very special to me;
 So I left the doubters behind;
 In fact, I made strenuous efforts to pass.
 I even won my Physical Education competitions,
 Even though I came in last.
 Just the thought of my incapability's,
 I wanted and deserved more out of life.
 I always knew that I was a Special breed,
 Regardless of my, at times, intellectual needs;
 That insight, propelled me to conquer the strife.



THOUGHTS OF THANKSGIVING

By: Terrance J. Williams @ Centralia C.C.

Thank you for family,

Thank you for Joy.

Thank you , for although we are in a world full of noise,

love still speaks it's voice.

Thank you for decisions,

Thank you for choice.

Thank you, for although we are in a world full of wrongs,

A broken heart can till find remorse.

Thank you for patience,

Thank you for peace.

Thank you, for although we are in a world ruled and marked by the beast,

God will still have His victory.

SECOND CHANCE

By: Jon Mettler @ Sheridan C.C.

I just want to go home
Wherever that might be
To be rid of the handcuffs and chains
I just want to be set free,
I'm asking for a second chance at life
Where I am not called a crook, convict or a felon
I can feel my destiny within my grasp
I now can be forgiven, I have learned my lesson,
The institutionalized person I have become
Must be released from my cage
I have been forced to gradually rehabilitate myself
Where there no longer is a place for anger or rage,
Please, I just want to go home
Wherever that might be
I have diligently served my sentence
And paid with my life
I stand ready to be set free.



ONE INCH

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

One inch might not seem like much, but an inch can change everything. You could win or lose a race by a few inches. Perhaps someone survived, but would have perished if the injury inflicted was an inch to the left or to the right. Every inch forward that we move in our lives matter. It is better to put in a little work than no work at all. Small effort surely beats no effort. Always take the initiative in your life. Assertively govern your progress as you daily make some sort of improvement in your life. A little something is better than a big nothing. **One inch at a time you'll get your feet, your yards, and eventually your miles. So be encouraged even if the progress seems slow, and always know that your every effort counts for something. Start small, the more you do, the more you can do. In any endeavor, in the beginning you might start at a snail's pace, but if you keep going you will enter your cheetah's grace. If you don't yet have the capital you can pay in sweat which will one day pay dividends. Keep doing your thing and one day overnight it might seem you will be proficient in your education, job, career, hobby, or craft. Sometimes an inch is all you can take when life is so busy. But these add up, they all count and amount to much if they are built up, collected, and or traveled everyday, it will be okay. Don't stop pursuing your dreams, and definitely don't surrender your destiny. Start, go, and finish strong each day. And don't forget to get plenty of rest. I wish you the best and here's to you success.**



Imagine

By: Jon Mettler @ Graham C.C.

I can only imagine what it would look like
to walk out the front gate alone
I can only imagine what it would be like to be
free
but due to the length of my sentence
that will not happen for decades, you see.

I can only sit here in my cell and imagine
after ten years what it would be like
as everything has now changed
people have moved on, loved ones have died
time is now misaligned and re-arranged.

People speak of dreams
in my dreams I am still behind bars

in the dark and alone with all of my scares
imagining the reality of the situation I now
face
remembering my bad decisions, my heart be-
gins to race.

The absurdity of it all now bubbles to the top
like a volcano underneath my feet that I am
unable to stop

A pillar of fire and smoke envelops me, I can
no longer breathe
then I remember, I remember what it was like
to once be free.

What am I without my body?

By: Earl Milton Jr @ Centralia C.C.

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

LETTER TO MYSELF PT 1

By: Timothy Petermon @ Galesburg C.C.

What's going on Timothy?

If your reading this you should be about 37 years old by now. I know things have been hard but me knowing you better than anyone else, I know your strong and made it thru because your resilient and just built Ford Tough!

You've always made a way out of no way. Always found a open window when all the doors we're locked. You definitely have always been an intelligent person and I hope you tapped in- to the potential I know you have to really do anything you truly wanted to do. Just never give up because it's truly never to late. You might've made some mistakes along the way and that's life, everyone does, so don't get to down on yourself because your destined for greatness.

Just always remember this quote: "success doesn't come before struggle or sacrifice in life or the dictionary" So we grow through them also! Its just going to take some practice, hope you've learned to have some by now because boy you had next to none! Its going to take some determination, dedication and discipline! Its not going to happen overnight but trust me it will happen sooner or later. Well I'm not going to hold you up because you probably busy doing something productive. Might be a College Professor or something, no telling with you but get back at me when you can and let me know how your doing. Until then stay focused and life is one long lesson. Your going to continue to learn new things along the way, some bad, some good, its up to you to choose what lessons you intake and keep for your progress.

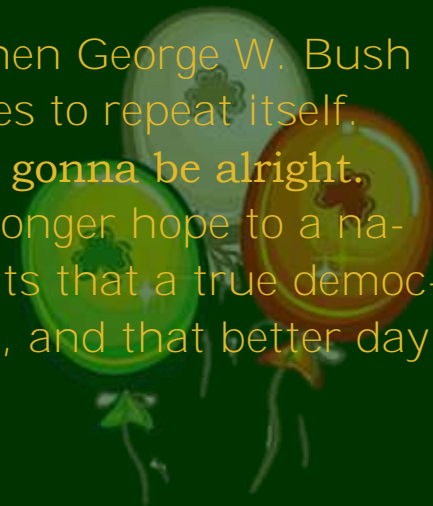
EVERYTHING'S GONNA BE ALRIGHT

By: John Martin @ Centralia C.C.

It may seem that as American citizens, we are living in dark times. Some may even fear that we may never recover from the split that divided us as a people. From the halls of congress, to the halls of the Centralia Correctional Center, we suffer from not wanting to stand in someone else's shoes, so, allow me to paint a picture for you:

The United States is divided by two bickering but equally inept political parties who constantly put party over country. One party pushed a mega-rich, inarticulate candidate to run for president, and the other party lost by propping up a feckless, ineffective liberal who tried to run off the weak exploits of their time as vice president. The republicans won, people protested claiming the other side cheated, and the case made it all the way to the U.S. Supreme Court, who decided who the winner was.

If it sounds familiar, it should, because it first happened 25 years ago when George W. Bush defeated Al Gore. And as we see with Trump defeating Harris, history likes to repeat itself. **History also tells us that regardless of what side you are on, everything's gonna be alright.** We are going to be alright because each day brings a new resolve and stronger hope to a nation that is built to withstand the extreme freedoms and binding restraints that a true democracy allows for. This country allows for the hope and faith of a better day, and that better day always comes, even if everything seems so bleak.





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.

10 Surprising Facts About St. Patrick's Day



St. Patrick's Day's name sake was not born Irish:

People often wonder: "What is the true story of St. Patrick's Day?" The holiday is named after St. Patrick, a Patron Saint of Ireland, who died around the fifth century.

However, St. Patrick is thought to have been a Roman citizen in Britain who was enslaved and taken to Ireland, either escaped or was released, then returned as a priest and converted Druids to Christianity, Marion Casey, a clinical assistant professor of

Irish Studies at New York University, previously told TIME. If you have also found yourself que-rying, "Why do we celebrate St. Patrick's Day on March 17?" it's because that is believed to be the day that he died.

St. Patrick's Day began as a Catholic Feast day

If you're ever asked, "What is St. Patrick's Day celebrated for?" it was originally started in 1631 by the Catholic Church as a Feast Day honoring St. Patrick—one of many church holidays. However, the holiday, imported to the U.S. by Irish immigrants, morphed into a show of Irish-American pride and worldwide celebration of Irish culture.

Legend says St. Patrick used the shamrock to teach Christianity

Legend has it that St. Patrick used the shamrock also called the "seamroy" by the Celts, a three-leaf clover, to teach the Christian doctrine of the Trinity—Father, Son, and Holy Spirit in one. Irish botanist and cleric Caleb Threlkeld described the con-nection in 1726, when he also wrote that the shamrock was the emblem of the holiday and the country's national symbol.

However, historians say the story is likely fiction, as the plant itself is mythical and not linked to a scientific species, according to *National Geographic*. The



shamrock became associated more broadly with Ireland as a symbol during rebellions against Britain in the 18th century.

Green became connected to St. Patrick's Day after Irish rebellions

Green as an Irish color has political origins. Timothy McMahon, Vice President of the American Conference for Irish Studies, previously told TIME the color dates back to the Great Irish Rebellion of 1641, where Catholic local leaders revolted against the English crown, using a green flag with a harp as an emblem.

Green was worn again during the Irish Rebellion of 1798. The Irish forces promoted the nationalistic ballad "The Wearing of the Green," which immortalized the color's connection with Ireland. Before these rebellions, blue was traditionally associated with Ireland, *Smithsonian Magazine* reported.



The first St. Patrick's Day parade was held in the U.S

The first recorded parade on the Catholic Feast Day of St. Patrick was held on March 17, 1601, in a Spanish colony in modern-day St. Augustine, Florida. More than a century later, Irish soldiers serving in the English military marched in Boston in 1737 and in New York City in 1762.

