

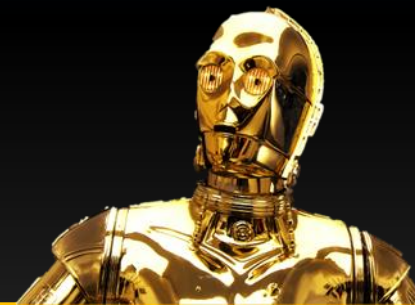
STAR WARS

KEWANEE HORIZONS
VOL. 91



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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.**

Merriam-Webster's Collegiate Dictionary Eleventh Edition

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!

doc.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 NEWSLETER"

FREEDOM

By: Jon Mettler @ Sheridan C.C.

I am much more than just a number
I hope that you will also agree
That our lives is a purpose for both you and me.

Sometimes in this life we are subjected
In between the lines the meanings get blurred
Cast aside, repressed and rejected
When all we wanted was to be seen and clearly heard.

The question now becomes is this all that there is
Or is there something much greater
Because in this life that I live
I am constantly conflicted, wanting it now rather than later,

The freedom that I once took for granted
Which no one can set an exact price
I yearn to be once again selected
But, yet my thoughts remain compressed in a vice,

The struggle is real, my friend
Whether it is in here or out there
It is a battle to remain sane
Constantly questioning is it either equal or fair.

SIGN THE CONTRACT

Earl Milton Jr @ Centralia C.C.

If you can survive the death of who you used to be; you can thrive as who you are right now. The past is like chains attached to the mac truck that you are trying to pull up a very high hill. Why hold on to that which only serves to hold you back? is the weight of the past making you stronger or eating through your resolve as acid does metal? Why would you sign off on your own slaughter? Can you be your own sacrificial lamb? Today is the new day. Spend it well. You will not live this day again. What moves you? what compels you? what provokes you to proceed? Is it the approval of others? Is it money? Is it deeper than that? Inside there is an office with a contract on its desk. This is the personal contract that you make with yourself each time you arise from rest. The contents of this contract can be written by you or for you by others. Voices of the past. Your trauma, your fears, or your purpose, and your destiny. Inside of each body is a soul that is fighting for true expressions. If we want what we desire from life; we must carefully craft the contract that we sign as we arise. You might remember who you once were; but the fact is that you can only be who you are right now. The old you is dead and gone like dogs of ages passed. The question is can you handle who you have become; in spite of what you were and what you did in the past? The choice belongs to each of us; every single day. You sign the contract with each breath you take. Make sure that you approve of what you are signing. If you don't, then rewrite it until you do. Look deep within for everything you need to transform into that which you choose. Now rest, awake, and repeat.

DREAM

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

When I dream, I dream I am free
no more bars or locked doors for me to see
inmate numbers and bar codes are a thing of the past
pillows and mattresses are all hard and flat,

When I dream, I dream I can see
see so clearly what is out there for me
free to walk here, free to go there
free to go anywhere without a care,

When I dream, I dream I am free
free to be the person I have always wanted to be
a musician, chef, singer, or even a poet
most of us inside are ashamed or don't even know it,

When I dream, I dream I am free
Free to be loved and surrounded by my family
As I remembered back well before I came here
I was free in my heart, something I hold so very dear.

Heated

By: Earl Milton Jr @Centralia C.C.

Sometimes in life, we are triggered, even if we usually have a long fuse. There are times that we get heated; not because we have a short fuse; but because we are human. There are things that people will do or say that rub us the wrong way. In the moment, things seem so monumental, but in hindsight; we find them to be smaller than dust mites. The big picture has so many little pieces that have to be placed in their proper place. If we burst into flames and burn the house down; where will we live? We are building something each day. Shall we destroy what we are building? Well, that depends on what it is. We probably should destroy the bad habits and the consequences that come along with them. Yet, if we are building something good and walking a better path; we should reinforce it and make it fireproof. We have come so far and we have much more ground to cover. As long as we are alive, we have a chance to create positive change; even if it is only in our own lives. Sometimes we get so heated, we melt the ice pack and need an ice bath. Wrath cost us more than it pays us. Violence infects us like a slick virus. We can choose to see with clarity, if only we would wait a while, take a second to sit down and pray a while. Think of all of the people that we love. Think of the people that we love sooner than later, we must learn to quell the storms inside, caused by

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the pride that seeks to break our stride. As long as we are alive; we can choose how we respond to any and everything. We must find that thermostat and adjust the temp as need. We don't want to be too cold nor do we want eggs frying on our sidewalk. You can react or respond. You can blow up or show up. If you have learned anything, you know that anger is a temporary feeling that has long lasting results; if it is not handled promptly and appropriately. Think about it my dear friend and as always make moves that will benefit you. Take Care!

STAR WARS DAY
MAY THE 4TH
BE WITH YOU



"Perception"

By: Jon Mettler @ Sheridan C.C.

Where has my life gone?

I look in the mirror, but I don't recognize the reflection

Exactly who am I? what am I?

I call out but no one is listening,

My path is paved with obstacles

It is in how I choose to perceive them is the test

the days grow short and the night become longer

I draw from my inner strength and instinctively hope for the best,

In simple terms, do you see the glass half full or half empty?

are the lines on your face from happiness or despair?

some days I find I don't have the energy to get out of bed

In my life or circumstance, life doesn't seem quite fair.

