

# KEWANEE HORIZONS VOL. 90



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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.

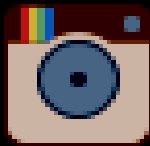
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KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

[kewaneehorizons@illinois.gov](mailto:kewaneehorizons@illinois.gov)

TELL YOUR FAMILY AND FRIENDS TO SCREENSHOT THIS PAGE  
AND SHARE IT TO THEIR SOCIAL MEDIA WITH THE HASHTAG:

# #KEWANEEHORIZONS



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

IDOC HOME PAGE

CLICK "ABOUT"

CLICK "NEWS"

THEN SELECT "KEWANEE HORIZONS NEWSLETTER"

# Cherish

By: Jon W. Mettles @ Sheridan C.C.

Cherish each and every moment of life

every sunrise, sunset, every smile

Memories of loved ones who have come and gone

but they are never forgotten,

Even the everyday strangers who pass by

casual glances and unspoken words

how just a smile of the eyes

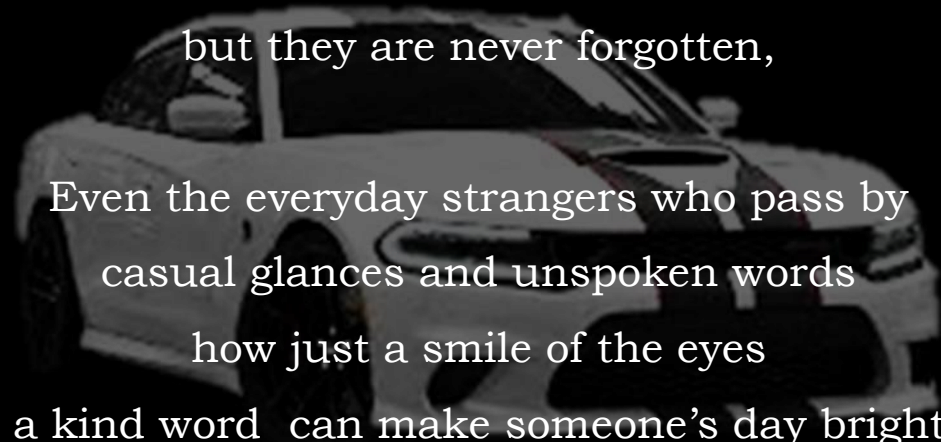
or a kind word can make someone's day brighter,

Nice words can touch a sad heart

to lift someone up that has fallen

thoughtfulness and giving all that one can give

to everyone who is truly in need,



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Cherish each and every moment

Noticing the palette of color of a sunset  
the dew glistening off the grass on a summer morning  
a shimmer of steam rising off a lake as the sun rises.

Remembering the ones who have made lasting impressions in our lives  
and in our hearts

always giving it your best and not taking a thing  
is what I believe the true spirit and meaning of life is what forgiveness brings.



## "NOT WHAT IT SEEMS"

By: Toria Emerson @ Decatur C.C.

- She sits in her cell with guilty conscience stricken tears,
- Pondering all she's done wrong in her 28 years.
- She used to think it was palatable to be the rebel.
- When in all reality she was the female version of the devil.
- She found it euphoric to be the cause of someone's fear,
- equivalent to your worst imagined nightmare whispering in your ear.
- She wonders if the surrounding smiling faces know what it feels like to take a life.
- To murder in cold blood, with your hands, no weapon, not even a knife.
- She can tell you in the moment her mind was consumed with rage.
- But sadly she didn't consider the consequence of being tucked in a cage.
- She also didn't think that most nights her sleep would be filled with frightening dreams.
- And that during the day while she laughed and smiled, at night she still heard his screams.
- You could say this is a sad, but true, example of "everything is not what it seems"...



## "Break the Color Code"

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

You are white and I am black,  
But that shouldn't be just that.

We have so much to offer,  
And share with one another  
Like two brothers.

Willing to make a sacred bond,  
Willing to keep a sacred pact.

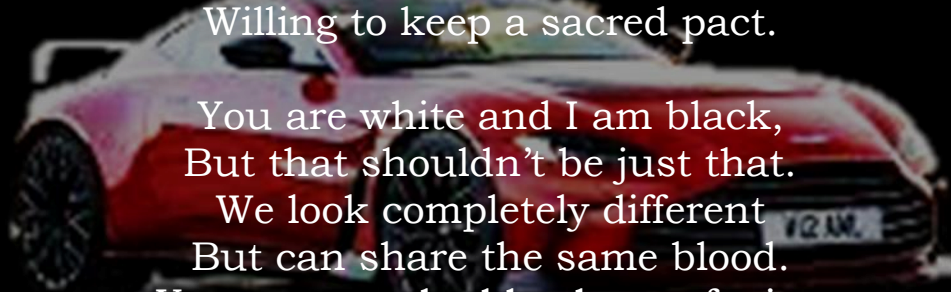
You are white and I am black,  
But that shouldn't be just that.

We look completely different  
But can share the same blood.

You may need a blood transfusion  
While I may need a kidney transplant  
To fix the ache and the pain  
Throbbing in my lower back.

And in a world full of differences  
We seem to be the perfect match.

You are white and I am black,  
But that shouldn't be just that.



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We have children to raise  
And surely, they have dreams,  
Yet division is a fiendish monster  
Who can kill everything.  
For it rains such destruction,  
Not leaving a seam nor a crack  
In the wake of its brutal attack,  
Except in pushing humanity  
Further and further back.

But why should we let this legendary  
American nightmares have any of that?  
Surely, we have the power to upstage him,  
And snuff out his final act  
By simply teaching our children  
How to grow together as a team.  
We could combine such a natural force  
Capable to take on anything  
Like two brothers  
Willing to make a sacred bond,  
Willing to keep sacred pact,  
All because you are white  
And I am black,  
Now that could be just that!

\*\*\*\*

Excerpt from My Poetry: Under the Spotlight

## CANT MAKE THIS UP

By: Jesse B. Martinez @ Dixon C.C.

It was a day unlike any other at Dixon Correctional Center. Seeing Toussaint Daniels and Brian Beals, walk into building one– eighteen was surreal. As they entered with smiles they were greeted like celebrities. Each with their own sense of style, but shared the same aura of freedom. They were here for a viewing session of Toussaint Daniels' play "THE STORY OF VIOLENCE" an award winning script that was written and performed at Dixon Correctional Center, in 2023. Since Toussaint and Brian's ...release from prison. The Story Of Violence has gained a lot of momentum and traction that WBEZ, Alex Keefe and Lauren Frost, a dynamic duo, in journalism wanted to capture some of the original cast members on the original stage where THE STORY OF VIOLENCE was performed on. In collaboration of recorded readers on the (outside and inside) this production was produced and is now available on the Edovo APP (by typing in: WBEZ PRISONCAST and CHICAGO'S MUD THEATRE PROJECT.)

Toussaint and Brian were just with us creating and performing events on this very stage we are photographed on. They founded "DIXON THEAT\$E WORKSHOP" in 2018, that also adopted the name... "DIXON PERFORMING ARTS" and now... as free men founded MUD THEATRE PROJECT a non- for-profit, that uses story-telling for healing, and change. It has expanded to stages and all around the city of Chicago, including WBEZ STUDIOS, STEPPENWOLF ENSEMBLE THEATRE, STILL POINTE COLLECTIVE THEATRE, and many, many more....

MUD THEATRE PROJECT, members have performed in front of LEGISLATORS, UNIVERSITIES, THE CHICAGO LAWYERS COMMITTEE, etc, But, their latest major production was a "Four day event at the



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“RESILIENCE ARTS FESTIVAL” in Bronzeville community at the DEFINITION THEATRE.” Highlighting the human experience from the perspective of people impacted by the criminal legal system. Bringing awareness to the systemic injustices through storytelling and performances featured at Resilience Arts Festival, among 19 other artists and more than 50 incarcerated participants, 38 of whom were given stipends including \$200 for the Top-Three Writers who submitted for the TOUSSAINT DANIELS’ AWARD FOR EMERGING WRITERS.

Brian Beals was released after being exonerated from prison having served more than 34 years for a crime he did not commit. Toussaint Daniels was released from prison in 2024, after serving 25 years. Both have won awards for their own plays that were created during their time in Dixon, in the DIXON PERFORMING ARTS PROGRAM. We all were blessed with the opportunity to view this screening with prior participants. As we sat there in the theatre/auditorium that actually resembles a theatre with a stage, curtains, lights, and incline plastic seats with its giant-pull-down movie screen.