St. Patrick's Day was promoted by the Irish government

Inspired by Irish-Americans, Ireland's National Agricultural and Industrial Association organized a parade in Dublin in the early 1950s to showcase Irish industry, according to the National Museum of Ireland. Dublin Tourism took over the parade from 1970, until a St. Patrick's Day Committee was established in 1995, which grew the festival into a weekend and then a week. The government established the weeklong St. Patrick's Day Festival in 1995, Irish news outlet The Jour-





nal reported. The holiday was boosted that year by an Irish government campaign.

Leprechauns originated in Irish folklore

The supernatural fairies, or sprites, were thought to bring good luck and protection to humans, or to mess up their plans. The original Irish name for these figures of folklore is “lobaircin,” meaning “small-bodied fellow.” The oldest written reference to leprechauns was in a medieval story about three magical fairies, or sprites, who drug the King of Ulster into the ocean, according to *National Geographic*.

The legend gained popularity in the 19th century, when leprechauns were painted as grouchy shoemakers who guarded gold. Walt Disney’s depiction of a more cheerful leprechaun kicked off the current commercialized image. Leprechauns have their own holiday on May 13, but are also celebrated on St. Patrick’s, with many dressing up as the wily fairies.



“Lucky” four-leaf clovers are real— but rare

Although common three-leaf clovers are most closely associated with the saint and his holiday, much ado has been made about “lucky” four-leaf clovers. Vincent Pennetti, a doctoral student at the University of Georgia’s College of Agricultural and Environmental Sciences, told the Associated Press that it takes a recessive trait to develop a fourth leaf, so although

the plants are rare, they’re real.

An American union started dyeing the Chicago River green decades ago

One of the most iconic St. Patrick’s Day celebrations in the U.S.



is Chicago temporarily dyeing the river that shares its name green using about 40 pounds of environmentally friendly dye.

Starting in 1955, city workers used green dye to help identify the source of sewage in the river, NPR reported. The inspiration to dye the entire river came after Stephen Bailey, the business manager for the Chicago Journeymen Plumbers Local Union, noticed a plumber's white overalls stained with bright green, per chicagoist. The tradition began in 1962 when the Plumbers Local Union dyed the river green with 100 pounds of dye for a week, according to Illinois' tourism website, and continues today.

On March 16, ahead of the official St. Patrick's Day 2024 celebrations, Chicago dyed its river emerald green as spectators looked on.

Corned beef and cabbage is an Irish-American invention

The dish is not common in Ireland, news outlet Irish Central reported. Instead, Irish immigrants to the U.S. reportedly found a less expensive alternative to the meat more common in their home country—bacon—in beef. They cured the beef using corn-sized crystals, hence the moniker “corned.” The beef was then paired with cabbage, one of the cheapest vegetables available. So while people in the U.S. may see corned beef and cabbage on themed St. Patrick's Day menus, it's highly unlikely people in Ireland will be offered the delicacy. Irish immigrants living on New York City's Lower East Side substituted corned beef for their traditional dish of Irish bacon to save money. They learned about the cheaper alternative from their Jewish neighbors.



Irish indentured servants:

Were Irish people who became indentured servants in territories under the control of the British Empire, such as the British West Indies (particularly Barbados, Jamaica and the Leeward Islands), British North America and later Australia.

Indentures agreed to provide up to seven years of labor in return for passage to the New World and food, housing, and shelter during their indenture. At the end of this period, their masters were legally required to grant them "freedom dues" in the form of either land or capital. An indentured servant's contract could be extended as punishment for breaking a law, such as running away, or in the case of female servants, becoming pregnant.

Those transported unwillingly were not indentures. They were political prisoners, vagrants, or people who had been defined as "undesirable" by the English state. Penal transportation of Irish people was at its height during the 17th century, during the Cromwellian conquest and settlement of Ireland (1649–1653). During this period, thousands of Irish people were sent to the Caribbean, or "Barbadosed", against their will. Similar practices continued as late as the Victorian period, with Irish political prisoners sent to imperial British penal colonies in Australia.^[4] Indentures and transportees have been conflated, though they were different.

Once indentured, these servants had little control over their destination, as their contracts were sold to local planters on arrival. Ships were often overcrowded, and the mortality rate on voyages could be high: one ship which arrived at Barbados in 1638 had lost eighty of its 350 passengers (23%) to sickness by the time it arrived.

In Barbados, indenture terms of four or five years were common, but those who arrived as

prisoners were sometimes sentenced to ten years' indenture.

While all indentured servants were treated harshly, Irish Catholics were also subject to English settlers' "sense of cultural and religious superiority" and considered to be "naturally inferior." According to historian Jenny Shaw, the Irish people's Catholicism and distinct customs "marked the island's population as fundamentally apart from English civilization". English authorities used this perceived difference "to justify the poor treatment of the Irish Catholics they colonized," as well as to lay claim to Ireland itself.^{[18]:16} Masters and government authorities were often suspicious of Irish servants, and sometimes targeted them with special restrictions. Legislators in Nevis, for example, passed an act to prevent "papists" from settling on the island or holding public office in 1701 – which was later repealed – while Montserrat also considered similar legislation to exclude Irish from public and militia positions. Authorities in Barbados did not place similar restrictions, but did require Irish people to take an oath of abjuration before voting or holding office. After suspecting that Irish laborers had been involved in a 1692 slave revolt, Barbadian authorities wrote to the crown in 1697, asking them not to send further "Irish rebels" to the colony, "for we want not laborers of that colour to work for us, but men in whom we may confide, to strengthen us.

Comparison's to slavery:

Treatment of Irish indentured servants varied widely, and has been the subject of considerable historical debate. Comparisons between the treatment of Irish indentured servants (particularly in Barbados) and the treatment of African slaves have been especially controversial. While most recent academic studies have been careful not to equate indentured servitude with chattel slavery, some historians have nonetheless drawn close comparisons between these two labor systems, and other writers have sometimes conflated them.

According to Kathryn Stelmach Artuso, historians such as Hilary Beckles (whose work Artuso calls "seminal in the field") have drawn "surprisingly close parallels between the experiences of Africans and Irish in the Caribbean."^[20] Beckles has referred to some Irish indentured servants as "temporary chattels" who were kept in "slavelike conditions" and lived in a state "nearer to slavery than freedom." Beckles stops short, however, of suggesting that Irish servants were "'slaves' in the sense that blacks were".[□] Similarly, historian Nini Rodgers has written that Irish indentured servants "were not slaves", but nonetheless argues that the "difference must have seemed academic" to many of them. According to Rodgers, this was particularly true in places such as Barbados, where high death rates sometimes "cancelled out" the primary difference between slaves and servants' experiences: that slavery was permanent while indenture was temporary.^{[23]:37}[□] Rodgers notes, however, that there were other differences between the experiences of servants and those of slaves: masters provided servants with meat but denied it to slaves, servants received European-style clothes (including shoes) while slaves did not, and the two groups slept in different quarters. According to Rodgers, masters sometimes worked servants harder because they only possessed their service for a limited time, and this fact underscores "the complexity of making comparisons" between slavery and indenture.

According to Kevin Brady, Cromwellian exiles in Barbados held a position that was "between temporary bondage and permanent enslavement", stating that the main difference between the servants and slaves was that they were not sold as chattel. Brady states that they were often subject to "glaringly inhumane treatment by aristocrats of the planter class" and that they

"were not given the material or monetary compensation" usually provided to indentured servants at the end of their term. According to Simon P. Newman, Irish prisoners "were treated with singular brutality" by planters who "disdained them as illiterate Catholic savages.

Other historians have focused on how Irish people were both colonized and colonizers in the Caribbean. According to historian Donald Akenson's study of Irish people on Montserrat, for example, white indentured servitude on the island "was so very different from black slavery as to be from another galaxy of human experience", and many Irish people (including former servants) prospered there.^{[6]:49} Similarly, philosopher Michael J. Monahan has argued that Irish servants in Barbados occupied an ambiguous racial position in the eighteenth century, which separated them both from other Europeans and from African slaves, and could work to their advantage as well as to their detriment. According to Monahan, even the highest "and most likely exaggerated" estimates that as many as fifty thousand Irish laborers were sent to the Caribbean against their will "pales by comparison" to the millions of West African slaves who were sold into slavery, and it is important to avoid what he calls "facile equivocations between the conditions of (at least some) Irish laborers and chattel slaves" or between slavery and involuntary indenture, which "are not the same thing".

