



TRIBUTE TO MOTHERS

KEWANEE HORIZONS

VOL. 92



## TABLE OF CONTENTS

COVER PAGE.....1	PRAISE FOR MOTHERS.....18	KEWANEE.....40
TABLE OF CONTENTS.....2	MANY TIMES.....19	KOBA.....42
RESTORATIVE JUSTICE.....3	THAT'S MY MAMA.....20	MY CHESS EXPERIENCE.....44
MISSION STATEMENT.....4	HAPPY MOTHER'S Day .. 22	CHESS TOURNAMENT....50
HAPPY MOTHERS DAY.....5	MAMA FLEE.....25	HELP.....52
DEAR MOMMY.....6	THE TRAUMA WE SHARE.....26	T.R.E.O.....55
HAPPY MOTHERS DAY MRS. SLEDGE.....8	STORYBOOK AT PONTIAC.....29	YOGA AND THE UNITY...58
HAPPY MOTHERS DAY, WIFE.....9	AUNT MARYS STORY-BOOK.....31	DEVELOPING BALANCE..62
MOTHER.....10	ICI Job Fair Pontiac .....32	CHIPPED TOOTH SMILE.63
MOTHER!.....11	THANK YOU.....34	MOTHER TRIBUTE.....64
MOTHERS DAY.....12	PEER LED SHOWCASE..35	MY THOUGHTS OF WHAT A MOTHER MEANS.....65
MOTHERS TRIBUTE.....13	WE CALL HER "MA".....36	FUN FACTS.....66
MY WONDERFUL MOTHER.....14	MY HERO.....38	HOROSCOPES.....69
MOTHERS.....15	RECOVERY IN	STATEWIDE CALLOUT...72
MY MAMA.....17		

**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.



## HAPPY MOTHERS DAY

By: Allyson Gillmore @ Decatur C.C.

To the woman who raised me, you might not be my biological mother but you are still my mother. I grew up having such a wonderful childhood. You and Grandpa took me all around the states when I was competing in gymnastics. Iowa, Texas, West Virginia for USTA Junior Olympics. You gave me whatever I wanted, and made sure me and my sister had what we needed! And most of all while I couldn't provide for my two children you stepped up. You allowed me to still be involved with my children! Me and the kids both love you and thank you unconditionally for EVERYTHING you have done for all 3 of us.

Thank you and Happy Mothers' Day Mama,

Love always, your granddaughter





## Dear Mommy

By: Ignacio H. Carrillo @ East Moline C.C.

Thank you for giving me such a wonderful and safe childhood ( the best imaginable). I appreciate you now in a whole new way. I see the sacrifices you made for me--it is unmatched, an indescribable gift.

Though dad was always trying to make me into a man. I was an unapologetic momma's boy. I was happy to spend my days with you in the kitchen while you cooked all my favorite dishes: mole, tamales and enchiladas. My stomach growls even now with thought of them.

It is amazing how deeply you loved me. Your patience was endless. Your kindness innate.

Your warm eyes and good humor never wavering, bearing your misfortunes with grace and even style; always respecting others, and standing up for what you believed to be right.

Somehow you knew how to walk into a room and make everybody feel at ease. You are gracious, gentle, community-minded and honest. You know the secret to life was following your heart--just like you seem to know everything...naturally.

You were the middle child of 8, not all your siblings survived childbirth or the violence and poverty of rural central Mexico. Your family didn't have much money. You lived humbly. You ate sitting on the floor around a make-shift table that was covered with mismatched plates and bowls. You started working when you were 8 and never quit. You spent your life on your



feet cooking and cleaning for your own family and then for others. The only time you were even seated was when you sewed--a side hustle you brought with you to America.

But cooking was your forte. Cooking was how you expressed your love. But you never used a cookbook, not your whole life. Never went by a written recipe of any kind and never wrote down any of your own. I remember asking for a recipe when I got older and you invited me over to show me how to cook the dish as you couldn't quite remember the precise recipe. As busy as you were, you were always generous with your time with me and taught me that hospitality is rooted in action, not just things. When you were in the kitchen you were like a fish in water. You moved as if in a trance, on instinct and muscle memory alone.

I like to think that I inherited this from you, but I also know I am still a product of American consumerism mentality and care too much about how things look. You tried so hard to teach me that the true purpose of cooking is to gather your family and enjoy spending time together, the rest is just noise. Regardless of all my teen drama, the truth is, I have never really needed of anything in my life with you at the helm pointing our family's ship toward Love. You played with my sister and I, took us to the park, helped with our homework, applauded our highs and consoled us in our lows. You wanted (want) everything for us and because of it left us without need to want of anything.

I wish people would say, You remind me of your mother. That would be the best compliment. But I am a spitting image of my old man (God bless him) in looks and likely personality. But I aspire to be like you. I am desperately trying just to keep up.

Dedicated to Maria Enriqueta--the best mom this boy could ever wish for.



## HAPPY MOTHER'S DAY MRS. SLEDGE

By: Davonta Sledge @ MT. Sterling C.C.

Today is a special day because we get to share it together, you are such an amazing mother to our loving kids and a even greater wife, I would never let this day pass without letting you know how much you mean to us. Without you I wouldn't know how to handle things, but with the support of you my loving wife, you make our house complete. When things get hard with me being away you never gave up, you stayed strong my black queen and I thank you for that. I also thank you for being a great role model to our baby girl thru life, being with someone as special as you was a dream until you walked into my life with complete joy & happiness. I love you Monica and I wouldn't change what we share for nothing in the world, you are a great Mother and we love you as a whole me and the lil ones. You are the best and we thank you on every level.

To the world's greatest Mother & wife  
Mrs. Monica Sledge  
4 ever  
&  
Always

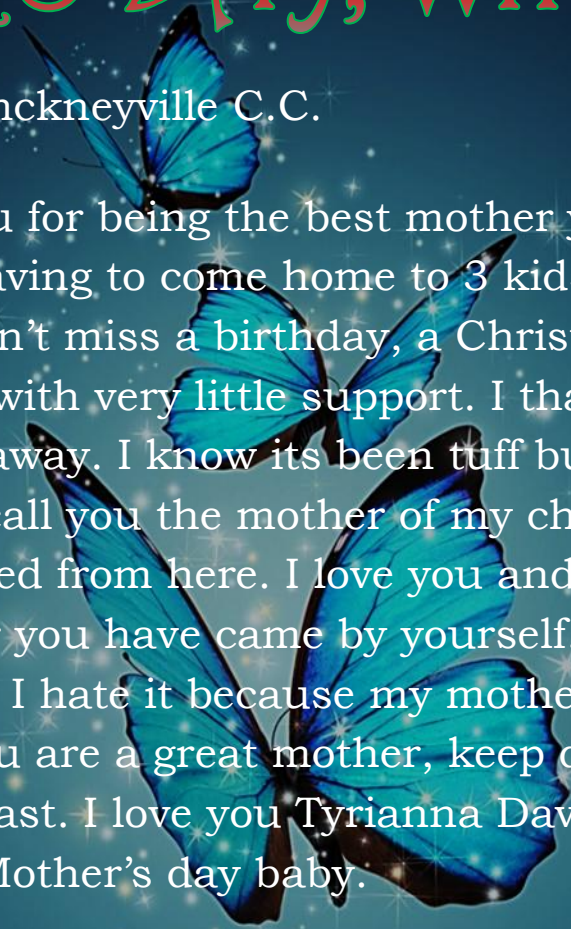
Your Husband



## HAPPY MOTHER'S DAY, WIFE

By: Diamonta Walls @ Pinckneyville C.C.

To the mother of my kids, you know I thank you for being the best mother you can be. I know its been hard going to school and work and having to come home to 3 kids. Having to cook, clean, and raise 3 kids by yourself and you don't miss a birthday, a Christmas, nothing, you always show up and show out for our kids with very little support. I thank you for doing the things I cant do for them during my time away. I know its been tuff but baby you doing it. You are a great mother and I am proud to call you the mother of my children and the women I want to come home to once I am released from here. I love you and if I can shoe the world how good of a mother you are and how far you have came by yourself. I would always do something for you on mothers day even tho I hate it because my mother is gone, but you are the reason for me showing my goodness. You are a great mother, keep doing your part and I promise to mines again when I'm free at last. I love you Tyrianna Davis, to beyond and eternally baby, forever gonna be mines Happy Mother's day baby.



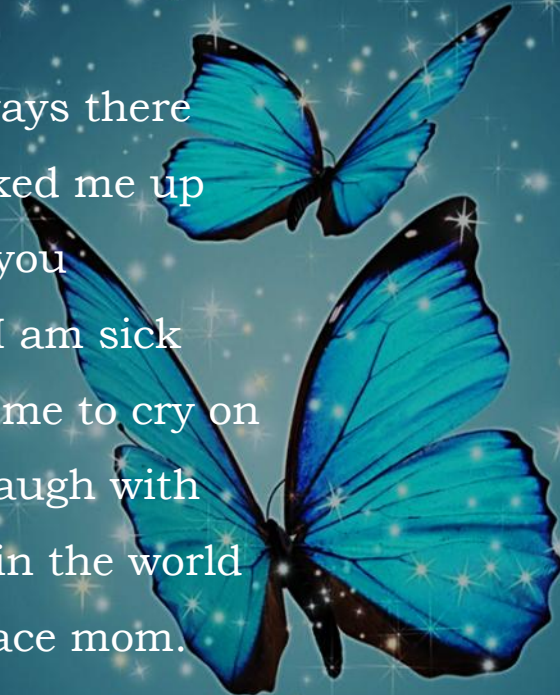


# MOTHER

By: Kelly Bradbury @ Lincoln C.C.

My mother was always there  
When I fell, you picked me up  
To say I love you

To hold me when I am sick  
To be the shoulder for me to cry on  
To be the person I laugh with  
The best friend I had in the world  
May you rest in peace mom.





# MOTHER!

By: Timothy Petermon @ Graham C.C.

Dear momma,

I remember the first time I heard the song by Tupac I cried thinking of my mother and everything we were going through. I truly didn't fully understand what the lyrics meant but I felt them! Now I'm much older and the song means even more to me because I fully understand those lyrics and feel them even more today!

I just want to say to Barbara that I love you so much! I learned so much from you and still to this day carry those lessons with me especially the lessons regarding cleaning and education. I was so proud of myself when I got my associates degree and was able to give it to her on a visit. To see her proud of me is what I live for.

I understand it now momma, we all have our flaws but your still a queen and I love you so much!