Before the screening started, Brian and Toussaint shared with us, all of the incredible work they’ve been involved in, since they’ve been out, which is very impressive. A lot of things we would discuss while they were here (in prison) they actually are doing beyond the wall. Men dedicated to their craft and making a positive change, working with Restore Justice, Chicago Votes, Chicago Torture Justice Center, Still Pointe Collective Theatre, Illinois Alliance for Reentry & Justice, and among the countless other organizations whose focus are on Those

In Custody Today (on us in here!)

One of the takeaways was when Toussaint went on to say “we stand before you not as an anomaly, but as people who sat in these same seats with you all- - we came back because we miss you...but also we want you to know what’s awaiting you”. “The possibilities and opportunities are there but you must invest now, so you are prepared for what’s out there.”

Brian is asked a few questions and as he’s answering, he captures every ones attention, Brian is considered among



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the group as a mentor. He exclaims..." We need you out there, everything that we do we do it for you, each and everyone of you. When I speak to legislators and policy makers, I make it a point to say... 'We need this Bill to be passed, or explain how interrelated the progress would be of beneficial to all of us. They try to politely remind me that I am no longer inside the prison walls. I respectfully respond by saying, as someone who has spent the vast majority of my life incarcerated, I feel I will always be connected to that community.

...The auditorium echoes in cheers. That's who Brian is. He's one of the most selfless people I ever met in my entire life. When it was time to gather for a group photo, I couldn't... resist the feeling that came over me.

Wanting freedom so badly! Without a second thought, I pulled the Blue prison uniform shirt off of me. I wanted and needed to feel-free. Look free, just like my brother's before me. freedom is on the way. As Mud Theatre Project, incarcerated member, I encourage everyone who enjoys creative writing to reach-out to MUD THEATRE PROJECT... SISTA'S holding it down in Logan! I see ya! Continue to create and stay creating my sistas'. We'll be working together real soon. Keep ya head up!!

Mud Theatre Project  
6337 S. Woodlawn Ave.  
Chicago, IL 60637



## LETTER TO MYSELF PT. 2

By: Timothy Petermon @ Galesburg C.C.

What's going on Timothy?

Damn that's crazy I haven't heard from you in a minute, its been so much going on I don't even know where to start. Well, first off I appreciate you checking in on me, I've been going through it but as you said because you know me better than anyone so yeah I'm built ford tough and I'm stronger than ever right now so I know you'll love to hear that. And they don't call me Timothy anymore, its Timo! LOL But truthfully I've been tapping back into Timothy because the life of Timo has been hard. So currently I'm serving a 31 year sentence for an alleged attempt murder I was found guilty for, 17 years in but I'm alright to be honest. I'm still healthy and grateful for that support I so have on the outside with family and friends because I truly don't want for anything but freedom. It hasn't always been that easy though because Lord knows its had its ups and down, its challenges getting into the head space I'm in now and the mindset and its been more challenges and downs than ups. But I can say its molded me and has allowed me to learn from my failures to grow as I've done and I can appreciate now lessons I've learned along the way. I'm continuing to grow though, since I've been gone I have received my Associates Degree in Liberal Studies, my paralegals license, certification in Culinary Arts also, we'll never go hungry again because you know we had some hard times and long nights.

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Just been doing a lot of reading to strengthen my mind for when I'm released. Just trying to be better today than I was yesterday and so forth. Its all about positive progress with me these days. The family is good, you know we lost grandma, uncle Frank, uncle Ralph, aunt Sandra, Deon and a few good brothers I met along the way you would've rocked with the bro's. I'm finding my purpose though. Tapping more and more into the man I am meant to be.

Staying focused and doing a lot of mentoring to younger guys coming through these jails. Other than that its all about health, working out daily, I'm on my way though and appreciate you checking in on me, the motivation and I loved that quote about success not coming before struggle or sacrifice in life or the dictionary that's facts. How are you so young and wise. Cant wait to hear back from you sooner than later, in a minute though, I'm about to go get this stomach workout in. Love my better half.



# 'VIRTUES OF RAMADHAN AL MUBAARAK'

By: Jamal Sharif @ Hill C.C.

O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may learn self-restraint, (fasting is) for a fixed number of days but if any of you are ill or on a journey, the prescribed number should be made up from days later. For those who can do it with hardship, is a ransom, the feeding of one that is indigent. But he that will give more of his own free will, it is better for him. It is better for you that you that you fast if you only knew. Ramadhan is the month in which was sent down the Qur'an as a guide to mankind, also clear signs for guidance and judgement between right and wrong. So everyone of you who is present at his home during that month should spend it in fasting, but if anyone is ill, or on a journey the prescribed period should be made up by days later. Allah intends every facility for you; He does not want to put you to difficulties. He wants you to complete the prescribed period and to glorify Him in that He has guided you and perchance you shall be grateful. Al Baqarah (2:183-185)

My beloved Muslim Brothers & Sisters,

As Sal'aamu Alaikum Wa rahmatullahi Wa barakatuhu,

All praise is due to Allah (swt) and may salutations be upon you Rasulullah (S.A.W.). The blessed month of Ramadhan is a great favor of Allah (swt) for the Muslim, but only if this favor is appreciated. Fasting of the month of Ramadhan is the third important pillar of Islam. Fasting of Ramadhan had been made imperative for the Muslims. The one who does not observe it without a genuine reason, became a grave sinner.

It is necessary to have the Niyah (intention) of observing each Ramadhan fast separately. Ex-

pression of the intention only once in the beginning of the month is not enough. We start each day with “Suhur” at predawn, until “Iftar” around sunset breaking our fast. Remember, our intentions are very important and Allah Almighty will question us about them on Judgment day.

Our beloved Prophet Muhammad (S.A.W.) has said: “begin to fast after sighting the moon, if the moon is not sighted on the 29th of Sha’ban, then complete 30 days of Sha’ban.”

-(Bukhari, Muslim)

This year we should search for the sighting of the moon around February 17th based on locality.

Also, The Messenger of Allah (S.A.W.) said: “ when Ramadhan comes, the gates of Paradise are open, the gates of Hell are closed and Satan’s are chained up.” (Bukhari, Muslim)

The first part of the month of Ramadhan is “Mercy”, the middle part is “Forgiveness” and the last part is “Freedom from the fire.”

It is the Sunnah of Prophet Muhammad (S.A.W.) to complete recital of the “Qur’an” from the beginning to end. The Arch Angel Jibril used to meet him every night in Ramadhan until it was over and the prophet (S.A.W.) would go through the Holy Qur’an with him.

Another important good deed full of blessings is performing the “Taraweeh” prayer throughout Ramadhan. The time for it starts after the Isha prayer and lasts till the break of dawn. According to the consensus of the companions the Taraweeh prayer consists of 20 Vak’ahs which are to be offered two at a time with one Salutation, and after every four Rak’ahs a short pause of rest has to be observed.

This is a month of patience and the reward of patience is Jannat-Paradise. The sustenance of a believer is increased in this month. This is a month of sympathizing with people. He who feeds a fasting person ( at the time of Iftaar) it becomes a means of forgiveness and freedom from the fire (hell) for him. He will also receive without the reward of the fasting person de-

creasing.