Some popular and non-academic writers have made much more direct comparisons between the experiences of Irish indentured servants and those of African slaves. These books have been harshly reviewed by historians. Writing in *The Historian*, for example, historian Dixie Ray Haggard wrote that Jordan and Walsh had deliberately conflated two very different labor systems by comparing slavery and indenture. According to Haggard, "they fail to acknowledge, or maybe understand, that each institution, slavery and indentured servitude, had its own purpose and position within the colonial economy and society," and chose to "oversimplify and confuse" rather than explore the complexity of colonial history. Similarly, historian Dominic Sandbrook wrote that while Jordan and Walsh were "right to remind us that African slavery was one form of bondage among many," the indentured servants "were not slaves," and "calling them slaves...stretches the meaning of slavery beyond breaking point".^[26] According to Nini Rodgers, these works developed out of the "horror of white people

being on a level with blacks" which accounts of servants and slaves laboring together had prompted in Ireland during the seventeenth and eighteenth centuries, and which survived into the new millennium through works such as O'Callaghan's.^{[23]:38}□

Since the books were published, white supremacist and white nationalist groups have adopted the notion of Irish slavery, often as a means of countering the historical burden of African slavery and black Americans' demands for redress, or of undermining and attacking the Black Lives Matter movement.

This prompted scholars and writers such as Liam Hogan, Laura McAtackney and Matthew C. Reilly to speak out against the "myth of Irish slavery".

Decline of indenture:

The number of prisoners who were forcibly transported to the New World dropped rapidly after 1660, and "convict transportation never became a reliable source of coerced colonial labor" during the seventeenth century. Penal servitude was considered unsatisfactory by plantation owners: the number of prisoners arriving was too small, and they were considered poor workers. In addition, colonial authorities worried that Irish Catholics would side with French troops in the event of an attack, or conspire with slaves to revolt against plantation owners. Some Irish servants did indeed rebel during a French attack on Saint Kitts during 1666–1667, while others made common cause with slaves during a revolt in Bermuda during 1661.^{[10]:317}□ According to historian Abigail Swingen, only about 4,500 convicts were transported to Virginia or the West Indies between 1655 and 1699, while



the number of prisoners of war transported during this period was likely less than 5,000–10,000. According to historian Robin Blackburn, a total of about 8,000 Irish captives were sent to the American colonies during the 1650s.

While Irish servants were a substantial portion of the population of Barbados, Jamaica, Montserrat, and Saint Kitts from the seventeenth until the middle of the eighteenth century, then, former indentured servants typically either returned to Europe or migrated to British North American colonies as slave labor increasingly replaced indentured servitude as the primary labor system in these colonies.^{[12]:52} Some, however, stayed, and their descendants – such as the Redlegs of Barbados – still live in the Caribbean today.

Historical background:

Like the movement of other European people to the Americas, Irish migration to the Caribbean and British North America had complex causes. The late sixteenth and early seventeenth century were a time of upheaval in Ireland, while English conquest and colonization, resultant religious persecution, and crop failures (some as a deliberate result of the Tudor conquest of Ireland) drove many Irish people to seek a better life, or survival, elsewhere. Like their English and Scottish counterparts, Irish people were active participants in the "rush for American colonies" during the early seventeenth century. Most travelled to the New World as indentured servants, but others were merchants and landholders who were key players in a variety of different trade and settlement enterprises.

Many of the Irish laborers who travelled across the Atlantic from the 1620s did so by choice. However, convict labor had been used in English colonies since the early 1600s, and the





forceful transportation of "undesirables" from Ireland to the West Indies had begun under Charles I. The practice took place on a much larger scale during the rule of Oliver Cromwell in the years 1649–58.^[2] In the ensuing conquest of Ireland, many prisoners were forcibly sent to the Caribbean islands, particularly to Barbados.

Some of the first Irish people to travel to the New World did so as members of the Spanish garrison in Florida during the 1560s, and small numbers of Irish colonists were involved in efforts to establish colonies in the Amazon region, in Newfoundland, and in Virginia between 1604 and the 1630s. According to historian Donald

Akenson, there were "few if any" Irish being forcibly transported to the New World during this period.^[6] Widespread use of forced transportation by the English state did not take place until the 1650s.

Significant numbers of Irish laborers began traveling to colonies such as Virginia, the Leeward Islands, and Barbados in the 1620s. Between 1627 and 1660, laborers from Ireland and Britain crossed the Atlantic in large numbers, with as many as 60 to 65 percent of seventeenth-century migrants being indentured servants. By 1640, large numbers of Irish settlers were present in the West Indies, making up more than half the population of the region by some estimates. Most were indentured laborers, small farmers, or artisans.

The type of labor being used in American colonies shifted dramatically after 1642, as the Irish Rebellion of 1641, the Irish Confederate Wars, and the Wars of the Three Kingdoms led to a reduction in the number of voluntary migrants, while growing numbers of prisoners of war, political prisoners, felons, and other "undesirables" were sent to labor in the colonies against

their will. After the Siege of Drogheda, for example, Cromwell ordered most of the Irish military prisoners who surrendered to be shipped to Barbados. In 1654, the governors of several Irish counties were ordered to arrest "all wanderers, men and women, and such other Irish within their precincts as should not prove they had such a settled course of industry as yielded them a means of their own to maintain them, all such children as were in hospitals or workhouses, all prisoners, men and women, to be transported to the West Indies.

Irish Music:

Music is often associated with St. Patrick's Day—and Irish culture in general. From ancient days of the Celts, music has always been an important part of Irish life. The Celts had an oral culture, where religion, legend and history were passed from one generation to the next by way of stories and songs.

After being conquered by the English, and forbidden to speak their own language, the Irish, like other oppressed peoples, turned to music to help them remember important events and hold on to their heritage and history. As it often stirred emotion and helped to galvanize people, music was outlawed by the English. During her reign, Queen Elizabeth I even decreed that all artists and pipers were to be arrested and hanged on the spot.

Today, traditional Irish bands like The Chieftains, the Clancy Brothers and Tommy Makem are gaining worldwide popularity. Their music is produced with instruments that have been used for centuries, including the fiddle, the uilleann pipes (a sort of elaborate bagpipe), the tin whistle (a sort of flute that is actually made of nickel-silver, brass or aluminum) and the bodhran (an ancient type of frame drum that was traditionally used in warfare rather than music).



Animal Life:

Common English animals such as the weasel and the mole do not exist in Ireland, which also has no snakes. Tradition ascribes the absence of snakes to banishment at the hands of St. Patrick; in fact, before their introduction as pets and in zoos in the 20th century, snakes had not lived on the island for the thousands of years since the Ice Age. In addition, there are only two kinds of mice—as opposed to four in Britain—and the only reptile found in Ireland is a species of lizard. Endemic mammals include the Irish stoat and the Irish hare. Deer have increased in number since the mid-19th century, but the giant Irish elk has long been extinct. Ireland abounds in birdlife, notably waterfowl. Numerous species that breed in Iceland and Greenland in the summer spend winter in Ireland, and many more migratory species stop there in the spring and the fall.



WHAT IS IRELAND KNOWN FOR?

What is Ireland known for? An abundance of green landscapes, a proud literary heritage, and a passion for sport might come to mind. But that's not all:

The first fact you need to know is that the island of Ireland is split into two: The Republic of Ireland and Northern Ireland. (The latter is part of the United Kingdom, along with Scotland, England and Wales.)

Ireland is incredibly proud of its literary heritage. Some of the greatest writers in the English language have hailed from the island of Ireland in recent centuries. And its literary culture remains very healthy today. Consider the dandyish wit of the Victorian playwright, Oscar Wilde. Then there's the formidable intellectual works of literary giants, James Joyce and Samuel Beckett. More recently, the late Northern Irish poet, Seamus Heaney, delighted and moved audiences with his Nobel Prize-winning verse.

It's a bit of a stereotype that the Irish enjoy a drink or two. Just like Scotch in Scotland or wine in the Mediterranean, Irish whiskey and ales have a diverse history and a large following of very serious connoisseurs.

Dublin's Guinness Storehouse is a place where you can experience the history of Ireland's beer culture. It's the site where Guinness – Ireland's most famous beer – was brewed, stored, and fermented.

Ireland's music is diverse, wildly popular globally, including U2, Sinéad O'Connor, or Van Morrison.

Spellbinding, awe-inspiring, and often painful too, Ireland's complex history of emigration is something to behold. Perched on the edge of the Atlantic, Ireland has forever been a place

from which people have set sail in search of opportunity and discovery. Remarkably, for example, Irish monks were early settlers of Iceland, back in the 12th century.

The 2 most popular sports in Ireland are entirely homegrown. The first is Gaelic football, in which 15 players from opposing teams kick or punch a ball into their opponent's goal. Interestingly, it's one of the last strictly amateur sports in the world. The second is hurling, an ancient Gaelic game that's again played with 15 players, this time controlling the ball with sticks known as "Hurley's". Hurling claims to be the world's oldest sport.

Ireland is the most successful country in the Eurovision Song Contest. The nation has won a massive 7 times since the contest started in 1956. However, it has finished in the top 10 only once in the last 14 years.

Halloween was invented in Ireland. The roots of Halloween can be traced back 2,000 years to the Celtic Samhain festival, which celebrated the end of summer.