**HAPPY MOTHERS DAY!**

Your loving son, Timothy



# MOTHER'S DAY

By: Diamonte Walls @ Pinckneyville C.C.

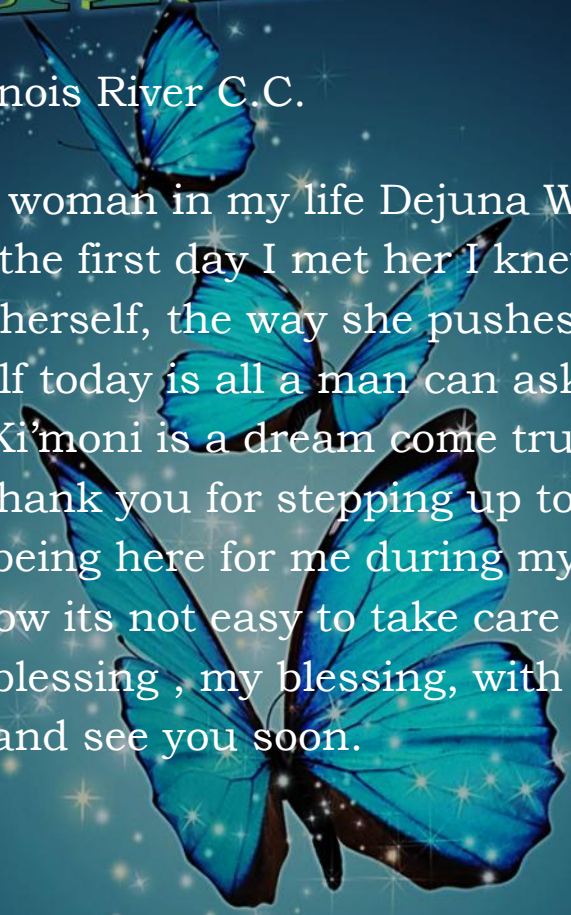
My mother Reba J Walls was the best mother I could ask for, sad to say I lost her when I was only 9 years old. She really was always there for me, the school I went to loved her so much that when I was having problems in class they would just pass me the phone and say she wants to talk to you. She always knew what to say to help me get what school work I was having problem with done. I never wanted to disappoint her when I was a kid, I hated seeing her mad at me. I was a very picky eater as a kid, I hated wet meat, if it wasn't fried I most likely wouldn't eat it. She knew that whenever she cooked she would have my meals different from what she was making everyone else. She always got me what I asked for, most times cause I earned it. I never seen hard times when she was alive, I always had new cloths, shoes, and toys. I always had food in my belly she was the best mother I could ask for, I love you Reba J. Walls, keep on resting, I promise I'm about to change my life around. I know I haven't been the person you was raising me to be, but I will be.



## MOTHERS TRIBUTE

By: Elliot Singleton @ Illinois River C.C.

I would like to send praise and love to a special woman in my life Dejuna Wilkerson, also known as an outstanding mother in my eyes. Since the first day I met her I knew she was the missing person in my life's movie the way she carry herself, the way she pushes herself to thrive to be the great strong woman she made herself today is all a man can ask for. Also the love and nurture she gives also show our daughter Ki'moni is a dream come true, any child would love to have her as a mother. I would like to thank you for stepping up to take over our family responsibility far as our household, and being here for me during my incarceration. Just being the strong women that you are I know its not easy to take care of the household, myself, and our daughter all alone. You are a blessing , my blessing, with that being said God Bless you Happy Mother's Day, I love you and see you soon.

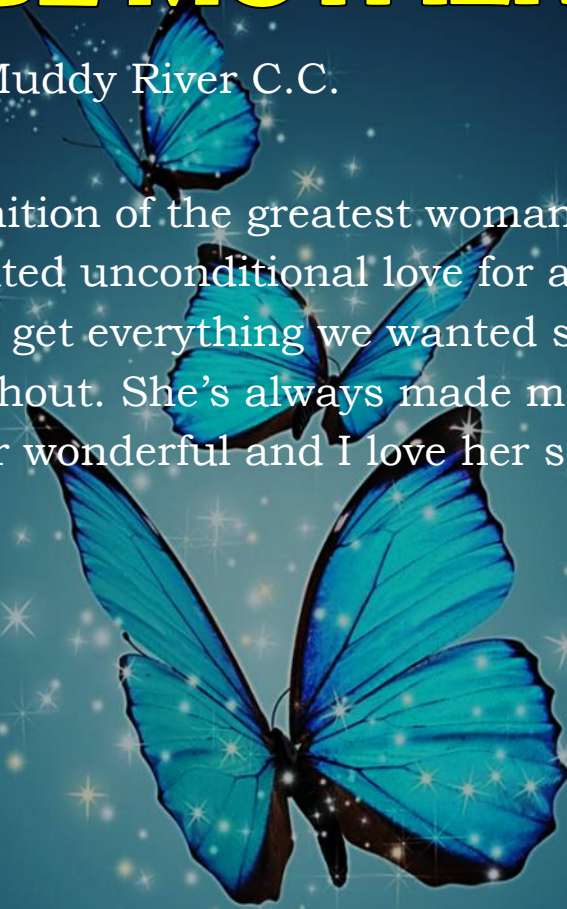




## MY WONDERFUL MOTHER

By: Marcus Avant @ Big Muddy River C.C.

My mom is amazing to me. she is the true definition of the greatest woman walking this earth. Throughout my entire life she has demonstrated unconditional love for all her kids. She's always put us first and even though we didn't get everything we wanted she made sure we had all we needed, even if it meant her going without. She's always made me feel loved and helped me with whatever I needed. She is super wonderful and I love her so much. Happy Mother's Day, you're a rock star.

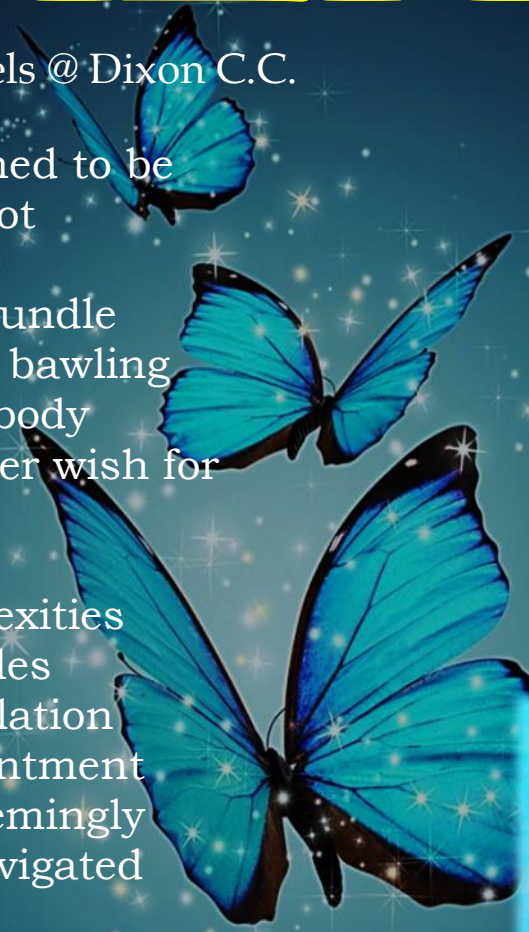




# MOTHERS

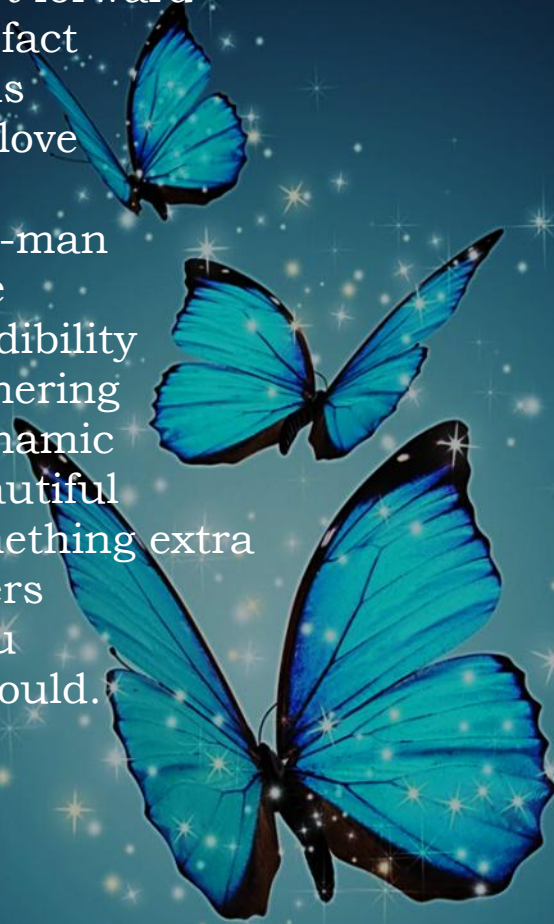
By: Patrice Lumumba Daniels @ Dixon C.C.

Some of you planned to be  
many did not  
& yet  
that cherubic bundle  
of plump cheeked bawling  
seemed to embody  
all that one could ever wish for  
Raising  
Rearing  
w/all it's complexities  
Tears & smiles  
exhaustion & elation  
pride & disappointment  
Realities that seemingly  
could only be navigated  
by you  
Uniquely suited  
for the task  
in comparable ways  
There's no mommy manual  
& yet





You courageously continue  
to put your best foot forward  
Secure in the fact  
Your actions  
are driven by love  
As a Man  
Raised by a Wo-man  
Affords me  
Unparalleled credibility  
I marvel at mothering  
Mothers are dynamic  
Mothers are beautiful  
Mothers are given something extra  
To all mothers  
I salute you  
as only a son could.





## My Mama

By: Nathan Ellison @ Big Muddy C.C.

At a very young age I recall my mama working all the time. My Father had found someone else and my Mama was left to pick up all the pieces. I can still remember being so sad when she had to go to work. There was only one place I could be while my mama was away...

My grandma's, She was the other woman in my life. If I ever got hurt, or needed anything my grandma was there. They deserve so much!

I wish I could go back in time and show them both the appreciation and love they both showed me.

My Grandma is in heaven, and my mama is at home taking care of another little version of me. "My Son". Without my mama I don't know where we'd be...

Thank you Mama for being there for me.

Grandma... You're missed every single day!

I Love you Both!