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I often wonder if I will feel total and complete satisfaction
It is in my heart and mind, the things that I perceive
Interpreted through others speech and actions
sometimes through motive or intent the web others weave,
I look in the mirror each and every morning
but I somehow choose to see the man I was years ago
in my heart and mind I haven't changed, I don't want to grow old
but just then, the wrinkles and lines come into view
and I am forced to recognize, it is so.





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.

HUMBLE BEGINNINGS

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

THIS IS A PUBLIC SERVICE ANNOUNCEMENT! I am here to remind everyone that no matter where you are at or what you are currently doing in the IDOC (more times than not) you have to give thanks to an individual in custody. In the dayroom? Someone swept it. Eating a meal at chow? Somebody cooked it. Flushed a fish pack and need saving? There is a plumber on his way. We need to begin to take some time out of our day to give a little appreciation to the people that keep things running for us. Don't get me wrong I completely understand that none of us want to be here so you may be thinking "Who cares if it keeps running!" Truthfully, you should care a little. Without all of those people that do the hard work, things would be way worse. Without them, your toilet would be clogged for weeks instead of a couple of hours. Without them, your meals would probably be sandwiches everyday and you would never see a piece of chicken again. Without them, it would be just a tad bit dirtier than it already is. That doesn't sound too good does it? Also to those who think that their too good to do any of those jobs, don't forget that you were probably one of those people at one point in your incarceration. Before you had whatever job you have that makes you feel that you are now above those individuals that clean the deck, guess what?...You were probably trying to get one of those spots so you could get your foot in the door at whatever institution that you are at now. So, remember those humble beginnings and have a little humility and empathy and remember that at one point you were wearing the shoes they now have on. The food in

the chow hall may not always be the best. The deck may not always be the cleanest but give credit to the guys that take some pride in making sure that we have all the small amenities that we are provided. They need a thank you every now and then because they are over looked quite often. So from us here at Kewanee Horizons we say thank you for all you do and you are appreciated even if you don't here it very often!

THANK YOU KEWANEE'S WORK FORCE



CLOTHING



CHAPLAIN
TA



TEACHER'S ASSISTANT'S CARPENTERS



SANITATION CREW



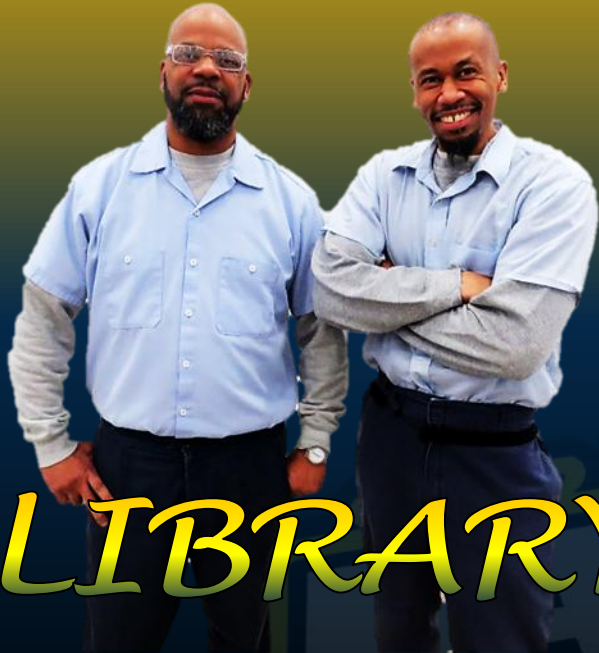
DIETARY



EMPLOYEE COMMISSARY



COMMISSARY



LIBRARY



PROPERTY



LAUNDRY



SANITATION CREW



WAREHOUSE



GROUNDS CREW



CELL HOUSE PORTERS

BLACK HISTORY

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

When we talk about black history, we speak on the pillars in our past who provoked change unapologetically. We speak on the people who ignited fires in a race, righteously and politically when systemically, oppression was an understatement. When we discuss African American heritage, we tell stories, stories that changed laws, birthed a culture, and empowered a people to continue fighting and to never give up. These stories are monumental examples of resiliency, and they are recited not only to bring awareness but to insert a sense of pride to our people. The historical stories are also relived so that they'll motivate, inspire, and light an unquenchable thirst for economical balance. So as we acknowledge and show deserved respect and appreciation to our past pillars of Black, African American history, we also shine a bright light on the present individuals who are changing narratives by standing on front lines and leading by example, right now. One of the many present pillars who deserves this spotlight is Kevin Gray. Born in Chicago Illinois in 1983 to parents who were stuck in the revolving door of the street life. With the odds stacked against him Kevin never relinquished hope. As Kevin grew up he and everyone around him began to notice a few of his natural gifts and talents. Kevin had a unique way with words, coupled with charisma, true magnetic energy and an authentic and genuine heart of gold. He ventured into a career in music, and became a promising artist, and a mogul minded business man. Kevin was born a leader, but he was determined to follow in the footsteps of his parents and the many