Ireland has the largest percentage per capita of red-haired people of any country in the world. Over 10% of the Irish population are estimated to have red hair. That compares to about 1% in Southern Europe, for example.

Ireland is the only country in the world to have a musical instrument as its national symbol. As a testament to the country's love for music, Ireland boasts a harp as its national emblem. It dates back to the 13th century.

It's estimated that there are 30,000 castles and ruins in Ireland. While Blarney Castle and Bunratty Castle are among the most famous, you can see literally thousands more. **This staggering number is likely the result of Ireland's tumultuous history of conquest and unrest.**

Here is a bit of a surprising fact about Ireland as the Irish themselves are known to be open-minded people: however, there are simply no female Leprechauns. You can check all

the books where they appear, they are always male.

Ireland is home to 18% of born-foreign citizens which means that 1 person out of 5 was not born Irish.

With this kind of cultural diversity comes an open-minded spirit. Also, immigrants in Ireland are extremely mixed and from all backgrounds which avoid having one group being the target of racism. Finally, the last but not the least, immigration is a very important part of the Irish culture.

The Irish do not stay in Ireland, it is part of their culture and beliefs to leave. Mostly to countries like the USA or Australia. A couple of centuries ago, over 1 million Irish left to take their chance in America. At the time, it was a quarter of the population. The Irish are everywhere and it's normal for an Irish to have part of his/her family all over the globe. They know what it is to leave so they know how to welcome. There is a general feeling of love towards foreigners in Dublin and Ireland in general.

Legends are a very important part of the Irish culture and are transmitted from generation to generation for thousands of years. Knowing, believing in and inventing stories is something that the Irish cherish and that's why they developed such an incredible imagination. They love making up and telling stories. This spirit still exists today, the perfect example of it being the Pat Noise plaque on O'Connell Bridge in Dublin. In 2004, a commemorative plaque to Father Pat Noise appeared on O'Connell bridge, Dublin's most famous bridge. On the 10th of August, people started bringing flowers to the bridge to commemorate the death of this hero that Father Pat Noise was. It's only a couple of years later that the city realized that the plaque was installed by two brothers as a joke and that Father Pat Noise never existed. The portrait engraved was of their own father and the name was an anagram. But because Irish people have an amazing sense of humor and most of all, they always love a good story, they actually congratulated the two brothers for pulling off such an amazing prank. The plaque has been on the bridge ever since!

KICKING AND SCREAMING!

By: Bobby Luga @ K.L.S.R.C.

Imagine what would happen if you took soccer and hockey and bred them. When I was 11 years old I ran into their offspring for the first time. There spawn is named indoor soccer and it was love at first sight for me. The game is played in an arena shaped similar to that of a hockey rink. The boards encompassing the field play as though they are in. this creates a much quicker game than that of the outdoor version with the twist of being able to play the ball off the boards. There are line changes that mimic hockey and are executed on the fly. It's a beautiful mashup of these two sports.

During my second month here at Kewanee I noticed a foam soccer ball in the corner of the west gym. As I kicked the ball around the gym I felt a sense of nostalgia; as the ball bounced off the wall I felt like a kid again and curiosity set in. I wondered if playing indoors here was an option. Could I share my love of the game with the people that surround me? Since Kewanee is the land of opportunity I started to ask some questions; a plan was formed. I couldn't imagine how quickly the stars started to align. I received positive feedback from my fellow indi-



viduals in custody and with blessings from LTS supervisor Louck along with chaplain York; a proposal was born.

On January 2nd 2026 we held our first Indoor Soccer Community Event here at Kewanee that highlighted our love for indoor soccer. Four teams were created. A tournament was held. Champions were crowned. The event went off without a hitch no one was injured and everyone involved had fun.

I've realized the amount of work that goes into these productions and am grateful for the opportunity. I'd like to thank Warden Barnes, Chaplain York, and LTS Louck for providing permission, sporting equipment, sound equipment, and a safe space to play. I'd also like to thank Francisco Sanchez for his help in organizing, Julian Alequin for his photography/ videography and his unique sense of humor and Tyler Gulli for his assistance as a DJ (shout out to Morgan Wallen). Hopefully this was the first of many indoor soccer games held here; if not, my team will reign as champions FOREVFER!



DIAMONDS

By: Osbaldo Herrera @ K.L.S.R.C.

A diamond, it's a crystalized carbon and made under the most pressure only a gem can sustain, it is only cut once of its flaws. Yet it is one of the rarest most precious stones people can come across. That's how I had to learn to view myself as well as my fellow men that have been with me through this journey. Men that have been put through the toughest pressures in life. They have been cut of their flaws and they have put them behind them. They have molded themselves to become the perfect refined person for the people that truly love them and hold true core value. Everyday we wake up with the ambition and pride that when they open up those vault doors, we have no choice but to shine like we were meant to...like diamonds.



untitled

By: Angel Vasquez @ K.L.S.R.C.

My experience playing indoor soccer goes way back when I was a kid... a few decades ago. Fast forward some years, after being in Kewanee LSRC for a couple of months, I was invited to an indoor soccer tournament.

I was like, what? When and how? But of course, I'm in Kewanee (*Yeah, we out here shorty*) So when the day of the tournament came, I showed up, performed, and lost (*Yeah, S#*t happens*). But it was fun to be able to play with a few *nacos* that I know for quite some time, and a few new ones.

Being in prison and to play indoor soccer is a thing never heard of, BUT thanks to the guys that came up with the proposal, and to the staff of Kewanee for allowing us to have such an event.

I wanna send a shout out to everyone, Stay Strong, and *arriba Las Chivas!*



My Kewanee Experience: Unlearning Prison



By: Patrick Lynn Johnson @ K.L.S.R.C.

My story began in July, 1995. To fully understand the point of writing this it is necessary to compare and contrast the past and the present. From July, 1995 to October, 2025 I spent substantial periods in the county jail, Stateville CC, Pontiac CC, Menard CC, Pinckneyville CC, and Illinois River CC. During this period I have experienced or seen violence, hatred, tears, fears, disappointments, feces on surfaces, floods, lockdowns, hunger strikes, attempted suicides, actual suicides, agony, pain, screaming, begging, lies, feuds, fires set, manipulation, thievery, force, relatives crying in visiting rooms, relatives crying on the phone, relatives dying, humiliating strip searches, doubt, unbelief, paranoia, mental illness, sadness, shame, depression, self-mutilation, rape, blood, bombs made of spoiled milk, urine and human waste, disease, abandonment, broken promises, broken families, broken relationships, broken hearts, children raised by abusive strangers, failure, and other facts too horrific to name or think of, the last 30 years of my life have been hell.

Thanks to my Mother, Grandmother, Uncle, Cousin, and a cadre of soldiers who stood with me on the battlefield of life



and helped me face down all the aforementioned difficulties I am still standing. To be sure I am battle-scarred. But I am still standing.

Three consecutive decades in jail and prisons taught me the lessons I needed to learn in order to survive the insanity that is imprisonment. It is currently 2026 and I reside in Kewanee Life Skills Re-Entry Center. Now is the time for comparing and contrasting. I wont restate the many facts that make Kewanee LSRC a great place to begin or continue the rehabilitation and re-entry process. Suffice it to say that all the good things you have heard through Kewanee Horizons are true accounts. I am witness to Kewanee LSRC being a unique opportunity you simply will not find anywhere else in Illinois DOC. At the present time I am on the verge of day release, work release, and MSR. Being in Kewanee LSRC has compelled me to learn that I must unlearn prison. What do I mean by unlearn prison? It is simple. Because prison is not the free world the negative, anti-social, pathological and self-destructive behaviors I adopted in prison must be supplanted with the skills and knowledge that will ensure success in day release, work release, and free society. Kewanee LSRC in the place where I am acquiring the skills and knowledge that will ensure my successful transition to the free world.

Before I close I want to challenge the community by asking that you not wait until you arrive at Kewanee LSRC to start the process of unlearning prison. Start now. Start where you are. Change begins with a simple decision to do right because it is right. Decide to do any or all of the following: abandon



criminal thoughts, don't get any more disciplinary reports, engage with programming (if none are available, self-program with EDOVO), relinquish ties to unproductive associates, control emotions, eat healthy foods, exercise regularly, speak intelligently, smile at people, be the first to speak to others. These small changes will have a profound impact. Try behavior modification and you will see the positive change in yourselves and your environments. Do your part to help the movement unlearn prison.

Proper etiquette demands that I thank the following officials for my opportunity to be at Kewanee LSRC: Warden Chance Jones, Warden James Carothers, and Mrs. Scott (Kewanee Clinical Services Department). Thanks also to Ms. Rowan and Mr. Warnsing for the platform to speak. Gratitude to all.



NEW YEAR, NEW DAY

By: Nathan Bitner @ K.L.S.R.C.