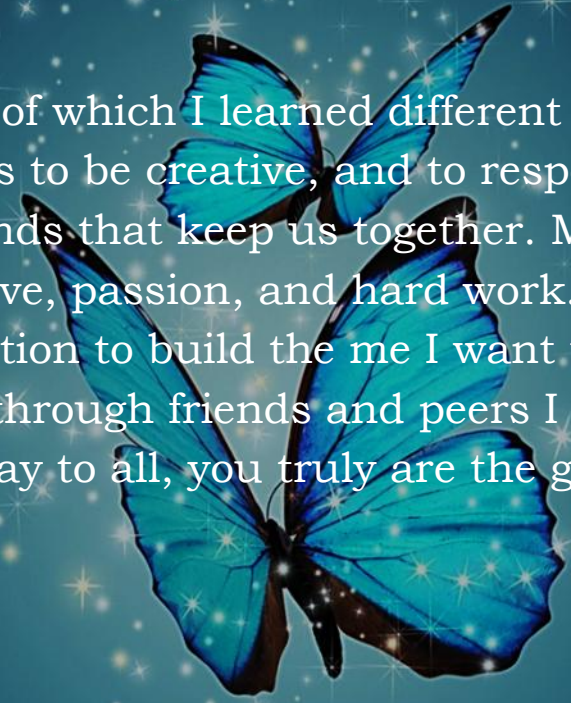
Happy Mother's day!



## PRAISE FOR MOTHER'S

By: Sarah Mecum @ Lincoln C.C.

I've had severe "mothers" in my lifetime. Each of which I learned different life lessons from. My real mother taught me how important it is to be creative, and to respect culture. My stepmother taught me about family and the bonds that keep us together. My adopted mom taught me that dreams can come true with love, passion, and hard work. Without these women, I wouldn't have such a great foundation to build the me I want to be upon. I'm blessed to have great women role models even through friends and peers I get to experience the best of being mothered. Happy Mothers Day to all, you truly are the glue that holds this world together.

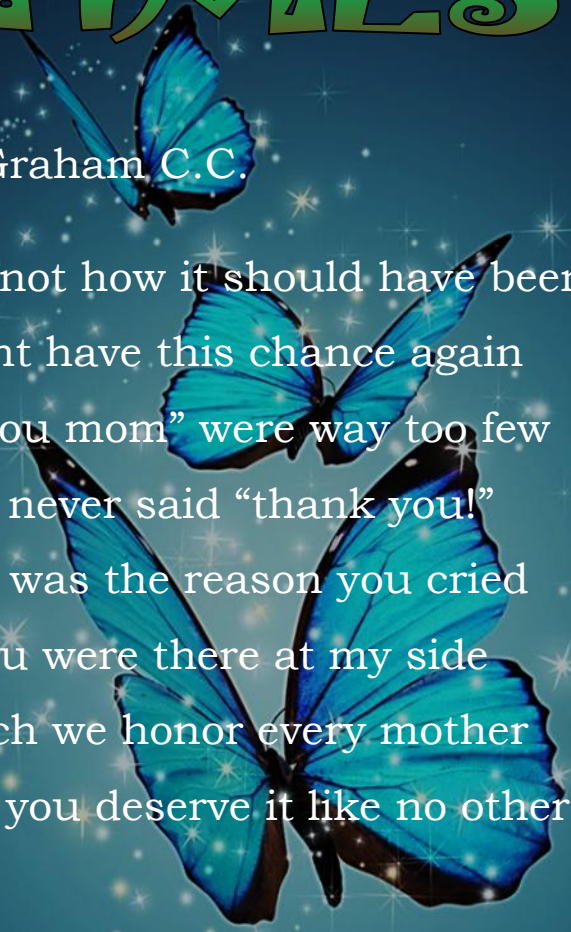




## "MANY TIMES"

By: William Pippin @ Graham C.C.

Between us its been rough and rocky, not how it should have been  
One day you will be gone, and I wont have this chance again  
I know the times that I said, "I love you mom" were way too few  
Many times when I should have, I never said "thank you!"  
I'm sorry that more often than not I was the reason you cried  
Still no matter how times I fell, you were there at my side  
Once again its Mothers Day on which we honor every mother  
Looking back what I put you through, you deserve it like no other!





## That's My Mama!

By: Min. Donzell "Dennis" Digby @ Dixon C.C.

My Mama was probably just like yours.

She'd burden me with lots of chores.

I bet my Mama was like yours too,  
Being always there to help me through.

My Mama loved me; this I know,  
Although sometimes it didn't show.

My Mama taught me right from wrong,  
But, maybe, like you, I was a little headstrong.

My Mama knew how to keep me in line,  
She'd snatch me up, and tap that behind...ouch!

My Mama supported me in what I wanted to do,  
She'd always tell me, "It's" all up to you.

My Mama would often neglect her needs,  
And provide for us through her tireless deeds.



My mama was loved, and I'm sure she knew,  
Because when I had a chance, I did for her too.

My Mama is not hear anymore, you see,  
But I'm grateful for all she did for me.

My Mama prayed with me, as she laid me down to sleep,  
Together we prayed for the Lord, my soul to keep.

And glad my Mama will never again weep.

I hope to see her again, and I'm sure I'm gonna.

So, I don't know about yours but, "That's" My Mama!





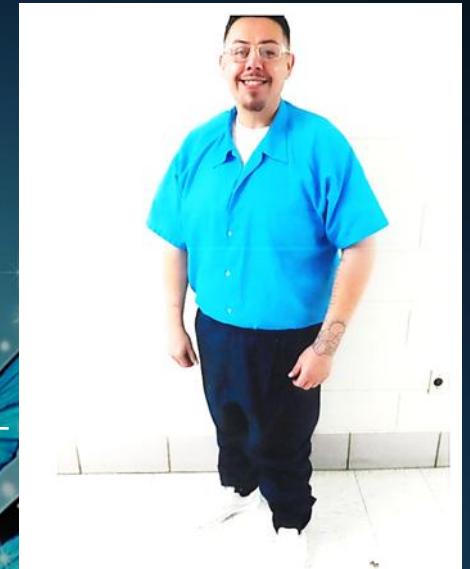
Happy Mother's Day

By: Ernesto Valle

First I want to say thank you Lord, and I want to thank you for my mother.

The mom that was given to me and the mother that raised me, the Holy women. She is my sister in Christ, Mami I love you. I know you and I had a lot of ups and downs but I want you to know that God had a plan for us. Through the relationship that we had you raised a young kid with the time I was with you. You instilled a lot of lessons in me, that is the one thing that I can say you did. You have true love, you planted the seed of life in me and that was the word of God. It took time to sprout but here I am, you prayed and asked God to allow me to become that man, that brother, a son of God. Here I am mom, allowing my light to shine. We had some real hard and tuff conversations but all is forgiven. I remember when you told me son I don't worry about you anymore because I told you that I am born again, I gave my life to God. Knowing that God got me, but I want you to know God got both of us.

So let's trust in His word and promises. So Ma I want you to know that God loves us and





hope and pray He keeps us.

From your baby son.

To all the mother's on earth and young sisters, I want to wish you a Happy Mother's Day, never lose hope or faith through these times of incarcerations we live. Remember time does not matter, the day that we have is the space that we fill. Bringing meaning and purpose. So I thank you and I thank God for allowing us to have moms and mothers.

So remember you have sons and daughters that love you and maybe they are not ready to forgive. All we can do is pray and allow it to manifest and that day will come, as our Father said He will return for us.

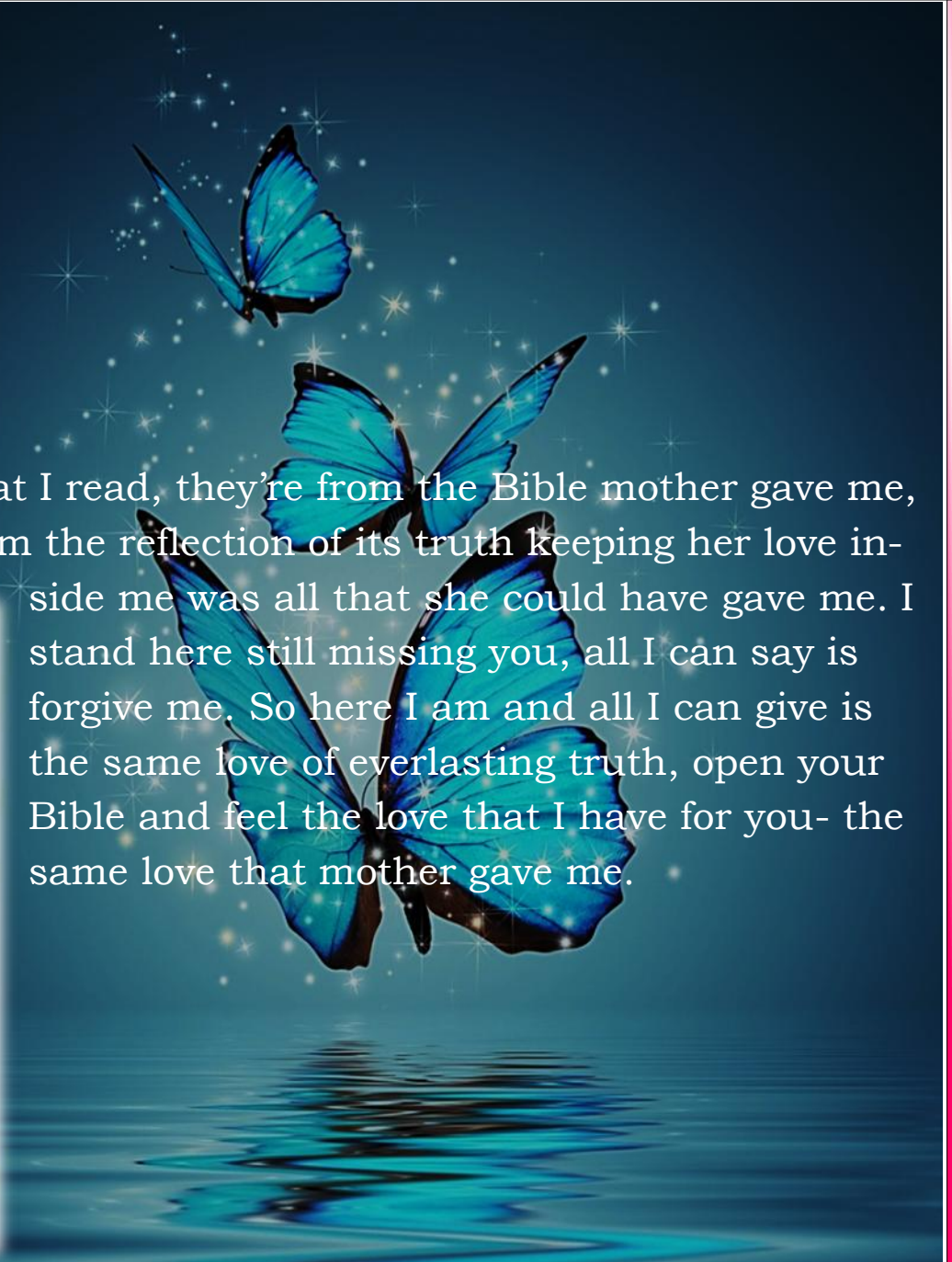




## A Poem for The Mother's

By: Ernesto Valle

In remembering myself through the words that I read, they're from the Bible mother gave me, planting the seeds of everlasting in me, as I am the reflection of its truth keeping her love inside me was all that she could have gave me. I stand here still missing you, all I can say is forgive me. So here I am and all I can give is the same love of everlasting truth, open your Bible and feel the love that I have for you- the same love that mother gave me.