that came before him. Kevin felt it was imperative that he stay connected to the streets in a way that went against his dreams, goals, and aspirations. Torn between the two worlds, on making a name for himself Kevin was resolute. He set out to be the best at everything he involved himself in. He continued to write music, perform for large crowds, and make major connections in the music industry. The recognition he sought out for he received. Kevin made a name for himself musically going by "K.I.", with relationships and industry ties from Chicago to Atlanta, Georgia. In the same spirit Kevin was known and respected in the streets. He believed he was living the life he wanted, ultimately overshadowing the life he was meant for. Not long ago after Kevin negated his pure passion and purpose by trying to mesh his calling with a lifestyle that was embedded in his D.N.A., it was all taken away for not being utilized correctly. Kevin was arrested and faced with many charges including multiple counts of murder. After a not guilty plea, multiple corrupt and prejudice judges, falsified statements, and a long fought trial Kevin was sentenced to 46 and 31 years in the Illinois department of corrections to be ran consecutively. 77 years, labeled a menace and told he was incapable of change so he didn't deserve a second chance or the benefit of the doubt. Voices of racist judges, unprofessional prosecutors, and blind eye witnesses echoed in Kevin's head. Kevin was beaten but not broken, down but not defeated or destroyed. Throughout his incarceration Kevin maintained his innocence on the heinous acts, and continued to fight for his life. Kevin began to grow spiritually. He remained positive and based everything he said and did in his strength and belief in God. Unfortunately when he would go back before a judge for reconsideration and resentencing he was denied and told he would be nothing more than a lowlife criminal with no future outside of prison. Watching his mother cry in a court room, the weight of his

reality was becoming unbearable. Kevin remained optimistic and never gave up. Kevin went even harder. Knowing his story wouldn't end this way, Kevin continued to change narratives around his name and how he was viewed. Kevin took pride in being a leader of men, and a true example of a come back story. Bent on rebuilding a city and community he once took part in tearing down. Kevin started his mission on giving back from his heart. He and his lovely wife Aviance created the non profit The Holy Breath. Kevin has always proudly let the world know the importance of the angel that he is blessed to have be a part of his life. His wife Aviance is his biggest supporter and a better partner than he could have ever hoped or prayed for. Without her so much would not be possible, which is why The Holy Breath has been a staple in the community since its inception. The Holy Breath has produced back to school events, giving away school supplies and book bags to every child who attended. Kids in the community can also participate in toy and bike giveaways. The Holy Breath has a food pantry that supplies families in need with groceries and water. The Holy Breath non profit has partnered with churches in its community and the mayor of Chicago's office to reach at risk youth, stop gun violence, and to destroy a negative sub culture Kevin was once a part of. The Holy Breath also joined forces with the American Heart Association to bring awareness to minorities about high blood pressure, an epidemic that has been attached to the black and brown communities. Kevin Gray remained positive and purpose driven, he continued to make meaningful music, participate in activist work, and started to change the minds and hearts of those who saw nothing but a criminal when they looked at him. So after being behind bars for 16 years plus on a 77 year sentence he finally received his day in court. The court system acknowledged his sentence was unconstitutional and now being aware of his

innocence in areas where the systemic oppression of Kevin Gray over rode reality, a judge granted Kevin 60 years off of his 77 year sentence. Kevin was thankful and determined to take full advantage of his second chance, with his new outlook on life. His voice resonates because of the leader he is and the story Kevin is still writing, that is relatable to many young men and women in our communities. Kevin Grays story is a story of perseverance and a persistent pursuit of hope. Kevin gray is a present pillar and black history in the making.



DOING TIME WITH SPORTS

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

The L.A. Dodgers just won the World Series, OKC Thunder is looking unstoppable, and Philly just might win it all again. All of these sports headlines sound good and they definitely can be debated. I know for some people, they could care less about any of it. All I know is this, it really don't matter if your into sports or not, we all heard someone say "The time gone fly when football start". And for those of us who are into sports just look at this. I'm pretty sure you was sitting around during the offseason or preseason talking about your favorite team. Either you spoke about who they just traded for, how they look on paper, or what your team record should look like based on their new schedule. And by the time you take any real notice, August turned into January and whether your team was good or bad, its back to the draft where there's a New Year filled with new hope. For me, my Saturdays and Sundays go by so fast, I watch College Football on one day and NFL on the next. In-between I watch a little bit of NBA, College B-ball Men and Women, and maybe some other sports event if its close to playoffs or something. I think sports is one of the few things in this world that we can all say is translated everywhere. There's even more of a appreciation when you start learning the ins and outs of the history and technical aspects of what your watching. I remember watching golf one day and realized that I actually knew what was going on. I saw this with hockey and a few other sports but at the end of the day, its not only entertaining, its getting me thru the time.

THE NOBLE PATH

By: Tony Fennel @ K.L.S.R.C.

Health and wholeness, our brothers and sisters affected by incarceration. Our heroes, Our gods-these are the role models that mold men of our sons, wives and mothers of our daughters, noble creatures of us all—all who dare to tread the holy path of honor and duty.

I want to commend the brothers and sisters of the noble path that use this way of life for the betterment of self. The right way of trying to live our 9 noble virtues.

I also want to give a shout out to our brothers and sisters that try to be real mothers and fathers to the best of our ability. Our children are our future and our spark of divinity.



SIGDRIFA

By: Sydney Little @ K.L.S.R.C.

Sigdrifa, also known as Brynhild, is one of the most famous Valkyries in Norse Literature. She witnessed a man named Agnar losing a battle against Hjalmgunnar, a much stronger warrior. Sigridrifa came to his defense and slew Hjalmgunnar, who unbeknownst to her was promised victory by Odin. The All-Father, instead of ending her life, put her to sleep with a sleep thorn and forever retired her from battle.

Siguro, the hero of the Volsung saga, while riding over Hindarfells, came upon a wall of shields shining so brightly it blinded him momentarily. He cautiously approached and found an unconscious Valkyrie in full battle gear. He took off her helmet and removed her armor. Sigdrifa awoke and recited the following stanzas that comprise Sigdrifa's prayer, which is the oldest prayer our people have.