The way I perceive time today is in increments of 14-18 hours. There are 24 hours in a day and if god allows me to wake up, I am awake 14 to 18 hours. I have this mindset because I have utilized the programs here at Kewanee to bring spiritual change, psychological change, and emotional change. Due to all this internal change there is a reflection in physical change. Every day I awaken is a new day to change a day to be better. I believe that Kewanee is the face of IDOC and that every man here has been given an opportunity to advocate for the betterment of all individuals in custody. A few short months ago manufacturing started at this facility. The instructor Mr. Miller has been very professional, kind, courteous, and helpful. I have learned how to install motors and shafts to drive assembly lines. I have learned how to take precise measurements using calipers and micrometers. I have learned how to properly den energize this equipment to conduct maintenance and safely make repairs. As of January this facility began welding. All of this would not have been mad possible if the staff at this facility did not have constructive conversation where ideas were presented and they then ultimately made a reality. All the progress society has made as a whole began with brainstorming, conversation and purposeful action. Thank you Kewanee for hope. Now lets hope what is being done here gets to be done in other facilities.



GOD. FAMILY. COMMUNITY.

By: Julian Alequin @ K.L.S.R.C.

I'm sure when most of us that are system impacted talk about our future on the outside, one of the prevailing topics in our conversations is employment. That conversation usually leads to only a few places like getting our C.D.L. and driving trucks or, finding an apprenticeship that is willing to train and employ us. On Wednesday January 14th that conversation was quite different here at Kewanee Life Skills Reentry Center. Thanks to Phil Borgic and Suzi Steber who are a part of the Borgic Farms, Inc family we were given the opportunity to get a small glimpse at what being a pig farmer could look like for a returning citizen.

A presentation was given by Suzi and Phil that was informative and interesting. It began with information about the company's history but with only one question the presentation took a very employee oriented turn and we were talking about hourly wages and P.T.O. in no time. Something interesting happened though, when Suzi started discussing the 3% that is put into your 401K whether you invest into it or not, Phil and Suzi gracefully took the opportunity to let us know that the 3% is not an employment tactic but they do it because they invest in their employees and their futures. Suzi was adamant about the help that they are willing to give to returning citizens, especially when it comes to housing, utilities, and even help with securing loans for vehicles. They stated that they were a company that believed that *“One mistake does not define you”* and it was felt in every word and interaction that day.

Every time a question was asked Suzi made it a point to ask that persons name while also introducing herself. You can plainly see that because of their authenticity and kindness the entire gym was hanging on every word of their presentation. The interest of the crowd was obvious and I was even able to get a nice laugh at the unanimous gasp that was heard at the mention of assisting with birthing piglets and castration. They even spoke about their company's core values like integrity and vision to only mention a few. They drove home their commitment to integrity by giving a little anecdote about paying 10,000 dollars to a company that forgot to bill them for feed that they already had in their possession. In that moment they took it upon themselves to be certain all debts were paid known or unknown because they know the importance of doing the right thing, even when no one is watching. Talking to some individuals afterword they mentioned how \$16/hr was a little discouraging at first but, **they were reinvigorated by Suzi Steber when she answered excitedly “Absolutely!”** to the question if there was a chance for raises and advancement. For many of us the ability to work for a company that is understanding of our background and willing to help us and embrace us as a member of their family is refreshing. Borgic Farms, Inc seems like that company. The Borgic Farms, Inc family proudly proclaims that they believe in God, family, and community and that is something that I believe a large portion of us can agree with. We all thank them for their time and kindness and hope that Borgic Farms, Inc continues to search throughout the IDOC for good employees because they will find GREAT ONES!







Borgic Farms, Inc.

Phil Borgic



From our families to yours...

Thank you!!

Phil Borgic

Call: 217-899-5573

Matt Frizzo

Call: 217-825-6427

Office: 217-229-3049

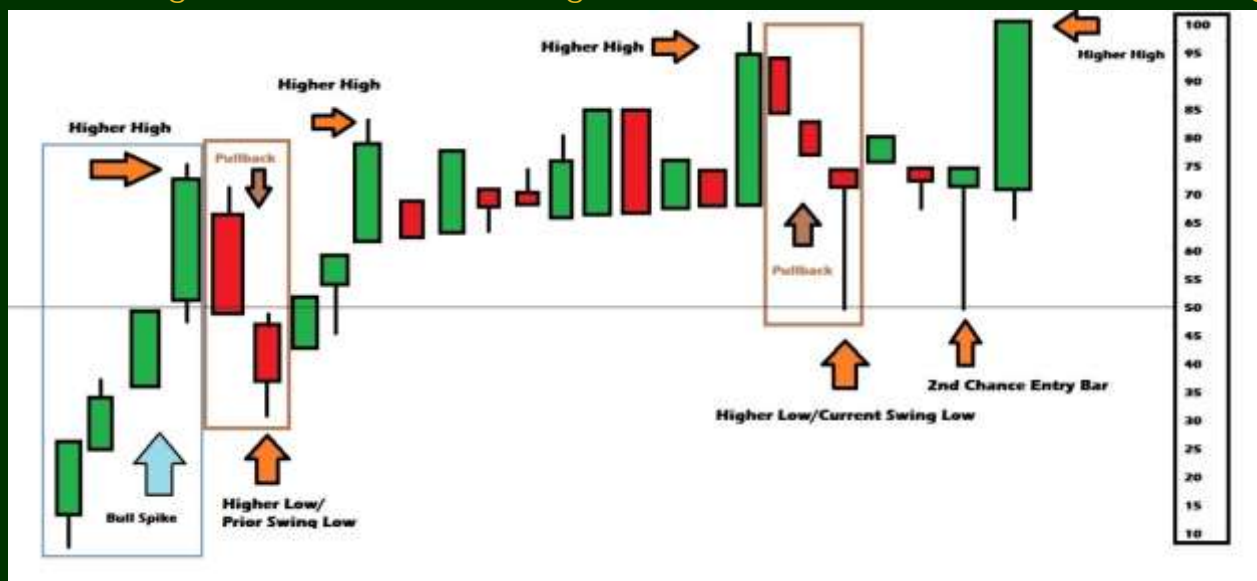


The Market Corner

By: Jomar Warr "Beau" @ K.L.S.R.C.

Wassup family, y'all already know what time it is when you get to this portion of Horizons, We about to lock in on our financial future, dive headfirst directly into the market and lock these profits in. Last article we learned how to read candlesticks properly and how to interpret the data that they give us being, The High, The Low, The Open, and The Close of the candles. For those who were already familiar with how to do that, we spoke a bit on *breakouts*. Today I'm going to Show you a little about what a Swing high is and a Swing Low is, how to trade them as 2nd chance entry's, and how to identify What Swing High's and Swing Low's look like on a Chart. Why are Swing Low's and High's Important, because *Identifying which of the 3 overall market structures the Stock/Currency Pair (Forex) is currently in IS THE FIRST THING YOU NEED TO DO, before deciding what trade you want to take.* This is another tactic to help identify market structure and is essential because if you can't identify the Market structure, (Uptrend, Downtrend, Ranging/Sideways) you won't know which direction you SHOULD ONLY be placing your trade, therefore you end up placing a trade in the wrong direction and potentially lose money. Placing a counter trend trade should only be done by experienced, and consistently profitable traders, and ONLY for scalps.(Quick entry and exits) Otherwise shorting during bull markets, and buying during bear markets, You will surely see your account bleed in rapid time. So let us get to it, here is an example of some **Swing Low's** in bull trend. *NOTE* All these patterns can be seen on ANY Candle chart and on ANY TIME FRAME, Practice looking at them and identifying them! Look for the similarities you will SURELY see them.

A chart creating higher highs and higher lows, is a *Bull trend*, remember? So in a bull Trend we want to identify **Swing Low's**, why? **Swing Low's** show a sign a strength in bull trends. These areas also usually become support Levels, where price action tends to retrace to during **Pullbacks** for **2nd Chance Entry's** to join the rally. **Notice the "2nd Chance Entry"*** A trader could have seen that market was in a bull trend and creating higher highs and lower highs, seen the strong Reversal bar at **"Current Swing Low"** and