## "MAMA FLEE"

By: Brennan Pfleeger @ Danville C.C.

I've been calling her that for over 20 years, but she's been holding me down since day one. I'm sitting here trying to put into words her worth in my life-and its really unmeasurable. How can you measure the spark that tells you to get up and get going. She's my first phone call in the A.M. and my prayer at night. She's my thought process when I'm faced with a decision. She's my biggest fan and supporter. When every single one of my kids were born, she was there. When every single female broke on me, you guessed it, mama flee is always on scene. She's laid back, unless one of her kids is in a jam, then no one is safe. She loves cats but is not a cat lady, and she loves the squirrels in the yard... if they would only stay out of the street. She will tell you if your shirt is ugly because she doesn't lie, because lying is wrong. She will not cuss on the phone because its recording. Her support and love is over whelming. I said mom, I'll never be able to pay you back, just pay it forward.

My main point in writing this is that it reaches her and she knows that she's literally my everything. I love you mom and I so sorry for the constant chaos I've caused year after year.

Thank you for showing me and Danielle what a loving parent looks like.

Love always

Brennan



## THE TRAUMA WE SHARE

By: Oscar Grissett @ Unknown

I've always thought of trauma as being a very violent experience that has a profound affect of our mental functions and how to perceive reality. The pain of that experience being the altering force in which our actions and attitudes die henceforth shaped. Over the past month or so I've come to realize that my thoughts on trauma were incomplete. After completing a course on "EDOVO" titled, "How Can I Heal From Child Sexual Abuse?," I now think differently.

Before I continue be advised that the content herein may trigger some unpleasant feelings and thoughts. If at anytime you become uncomfortable and start to feel overwhelmed, please pause to take several deep breathes until you are calm. Furthermore, please reach out to Mental Health, Medical Staff, Chaplin Dept., or any other person you trust if things become to much for to handle.

For many years I've lived in shame, I've always thought it was my fault that my abuser abused me. She made me feel like the abuse was something I wanted. She constantly reinforced the idea in my head that I was her man and she was my woman and that it was my duty to please her. She did things to me mentally that has affected every relationship I've had until this day.



My abuser wasn't physically abusive or threatening, which is why I never associated it with trauma. I actually loved my abuser because she gave me the attention and care that I was not receiving at home from my parents. Then one day she was gone. Was lost and hurt, I asked everybody where she was, but nobody knew anything. About two months later she shows up and tell me that she left cause I had a big mouth and was telling everybody about our secret relationship. I promised her that I didn't and wouldn't tell nobody. She said I had to prove it by being quiet and that she was leaving and not coming back until I proved that I could be quiet. So that's what I did, I kept quiet. All through high school I kept quiet. Through my quietness I began to feel guilty for ruining our relationship. I felt like I did something wrong to make her stop loving me and caring for me. This was my pain, my trauma, my shame.

“one persons painful articulation of shame can open the (other) listener to their own internal narratives and reveals their own shame.”

Leonardini, Ray (2019). Toxic Shame

And contemplative Prayer: From Hiding To Healing (p.s.)

When I reflect on my trauma, I wonder how many others, within the prison system, live in shame of their trauma. How many others live with the guilt of loving their abuser, trusting their abuser, or thinking they wanted or welcomed the abuse. Most importantly, how many of us thought or continue to think since the abuse wasn't physically painful that it wasn't a traumatic experience?

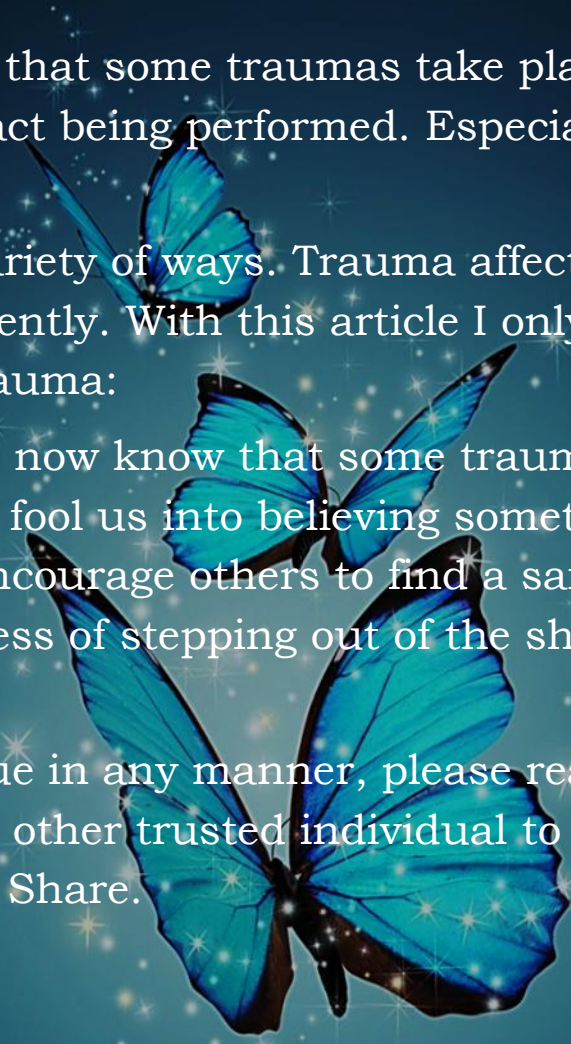


What I've come to understand about abuse is that some traumas take place mentally. Some traumas occur simply through the abusive act being performed. Especially when its conducted by an adult through manipulation.

As I'm learning, trauma is experienced in a variety of ways. Trauma affects each of us differently and we all will respond to trauma differently. With this article I only hope to bring to light a misconception I once had about trauma:

"Trauma is a violent and painful experience" I now know that some traumas are subtle and disguise behind living and caring acts that fool us into believing something is okay when its not. As a victim of child sexual abuse I encourage others to find a safe place to speak about their own trauma and begin the process of stepping out of the shadow of shame and guilt. Love yourself, heal yourself.

Remember, if you are struggling with this issue in any manner, please reach out to Mental Health, Medial Staff, Chaplin Dept., or any other trusted individual to help you through this. You are not alone in the Trauma We Share.





## STORYBOOK AT PONTIAC

The **Aunt Mary's Storybook Program** was successfully implemented for the first time at Pontiac Correctional Center, providing incarcerated individuals with a meaningful opportunity to strengthen family connections while promoting literacy. Through the program, participants selected children's books, practiced reading them aloud, and recorded themselves so the recordings and books could be sent to their children or young family members. This initiative allowed participants to maintain a positive presence in their children's lives despite incarceration, reinforcing the importance of family bonds and encouraging a culture of learning and storytelling.

The initial run of the program proved to be highly impactful for both participants and their families. Individuals involved demonstrated strong engagement and took pride in preparing their recordings, often expressing appreciation for the opportunity to connect with their children in a constructive and supportive way. Staff observed positive behavior and enthusiasm throughout the program, highlighting its potential as a valuable family-focused initiative that supports emotional connection, literacy development, and positive institutional programming within the facility.