Hail day

Hail Day's sons

Hail Night and her daughter

Look upon me with loving eyes

That waiting I gain victory.

Hail all the Gods and Goddesses

Hail the generous Earth

Give me goodly speech

And healing hands life long.

“Sigdrifa, victory bringer, inciter to victory, I hail you. Grant me victory in all my actions today.”



TED-X EXPERIENCE

By: Howard Keller @ K.L.S.R.C.

On Tuesday March 10, 2026, I was granted the opportunity to give a TED-X talk from Kewanee Life Skills Re-Entry Center as part of Lewis University's TED-X event. The talk was live streamed to an audience at the Philip Lynch Theatre at Lewis University's Romeoville Campus, and was only possible thanks to the support of so many incredible people including Chief of Programs Jennifer Parrack, Director of Lewis University's Prison Education Program Dr. Michelle Clifton, Warden N. Mason, EFA M. Warnsing, Educators A. Cambron and T. Wilson, the entire 2nd shift security staff- (extra special shout out to the 2nd shift security staff for their role in making this event possible because the event took place at precisely the same time a tornado struck the area, and due to their commitment to the mission of Kewanee Life Skills Re-entry Center and their superb training, they were able to ensure both the safety of all the residents here and that the show went on. So, yeah, the very first TED Talk done from within an IDOC facility was done during a tornado).

The title of the talk was "Nobody Likes A Know-It-All," which was a reference to a very discouraging comment made to me by my 7th grade teacher when I was 12 years old in response to me raising my hand multiple times to answer questions during an oral quiz. The focus of the talk was on the broader benefits of Higher Education in prison programming. Unlike most arguments for Higher Education in prison that tend to focus on lower recidivism rates and increased employment prospects after release, the aim of my talk was to highlight the role that Higher Education in Prison programming plays



in helping incarcerated people transform our entire lives through the restoration of our humanity, our sense of belonging, and the ability to imagine ourselves as members of society.

As a 25 year advocate for higher prison education value in terms of recidivism rates and employment rates it has

the unattended effect of objecting the students. As a result, we find ourselves engaging in the same kind of narrow framing and dehumanizing as the carceral system, and overlooking a critical aspect of education, the cultivation of belonging. It was with this view in mind that I sought to join Lewis University's TED panel, and why I am so honored to have been able to represent the all-star students here at Kewanee and all across the IDOC.

As awesome as this experience was, and as meaningful as it was for my own educational journey, my hope is that many more of my incarcerated scholar brothers and sisters will be able to give more talks and share their gifts and contributions with the world.

Who's up next?



CONSEQUENCES

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

When people think of male prisons and male prisoners there are usually only a few different ideas that come to mind. They are probably violent environments and more than likely filled with sexual predators. Although this may not be a common thought among people that have been system impacted or the people that work throughout corrections, for those that don't know this world, that is usually their first thought until the truth is experienced. Why is this their first thought though? Why not start off with an idea that people that are incarcerated have just made a mistake and are trying to repent for their sins? Well, it's a consequence of our representation, that truthfully, hasn't been very good thus far. When movies like *American Me*, *American History X*, *Shawshank Redemption* or shows like *Prison Break* and *60 Days In* are their first attempt at understanding incarceration, they don't necessarily remember the most positive moments from these examples. So understandably, they don't have such a positive outlook on prison when it is first presented to them. That makes it difficult for people to think of any of us that are on the right track as humans trying to fix their mistakes. When we try to have a conversation about rehabilitation or restorative justice with these same people, we are in an uphill battle because we are arguing against an idea that starts us out at a very negative point. We have to battle through the stigmas before we can even reach a level playing field and start to have a rehabilitative conversation. For anyone that has ever tried to advocate for themselves like I have, you know just how hard it can be to make the argument that you are still a human being and not a monster. The other prob-

lem is US. There are some of us that believe that what we do only affects us and no one else. We don't realize that almost every time we mess up, a new rule is implemented or an old one is reinforced for **everyone**, not just us. As an example lets say I decide to do something ignorant in a visiting room and that gets me in to some deep trouble, now as a consequence I may get a ticket or even get shipped out of the prison. Done right? NO! The administration will then most likely implement some new rule that must be enforced because "If they let one of us do it then, we will all do it"...or at least that's usually the excuse that's given. Nonetheless, now you, and most likely your family, have to deal with consequences that create some new rules and regulations that were brought upon by my ignorance. That is the same logic with laws and rules that have been placed on our backs by the people before us that have been given breaks or blessings and squandered them. "If we give you a break then everyone will want a break" although that may not be true; it's the **idea** that prevails most of the time not **the truth**. So, how can we battle an antiquated idea that has much more traction than the current restorative ideology? We must be advocates for change and better examples than we have had in the past. Better examples that are presented allow for better consequences to be given. Recently here in Kewanee there were two examples that were on a larger stage than our everyday actions, and did wonders to change the stigmas that we are trying our hardest to rid ourselves of.