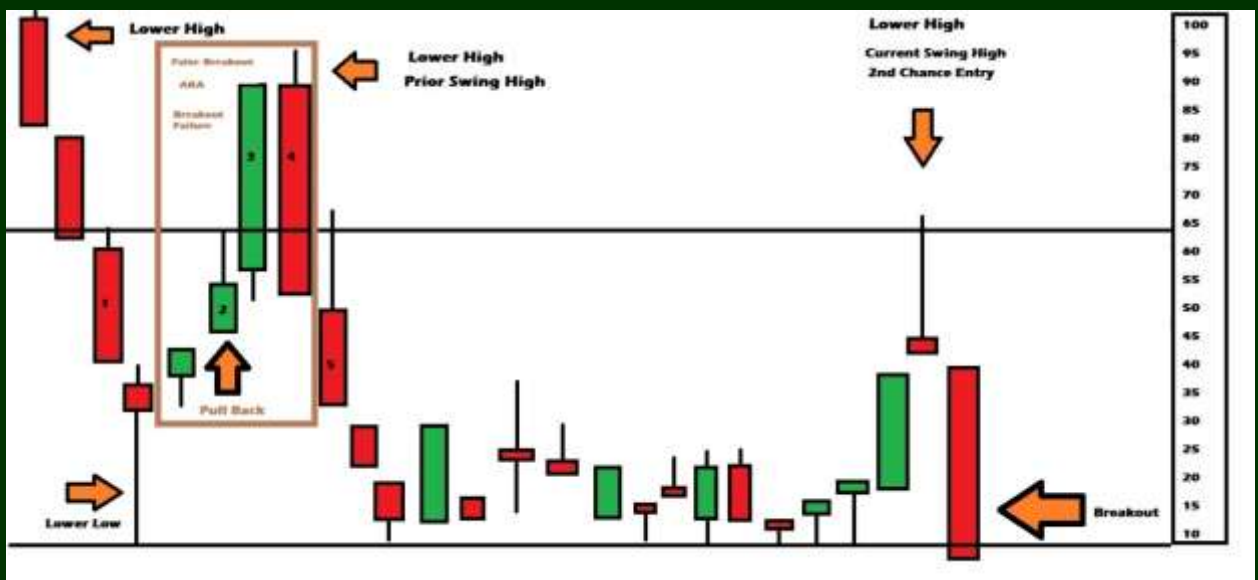


enter the trade during any of the bars forming during the pullback. Although the **"Higher Low/Current Swing low"** reversal bar is a bear bar, Its Wick was Significantly Larger than the body, showing a STRONG bullish pressure in a BULL TREND, (which makes good context), and very little selling pressure leading up to the current Swing low. Meaning, there are no big bearish bars (Red) which is also good context. A more conservative/safer trader also could have set a Buy-Stop/Limit Order at the \$50 swing low, hoping/expecting price to retrace at this level, because he *KNOWS* markets tend to test Support levels, to enter at a lower price in case he

looked at his chart after the Current swing low bar formed and he missed it. *This does not always happen*, as you can see the prior pullback/prior swing low did not come back for a retest. Any traders who placed their orders at the low of that prior swing low candle, were never filled because price action never fell back down to that point because buyers kept pushing the market higher. However, with the current swing low, he would have automatically had his order filled two bars later, at the **“2nd chance entry”** bullish bar where the bears (Sellers) tried for a 2nd time to push price levels under the Current Swing low and failed. (*NOTE: **Bears (sellers) want to push the prices Lower under Swing low’s and Prior Swing Lows. Once a bear bar closes below a current swing low it is called, a “Change of character”** if they are strong enough to push it past a prior swing low, and closes the bar? It is considered a breakout and could lead to a possible Trend Reversal! The opposite is also true for Swing High’s for Bulls during bear trends.*) the 2nd entry bar also created a Bull flag, double bottom bullish pattern with the Current Swing low. (I Will Speak on The different type bullish and bearish Patterns in further articles.) Then Bulls (Buyers) stepped in and entered the market to ride the rally, not wanting the trend to take off without them.

Next is a visual of a down-trend and I’m going to show you what it looks like to identify swing highs in a bear trend.

Here we have the same concept except, the trend is creating lower lows and lower highs, and so we **SHOULD ONLY** be looking for what kind of trades...??? *Selling/*



Short position trades. Therefore, the bear **“spike”** (an **Increase /Bull spike or Decrease/ Bear spike, drastic change in price action**) created a lower low, and pulled back leading up to bar 2. Bar 2 came up tested the high of bar 1, but was rejected, as sellers pushed the price back down, which a trader then could have drawn the support line across Bar 1 and bar 2 as confirmed resistance. However bar 3 was a breakout bar, bulls successfully broke through the resistance level of bar 1 and bar 2, but failed to breach the 1st Lower high, which at the point was still the prior swing high. Bears quickly stepped in and drove the price back down through the Support, which was a Resistance line Until Bar 3, where it turned into support line, creating a lower high *False Breakout/Breakout Failure pattern*, which became resistance again at Bar 5. Traders, who did not enter a short position **after the false breakout, could've again set Sell-Stop/Sell-Limit orders, at the resistance level, waiting/expecting a “2nd chance entry”** cause they *KNOW* markets tend to retest support levels, and would have had their orders filled many bars later and joined the bear rally down, and made Profits as the market fell. Another quick tip on swing lows and swing highs are *they do not always come back to the support line/resistance line EXACTLY*. Sometimes they may be short by 1-2 ticks, for Example, if Resistance is \$65, Price may come back to \$64.98 cent, or \$64.35 However the market regularly bounces from swing highs and lows to the exact tick, or 1-2 cents less. If this happens? It is a sign of strength in the ongoing trend whether it is in a Bull or bear trend. For Example if a Bull Trend Swing Low/Support is \$65.00 and Bears can only push the price to \$65.01 Bulls have successfully kept bears at bay, and from running Stop Losses, (I will explain more on Stop Losses when I speak on Risk Management.)

Alright ya'll Its time for the Closing Bell, I Hope I've provided some Useful information, this time. There is much to go over and so much to cover but for those who are truly willing and

wanting to learn without waiting on each article? I also wanted to put a few more GREAT books on notice. Read these, dive into it. The best investment you could ever make is in yourself. AL Brooks has a 3 Book Trilogy, *“Trading Price Action Trends (Bar by bar for the serious Trader)”* *Trading Price action Trading Ranges (Bar by bar for the serious Trader)* and *Trading Price Action Reversals (Bar by bar for the serious trader)* these are definitely more advanced books, in depth chart analysis of strictly technical trading. For me, learning this, and taking **it seriously, I’ve gotten A LOT better. It has made me a profitable trader DAILY**, and yes, I still make this happen by using my tablet and 20 min phone calls just like you. So if I can do it? YOU CAN DO IT. *The only limits we have are those we place on ourselves.* I am here to help and encourage each one of Horizons readers. So again? QUESTIONS?? Anything Market Related. Hit us up here at Kewanee send a letter and we look forward to hearing from YOU.

Beaus Playbook – Bitcoin Rallied and Broke over its Support of \$93,000 and topped out at \$98,000 afterwards trump threatens green to take Greenland, shocked markets “Risk On” trade and it fell back to \$84,000, Even after he stated he recently made a deal for Greenland the market rallied however, Bitcoin did not recover with the rest of the market. Me personally I like Bitcoin, I’ve had some success with it in the past, I Own Shares, of an ETF Ticker Symbol, MSTX (2x Leverage of MSTR) its currently \$3.08 per share. “Strategy” is the name of the company it is actually leveraged from. Strategy owns approximately around 720,000 BIT COINS, It is a Bitcoin Holding/Treasury company, and it is how I manage my exposure to Bitcoin, without actually paying \$84,000 for a Bitcoin. IM NOT telling you what to do by any means, just speaking a piece of my mind, and my personal beliefs, that Bitcoin is heading for All-time highs this year, and if not? Ill cut my losses, and then continue on to my next trade. #HappyTrading

Eight-Spoke Wheel Yoga: I am grateful for...

Chaos and Conflict

(BY ANTONIO "JEDI" ESPINO)

Allow me to reflect. As we are all well aware, there are a multitude of necessary paradoxes in life. I believe that for my eternal fight against the darkness, in life/death, one must do their best to understand both ends of the spectrum. The opposing forces/ends to chaos and conflict are harmony and peace. My belief and practice is that one cannot truly experience peace or harmony, without understanding their other counterparts, and then embracing them as eternal as the universe, as well as the creating life force that moves them.

When I find that I am grateful for chaos and conflict, it is because they both show me who others, as well as myself, who we really are. I in no way mean that I court them and bring them into my life and the lives of others. I am also not saying that in showing my true colors, as well as the colors of others, that those exposed forms of light are dark or malevolent in any way.


The average being seeks pleasure over pain, or rather liberation from suffering. In this constant pursuit of pleasure, we inevitably bring pain and suffering upon ourselves. This-a paradox- when analyzed, can seem crazy. But when we achieve what we seek out, we tend to seek more; to satiate a ravenous hunger.

A majority of the time we state we are grateful for what is good in life. Lao-Tzu asked, "What is a good man, but a bad man's teacher?", "What is a bad man but a good man's job?"

I am grateful for the bad things and times in my life as much as the good things and times as well. Sometimes, I find myself more grateful for the bad, because the bad provides me a deeper appreciation the good, and then I understand why I am grateful for them in the first place.



The question arises, "What events in my life did I find to be chaotic or conflicting with what I wanted, yet as I look back at them, do I find myself grateful for what I have learned from them?"



I am grateful for chaos because it allows me to test myself, my discipline, as well as what I teach to others, and put it into practice. I enjoy being tested in this life because it affirms what I believe about myself. It also puts a spotlight on parts of me I need to continue to work on developing. I see myself as a strong-willed being that is great, as well as is absolutely nothing at the same time. I am as a tree that is rooted in light and continues to grow strong, yet pliant, and resilient. While some of my branches are waving in shadows of darkness, my roots are where I receive my sustenance. I do not fret the shadows though, because I understand an even greater light is what casts them, and has the ability to expel them.