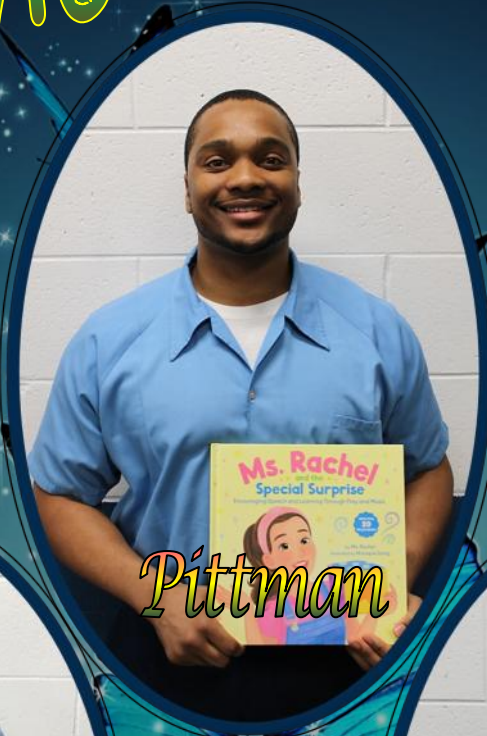
## PONTIAC

### STORY

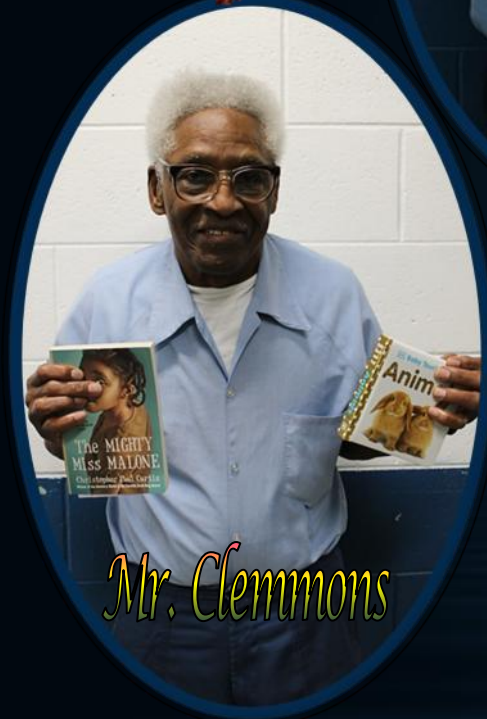
### BOOK



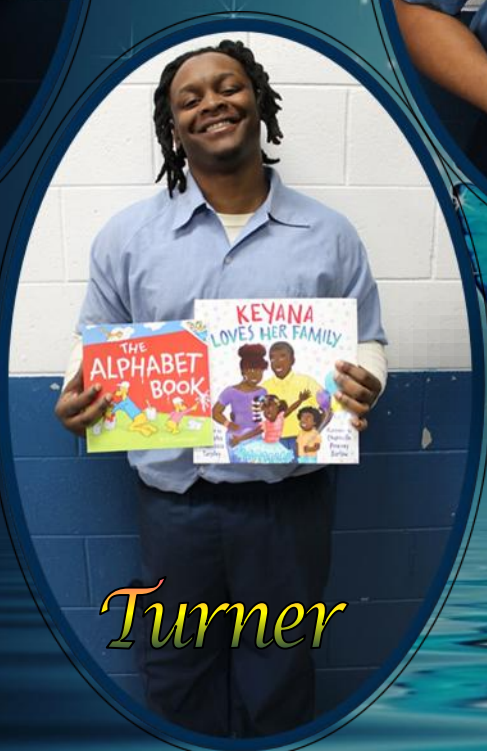
*Photo*



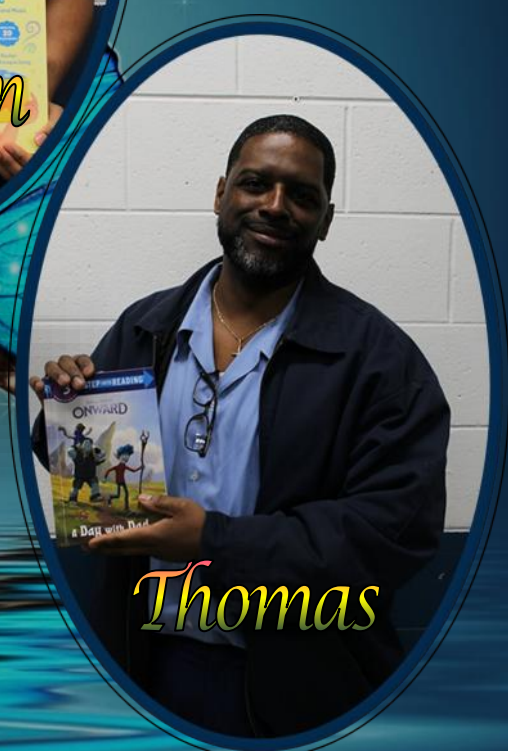
*Pittman*



*Mr. Clemmons*



*Turner*



*Thomas*





## AUNT MARY'S STORYBOOK

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

Greetings to everyone

We here at Kewanee Horizons recently received an article from Pontiac C.C. about Aunt Mary's Storybook, they for the first time in maximum security allowed the Individuals In Custody to read and record books for loved ones. For those of you who do not know what Storybook is let me explain. Storybook is when volunteers come in a facility with books that have been donated, the individuals get to pick a paragraph or if the book is small enough they can read the whole book and it is recorded and then transferred to a CD and the recording and the book is mailed to the child or whom ever the Individual is recording for. Just to be clear, it can be his Child or Children, grandchild, niece, nephew or stepchildren. This is a great way for those who are incarcerated to keep a bond going with their loved ones. This program is special to me because I used to help set up the classroom with the books and direct traffic for recording during my time on the Farm in Pontiac. Yes, Pontiac Farm did Storybook every 2nd Saturday of each month, I started helping with this program in February of 2015 until March of 2020 it got canceled due to Covid-19. I'm so glad to see that the program is back up and running, and I hope it continues. I do not know the procedure for being able to do Storybook there as of now but if you are able to, please do it. I recognize two people in the pictures that were submitted, its good to see you guys are still holding your heads above water. Special shout out to all the staff who helped me while I was there, know that I'm well and doing everything I promised I would do once I arrived here. In the next issue of Kewanee Horizons I will give you all an update as to what's been going on with me throughout my time here at Kewanee Life Skills Re-Entry Center.





## ICI Job Fair Pontiac

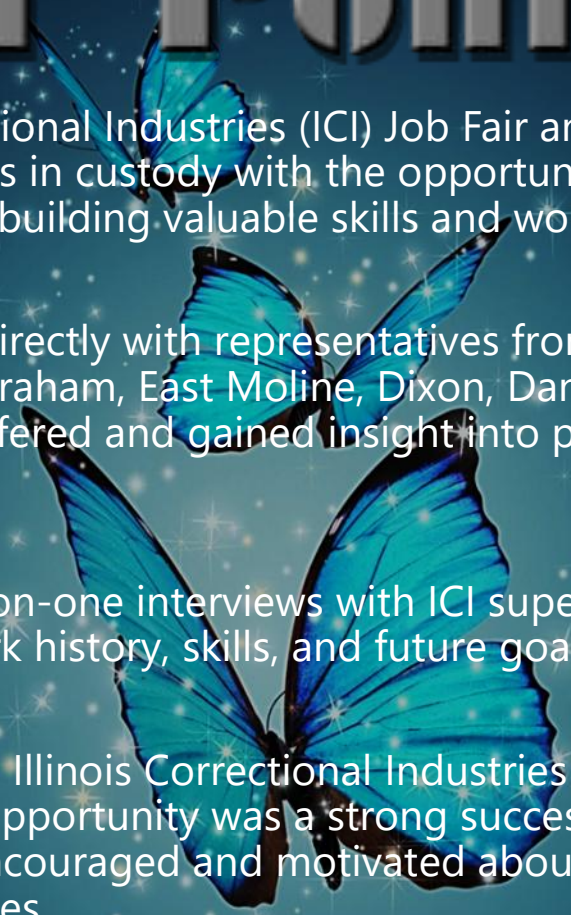
Pontiac Correctional Center hosted its first Illinois Correctional Industries (ICI) Job Fair and Interview Opportunity on April 30th. This event provided individuals in custody with the opportunity to explore available ICI positions and take meaningful steps toward building valuable skills and work experience.

More than 50 individuals attended the event, engaging directly with representatives from multiple ICI facilities, including Shawnee, Menard, Illinois River, Hill, Graham, East Moline, Dixon, Danville, and Centralia. Participants learned about the various programs offered and gained insight into potential career pathways.

Throughout the fair, individuals also participated in one-on-one interviews with ICI supervisors, allowing them to discuss their resumes and highlight their work history, skills, and future goals.



Overall, the Illinois Correctional Industries Job Fair and Interview Opportunity was a strong success, leaving participants encouraged and motivated about their future opportunities.



# ICI Job Fair Pontiac





THANK YOU

TO ALL

OUTSIDE CONTRIBUTORS



## 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.**



## WE CALL HER "MA"

By: Darrel Autman @ K.L.S.R.C.

We call her "MA!" from my earliest memories that's what my older brother and I called her. I've heard her called other names before, but we called her "MA." for example my cousins called her "TiTi." My dad called her by her first name "Dawn" my grandfather (her father) called her by her middle her name "Marie." My brother and I loved the name Marie so much we both got it tattooed on our bodies. My brothers is on his neck and mine is on my right arm, and still we call her "MA" not momma, not mom...Nope! We call her "MA!" The #1 woman in my life. The one that was always there, even at my lowest she stays by my side. The strongest woman I've ever seen in my life. A real lioness, and we call her "MA." I remember a time when "MA" worked at a factory driving forklifts. She drove over a wet area and crashed into a wall, the forklift smashed her foot in between it and the wall and it left her foot swollen it was a black, blue, and red mangled mess. She cam home crying and when she took that boot off I more than understood "MA" was in pain. My grandfather told her to go to the hospital because she had to get a cast on her foot because it was broken. Instantly she stopped crying. Looked at my brother and I and told her father "I cant, I have to take care of my sons." That day our connection was deeper than anything I've felt for anybody or anything in my entire life and it continues to be so. As she slid that swollen broken foot into a steel toe boot that was now too small because of the swelling



and went back to work so she could provide for her two sons on her own, She changed my whole outlook of the world. I honestly don't think the strongest person here in Kewanee lifting 400 plus pounds of steel in the gym is stronger then my "MA!" She is the alpha and the omega. My beginning and my end. My everything when I have nothing and we call her "MA!" I Love You "MA"





## "MY HERO"

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

**This individual does not wear a mask, does not wear a cape,  
they do possess SUPER POWERS, and yes they make mistakes,**

**THIS IS MY HERO.**

**No they don't leap buildings,  
they don't outrun bullets,  
they will enter a burning building,  
shield me from flying bullets,**

**THIS IS MY HERO.**

**A 'MOTHER' who provides sustenance,  
protects you from the 'elements',  
speed of sound never hesitant,**

**wrong or right not relevant,**

**day or night no judgment,**

**THIS IS MY HERO.**

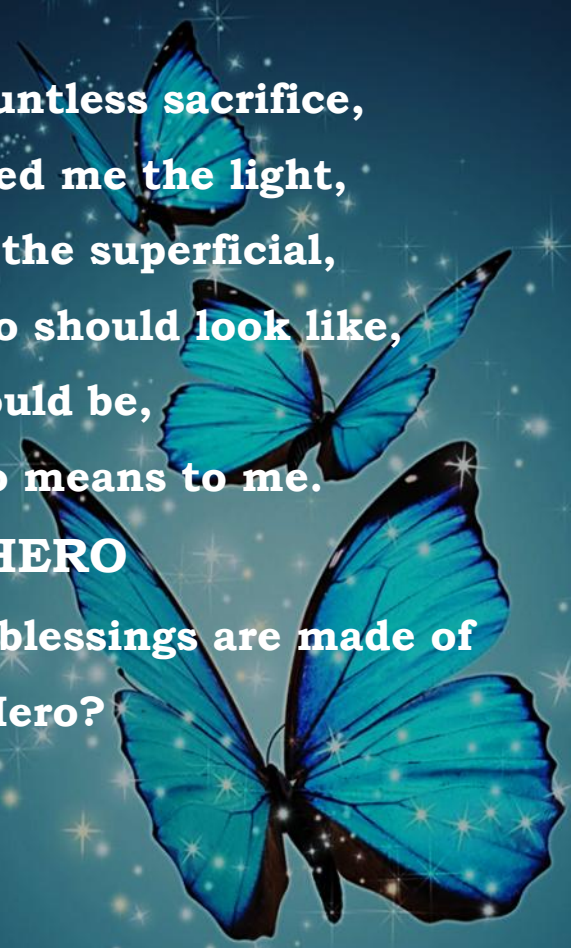


Save the day save a life,  
saved my life through countless sacrifice,  
kept the lights on, showed me the light,  
I didn't see, blinded by the superficial,  
society told me what a hero should look like,  
what a hero should be,  
now I know what a hero means to me.