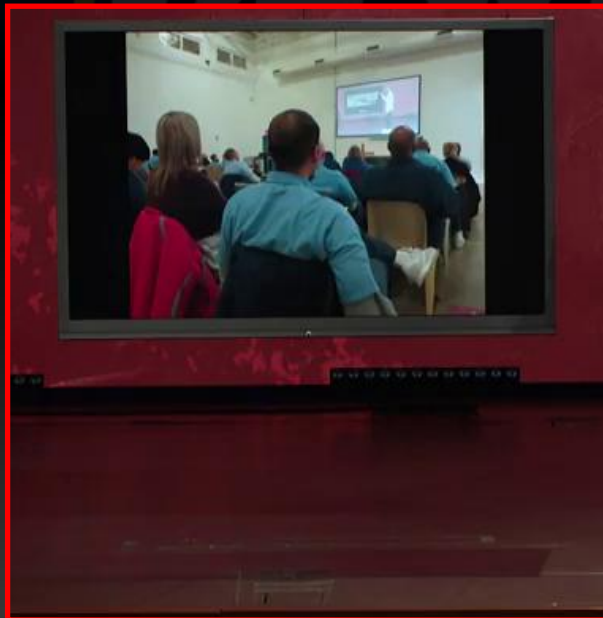
Every Monday here at Kewanee we have volunteers that come in from **Kewanee Community Church** led by Chaplain York and we have service faithfully! There hasn't been one Monday since I have been here that we haven't had a Monday service. Currently we are taking part in the **Old Testament Challenge** which is a spiritual series being taught by **Eastside Christian Church** that comes with workbooks and sermons to help us understand

Gods word. **Eastside Christian Church** is a mega church out of California with over 30,000 subscribers with millions of online views and over 10,000 people in its congregation. I was asked by our Chaplain to take some photos of all of us diving into the word and watching the series to send to the Senior Pastor Gene Appel to let him experience our growth through his teachings. Little did any of us know he would shout us out in his next sermon! Pastor Gene sent his love and was honored to have all of us join him and his congregation for the spiritual journey. A small moment of recognition that provided countless people the opportunity to see us as fellow followers not just random individuals in custody.

The second event that took place is not known by many in the incarcerated community but it is exactly what we should **ALL** be rooting for. On Tuesday march 10th a 15 minute TEDx talk was given about the importance of education in the Illinois Department Of Corrections. It was well spoken and delivered with power and grace. The talk was given by a Lewis University professor who has a masters degree with a background in theology, justice, and Christian ethics, he is also an individual in custody that resides **RIGHT HERE** at Kewanee. Professor Keller has been incarcerated for 26 years and took the opportunity to start at a GED and rise through the educational ranks to obtain a masters degree from North Park University in 2022. Since receiving his masters he has taught and co-taught for two different universities with classes ranging from *College Writing* to *Theology and Theories of Justice* as well as *Applied Ethics*. More than a dozen of his students have gone on to graduate and he has a humble pride in all of his accomplishments. His speaking on this topic while acknowledging other fellow individuals in custody that are on the right path has given all of us another opportunity to be seen as **STUDENTS** and not **CRIMINALS**.

These are perfect examples of actions that can have great consequences. When will it be

second nature to assume that a returning citizen is educated? When will it be a safe assumption that a justice impacted individual is rehabilitated? When **WE** make it a reality! Our current actions are one of the greatest weapons against ancient beliefs. Whatever we do is not only a reflection of ourselves but everyone that has worn that same blue shirt that your currently wearing. So move with purpose and do what is right because we all benefit when you do. More importantly, have joy in someone else's accomplishments and stop yourself from having such a scarcity mindset. There is enough praise to go around, you **DON'T** have to diminish someone else's light because you believe your being outshined. I appreciate Professor Keller and for those at the Kewanee Community Church that are being better examples than we have had before. They shine with determination and integrity and I personally thank them for being a better example that is creating better consequences...for all of us. I hope you do the same.



BAD BOY BOOTCAMP

By: 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 pre-



fer 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 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 Armies 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 through! Now we've began 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

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



A VETERAN'S STANCE

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

When I first came to Kewanee I was put into orientation with Ms. Rowan. I was given a packet with descriptions with non-verbal communications and challenged to pick just one (1) and work on improving it. I chose my standing/walking posture. I walk and stand looking down, slouched over. From the day I read that until today, it is something I focus on. I've used mind and body awareness from yoga to breathe myself into postures. I have used the working of the Steps in AA, that naturally starts raising myself up, when I get rid of the garbage holding me down. But there was one way that I never have to think about it.

I was gifted a U.S. Army shirt that was made specifically for me. It's to wear when the Vet's Group presents different events in our community to help bring patriotism back. Patriotism is not something that is missing within our prison community, it is missing throughout our country. So when I get the opportunity to wear my shirt, I'm right back at attention knowing (there is no reason to look down, there's no discharge on the ground) I am filled with pride because I know our Vet's Group is doing something important.

Back at home I have seen so many Facebook pages, posts, and other social media threads, where people slam our country. I have read "what's my country ever done for me?", so many times. There is nothing unpatriotic about being angry at the government. The government is not our country. Patriotism is the love of country, the men and women who live here.

Patriotism is trying your best to show your support of the freedoms of your countrymen and women, even when they are not the ones you particularly care about. Knowing they will do the same for you. That is what our soldiers are giving their lives for, our freedoms. Even in

prison I am benefitting from the fight those men and women gave their lives for. Think about it.

We all know we can still fight our cases through post-convictions etc. Soldiers died to keep our country running like this. They're standing in front of our country making sure no one strips that from us.

If I am upset, I can file a grievance against any employee of IDOC and be heard. Because of our armed services, no one, who doesn't allow it's prisoners to survive speaking against the government, has taken over.

In so many countries, in this world, children are dying daily because they have no food or clean water. as a prisoner I am living in what most of the world would consider royalty because I am fed three (3) meals, protected from the cold, given clean clothes, and have access to as much free clean water.