Abu Hurayra (A.S.) reported that the messenger of Allah (S.A.W.) said, “Allah the mighty and Exalted said, every action of the son of Adam is for himself except for fasting. It is MINE and I repay it, fasting is a shield. When someone is fasting, he should not have sexual relations nor quarrel. If someone fights him or insults him, he should say (I am fasting). By the one in whose hand the self of Muhammad is the changed breath in the mouth of a person who is fasting who is more fragrant to Allah than the scent of musk. The one who fasts experiences two joys: when he breaks his fast he rejoices and when he meets his Lord he rejoices in his fasting. (Bukhari, Muslim)

The last ten days of Ramadhan, there occurs a night which the Qur’an has described as “Lailat-ul-Qadr and has declared it to be greater in merit than a thousand month. The Holy Qur’an says: “surely we have sent it (The Qur’an) down in Lailat-ul-Qadr (the night of Glory). And do you know what the night of Glory is? It is a night which is better than a thousand months”. Al-Qadr (97:1-3)

On the authority of Aisha (R.H.) the wife of Prophet Muhammad (S.A.W.) he said: seek Lailat-ul-Qadr among the nights of odd number during the last ten nights of Ramadhan.” (Bukhari) (that is, 21st, 23rd, 25th, 27th, or 29th of Ramadhan). O Allah Almighty bless the Ummah of Muhammad (S.A.W.) with rahmat this Ramadhan, and six days fast of Shawuual that follows.” (Amin)



## PEER LED SHOWCASE

The Gentlemen that you see pictured above are the very people that help make our vision come to life. These individuals dedicate their time and effort to help teach our fellow peers things that are much needed in their personal development in life, which we anticipate will inspire us all to step up and do the same. We are beyond appreciative for the submissions we've received from other facilities, and other peer educators, and it's truly a wonderful thing to see. We all lead by example, and the example that we've set with these peer-led classes show that we are more than determined to prove our worth. We are all leaving behind a roadmap to success, and for all of those that are involved, to everyone that makes this possible, our gratitude cannot be expressed in simple words. However, thank you to **Everyone**, and please, keep up the good work!

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

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## A MOMENT OF GRATITUDE

By: Eric Robles @ K.L.S.R.C.

There is a group of guys that would like to acknowledge some extraordinary staff at the Graham C.C. who had an impact on us during our time there.

Mr. George Bowen (industrial superintendent), Mr. Steve Bell (industries supervisor). We thank you all for all the opportunities you gave us for the space to learn, work, and grow as men.

Mrs. Erin Furson (volunteer services coordinator), first for being the awesome person that you are, for caring, for believing in us. For going above and beyond in getting programs up and running, for listening, and always treating us like people, for recognizing those who are truly putting in the work to grow and be better versions of self.

We are grateful for what you have done and allowed us to do, for the impact you have had on us. As we take these next steps at Kewanee and ultimately our release the impact you have had on our lives will carry on. Today we are grateful for everything and are better for having had the chance to know and work with all of you. From us to you, THANK YOU!

Jeremy Yates, Eric Robles, Anthony Fraizer, Zak Simmers,  
Mathew Doolan



## Serving from the Inside

By: Jesse J. Myers @ K.L.S.R.C.

My experience with the United States Military did not start so well. In 2005, I began meeting with a recruiter from the National Guard out of Bloomington Illinois, I was eager to start a new life. Finally, I was going to do something worthwhile with my life. I felt that maybe, I would become a man that my daughter and her mother might respect, a man worthy of his family. I spent hours at the base with some of my close friends studying for the asvab. I had been in trouble with the law since the age of 17. The recruiter assured me from day one that it would be no problem at all. Then on the way to the Meps he told me not to say anything about having a criminal history. He said, “you will get an FBI hit later it’s no big deal, once you are in you are in we can address it when it comes up.” Those words sounded intimidating to me, yet I took his word for it. What did I know? He was the professional.

I passed the test with a high score, but did not have a driver’s license and found out I was colorblind. After the initial let down that I would not be a CH-47 Helicopter Repair Man, I chose to be a Radio Operator and Maintainer. The moment I was “sworn in” was one of the proudest moments of my life. I was excited to start my new life, proud that I was going to do something good for a change. I had a court date scheduled to pay fines approximately one month after been sworn in. The recruiter assured me many times that he went to school with the States Attorney and he would be at court to back me up. I showed up to court prepared to face the judge, but found out I was alone, the recruiter had never spoken with the States Attorney.

I explained to the judge that I was on a new journey trying to straighten out my life, when I returned from Basic Training I would take care of the fines. The judges exact words: “Mr. Myers I do not care what you are trying to do with your life, you owe



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this court money in the amount of \$2,500 and until you pay that money you will set in the county jail.” The Judge sentenced me to indefinite incarceration better known as “pay or stay.” I was angry with the judge and the recruiter. On top of it all, the recruiter would not answer my calls. He left a post-it-note at the jail that read, “Jesse call me when you get out you are AWOL. Talk about FEAR!!! When released, I went on the run. I spent two years in constant fear. My mother finally convinced me to turn myself in after an FBI Agent showed up at her doorstep. When I contacted him, he told me I just needed to sign some papers. I was off the hook because the recruiter was under investigation.

Fast forward, September 11, 2022. My first veteran’s event inside K.L.S.R.C. Big Joe, Jay Miller, Shorty, and me put together a last minute team for the Patriots Day Commando Course and I am proud to say we won. Although, there is more, I remember astonishment with the 21 Gun-Salute that took place on the West yard. I think that was the first time that I felt peace in a long while I even choked up and shed a few tears. Then to top it off, Warden Carothers, some of the Corrections Officers, Lt. DeCoster, and the Clinical Staff were highly involved in the event. That was the first time in the 10 years I spent in IDOC that I had seen the “Us vs. Them Mentality” dropped amongst the masses on both sides. This allowed me to let my guard down, set the pace, and would pave the way for the next three years here at K.L.S.R.C.

Shortly after, an individual approached me about joining the veterans group. I was reluctant; I felt I did not deserve to be a part of that community. I was still sore from my former experience and felt I had done nothing to deserve carrying the title of a veteran, this continues to be a struggle for me. These men along with Lt. DeCoster, Mr. Kuster, and Mr. Ross said, “You done your part, the rest was out of your hands, the fact that you were sworn in and fully



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willing to serve makes you one of us.” Lt. DeCoster continually approached with this reminder and an invitation until I showed up to a meeting. Like everything else at K.L.S.R.C, I jumped in headfirst and soon I took on the position of typing up proposals and coordinating our events. Without even realizing it was happening I suddenly realized that I was serving my country. I discovered that even on the inside small things matter. I was helping my fellows as they were helping me. We were coming together and bringing others together in an unprecedented way. We were raising money and putting on memorial services to honor the deceased. We watched men join in camaraderie and goodwill, pushing one another to achieve goals they may otherwise imagined unachievable.

In 2024, I met Antonio Espino, I saw in him what Mr. D.B. Anderson saw in me. I pushed him right into the position I had been holding and he stepped right up without reluctance. (To this day we joke about how I “ordered him to step up” his thoughts on that day, “who the hell does this guy think he is” he has since changed his mind just as I changed mine about certain things.) He has done a great job and showed me what it means to serve others without reserve. We have bonded as friends and brothers. We even got the chance to work on some murals together for the Veterans and K.L.S.R.C community. Through the Veterans group and other groups, I have seen the power of service. I am grateful to all those who have allowed me to fellowship with them, who have helped me grow, forgive, take responsibility, pushed me to be more giving of time, energy, and love, those who continued to push me to become more open minded. Shout out to LT. DeCoster, Mr. Ross, and Mr. Kuster who have continually listened, pushed, supported, and become like family to many of us.



## WITHIN MY WORLD

By: Esteban Miranda @ K.L.S.R.C.

My name is Esteban Miranda but most people know me as the One and Only “Alien”. I’m 34 years of age from a little Big place called Humboldt Park inside of Chicago. Although I’ve been incarcerated since the early age of 19, I would like to briefly speak on how sports, particularly Soccer helped me transform my mind and evolve into the man I am today. Entering prison with unresolved childhood traumas, a troubled past and an immature mindset I was closed off to communicating outside of my comfort zone. Having the passion and opportunity to play soccer would unconsciously knock down any barriers that I normally upheld. The little 8 year old kid inside of me that has always been a competitive and disciplined teammate would “show-up” and “show-out” on the field. I found myself communicating with people of different ethnic backgrounds, sometimes by simply asking other people to play soccer so that the team would be evenly matched. Having new associates and getting acquainted with them on and off the field, of course grooming them to be winners to keep my record above .500 involved much communication to build bonds and strategy for and against opponents. My initial interactions and communication may have revolved around soccer but it didn't stop there. I now have friends and close associates throughout I.D.O.C. whom helped me realize that we all come from different walks of life, but more often than not we all have common interest that bring us together to share humanity serving the purpose that we were all created for. My fellow Kewanee teammates would agree, just give me a soccer ball and I will build a “winning” relationship contributing to my community. By staying focused to stay in shape with



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the mind, body and soul, as well as to be accountable for each other exhibiting a greater purpose. I would love to thank any and everyone that has contributed to and or been directly responsible for my growth and creating spaces for recreational opportunities and events here at Kewanee and in other facilities in Illinois. Congrats to the first place winners of indoor Soccer, but like I mentioned already my record remains above .500. I will be back for Our Throne (lol).