## **THIS IS MY HERO**

The primordial essence, what blessings are made of  
Who is your Hero?

\*\*\*



# Recovery In Kewanee

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

Before we really dissolve into recovery at Kewanee, lets see if you qualify to come hang out. Ask yourself four simple questions:

1. Are you an Individual in Custody in the Illinois Department of Corrections?
2. Did you catch your case anywhere in the State of Illinois?
3. Do want something different in your life and are willing to try?
4. Do you have 7 years or less to your current MSR?

If you answered yes to all 4 of the questions ask your counselor for an application to Kewanee today.

Normally when it comes to drug rehabilitation we think of institutions like S.W.I.C. or Sheridan. If you're court ordered for drug treatment then those are actual treatment centers, and are for you. However if you're like me and just chasing recovery, Kewanee is such an overlooked gem. We have fabulous clinicals with Ms. Scott and Ms. Roth like Addiction Awareness, Criminal & Addictive Thinking and Sobriety Maintenance. Mr. Kuster and Mr. Ross also offer classes that deal with Mental Health, a prominent cause of a lot of substance abuse. Its' our A.A. groups here, that are through the roof, that's what we're going to talk about here.

One of the most mind blowing aspects of my A.A. experience is another inmate, Jesse helped me with my 4th step, and he isn't the only one I would of trusted to help me either. Before I transferred here I never thought I could really work the steps, I didn't have the deep rooted trust I found with my peers around these tables. We have Real Anonymity and Real



Fellowship here. In fact if you read this paragraph, know it was written with Jesse's permission, or it wouldn't be here.

We have two different meetings here, big book study on Thursdays, and an open meeting on Saturdays. Our big book study is ran by 4 outside volunteers who come every Thursday. On Thanksgiving they were here because they really do care that much. The point of our Big Book Study is to really drive home the message without the steps, we're not working A.A's program of Recovery. Doing the steps is the heart of both our meetings here, everything always leads right back to the steps. If you want extra help these same 4 men will take the time to visit you one on one, to help. One gentleman is helping me every Wednesday right now work my 8th step to prepare for the 9th.

Saturday group is just us, except for my favorite meeting every month. The last Saturday of every month is reserved for a guest speaker. Our normal Volunteers find members of the outside to come and tell us their stories of recovery. They work really hard with our facility through our Chaplain York to get these people approved to come and talk to us. It's a process that takes a crazy amount of time to pull off, and it's amazing every month seeing the results of all that work.

Like I said if you're looking for treatment they have great programs at S.W.I.C. and Sheridan. If you're looking for real fellowship and Recovery though, fill out that application for Kewanee, we could really use you here!





## KOBA

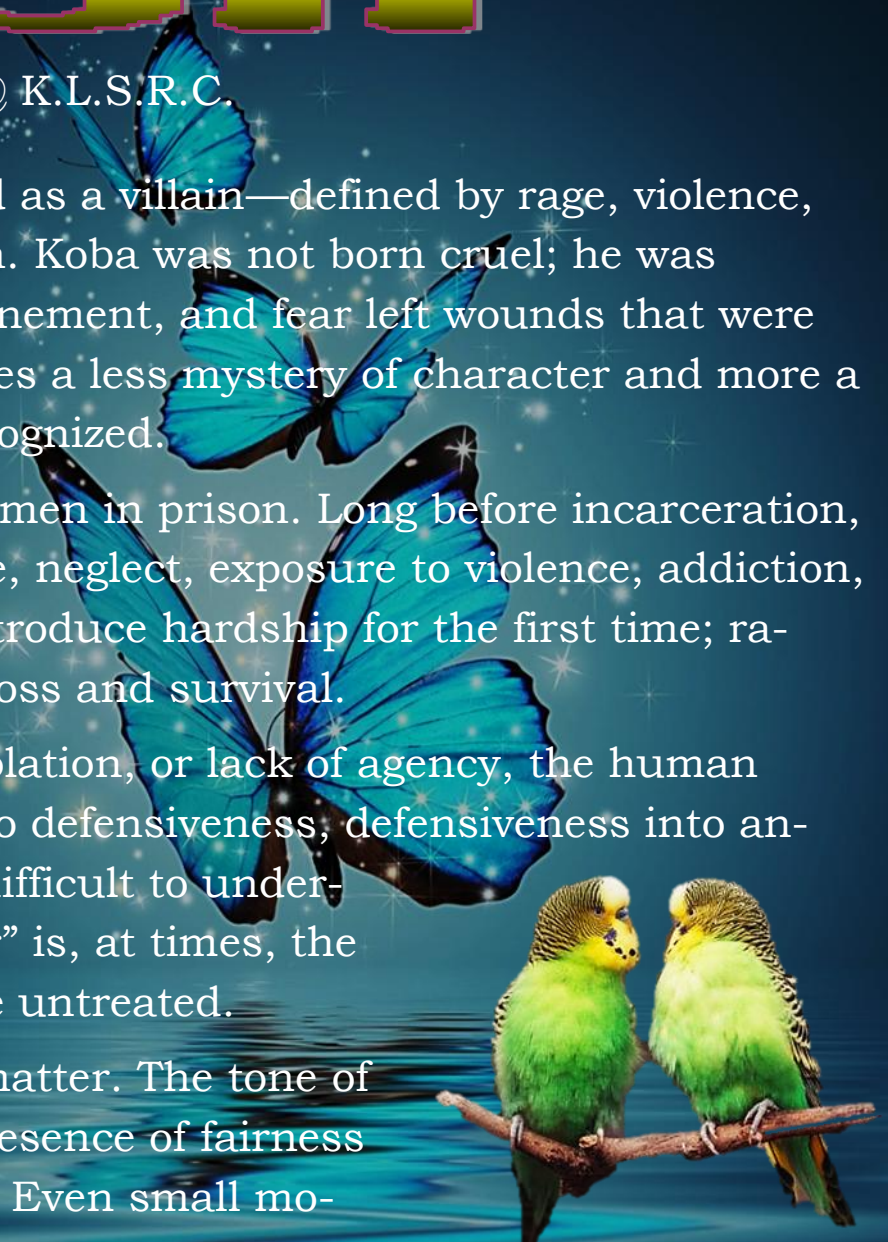
By: Natari Gordon @ K.L.S.R.C.

In planet of the apes, Koba is often remembered as a villain—defined by rage, violence, and betrayal. Yet his story invites a deeper reflection. Koba was not born cruel; he was shaped by suffering. Years of experimentation, confinement, and fear left wounds that were never given the space to heal. His aggression becomes a less mystery of character and more a reminder of what can happen when pain goes unrecognized.

This narrative parallels the experience of many men in prison. Long before incarceration, many have lived with significant trauma-child abuse, neglect, exposure to violence, addiction, and instability. For most, imprisonment does not introduce hardship for the first time; rather, it intersects with histories already marked by loss and survival.

When individuals experience ongoing stress, isolation, or lack of agency, the human nervous system adapts to survive. Fear can turn into defensiveness, defensiveness into anger, and anger into behaviors that others may find difficult to understand. What is often described as “criminal behavior” is, at times, the visible expression of internal wounds that have gone untreated.

Within these environments, daily interactions matter. The tone of communication, consistency of expectations, and presence of fairness can all influence emotional regulation and behavior. Even small mo-





ments of respect or patience can have a stabilizing effect, just as misunderstandings or tension can unintentionally add to existing strain. Over time, these patterns shape how people relate to authority, to one another, and to themselves.

Structure and humanity are not mutually exclusive. Approaches informed by an understanding of trauma emphasize clarity, consistency, and respect. When individuals feel that expectations are fair and that they are treated as human beings, they are more likely to engage positively, regulate emotions, and participate in rehabilitative efforts. These conditions support safer environments for everyone involved.

The people who eventually return to society carry with them the lessons of experiences. Environments that model accountability, professionalism, and dignity help reinforce skills that translate beyond confinement—patience, responsibility, and self-control.

Koba's story serves as a reminder of the power environments hold in shaping behavior. When pain is acknowledged and met with steadiness and respect, the possibility for change expands. By emphasizing empathy, consistency, and restraint, systems can foster safe spaces and support outcomes that benefit individuals, communities, and public safety alike.



## My Chess Experience (Tournament Commentary)

By: Solomon Montagueo @ K.L.S.R.C.

Greetings everyone!

This is my first article on a topic that I deeply love. Where do I begin? My mind is racing everywhere computing all the highs & lows of the game of life. A head turns, “game of life! Come on C-Man, how can you equate any game to life? Please explain?” Touching my gray haired chin, a victorious smile illuminated my golden face. “Chess saved my life!” With a serious look, “head” sat down eager to hear my story. I glanced at the chess king tattooed on my right inside forearm... Still in my twenties, I’m headed to federal prison with a fresh mandatory life sentence for conspiracy to distribute “Crack” cocaine. (Mandatory life meant I was supposed to die in federal prison.) Chess is a game I love to play; it stimulates my brain with the fighting spirit to rumble on the 64 squared battle field and strengthens my mind to deal with stressful life issues as well. After spending eight years in the law library learning about my case, and after countless heart crushing loses in chess; I decided to learn the true art of chess. I read a few chess books and sought out the best player on location. With the eye of the tiger, I humbly ask him to work with me. He eyed me up and down. (I figured he was debating was I worth his time.) He pointed at the chess board on the



**CHESS MODERATORS**



brown round table “Tell me when you see a chess board what comes to mind?” Tightening my fist, I grinned. “I see a battle field!” Closing his eyes, he nodded. “What is a chess move?” With that question, I sat down at the table, staring at the chess board and pieces; I picked up the black chess king. “A chess move is a **highly intelligent thought.**” The chess master cuffed his hands under his armpits. “Very good. One last question: what is chess?” I tilted my head back in serious thought...what comes to mind is all the times since the age of eight that I’ve been arrested and tossed in lock ups, juvenile facilities, County jails, State and federal prisons. Similar to putting a bullet into the cylinder of a 357 magnum, spinning it shut and raising the revolver to my temple, cocking the hammer back... playing Russian roulette with my life... **DAMN!** That’s definitely not chess! I stood up and stared into the steel brown eyes of the best chess player in the federal system. I slammed the chess king in the middle of the black and white board. “Chess is putting yourself in the best position to be successful in whatever you’re doing!” Showing sparkling white teeth, master Sweet Bey shook my hand than reached into his bag, tossing me a book.” Read this book from cover to cover.” Returning to my cell, I scanned the book’s front cover. **‘How to Reassess your chess: Chess Mastery Through Chess Imbalances.’** By *Jeremy Silman.* That was the beginning of a ten year serious chess run on the history, education & the study of the game of life: **CHESS.**