Why? Because before I am an individual in custody, before I am a convict, before I am an inmate, I AM AN AMERICAN. Not everything is perfect, it never will be. I live in a free country, not in an unachievable utopia. What I do have and everyone else in this country has, it is an opportunity. That is what being a part of the vets group has made me remember. Every time I remember, I do not have to work on my posture. Filled with pride, I stand tall because being an American cannot be taken away with being sentenced!

Try not to become a man of success, but rather, a man of value."

-Albert Einstein



Our Kewanee Veterans

By Antonio “Jedi” Espino

I have experienced many different forms of veterans’ Groups in the last sixteen (16) years. This last **year**, with an amazing group, led by a supportive Lieutenant has been a cherishable one already. The ability to continuously serve our internal community as well as societal ones has been something I hold dear to my heart.

For us, being an incarcerated Veteran is not typically rooted in pride or glory, rather, most often, being labeled a Veteran in prison brings a sense of shame and guilt. I remembered being discharged and feeling immense remorse for letting down my fellow brethren due to my criminal behavior in my impulsive character.

Now we have had many events here where we, as a group, have given and continue to give back, through using holidays such as Memorial Day, Independence Day, Patriots’ Day, & Veterans’ Day. Within our institution we find ways to cultivate a sense of community and connectedness, sometimes through team-based sports, weight-lifting competitions, solo contests, donations, music, picnic-styled lunches with food-on-the-grill, etc. A magnificent experience was when we as a group came up with an idea of a mural that **commemorates** these **achievements** within the institution. This mural catalogs a **history** within Kewanee and continues to cultivate a sense of community as well as something to



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strive for within our time together. After drafting this idea about the mural, our Lieutenant DeCoster and Art Room Supervisor Draper got it approved with the support of the warden. We took to the wall and started not only making it a "Record Wall" but one also filled with humor and caricatures of Kewanee Residents, and found a great location outside of the Commissary and Eastside Fitness Gym.

Seeing people line up and talk about winnings, records, weight classes, of past events, as well as planning for upcoming events has been beautiful. We even see some training for their names to be on this wall ahead of time flipping tires, doing clean-and-presses, launching softballs, etc...watch out EZ, Jordan, Scott, Buck, and Brett...Just to mention a few...LOL!

I sat in groups outside of the Veterans' Group here and guys have mentioned the immense release these events provide from the deeply imbedded stress we carry from our time gone and being on the inside. Just sitting outside on the yard all day and night with music going, food, and communal gathering can be almost unbearable for most of us, yet profoundly cathartic.

As we have these events we have many great times, some hilarious memories, all almost unbelievable to have within a prison. **I remember not only saying I never believed what I saw on Horizons, when I was sitting in a cell, but how I did not ever want to go to Kewanee let alone a Minimum Camp, because of how staff seemingly treat you at them, as well as your fellow residents.** It is **not** the case here. As crazy as it sounds I never knew how much I **needed** this place and is releasing



effects it has on our soul, until I grounded myself in here.

Now, we have found more ways to continue to give back as well as cultivate a sense of comradery amongst our community and Veterans. I have now experienced a sense of pride in being a Veteran even though I am gone, not due to service out in society but rather for the lives in here. Being amongst our group during these events I find moments where I step back within myself and mindfully watch the events, and our veterans moderating them. I smile warmly inside knowing we ware bringing light to others in here, as well as such an act brings light into our own lives, it is truly reciprocal. We are grateful to our community for embracing us in these events and allowing us the opportunity to continue to serve.



Clean-And-Press Competition!



4-man Pushup and 5K Run for Honor Flight



RUN UP IF YOU WANT TO!



Tire Flip Course



WARS DAY
DAY THE 4
BE WITH YO

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We celebrated Patriots' Day with a 5K run and raised funds for Honor Flight to send a War Veteran to Washington D.C. memorial sites. We also had corn hole tournament, a 4-man team commando course replete with a tire-flip course, 4-man pushup, 50 lb. Ammo-Can Carry, 50 squats, 40 pull ups, 30 dips, 20 burpees, and a kickball tournament. Congrats 5 House as the winners!



5 House kickball champs!

I thank all my fellow supportive Veterans. I greatly appreciate your humility and ability to see past yourselves for the essence that exists within everyone else around us. Our service is never enough, yet you seem to know this in your hearts and spirits, and rise to these occasions above your own agendas. I thank Lt. DeCoster and all supportive staff who not only allow these events to unfold but trust us enough to cultivate any light in this place. A special thanks to Jesse Myers for somehow seeing something in me from day one, as well as continuing to support me in our Kewanee Commemorative Mural. Also thank you Freeman, you are not forgotten, and I am continuing to share what you saw me holding back.

May the light of our creating life Force continue to shine on us all.

Antonio



→ KEWANEE'S ← BOOK CLUB UPDATE

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

Excuse the delay, Kewanee's' book club is here and **still going strong**, which is why you didn't hear "**we are back**". They never left, however some faces have changed due to individuals transitioning to 'day' release, work release or home, which is always the ultimate goal. Talk about timing, when I arrived at Kewanee a few months ago I knew the "Book Club" was something I would be very interested in considering I love to read. Once I acclimated myself to the environment there was an opening, now I am a proud member of this appreciated class of readers. For most of us involved this is a first. As an individual in custody I've learned that you don't have to wait to be free; freedom starts from within which is a mind-set and that's what I've experienced through reading. I believe book clubs could serve as a conduit to explore that feeling. Through shared experiences you can gain insight, and practical tools that can be used to break free from things like **fear of public speaking** and **self-doubt**. This will in-turn enable you to reconnect with your purpose, thus finding peace. Since it's inception about three years ago the librarian Ms. Coulter has been a driving force behind the implementation of this program, carving out a space for us to meet as well as other peer led groups. Not only has she made all this possible but she's also a member of the club, and I've recently learned she participates in book clubs within her community, how does she do it? Kewanee affords those here the opportunity to explore some of our hobbies/passions, like reading. The space carved out for us to meet and discuss our books amounts to a "**small window of time**", time which is fully utilized and greatly appreciated.