# REHABILITATION IS A DECISION

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

It is proposed that rehabilitation has three fundamental phases. First is the acknowledgement of past errors. Second is the realization and acceptance of cause and effect. Finally is the decision to not reoffend. Let's get into it.

Responsibleness is defined as the trait of being answerable to someone for something or being responsible for one's own conduct. We will have an open and frank discussion about the subject of rehabilitation. Haven't we all heard the justifications for why things are the way they are? They come in many forms. Some are plain silly and others require serious consideration. Rarely is there a clear and undeniable admission of culpability though. Hence the above definition of responsibleness. It is submitted that there can be no rehabilitation without an acknowledgement that collectively the IDOC incarcerated community has completely failed. We failed ourselves as well as those we had an obligation to love, protect and provide for by coming to prison. If you are a person who has never committed error, purposely or inadvertently, then you are a rare specimen and your brain and heart should be collected, dissected and studied by the scientific community. If, like me, you are a mere, imperfect human being then this writing is addressed to you. The overwhelming majority of us have made poor choices. Acknowledge that fact and let's move on.

Let's continue on to cause and effect and it's relevance to incarcerated circumstances. Simply put, right action gener-



ally produces right results. The same applies to wrong behavior. Therefore there is a direct and incontrovertible nexus between action and result. If we take cause and effect and apply it to the area of crime and punishment the point becomes crystal clear. If you commit a crime you will be punished. Cause and effect. Now let's reverse engineer cause and effect (sort of). If the act is not committed then the result is an impossibility. Cause and effect. This brings us to our final point: choosing rehabilitation.

It is contended here that you have the ability to choose how your future turns out. The failures of the past do not have to control your future days, months and years. You are in control of what happens to you going forward. All it takes is a choice. A choice to do what is right. Don't justify or excuse bad behavior anymore. Change the way you view behavior that results in incarceration. Learn how to allow your distaste for being in prison to also apply to the actions that will land you in prison. ***After all, isn't it plain crazy to so strongly dislike being in prison but simultaneously desire to commit further crime that results in imprisonment?*** Rehabilitation does not have to be hard. In point of fact it can be easy if you would but make the decisions to think, speak and act properly and in accordance with society's laws. Vow to not commit further crimes, insist on proper speech, commit to further education, be gainfully employed and never allow yourself to backslide from your chosen path of rehabilitation. We started with a definition for responsibility and closed with what constitutes rehabilitation. The decision now rests with you. Choose rehabilitation. Your present circumstances are proof of what happens if you do not.

## BAD BOY BOOTCAMP

Nicholas Barfield @ K.L.S.R.C.

Before we dive into Bad Boy Boot Camp I'd like to explain why I keep sharing my Kewanee experience and also why I pick the ones I write about. I used to be in my cell at Shawnee or Vienna reading Horizons and praying I make it here. I have not forgotten what other correctional centers are like so I still thank God daily that I made it here. I didn't realize though, Kewanee is more than just a place, it's an idea. The great thing about ideas is they can spread!

At the very beginning of this prison bit I had unknowingly had Kewanee ideas touch my life. I had a really good friend Drew McDonald who I always hung out with. There are probably still guys at Shawnee who still remember me and him always running around together. Drew always had ideas that could help us work on being better men while we were here, which gave us a better chance of staying home when we make it there. I had known he was in one of Kewanee's first classes of inmates but I didn't realize most of the stuff he was talking about originated here at Kewanee. He had brought Kewanee ideas to Shawnee where it spread to me. Just like him I want to spread the ideas of Kewanee throughout IDOC. Instead of visiting said prisons however, I prefer using Horizons.

Now finally onto the peer lead group "Bad Boy Boot Camp" and it is appropriately named a boot camp. In 1999 I went through O.S.U.T (One Station Unit Training) at Fort Sill

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Oklahoma. It's called O.S.U.T. because it combines basic training and AIT (advanced individual training) together. At that time it was the Army's longest boot camp going for 10 weeks instead of the more traditional 8 week basic. So I can recognize a boot camp when I see one and this one has all required qualifiers. You can't have a boot camp without Drill Sergeants and we have them with Cali, Buck, and EZ who have no problem pushing you when you start to fall behind. Every platoon is broken down into squads and every squad has a Squad Leader. That man hands down is Oz. He always reminds who you are, why you're pushing yourself, and never lets you forget your status in the world. Do you know the first thing you get when you get to the basic training barracks? A battle buddy. He's the guy who trains with you when P.T. is over with. Santos is my battle buddy always meeting me on the yard directly from boot camp to run an additional two miles. There is no way to have a boot camp without a platoon which is made up of Chip, Dexter, Mad Dog, Alex, Bo, Nos, Mike & Little Nick Dre, Big Walt, Wisconsin, Face, Jose', Mike, DJ, Gotti, Zach, Chewy, and countless others who show up without fail every Sunday. I can't leave out our newest members who are already breathing in that Kewanee spirit. Marco and Koba both hopped off the bus at Kewanee just to jump right into our boot camp. I see their faces everyday so it doesn't matter how much I want to quit, I couldn't.

Now is a goodtime to explain my part in the great scheme of things. We recently completed Cali's Navy Lion Challenge and there is no question who was the weakest link in that group, because every basic also has its Private Pile. That would be me for that challenge. While everyone else was on exercise three or ten I was barely finishing the first. While everyone else was bear crawling across the gym floor I was crawling because it's all I was capable of. It did not break me, my chain link stayed solid. So our chain held and we all made it

# KEWANEE HORIZONS VOL. 90 PG. 30

through! Now we've begun Bucks "Rebirth Invasion" which started with the question, what is your purpose in life? A question that to me is difficult. It's a deep question but Buck's the kind of guy who will have you looking into your soul before having you dive into a brutal workout. Make no mistakes boot camp is brutal. You see most men tailor their clothes to fit their bodies; at boot camp we're men who tailor our bodies to fit our clothes. Every week now the intensity of the workout has gotten harder while the questions Buck asks get more difficult. If it wasn't for Oz reminding me on a daily basis why we do this or for the fact Santos is expecting me to be there to run after group. I would have tapped out a long time ago. This once again is exactly like real basic training. It's knowing you have brothers pushing through their pain that gets you through your own pain.

I do this not just for a sense of accomplishment. I do this because like AA and NA it's another tool I have for fighting my addiction. It has always been a self-worth or self-esteem problem that has lead me back to active addiction in my past. So looking better for me equals feeling better. Boot camp feeds my self-esteem not my addiction and that makes the challenge more than worth it for me. I personally challenge each and every one of you to give your self-esteem a little boost by putting aside a hour a week for eight weeks for your very own boot camp. Good luck.

Try adding one of Cali's Navy Lion Challenges.

250 burpees

5 sets of 10, = 50

5 sets of 15, = 75

5 sets of 20, = 100

1 set of 25, completes 250

# KEWANEE HORIZONS VOL. 90 PG. 31

Try one of Bucks Rebirth Invasion Challenges

625 pushups Do 5 sets of each exercise 30 second rest in between exercises.

Exercise #1) 25 Tyson pushups

Exercise #2) 25 incline pushups

Exercise #3) 25 sliding Tyson pushups (equipment needed 2 laundry bags or 2 towels)

Exercise #4) 25 concentrated pushups

Exercise #5) 25 decline pushups

Some other great work outs can be found on your tablets through Edovo education.

Search 1) Darebee or 2) The Phoenix workouts for more ideas for your boot camp.

\_\_\_\_ “Without action upon an idea, there will be no manifestation, no results, and no reward.” Page 82 The Four Agreements By Don Miguel Ruiz



## EACH ONE TEACH ONE

By: Maurice Williams @ K.L.S.R.C.