Today, chess is still significant in my life. I use it as a tool to keep my brain and mental state of mind in shape from critical thinking, making positive positional choices, to getting me prepared to make crucial plays in my new chess game: **THE STOCK MARKET** as a professional trader and investor. Yes! People, chess has literally **saved my life.**

I can remember walking off the bus and being led to medical and placed in a holding room as a new arrival here at **K.L.S.R.C.** A welcoming committee of about eight smiling men wearing blues like me. (...why are all these dudes smil-



**1ST PLACE**



ing?...). After they spoke, I asked- "Is there a chess class or program here?" I was told that the chess club meets on Mondays and Fridays in the library. After a couple of months, the facilitator - "Sisco" recognized the love and passion I have for the game. We would discuss ways on building chess community here at **K.L.S.R.C.** Now with the sudden influx of strong players in the last three months, we decided to kick off a tournament. When the buzz hit the air waves, it was talked about like a Floyd Mayweather and Michael Jordan sporting event. Two men leaving the chow hall stopped to read the tournament's flyer that was posted outside on the wall. A.J a tall Porto Rican with jet black hair turned to Justice. "Man, Just, I'm telling you Cisco is no joke, he's going to take it!" Justice short and stocky shook his clean bald head. "I disagree, **M.B.T.** Bo is a monster on the board, he's going to run through everybody!" The tournament was **MAGNIFICENT!** Players signed up from every house. After rounds of intense battling, the final championship round was set-the best out of seven. The last two warriors that stood:

**Brother X** from six house and **M.B.T. BO** from five house. When the smoke cleared, Brother X edged M.B.T. BO out 4 to 2 and Brother X was crowned **K.L,S.R.C.** champion-which he was rewarded with prizes and an art room hand crafted chess belt. CONGRATS! AS a spin off from the tournament, 10 of the hardest battle tested men emerged to compete for the number one spot and claim the championship belt as their own. The power rankings are as follows:

1. Ellis (Brother X)
2. Warr (M.B.T. Bo)
3. D.B. (Bell)
4. Sisco (Sanchez)
5. Rahman (Lasure)
6. Peoples (Rock)
7. Williams (Q)
8. McCaskill (Lil Mike)
9. White (A1)
10. Adams (J.D).

**Chess** benefits us individually by enhancing our intuitive



**2ND PLACE**

and analytical thought process. It also strengthens our foresight, planning and cognitive skills. Chess brings communities together by creating a shared space for strategy, learning, and respectful competition. It connects people across ages, cultures, and backgrounds, encouraging mentorship, critical thinking, and social interaction while promoting patience, discipline, and mutual respect within the community.

Huge thanks to everyone who made this event come to life. Magnificent praises go to Ms. Coulter our amazing supportive librarian who wears many hats, she sees the passion of our chess community and how it is now thriving. Mr. Warnsing our educational grand master **My Man!** The wardens for this were an organized event and needed their approval-**The right way!** Can't forget the facilitators **Sisco** (the scientist) a humble master minded man, who wants nothing but the best for everyone. And **MBT BO** (*millions billions & trillions*) A wealthy minded man who will assassinate any perpetrators playing around on the 64 squared battle field.

Final words, I remember reading an article about chess in a science magazine. It said that: ' **no one who played chess consistently has ever been diagnosed with Alzheimer's disease or dementia.** '

I pray that more people learn and play the art of chess: like music, love, and winning-**Chess** has the power to make people happy. I appreciate all of you who have read this article and I pray that you find happiness & peace in your life now that's **Chess** right? Peace & love. Solomon C-Man Montagueo.









## Chess Tournament

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

I recall reading that "like a game of chess, life presents obstacles and opportunities where every move shapes the future. For those facing the challenges of incarceration, chess offers not just a game but a pathway to reclaim control and rewrite their story". There are life lessons hidden within those sixty-four squares that can transform lives. Chess is one of those games that is not a 'Game' in the larger scheme of things. In fact many have concluded in more or less words that Chess is an exercise in the strategy of life. Recently the Kewanee library hosted a winner takes all Chess tournament, the event was talked about in a detailed article by one who observed it from start to finish. I on the other hand was more interested in the takeaway (s). With the librarians assistance I put five questions together for those who participated. The first question I asked was did you play chess prior to your incarceration, many did not which was no surprise, most of us "not all" began *moving pieces* just to past time in these environments.

Of the five questions asked one I believe captures the true spirit of this mental sport. What life lessons do you extract from the game of chess? What follows are the responses:

"Chess taught me that you need to move through life with intention, make plans to accomplish the results you want but understand you may have to make adjustments if you intend to be successful because things can and will disrupt your path. But if you can be pa-



tient and focused there is always a way to win!" -**Peoples**

"It helps by stopping and taking time to plan and strategize some things you might not have before. On a Chess Board all moves are done for a reason, setting up moves down the line. You can use those tools in everyday life to prepare you for future things or moves you may make on a daily basis. I also apply it to think before I speak." -**J. Roberts**

"Chess can help you see the importance of planning ahead and being patient. It also allows you to see the benefit of sacrifices and shows you at times how quickly a situation can change good or bad." -**M. McCaskill**

"The life lesson I extracted from the game of Chess is identify your ending-Checkmate Opponent-and put forth a strategy that will ensure your success" -**Ellis "X"**

Everyone pretty much liked the organization of the tournament and looks forward to the next one. Congrats to the winner Mr. Ellis a.k.a "X", it's safe to say he followed his own advice. Thanks always to the librarian Ms. Coulter for always providing the space for us to add-on to our Kewanee experience (s).





## HELP

By: Jesse Smith @ K.L.S.R.C.

I'm sharing this story because I believe that at some point in life we all have needed, wanted, and/or received **HELP**. I've experienced all three aspects during my journey, which started on 2/4/91, exactly one week before my 23<sup>rd</sup> birthday. Now its 35 yrs. later, & exactly two weeks after my 58<sup>th</sup> birthday I stepped off the bus here at Kewanee LSRC. I won't repeat the stories of how great the staff, program opportunities, and overall environment is here, because I believe everyone understands that fact by now. Instead, my story is about the **HELP** it took for me to get here.

My first 25yrs were spent in Maximum security, my first stop after the Max prisons was Pinckneyville in 2016. That experience started out so rough that I actually tried to go back to Menard. That's when I received my first level of **HELP** from then counselor Mr. David Hess, he stopped me from doing something stupid, & introduced me to two other Clinical Service Workers, Mrs. Shirley Wild, & Mr. Billy Rolla. The three of them started me on the path of obtaining my Associates Degree, & when the final class I needed to complete my Associates wasn't available there, Mr. Hess suggested to me that my best option was Illinois River CC. So I put in for a transfer there, & was transferred shortly thereafter.

While in Pinckneyville I attended a few classes, & became friends with Mr. Antonio "Jedi" Espino, & upon my arrival at Ill. River, I saw that Jedi was working as the 5-house Receiving wing porter. Sixty days after my arrival at Ill River, ( when Jedi's 6 months were up), I received my next level of **HELP** when Jedi gave the 5-day c/o my name as a referral, & I got



the assignment. During my 6 months as the 5house porter I met & talked to the Placement Officer Mrs. King, the Industry Superintendent Mrs. N. Mason, & one of the Industry Supervisors Mr. M. Reith, and I explained my situation, but in 2019-2020, I still had 15-16yrs left to do, so I was denied third shift clearance to work in the Industry. But the three people mentioned above gave me my next level of **HELP** & pushed me to get the assignment, which I did on 3/5/20. I only worked for 4 days before Covid 19 hit and shut down the world. But since I was already hired & worked the skeleton crew schedule, I was able to receive all my EPSCs. In the 6yrs that I worked in the Industry, I've earned almost 6 yrs. of EPSCs, which changed my MSR Date from 2036 to 2030, making me eligible for transfer to Kewanee in 2024. Which brings me to my next level of **HELP**.

As much as I needed/wanted to come here, I had actually given up hope that it would happen, so I shifted my focus to owed EPSCs, & future Work Release possibilities. Then when all hope was lost, along came Mr. Chance Jones, Mrs. Mead, & Mrs. Scott. When I was told on 2/22/26 that Lieutenant Gaines came on the wing to tell me that I was transferring to Kewanee, I couldn't believe it. When it was confirmed on 2/23/26 thru "Inmate Twitter", I couldn't believe it. It wasn't until 2/24/26 when the worker told me to pack my property, & move to that same 5-house receiving that I'd worked in as a porter 6 ½ yrs. earlier, that I started to believe. But it wasn't until I actually stepped off the bus here on 2/25/26 that I really believed. I met Mrs. Scott the 1st day, then Mrs. Mead the 2<sup>nd</sup> day, & Mr. Jones returned the 3<sup>rd</sup> day, & as I shook their hands I was so extremely grateful that I wanted to cross all types of boundaries & hug each one of them, but I figured that would be a real quick way to get put back on that bus, "Return to Sender", so handshakes sufficed. Then, talk about "Full Circle", this week I saw the former Industry Superintendent, (Current Warden) Mrs. N. Mason, who gave me the job on 3/5/20 that put me in the position of being Kewanee eligible in 2024, instead of 2029, & I was able to express my gratitude to her, in



person, for the first time in 6yrs, almost to the day.

You never know where your Help will come from, you never know who you'll meet down the road that will remember how you worked, acted, treated them and/or others, or just your overall behavior. Sometimes we're programmed to believe that people in positions of authority aren't to be trusted, or they're all out to get us. But I'm witness to that not being true. Aside from God & my family, these people have went above & beyond to **HELP** me tremendously, (some still are). I couldn't have made it thru these trials & tribulations without God & my entire family; the ones with the same DNA & the sisters & brothers from another Mother. For all the people mentioned, along with my Industry Supervisor for that entire 6yrs Mr. Lang, The Little Rides that I've met along the way, that helped me maintain my sanity, & navigate thru this 3 ½ decades long journey, I say to you all that, "No words could ever fully express the amount of affection, appreciation, & gratitude I feel towards you all", so I'll say the simplest word in the dictionary that sums it all up, "THANKS"!! I couldn't have done it without your **HELP**.

**A LITTLE "HELP" GOES A LONG WAY!!!**



## T.R.E.O. TRADE READY EMPLOYMENT OPPORTUNITIES

By: Tyler "Shorty" Gulli @ K.L.S.R.C.