For clarity this is about 45 minutes, which is from 2:45 up until count clears. The book club has always been a small group of 10-15 members. This number allows individuals to share their take from a particular book, allowing for a brief exchange of dialogue. As formulas go this one has worked in the past and continues to work today; absent that there is no other reason why the membership count remains as it is. **To the Kewanee community who may be interested in joining the book club sometimes it only requires that you ask, this can turn into an invite if there is room, (TIMING)!** As an alternative Ms. Coulter encourages individuals to start their own book clubs in their units, as she says “**it only takes two to form a club**”. She has expressed her desire to assist those who may endeavor to do so by providing the books needed if it is within her purview. Moving forward, at some point in our life we’ve heard the saying “**reading is fundamental**”, if you’ve never heard it now you have. Why is this statement true? Well lets define fundamental: *of or relating to the foundation or base; elementary. b. Forming or serving as an essential component of a system or structure; central. c. Of great significance or entailing major change.* When you define a word **you give it wings**, when you understand and apply that word **you give it flight**. Reading is an essential component of great significance, necessary in order for us to understand how to effectively navigate this system and implement major change within ourselves and the structures that form its’ base. Even in this technologically driven society reading is central. **Read, Understand, Learn!** Wherever you are at grab a book, join a book club, if possible start a book club and begin to develop and strengthen your reading and interpersonal skills through book club participation. Next article I’ll discuss the first two “powerful” books we’ve read in our book club.

“ONCE YOU HAVE LEARNED TO ASK QUESTIONS-RELEVANT AND APPROPRIATE AND SUBSTANTIAL QUESTIONS-YOU HAVE LEARNED HOW TO LEARN AND NO ONE CAN KEEP YOU FROM LEARNING WHATEVER YOU WANT OR NEED TO KNOW”

-Neil Portman



APOLOGIES

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

First and foremost, I would like to take the opportunity to apologize to those individuals that we haven't taken the time to acknowledge for their accomplishments. Those individuals that have put plenty of time and effort to prepare themselves not only for their reentry but their futures far from incarceration. Jeremiah Martin, Roman, Tony Fennell, and Scott Langford have all obtained their H.S.E. while incarcerated and contrary to popular belief it is not easy. It isn't only because of the cramming of information or the testing itself that is difficult but, life doesn't always make the paths that are necessary very easy for us. Each one of these individuals had their very own battles to fight or hurdles to jump. For some it was court dates that brought on outside stresses that we are all too familiar with at the worst possible moments. For others there were losses of family members that occurred days before testing that brought on the strong desire to give up that had to be dealt with before even sitting to begin to take the test. We all have our own goals that we are trying to accomplish and we can all understand that it is not always easy trying to accomplish these goals, no matter what they are. Each one of these gentlemen deserve their accolades for having the determination to not only set their goals but achieve them, despite the obstacles and setbacks that seemed to be hiding around every corner.



The Market Corner

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

What's up with our Trading/Investing Community? I hope that the start of this year has been a good for all of us on our financial journey to building wealth! Today I would like to shout out one of our fellow investors, and Give him a reply to his personal submission!

"Cervantes" at **Graham Correctional**.

"Hello I want to thank KLSRC for the opportunity to learn about the stock market. I have been reading about the stock market for 4 years, and I would like to know more about earnings, Companies report earnings every 3 months on revenue, EPS, GDP and outlook, Can You Explain what that is and how Investors make money when companies report Earnings. Blessings!"

So Let's Dig in, So For Starters! Cervantes, this is a form of **fundamental analysis**. Public traded companies release quarterly reports every 3 Months, Yes your correct. They usually consist of Revenue, (How much \$\$ Company brought in) Expenses, Net Income, (Profit) EPS, (Earning per Share) and give updates about risk, debt, and outlook or "guidance" you will hear them say a lot on CNBC. Think of the quarterly report as a company's report card, Its Keeping its shareholders up-

dated on how it performed each 3 months. Wall Street estimates every quarter what the EPS/revenue should be and typically, if a Company beats Wall Street expectations, Stocks often rise. If they miss, the stock falls.

However this is **NOT** always the case, stocks can still fall with earnings beat, and/or rise with earning Misses. How so? Earning beats can be by slim, and investor sentiment may have been expecting better earnings reports, even though they beat Wall street expectation. Or they can Miss estimates, (Like TESLA) whose Company usually misses its estimates, but stock will rise due to the fact Elon Musk, will Speak during and earnings call and hype up his Humanoid Robots, Autonomous robo-taxis, which cause price to rise. However, It is Ultimately up to the us investors, a.k.a Buyers & Sellers. Simple supply and Demand, if there are more sellers than buyers of a stock? Price will fall. If Demand is high, and there are more buyers than sellers, Price will rise.

EPS (Earnings per Share) Why does this matter to us Shareholders? Because this tells us how much **we are being paid per share of stock, we own!** This is The Company's profit, Divided by the Total Outstanding shares the company has. *Example, If a Companies makes \$1,000,000 profit and has 1,000,000 shares? EPS = \$1.00.* Again, Wall Street analyst estimate a company's EPS. If a company beats EPS estimates stock usually rises, helps boost investor confidence. Keep in mind not ALL companies offer dividends.