### WHY PEER EDUCATORS ARE NEEDED IN THE DEPARTMENT OF CORRECTIONS?

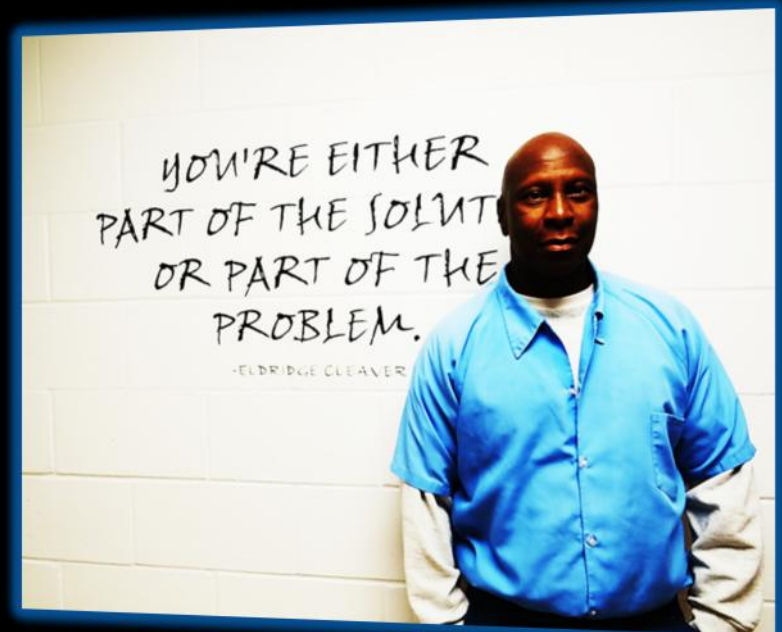
To have a building block wing in every penitentiary would provide an outlet to those who are long term as well as those younger peers who are on their way back out into society. Everyone who is doing time has some kind of trauma that they have yet to identify or found a way to deal with. You have individuals in custody who refuse to talk to their own peers because of a fear of being judged, so they end up catching ticket after ticket or end up having to do seg time because of no outlet. Then you have those who find it easier to put themselves on medication to take the pain away.

But then there are peer educators who took the training and who believe in educating as well as providing a service to those who would benefit from the programs and the courses provided like critical thinking, emotional intelligence, effective communication, conflict resolution, thinking patterns, anger management, healthy relationships, and self directed leadership.

But deep down it isn't just the courses but the time spent listening and getting to know the other individuals. Being able to relate and share similar experiences, and the ability to have compassion, empathy, and sympathy, when that peer feels as if no one is listening, no one to trust that their words wont be shared or that they will be made fun of.

A peer educator wont look down on a man, but reach down to help him up. And to those peer educators still doing a service the Kewanee community salutes you.

Thank you!



# LITTLE FREEDOMS

BY: Nicholas Barfield @ K.L.S.R.C.

One thing that you hear a lot about in prison is constitutional rights. Do you know what one of the most important rights from our Bill of Rights is? That would be our freedom of the press; because it spreads information. Everyone knows information is power so the freedom of the press helps us empower and strengthen one another. Now Kewanee Horizons isn't covered by the freedom of the press but it is giving us a little freedom, letting us spread the information needed to change. That is still extremely powerful. Never in the history of IDOC have us inmates had a tool like this at our fingertips. So it begs the question, why are not more of us submitting articles to Kewanee Horizons or Two Roads?

Throughout IDOC across many dayroom tables, yards, and gyms information is being whispered from inmate to inmate. Information to help us be better criminals, or is it? Now you may be listening to someone who has a full box and never misses a store. They are still in prison though, so to me that's as smart as getting Christmas decoration advice from Michael Meyers. I'm personally in prison this very moment because I failed as a criminal, they caught me. Now I know inmates love to argue; and a lot are saying "but I'm learning the stuff they got away with not what they got caught doing!" Are you really though? There is a good chance you're wrong, is that a chance worth taking? Do you know if law enforcement was out there gathering information to build a case against that person? Did they really get away with anything, or is all the advice they are giving the reason they were on the radar in

the first place? I personally see being a real man is someone that can provide and protect those who depend on them. Nobody can do both from a jail cell. My mom and my Aunt are really the “men” in my children’s lives. They keep them safe and fed, not me. I want to learn how to do that. I’m tired of learning how to be “comfortable” in prison enjoying brief times of freedom in between my long terms of incarceration. What’s important to you, learning how to keep your box full or learning how to keep your freedom?

Some people are going to say “I don’t need this noise, I didn’t come to prison to get scared!”, however if you’re still doing what you did in the world or doing what you did on every other bit. Are you getting scared or just really staying scared? Because changing or even trying to change is terrifying.

I love all the peer lead groups here at Kewanee because I’m not sitting around dayrooms planning my next huge failure at freedom. Instead I’m in Bad Boy Boot camp battling self-esteem issues, In Law of Love learning different ways to talk with God, In TREO learning about trades and making a living that won’t catch me a sentence, in Yoga learning how to clear my mind, going to Trauma to learn how to deal with the trauma I caused others and myself, and I’m going to every AA/NA meeting I can because I want to change. Change is terrifying but not nearly as scary as going home just to find my way back here.

I want you to have the same opportunity I have here. So I’m going to write about every group that I participate in and share it through this tool right here, this little freedom

# KEWANEE HORIZONS VOL. 90 PG. 35

I have at my fingertips. Hopefully I'm taking advantage of the system in a way that helps someone. The institution you're in might stop you from having peer lead groups, but whose stopping you from leading your own self? There are construction workers, people who do yoga, people who are spiritual, people who work out, inmates educated in trauma, and inmates who care about recovery. Do something different, and seek them out. Maybe you are the inmate with something important to share, do something different, instead of telling another war story tell a story with a purpose. When you find something that really is making changes in you, write to Kewanee Horizons or Two Roads and help us better ourselves also.

DON MIGUEL RUIZ : THE FOUR AGREEMENTS PAGE 125

“[IMAGINE]...YOU ARE FREE TO CHANGE YOUR LIFE THE WAY YOU REALLY WANT TO. YOU ARE NOT AFRAID TO ASK FOR WHAT YOU NEED, TO SAY YES OR NO TO ANYTHING OR ANYONE”



## "NOTHING WORTH HAVING IN LIFE COMES EASY" *Challenges, Obstacles, Roads to Horizons*

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

Who would have known?

Thirty-two years ago impulsivity landed me in the jaws of the criminal legal system. Countless court proceedings later I arrived at the Pontiac Correctional Center a.k.a the "Thunder Dorm". Entering I.D.O.C I was an angry and seemingly hopeless teenager with a substantial amount of time; and so the story begins. This anger led me to committing serious rule infractions. For my actions I was disciplined and rightfully so. The years I spent in confinement allowed for extensive **reflection** and **analyzation**, as a result of this introspection I began to **self-correct**, which led to change (**for the better**). In **DARKNESS** my path became clear. I stopped blaming the environment for my situation, placing blame only masked what I saw when I looked in the mirror. I let the world spin too fast for my mind to see the truth within. **Self-reflection** laid the ground work to peel back the layers of false images I embraced. You see (We) all want to be in control of our lives, and that starts with **self-control**. Self-control is a learned ability to make decisions, and to maintain self-control we have to be accountable for our actions (hard pill to swallow). **Self-respect** on the other hand is about making decisions based on internal values aligned with accountability. READ AGAIN!

Ask yourself, what do you value?

Self-respect is a conscious effort to do what's right. When I began to understand the ramifications of each decision I made this enabled me to learn from my mistakes, producing true respect for myself and those around me.

**(HERE'S SOME INSIGHT)**

How you respond to your own reality shapes your perception. My response to my reality always had two sides that contradicted each other. Coming to conclusions while conducting honest assessments of my mental has not been an easy task, results are not reached overnight. Trials and Tribulations! **Pride** and **Ego** have been the most detrimental ingredients in my life. Kewanee, as I'm sure you've heard or read have much to offer by way of programs and I've bared witness to this. Everyone will not make it here! For me Kewanee was never the destination; and more importantly it was not my motivation. I never believed coming here was a possibility, at best it was a fleeting thought but not one that I prioritized. Kewanee recently became an option due to the energy put fourth in the universe years ago by way of programming and consistent "right" choices, and the relationships gained in the process. This took breaking down old, destructive thought patterns and rebuilding a mind-set that fosters growth & positive change as a life long process, and not merely to escape consequences. Self-improvement is my modus operandi, the ultimate goal being freedom, this comes from a mind-set not a location. Wherever you reside within the I.D.O.C start cultivating your future. Begin to ask yourself what's the big picture and what are you working toward? Time waits for no man, not to mention the timing will never be right. Take advantage of the educational programs and work with the resources available to you. I've been in prisons that prioritized program wait-list by MSR date.