Then another question follows, “As I am going through something right now, what tension can I release from my perception of it, allowing me to fully embrace the moment, lesson, experience, and cultivate gratitude?”

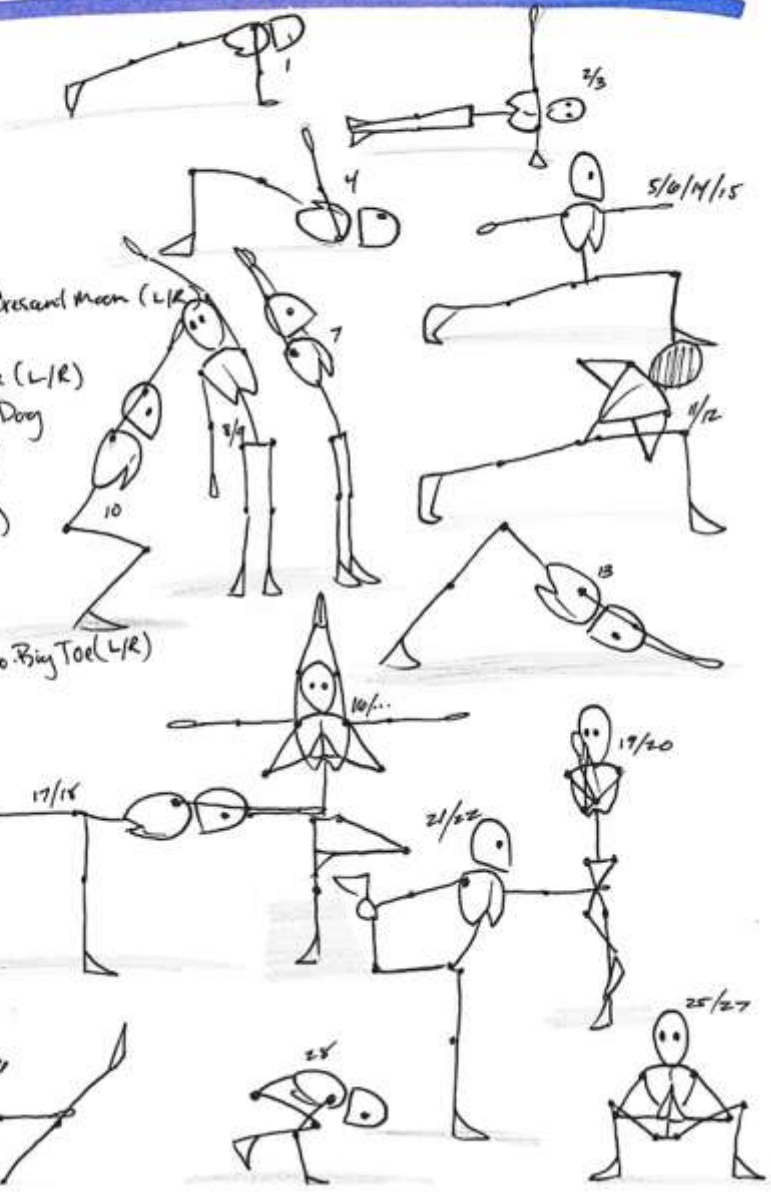
May the light of our Creating Life Force shine on your day path & spirit. Namaste.



BEGINNING Balance



- 1. Sun Salutation A
- 2. Sun Salutation B
- 3. Plank
- 4. Side Plank (L/R)
- 5. Bridge
- 6. High Lunge (L/R)
- 7. Standing Back bend
- 8. Standing Half-Side Crescent Moon (L/R)
- 9. Chair
- 10. Revolved High Lunge (L/R)
- 11. Downward-Facing Dog
- 12. High Lunge (L/R)
- 13. Tree
- 14. Warrior III (L/R)
- 15. Eagle (L/R)
- 16. Nataraja (L/R)
- 17. Standing Hand-to-Big Toe (L/R)
- 18. Garland
- 19. Boat
- 20. Garland
- 21. Crow
- 22. Corpse



My Yoga Benefits

By: Nick Barfield @ K.L.S.R.C.

I have already written about yoga once, people who read my first article are probably wondering why I am revisiting it. It is because there is this misconception that yoga is nothing more than a Jane Fonda workout. When I started class I thought it was just a way that would help me stretch. I honestly could not tie my shoes without running out of breath because my body was so constricted. Did yoga help? Absolutely, but that is not what yoga really is. Do you workout? Do you want to be better at whatever routine you are doing? Yoga can help.



the last week of 2025 I did my one rep maxes for deadlift, flat bench, and squats. at 46 years old, I am in the thousand pound club (1,000 lb.) with a deadlift of 430lb, all grip and no wrist straps, with a flat bench of 290lbs, and a real in the pocket squat of 300 lbs. some of this is because I listen to people like Malcolm and Mack who take the time to give me advice

that will help me get farther than I ever have. they pointed me on the path to take, but also having a workout partner like Apollo keeps me going on a path they had pointed out, always pushing me to keep going. Honestly though that is not enough for me to do it.

I am actually shredding fat, I have a four pack without flexing. again I am 46 yrs. old and this is no easy feat! a little perspective here, I had just came back from lunch where I had eaten three (3) pieces of delicious cake our awesome baker Scott threw down! and I still have that four pack.

So, I obviously have extremely bad eating habits, but I am still shredding fat, getting a more solid build, and getting stronger. My secret of success is Yoga.

When I hit 430 on the deadlifts, my friend mac said to start doing 3-4 sets of 6-8 reps with 365 lbs. I worked on that Thursday, because I want a 500 lbs. deadlift this year. today is Saturday, my big run day. I recently started doing twelve (12) laps, on Saturdays. So my lower back is super tight, I can feel it with every step I take. it is also extremely cold out, so, right from the get go I am already short of breath. This is the second time I have pushed myself for twelve (12) laps and I was worried that i wouldn't pull it off today. I did it, even though it took me 47 minutes, I did it. I am a slow runner but my pace is improving. I ran at a summer pace for me today even short on breath. I did it by practicing Yoga. I worked extremely hard at paying attention to how I was breathing, almost like setting a pace for breaths. then I checked in with my body and today was the first day I ever really attempted this. it really did help because I realized I wasn't in pain, I was just uncomfortable. since I was actually hurt I didn't have to stop. the last part of my practice was "staying on my mat"

because one of my buddies flew by me. I started to automatically speed up, and then I stopped myself. I focused on my run, my speed, and my goal. If I would have tried to keep up with him just one lap I wouldn't have finished what I went out to accomplish. That is just how I used Yoga for running. Now at the gym it is a whole other world. Squats are a whole new ball game for me. I probably had a 450 "Prison Squat" for years. Look around the gym or yard and you will see exactly what I am talking about. I put the weight on my back, barely bend my knees, doing this little half-jab, and then wrack it. Did it go in the pocket? Ha! Yeah right! Like so many others, I did not even come close to being parallel. Who does a parallel squat in prison? Today I do, and Yoga got me comfortable enough I can maintain my balance and do a deep squat. Poses like Garland, and Chair, got me mentally seeing where I could majorly improve my squat, and that is what I had done.

On the flat bench, I have been stagnant for years, not getting anywhere. I can go heavy, for my size, but I haven't been improving. Because I need to lift heavier weights for more repetitions and that has been impossible for me. That is because I have lost track of how many times my spot told me through my set to, "breathe". I really thought I was because I just didn't know. I am actually doing a couple pf sets of good reps right now of heavy weights on the bench because of my using mindful awareness with conscious breathing (*pranayama*) through my sets. Once I lose control of my breathing I haven't been able to bring it back, yet. It is okay because this is an *imperfect practice*. when it comes to deadlifts I am pretty sure, unconsciously, I am using Yoga. But mostly right now most of it is trying to follow Mack's advice.

My four-pack (yes that is a real thing! Stop judging LOL!) Though it has a lot to do with only Yoga. I can do a full headstand without a wall for backup, and without kicking my feet up. it is all core\, because every time we practice Yoga, we do core exercises. There is the most cruelest *asana* known to mankind called, “*Chaturanga Dandasana*” for one thing. Plus not only every kind of plank you could imagine, but Asanas like Cobra, Handstand, Powerful Squat (aka Chair/Utkatasana), or Locust pose, just to name a few from the top of my head.

Even if this article does not break through all the misconceptions, I hope it might make someone look at it just a little bit harder. Hopefully soon I finish writing my article on TREO to share with all of you next. I have actually written 6 different versions for TREO. But none of them really do Odie and Shorty any Justice on what they are accomplishing. **Their class can transform men’s future** when they get home. As soon as I can out it all into words, I will share it with all of you.