GDP? (Gross Domestic Product) GDP does not move markets on its own; it is a measurement of the total economic output of a *Country*.

When GDP outlook is Strong/Growing? That mean the Economy is growing, If the Economy is Growing, Consumers are spending more, Which means companies are selling more, which leads to an increase in Profits, and better profits = Better EPS, which is more money for investors.

When the Outlook is weak/Shrinking, Sales Drop, Companies Cut Cost, Profits Shrink, EPS shrinks, and investors become Cautious.

As for a Book that I would Recommend for learning about fundamental analysis? Jim Cramer's "How to Make Money in any Market" Would be a good recommendation? Seeing how he is more of a fundamental investor instead of a trader, he actually has a few books that clearly explain EPS and P/E ratio's for longer term investing. Hope this helps you a little bit, and if there's something that I missed, please feel free to always write back here at KLSRC and ill Get on in ASAP. Thank you For Reaching out to us here at the Market Corner, If anyone else has personal questions about the market or a individual stock? Outlook on a certain chart? Feel free to write us a letter! Happy Investing!



My Yoga Experience



My name is **Steven Konz**, I have been incarcerated for 22 years, and I want to share my Yoga experience with you. All of us have heard the stigmas behind doing Yoga. Well, I can say that all of that comes from people who have never experienced true Yoga. I say that because you have to give it your all to have the true experience. I came to Kewanee realizing that I have the opportunity to enjoy more activities. I took into consideration my age, and how limited I have been over the years and decades in other facilities and believed it would be a good idea to start stretching, that's what I thought Yoga was. Until I gave it a full opportunity, embracing the breathing techniques, taking time to discipline myself into the right poses, looking within and listening to my body. I embrace the experience of true Yoga for me, and not only got what I was coming for which was initially a good stretch, but found a peace of mind, body, and soul.

I encourage brothers and sisters reading this to take into consideration, the lives we live in these facilities, the beds we sleep on, how many injuries you have



HOROSCOPES



Aries: Go out of your way to get things done. Clear your roster and refuse to take on too much. Turn your home into a place of comfort and convenience.

Translation: In a world of nothing but time, you need to learn how to manage your days. Quit being that person.



Taurus: Stick close to home and focus on what you can accomplish. A chance to do something constructive will inspire you.

Translation: You need to get out the cell and start signing up for them classes. It will go into your master file



Gemini: Uncertainly will develop. Consider the consequences before deciding to take a risk with your health or wealth. Look into different lifestyle choices, with a focus on paring down.

Translation: Clean your box and get rid of that, stop being a hoarder.



Cancer: Your ability to conform people will put you in demand. Speak with confidence and compassion, and you'll set standards for others to follow. Your contributions will open a door to a better future.

Translation: When you talk they will listen. Chose your words wisely.



Leo: Be careful not to reveal sensitive information. You'll face scrutiny if you aren't transparent about your motives. Your hard work and dedication will result in new opportunities.

Translation: Don't share too much personal information though at the same time you want to be 100% about your agenda. By doing so doors will open for you.



Virgo: Visit someone you enjoy being around and share your ideas. A partnership will inspire creativity and the discipline to follow your plan through to the end. An offer will change how you live.

Translation: Find a person in your life that you trust and bounce your ideas off them. They might give you some ideas on how you can expand your brand and what you are trying to put together.



Libra: Added discipline will help you train for a physical challenge. Pay attention to what your body is telling you and nourish it with a healthy diet. The better you look and feel, the better you'll do.

Translation: You definitely got to put in work on the weight pile to get your body how you want it. Remember sometimes other factors play apart; like diets, cardio and your mental. To be your absolute best self.



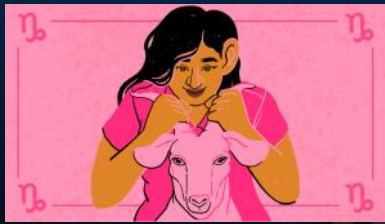
Scorpio: An open mind and creative plan will encourage you to take on something unusual. Traveling for the purpose of discovery will feed your soul and help you gain insight.

Translation: Don't allow yourself to be stuck in a box. Get up outside that box. You might surprise yourself and discover some things about self that you did not know was there.



Sagittarius: Listen to what people are telling you, but verify what you hear before passing it along. Staying on the right path will require getting your facts straight and showing how they can help.

Translation: Always keep your ear to the streets. But before you spread some info you got from 'inmate twitter' check your facts. That prevent you from misleading the masses.



Capricorn: A financial plan or home investment will help you obtain financial freedom. Control your destiny by structuring how and where you end up.

Translation: Don't wait, start now and make a plan on what you want to do with your money. Any plan is better than no plan.



Aquarius: Be aware what everyone in your circle is doing and where they place their loyalty before you share your plans. A change at home or work won't sit well with you. Offer alternatives.

Translation: Not everyone is going to be for your ideas. Don't allow change to deter you, you know how to maneuver.



Pisces: Use your insight and imagination to boost your finances. Don't trust someone who can't give you a straight answer. Don't take a risk with your health or heart.

Translation: Be creative on how you get money. Don't go for no politician answers and take care yourself.

STATEWIDE CALLOUT



Everyone here at Horizons would like to take the time to express our sincerest gratitude for all of our 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 "reel" 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 CALLOUT



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. Its 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!