# KEWANEE HORIZONS VOL. 90 PG. 38

This didn't deter me, I simply sought out programs through the mail. You would be surprised what a write-out and a few words could do towards your betterment. Now you have educational/self-improvement material in the palm of your hands by way of tablets. The doors have been opened the question is will you allow yourself to walk through them. In order to "see" change you have to shift the ingrained negative perceptions and see life from a more holistic & constructive viewpoint. This shift is crucial for making better decisions and creating a foundation for meaningful, lasting change. I no longer subscribe to the same worldview which fueled my unruly behavior. I view life from a different lens. **"NOTHING WORTH HAVING IN LIFE COMES EASY"**! When you walk, first you decide to get up, then you take steps one foot at a time. Understanding how everything affects each other creates a responsibility bigger than yourself. As I conclude this article I am sitting in the media room of the **Kewanee Horizons** as a newly appointed member of its editorial team.



***"NEVER LIMIT THE VISION THAT YOU HAVE FOR YOUR FUTURE BASED ON YOUR CURRENT CIRCUMSTANCE"***

## KEWANEE HOLIDAY HOOPLA WITH THE KIDS

By: Antonio "Jedi" Espino @ K.L.S.R.C.

As we finish setting up the Visiting room for the coming experience, I look around & feel less imprisoned & more excited for what is to come. I am not only looking forward to the next eight (8) hours, but the next year for IDOC Fathers & their children, as well as for my family in the next few years beyond this place. For just one moment I am home with my little ones.

Back in the visiting room I find the snowflake tablecloths a nice touch, eliminating the sterile feeling we are all familiar with. Behind the desk there is an awesome bulletin board decorated for children & families to place their artwork created together the room. The bulletin is labeled "Visitors' Showcase", has Christmas lights, stockings, & a wrapping paper background adorning it with coloring book pages colored.



# KEWANEE HORIZONS VOL. 90 PG. 40

Children are running around, in high energy, laughing & sharing moments of joy & creativity with their siblings, parents, & even volunteers. Their bellies are filling with sugar from the cookies they decorated with frosting & sprinkles, dipped in hot chocolate, & mixed with candy cane spoons. They are painting all sorts of amazing ornaments as a Family.



One little girl excitedly runs up to our Christmas Stocking & paper crafts table to periodically will keep us informed on her progress, proudly showing her thirty (30') foot long Christmas rings she has been making. Her Brother has been at our table for some time asking us (Michael Booth & me) to create all sorts of origami, wreaths, bows, & more. A paper airplane is crafted by a smiling officer, for a boy, whom had looked as if he almost could not wait to throw it; then it was gone as fast as he had it handed to him.

# KEWANEE HORIZONS VOL. 90 PG. 41

One guy, his daughter, & I worked together to decorate the Christmas tree with her extensive chain of rings she had made, wrapping it around over & over. A tree with fake presents underneath it that my Nephew, Leo, almost started opening during our visit!



A precious moment, I am grateful to witness, sent warmth thru my heart, & is shared by a girl & her Father, as she reaches up & hugs him again. I point it out to one of this events Directors that **those** are the moments we live for. This woman herself has a set of reindeer antlers her daughter asked her to wear to the event.



# KEWANEE HORIZONS VOL. 90 PG. 42



# KEWANEE HORIZONS VOL. 90 PG. 43



# KEWANEE HORIZONS VOL. 90 PG. 44



# KEWANEE HORIZONS VOL. 90 PG. 45



# KEWANEE HORIZONS VOL. 90 PG. 46



# KEWANEE HORIZONS VOL. 90 PG. 47



Time seemingly slows down for me, when a friend of mine, Gio, walks across the room with his little three (3) year old Son, Santi, in hand to **my favorite area** of this event, "**The Reading Nook**". A comfortable space with chairs for the Dad's & kids, laden with books. Something I grew up with was my Ma reading books to us as children & all while making voices for each character.

Sometimes she read Dr. Seuss books like, "Are You My Mother?", or even our Family-favorite to this day, the Harry Potter Series. Two (2) months ago, when our former Warden Carothers approached me & asked that I draw some art for this idea Ms. Mason & him had, I jumped at it excitedly, crafting art of something I look forward to sharing with my kids, Nieces, & Nephew when I am home. I already take advantage of every moment I am blessed to partake in the "Aunt Mary's Storybook Program" for them.

# KEWANEE HORIZONS VOL. 90 PG. 48

I felt the three (3) values, I hold dearly with my Family, (Creativity, Comfort, & Connection) amidst the room; which was very warming. This event reiterated my sense of purpose & drive. I pictured these similar experiences in my home with us all. There is a sense of a high we experience in this, yet we also feel a coming down of sorts afterwards. Maintaining a sense of presence afterwards is vital, especially for our children. Because as it impacts us Fathers, Uncles, & Grandfathers in here, it does them as well. Fostering the painful, 'when are you coming home' question.

I greatly appreciate being able to be a part of this event & seeing such a beautiful experience being brought thru IDOC. To the Fathers out there who still have the ability to be with & see their children, please remember what blessings you have. To those who are not able to see or hold their kids, my heart breaks for you, because to some extent I know your pain. Anthony Giovanni, my Son, I love you and wish you the best in the world. To all, may our creating life force shine on all of your days, paths, & spirits.



## YOGA ENLIGHTENMENT

By Linord "Nardo" Thames

I once thought Yoga was for women and people of Asian descent. I was invited to attend a Yoga session in January by a good friend, who happens to be one of the Yoga Instructors here at Kewanee Life Skills Re-Entry Center. I feel attending Yoga was one of the best decisions I could've ever made.



Yoga has not only helped me physically, but is a vital instrument for my mental health. Yoga has made changes in my life for the better. It gives me peace and I will be buying my personal Yoga mat once I'm released.

Thank You,

*Linord Thames*

UPWARD SALUTE (12)



MOUNTAIN



UPWARD SALUTE (2)



FORWARD FOLD (3)



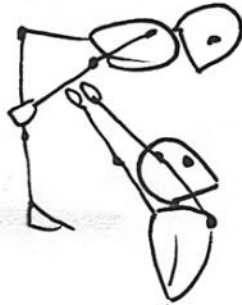
FORWARD FOLD (11)



## CLASSICAL SUN SALUTATION

ANNIVERSARY  
2025

1/2 FORWARD FOLD (10)



ANJANEY LUNGE (R) (9)



1/2 FORWARD FOLD (4)



ANJANEY LUNGE (L) (5)



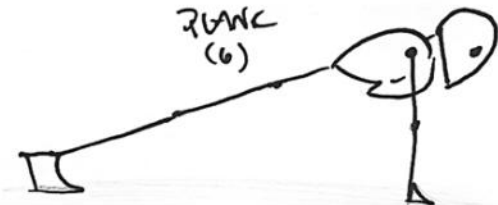
DOWNWARD FACING DOG (8)



COBRA (7)



PLANK (6)



## The Market Corner

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

Hello, my brothers, investors, and future investors, I would like to welcome you back to another issue of the Market Corner! Ya'll already know what time it is when you get to this portion of the magazine. Here? We all about the \$\$\$\$\$ and the market, and learning to Understand a little more about these charts, that way we can maximize our opportunity in making good investments and initiating better trades. So quick story, so I was eating lunch with a fellow investor and he was asking me some questions about CNBC, and how does the chart help him more than just watching the ticker symbols and analyst on TV. Well first I'm going to say **I'm not a licensed professional** and I'm not discrediting anything that they say on CNBC, those **are professionals** and many have been doing stocks/trading longer than I've been alive, all I'm saying is this. These professionals are **well aware** of reading candlestick patterns and using *technical analysis* as well as *fundamental analysis* to base their trades/investments. However just ask yourself this. For a dedicated stock channel, why do you **rarely** ever see a candlestick chart on CNBC? I have watched them for years, and I can count on one hand how many times, I have actually seen them show candlestick charts. I have never seen them explain/Teach anyone anything. Yet you will see Line Charts **EVERY DAY**. Why would they not show candlesticks when it is undisputedly, a more in detail Visual of what is actually going on with price action? Hmmmm Just a thought.