Santosha: A principle of *Niyama* (Self Discipline), means contentment, or more importantly to accept what happens.

Nick Barfield



YOGA OF THE JEDI

JEDI SAYS: "LET'S BE PIONEERS & START A KEWANEE-PEACOCK YOGA!"

OH! NOW I SEE WHY NARDO IS SCARED TO COME TO YOGA...

SANTOS

IT'S GOOD TO BE BACK, BUT I'M SURE SOMEONE JUST FARTED...

FATZLER "TONE"

QUANU

WHY ISN'T JESSE LOOKING AT ME?!

ZZZZZZ

STRONG "TNT"

WHERE'S NARDO??

WATURANGA!

WHEEEEEW!! MY MAN

ONE DAY I WILL KICK JEDI!!! BAAAAA-TIH!!!

ICEAH "MACK-TRUCK"

I BOUGHT THIS EXTRA-WIDE MAT; I WONDER IF WE COULD START A COUPLES' YOGA ...

MONTAGUE

NICK

COLE "FROG"

VIRGO "THE COAT"

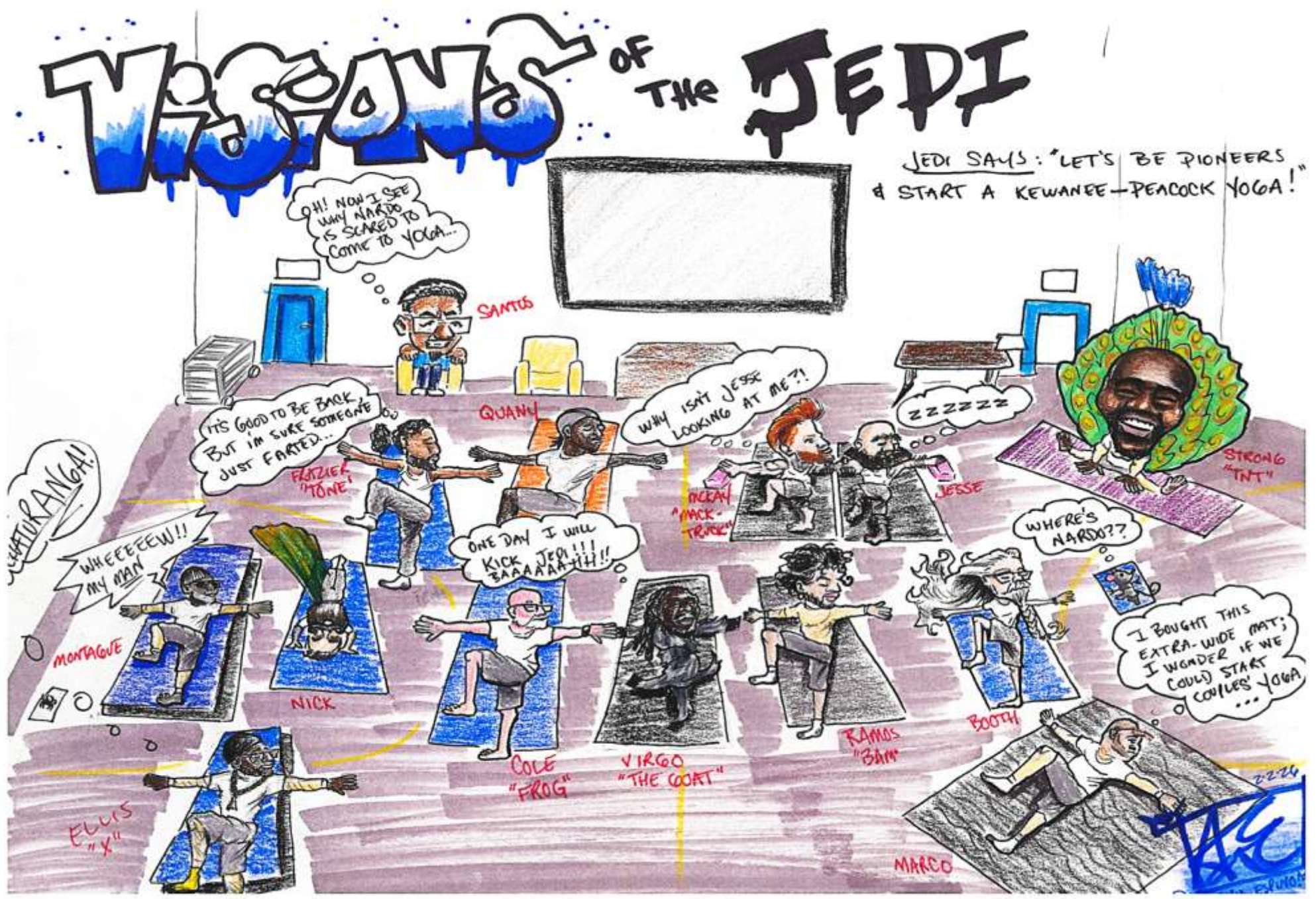
RAMOS "BAM"

BOOTH

ELLIS "X"

MARCO

AC



What does the body do when responding to...

THROW BACK
BRAIN FACTS



- SALIVA PRODUCTION REDUCES - Saliva secretion slows down when we are afraid. This causes a dry mouth.
- PUPILS DILATE - Our pupils enlarge, letting in more light so we can see the threat more clearly.
- MUSCLES TENSE - The muscles in our arms, legs, and shoulders prepare themselves for action. We may feel tense or “wound up”.
- DIGESTION SLOWS DOWN - To avoid wasting energy, digestive activity falls. In extreme cases, we may vomit to eject undigested food.
- BREATHING RATE RISES - This oxygenates our muscles, preparing them for action. But it can also cause symptoms of hyperventilation.

- HEART RATE INCREASES - Our heart beats faster to pump oxygen-and-nutrient-rich blood to where it is needed in the body.
- SWEATING INCREASES - Our sweat glands are triggered, and we begin to sweat, ensuring we remain cool if physical exertion is needed.
- BLOOD VESSELS CONSTRICT - Blood flow is directed away from the surface of the skin, so we may appear pale.
- IMMUNE SYSTEM ACTIVITY REDUCED - In the moment, dealing with infections is not crucial, so the immune system shuts down to save energy.
- BLOOD SUGAR SPIKES - Sugar stores are released from the liver to provide the muscles with the energy they need to work. Fat stores are also mobilized.
- BLOOD FLOWS TO MUSCLES - Blood carries nutrients and oxygen to the muscles, readying them to fight or flee from danger.
- BLADDER MUSCLES RELAX - This causes us to need to urinate, which rids the body of excess weight and makes us faster and lighter.

"We are not our best intentions. We are what we do."

— *Amy Dickinson*

HOBOSCOPES



Aries: It seems like someone is having a hard time letting you go and live your own life, Aries, and this annoys you to no end—no need to listen.

Translation: You define your own life. Don't let other people write your script.



Taurus: Finding a reason for your nagging little health problems seems to elude you, Taurus. The more you focus on them, the more annoyed you feel.

Translation: We all have problems. But it's not what happens to us, it's the choices we make after.



Gemini: **Maybe you're not into your current workload or physical location.** Find a way to regularly shake up your life, Gemini, to generate excitement.

Translation: Not having the best situation, but seeing the best in your situation is the key to happiness.



Cancer: **You'll need to formulate a whole new routine now, Cancer.** Although you feel the pressure, you look forward to this new chapter in your life.

Translation: What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.



Leo: You're sensing the end of some things in your life, Leo. While it may not be upon you yet, be grateful for what was and what will come!

Translation: **Dreams don't have to just be dreams. You can make it a reality;** if you just keep pushing and keep trying, then eventually you'll reach your goal. And if that takes a few years, then that's great, but if it takes 10 or 20, then that's part of the process.



Virgo: Earning increasing wealth appeals to you now, Virgo. Perhaps you have an opportunity that will require you to stretch your skills a bit.

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



Libra: You've got all sorts of enthusiasm, Libra, so put it to good use. Giving back to others now is the way to spend your excess energy.

Translation: "In a gentle way, you can shake the world." — **Mahatma Gandhi**



Scorpio: You're not quite ready to go yet, Scorpio. You've been in a lull for the last few weeks and you've just started enjoying it-do so while you can!

Translation: Believe you can and you're halfway there.



Sagittarius: No one is buying what you are selling, Sagittarius. Authenticity will get you much further along in this situation than trying to charm others.

Translation: If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.



Capricorn: Others are intimidated a little bit by your expectations of them. Ask yourself if even you can live up to them, Capricorn. Be forgiving.

Translation: Weaknesses are just strengths in the wrong environment.



Aquarius: Where would you like to be in a few years, Aquarius? Are you satisfied with where you are at now? If the answer is no, you know what to do.

Translation: Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong.



Pisces: **You're wanting to make things official, Pisces, but others may not be onboard with your plans.** You could try to convince them you are right, or you could just give them space and let them figure it out on their own.

Either way, you'll win this one!

Translation: I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear.

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!