Anyways today I'm Going to go over the basics of Bar Counting, Bar Counting is a technique used in Strong Bull/Bear Trends, and can be used in Sideways markets however the fundamentals of the technique change a little bit I'll explain here a bit.

# KEWANEE HORIZONS VOL. 90 PG. 52

First, we have High 1, High 2, High 3, and High 4, by definition means this, “A **High 1** is a Bar with a high above the Prior Bar In a bull Flag or near the bottom of a trading range. If there is a bar with a lower high (it can appear one or a few bars later) The NEXT bar within that correction, whose high is above the prior bars high is a High 2” The 3rd and 4th appearances are High 3’s and 4’s

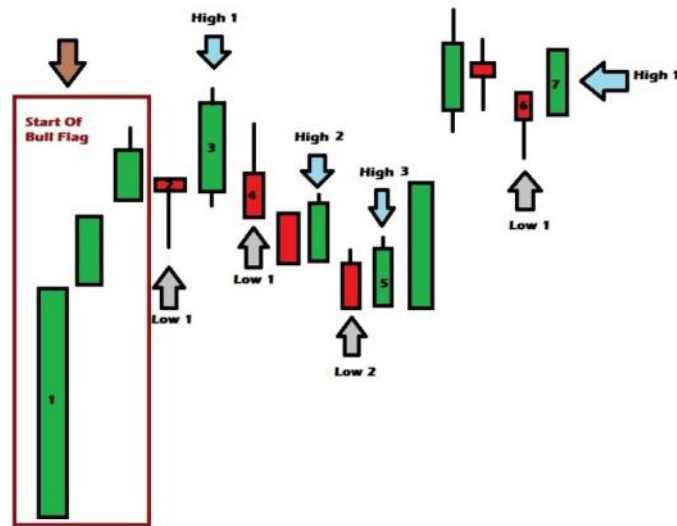
Then we Have Low 1, Low 2, Low 3, and Low 4, again by definition means “A low 1 is a bar with a low below the prior bar in a bear flag or near the top of a trading range. If there is then a bar with a higher low, (again it can be one or few bars later) the next bar in this correction whose low is below the low of the prior bar is a Low 2. The third and fourth occurrences are 3’s and 4’s.”



So Bar 1, is a Bull Spike(Or Pole of the Flag), the two small bars after Bar 1 Initiated the Start of a Bull Flag Pattern, the red bar is the first low in the correction, which is considered

# KEWANEE HORIZONS VOL. 90 PG. 53

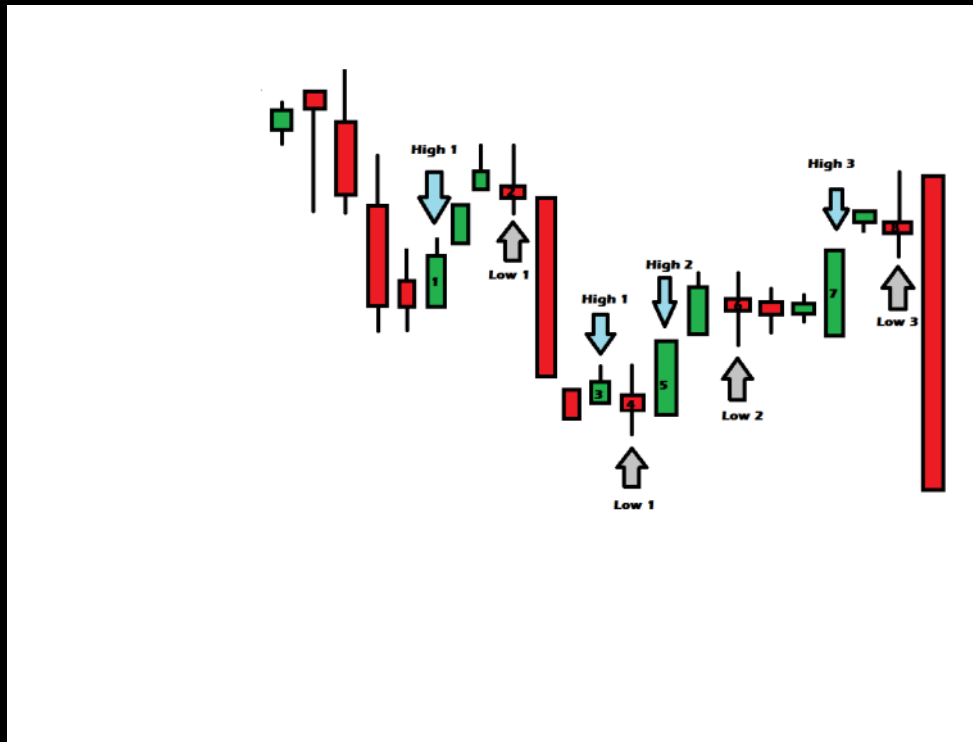
a “Low 1” because its Low is lower than the bar **prior** to it. **\*\*TIP\*\*** Experienced traders, know that when a trend is **STRONG** that you should never initiate short trades, during bull trends, “so a Low 1” in a bull trend, usually fails (**meaning unable to push the price down**), So they Buy, at the Open, the close, and 1 tick above, this bar expecting the reversal or “Low 1” to fail. Bar 2, Which is the first Bar whose High is above the prior Bar before it within that correction is The “High 1” Another example, look below,



Bar 7 became the new first High 1, after the correction up. If Another Bar were after it had a High lower than Bar7 then next Bar, which has a High above the prior bar before it, will be the Next High 2.

# KEWANEE HORIZONS VOL. 90 PG. 54

After the Bar 3 (High 1), the market failed to continue to rally. And start a bear channel correction down. Where Bar 4 (Low 1) created a low that is lower than, than Bar 3 prior to it, which makes it a “Low 1” Sell setup. However, this is a **Bull Trend**, so you should **not** be looking for short setups in a bull trend, but an experienced trader could expect a low 1-sell set up to fail, and buy below, at the market, or 1 tick below the Bar 4 anticipating the reversal up. Bar 5 is a small bull bar. As small as it may seem, its high was above its prior bar within the same correction making this “High 3” Buy Setup, which is also a high probability trade in strong bull trends. **\*\*NOTE\*\*** *the color of the bar **does not** matter. Bar 3 or 5 could easily be a red bear bar. As Long as it is high as above the high of a prior bar, it is still considered a High 1 and 2, although the signal is deemed less reliable and less likely to be a profitable trade. When looking for bullish entry’s the best signal bars are bull bars, and in bear trends the best signal bars will be bear bars.*



Here is the Bearish Version; here we have a bear leg down,

***\*\*Keep in mind\*\*, the charts I have created strictly to help easily identify Bar counting, I am NOT showing nearly enough context, to identify a Full Bear or Bull trend. These patterns are some of High probability trades, but only in the CORRECT context. My only intention is to help give you an understanding of how Bar counting works, and give you a basic introduction to the technique.*** Here is the Bearish Version; here we have a bear leg down, with two bull pullbacks. Bar 1 after the small bear spike own,

# KEWANEE HORIZONS VOL. 90 PG. 56

becomes is a “High 1” because its High, is higher than the bar prior to it within the upward correction. Bar2, becomes the first “Low 1” again notice it is the first bar that has a low that is lower than the prior bar ahead of it, in a **bear trend**, which in theory makes this an acceptable short trade. After the “low 3” sell setup triggered, a big bear spike followed, and a New High 1 at Bar 3. Again, why is it a high 1? Instead of a high 2? **Because of the bear spike**. After a big bear spike/sell climax, many traders will restart the counting process within the price action. Bar4 small leg down, made its low lower than the prior bar therefore it is a “Low 1”.

This technique Can lead to many profitable trades, and can be used across all Stock Markets/Time frame charts/Us currency/ Forrex Markets/ Learning to read these charts can becomes very frustrating, and it’s True that Very few people End up making a living as a profitable trader. However, for those who take the time and effort to dedicate yourself to it, it can be extremely profitable. Many successful day traders, Vlog their journeys online and net 20k-100k a Month, while others lose every dollar, they put in. Which is why we Also **Invest** in assets, whether it be in index funds like the S&P 500, Nasdaq 100, Dow Jones, Vanguard, or Gold, and silver, Real estate, the choices are yours! Here at the Market Corner, we only want to help educate you so you can decide what risk and choices are comfortable for you, and your investment strategy. **\*\*Closing Bell\*\*** Until Next Time!

**Beau’s Playbook** – Current The last week or So I’ve Been Simply Writing Covered Calls (Selling Call Options) on the Nasdaq Index ETF [TQQQ] I Recently Took a Position in [AMDL] at \$12.46 and set a Strike Price of \$14 Expiration, 2-13-26 Received a \$65 Dollar Premium for the

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*week. I Will Most likely sell the stock after the Expiration if the Contract expires worthless, I intend to sell my 100 Shares of [AMDL] around \$13.50 for a Profit of \$169.*

*\$13.46 - \$12.46 = \$100 + \$65 Premium = \$165.*

*Bitcoin Dropped to around \$60,000 an Rebounded to around \$69,000 I Did not exit my MSTX Which is currently a losing position for me. Not yet at least, I actually did what traders call "Buy the Dip" and Bought another 100 Shares, lowered my Average Cost of my total Shares while they are cheap, MSTX currently sits at \$2.45 at the time of this Writing.*

*In the Words of the great Warren Buffet, When others investors are in Fear, Be Brave.*

*(If You've Forgotten what Cover Calls Are? Future Articles! Ill Recap!)*



# PORSCHE

# BRAIN FACTS

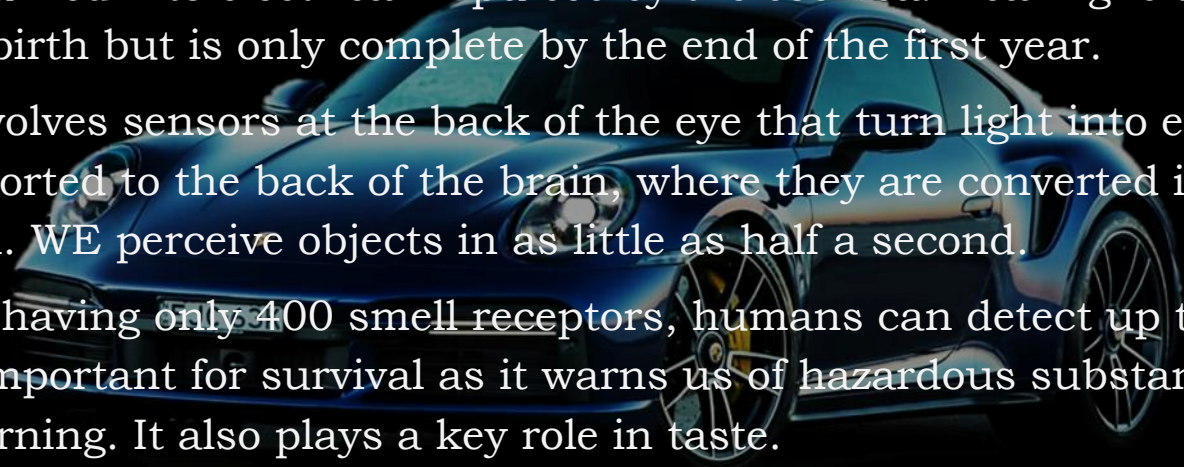
**TOUCH:** Touch is thought to be the first sense to develop in the womb, touch neurons respond to pressure, temperature, vibration, pain, and light touch. Touch is how humans make physical contact with the environment and with each other.

**HEARING:** Sound waves in the air are collected by the ear and transmitted into the skull, where they are turned into electrical impulses by the cochlea. Hearing is the most developed of the senses at birth but is only complete by the end of the first year.

**SIGHT:** Sight involves sensors at the back of the eye that turn light into electrical signals. These are transported to the back of the brain, where they are converted into colors, fine details, and motion. WE perceive objects in as little as half a second.

**SMELL:** Despite having only 400 smell receptors, humans can detect up to a trillion different odors. Smell is important for survival as it warns us of hazardous substances or events, such as something burning. It also plays a key role in taste.

**TASTE:** Taste is important in determining what is safe and nutritious to eat. Taste receptors pick up only five basic tastes: sweet, salty, bitter, sour, and umami (savory). We need our sense of smell to help identify taste.



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**PROPRIOCEPTION:** The brain is constantly processing information from the joints and muscles that tell it where the body is in space. It keeps us upright and allows us to make movements without conscious effort, such as walking up stairs.

**SYNESTHESIA:** Synesthesia is a condition where a stimulus may be interpreted by two or more senses at the same time. In its most common form, a person sees a number or word as a color. Each synesthete will have its own color associations. Almost any combination of senses can be affected. Combinations of three or more senses are rare.

**HOW MANY SENSES ARE THERE?** Including the six senses described here, scientists think there may be as many as 20 senses, based on the number of different receptor types in the body.

**SENSE AREAS OF THE CORTEX:** Inputs from the sense receptors map to different areas of the brain's cortex. Although these areas are separate, they can often react to inputs from another sense. For example, visual neurons will respond better in low-light situations if they are accompanied by sound.

**SENSING THE WORLD:** To survive in our environment, we must be able to react to, and interact with, stimuli produced by physical, chemical, and biological phenomena—sights, sounds, smells, tastes, and touches. Sensors in the body pick up these signals and send them to the brain for deciphering.

## HOROSCOPES



**ARIES:** The healing energy that you've been radiating turns inward, making it a fine time for efforts to heal yourself. People have been seeking your good vibes, assistance, healing powers, and advice, and it's appropriate now to get in closer touch with your own issues. **TRANSLATION: Tell everybody you ain't got no leg to kick it and read a self-help book!**



**TAURUS:** With Jupiter turning retrograde this month, your enthusiasm may wane if you have too much before you, so aim to pare things down and focus on a few of your more practical goals. **TRANSLATION: Stop catching those tickets if you tryin' to get to Kewanee!**



**GEMINI:** If you've been overdoing things, this is a time for enforcing some quiet time. This transit animates your inner world, often drawing you inward. You might review different elements of your life and wonder where things are going, particularly your social life or happiness goals. **TRANSLATION: Uh oh, quiet time = quarantine...**



**CANCER:** You have a strong presence, but you can be rather hard to get in touch with on some levels until Mercury enters Cancer on the 5th and Venus on the 17th. Yes, you're still reflecting and considering your next step, but you have more power than usual to take charge and make an impact. **TRANSLATION: Bro I don't understand these planets either but I think you goin to seg.**

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**VIRGO:** Mars is encouraging you to broaden your horizons. Restlessness can sometimes pull you away and distract you. Still, overall, you're in a good position to balance your attention to routine and responsibility with your attention to discovery and exploration. Collaboration can move your plans forward.

**TRANSLATION: Broaden your Horizons by sending us an article!**



**LIBRA:** If you've been going hard with supporting others and now need some independence, consider gentle ways of getting to the right balance. The months ahead are powerful for learning about your relationship needs.

**TRANSLATION: You got TOO MANY side chicks homie, pick one! .....or two.**



**SCORPIO:** relationships that have been too restrictive, tense, dull, or negative need to improve. It's possible that a relationship or partner is reflecting your own desire for action.

**TRANSLATION: Stop calling your homies and call your mother more often, she worries!**



**SAGITTARIUS:** Money matters, talents, and values come into sharper focus. Feelings, realizations, or revelations stir you to get on top of your finances or show your abilities in the best possible way.

**TRANSLATION: Stop buyin' all that useless stuff from store and stack that paper shorty!**

# KEWANEE HORIZONS VOL. 90 PG. 62



**AQUARIUS:** You may need to jump over some hurdles to get to a positive headspace. You may feel caged in at times. However, you're energized to deal with any problems or stagnation in your life.

**TRANSLATION: Look past the bars and get your life together my man!**



**PISCES:** You're inclined to say it like it is, and for the most part, it goes over well--aim for healthy assertiveness. Your ideas are genuinely creative right now, and there can be a dramatic and competitive touch to what you do.

**TRANSLATION: Tell your celly to clean up after themselves and brush their damn teeth!!**



**LEO:** you might experience a strong desire to finish a project, and you can find yourself in an excellent position to gain insight into what needs cutting out to go forward in a freer, lighter way.

**TRANSLATION: Finish that painting and send it out man, it's been months!**



**CAPRICORN:** You are ready to act on your ideas, and although you're self-motivated, a partner or special someone can be uniquely encouraging. Exciting information or fun conversations can figure strongly.

**TRANSLATION: Take the advice from your celly and shave that freaking mustache!**

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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



KH



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!**