Before I get into why I'm writing this article. I'd like to give a slight history of T.R.E.O. It was a class started in Kewanee before my time here and was later changed to F.L.I.P. When Odie and I were given the opportunity to take over as facilitators we decided to go back to T.R.E.O. but make it our own. We understood that without tools or materials there was no real way to teach anyone a specific trade. We also believed that there was probably a large part of individuals that have no knowledge of the trades let alone the opportunities to be involved in them. So we decided to use the opportunities to be involved in them. So we decided to use the opportunity as a window into the trades with the hopes that at least a few people would take an interest in them. We cover from carpenters, laborers, electricians, plumbers, welders, HVAC and more along with providing info on how and when to find the local union halls of whatever trade you may find interest in.

The reason I'm writing is because we received a letter from someone asking about Paid Apprentices, length, wages and requirements based on what trade and where in the state or country you are located in. I will share what I know and maybe some of our other facilitators will write with knowledge of their own.



The Mid-American Carpenters Union Apprenticeship is a 4 year apprenticeship.

-year 1 you earn 40% of journeyman wages, about \$40,000 a year.

-year 2 is 50%, about \$52,000 a year.

-year 3 is 65%, about \$61,000 a year.

-year 4 is 80%, about \$73,000 a year

Once you complete your apprenticeship and become a journeyman, your earning potential is \$100,000 a year.

Currently journeyman wages are \$56.71 an hour in addition to fringe benefits, those benefits include health and welfare, pension, retirement, vacation, etc. Averaging your total wages and fringes to about \$101.83 an hour.

As an apprentice for those 4 years along with on the job training, you are required to complete 160 hours of trade-related class room instruction per year, and yes you earn while you learn.

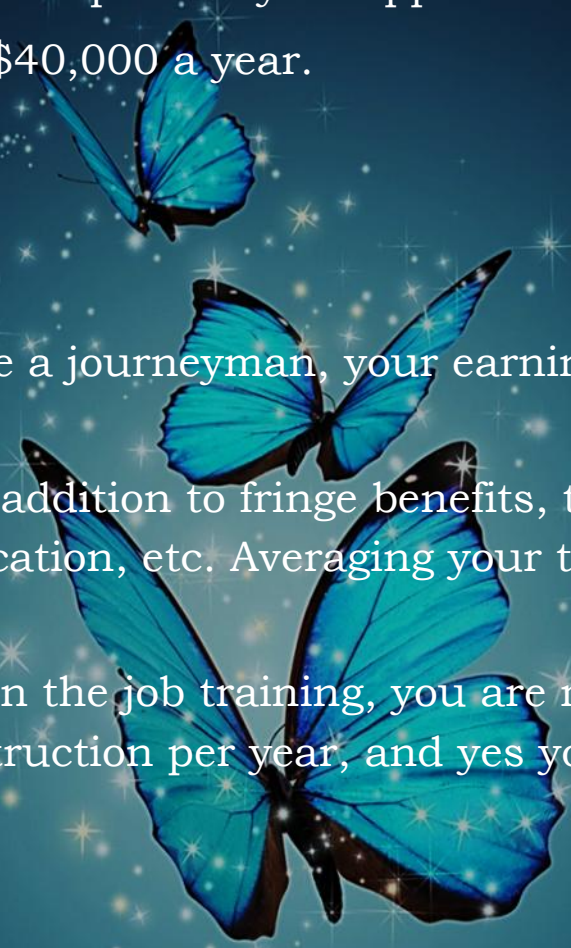
Classes cover

Safety and health-OSHA

Tool and equipment application

Basic wall framing

Basic roof framing





Commercial floor framing  
Foundations and flat work  
And so much more

The carpenters cover many different trades from residential, commercial, industries, and infrastructure including but not limited to windows and doors, steel frame and dry wall, scaffold buildings, pile drivers, bridge and highway construction, millwrights and more. With training in all skill sets offered at your local training center. My reason for doing this class is because I've been exposed to the trades my whole life, almost everyone I know is somehow involved in the trades, my mom is union carpenter, my stepdad did windows, siding and doors, and over the years before I was incarcerated I worked many different trades. I had the ability to be mentored by some amazing trades men while incarcerated and I wholeheartedly believe it changed my life and I believe it will continue to the rest of my life. I hope that others will take these opportunities and possibly change theirs.

We appreciate your question and if you or anyone else have any, we would love to hear them. Like I tell the guys in our class, we might not have all the answers right now but we can get them.

God bless you all.



## Yoga and the Unity of Stress

By Antonio "Jedi"

**Y**oga, the word, comes from the *Sanskrit* language, & translates to the word(s): yoke, union, unify, to bring together. One fundamental aspect of yoga is noticing how the body, mind, breath, & spirit experience is intricately connected & inseparable.

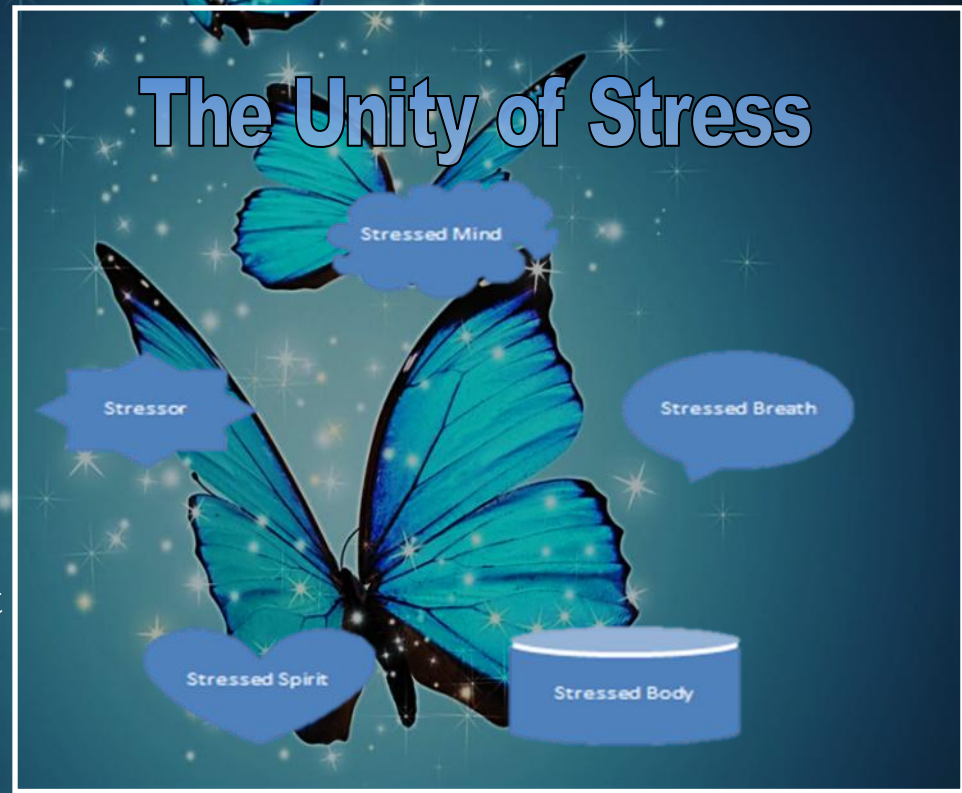
As we come into our **physical practice of Yoga**, we may find ourselves challenged in entering into different Asanas/postures, or if we successfully enter them, we are faced with the challenge of remaining for a period of time. While the intricate understanding of anatomy is not necessary to understand or do Yoga itself, what is important & helpful is when it comes to **understanding** the breath.

For purposes of understanding the gravity of it all, envision you are in a cage with a tiger. You woke up in there with no recollection how you got there whatsoever. Your mind races & your heart is pounding in your chest. You find how your chest is tight, which limits how much available oxygen is actually in your blood, as well as your legs feel stiff. Within your body your adrenal gland kicks into high gear & your digestive system shuts down. A few organs shut off & your body focuses on sending adrenaline through your blood stream. These series of reactions are extremely beneficial for the short-term assistance of surviving the actual threat to your life. As you are in this stressed state, your body has produced an immense amount of a



hormone called, cortisol. This hormone wreaks havoc on the body as your blood pressure climbs in an effort of sending extra blood to your extremities for the purpose of **Fight** or **Flight**.

That “Fight-Flight-Freeze response is the **same exact thing** your body does when you find yourself in a stressful situation. Whether you are on the phone & hear some unsettling news about your kid in school; you are standing in line at the DMV & find it taking “forever”; you receive a ticket from an officer; or you struggle while drawing & cannot figure out the correct color combination to execute. Every time the **mind** is stressed, the body follows. When the body is stressed, the mind follows. If you find yourself under intense duress when exercising, the same response happens internally. Even if it comes to holding our favored Chaturanga pose for thirty (30) seconds.



**The question rises, “Well what are we supposed to do about it if our body reacts this way?”** Knowing this information is not enough, but it is a start.



Can you affect your body's response? There is good news, **YES!** When we stress the body or the mind, we have the ability to grab the "ship wheel" by another spoke, known as Pranayama, which also translates to Discipline of Breath. You can actually affect your nervous system by a simple breathing technique. When this technique is executed, your nervous system switches out of the stress response, & returns the body back to its relaxed state. This, as you can imagine, is extremely helpful & comforting, yet in the beginning it is challenging to practice. Over time, you will find just like any other new skill, it starts to be easier to apply, & further along you find it to be reflexive.


The moment you feel the signs & recognize you are stressed, you may practice the grounding technique & then apply the following breath work:



Take in a deep breath & see its length, i.e., 1, 2, 3, 4, seconds, etc.



Pause & imagine you are about to blow out through a straw



Exhale & slow down your exhale five(5) seconds longer than your inhale, [e.g., if your inhale was one(1) second, your exhale should be extended to six(6), or if your inhale is two(2) seconds, then your exhale should extend to seven(7) seconds]



**That is it! Simply put, inhale, pause, & then extend your exhale five (5) seconds longer.** Continue this & feel the tension slip away in waves. This technique extends your life-span, because your body does not dwell in a stressed state unnecessarily. This is a technique of one (1) of the Eight (8) Limbs of Yoga known as Pranayama, "Breath/Life-Force Control". By this being one of the Limbs, it is one of those essential spokes on the ship wheel to gain control. You free yourself from the tide, & swell, & have better control over your vessel. Notice the **body's** reaction **physically**, the **mind's** **mentally**, & notice your **spirit** settle & find **peace**, to better resolve your challenges, & to weather the stormy seas.

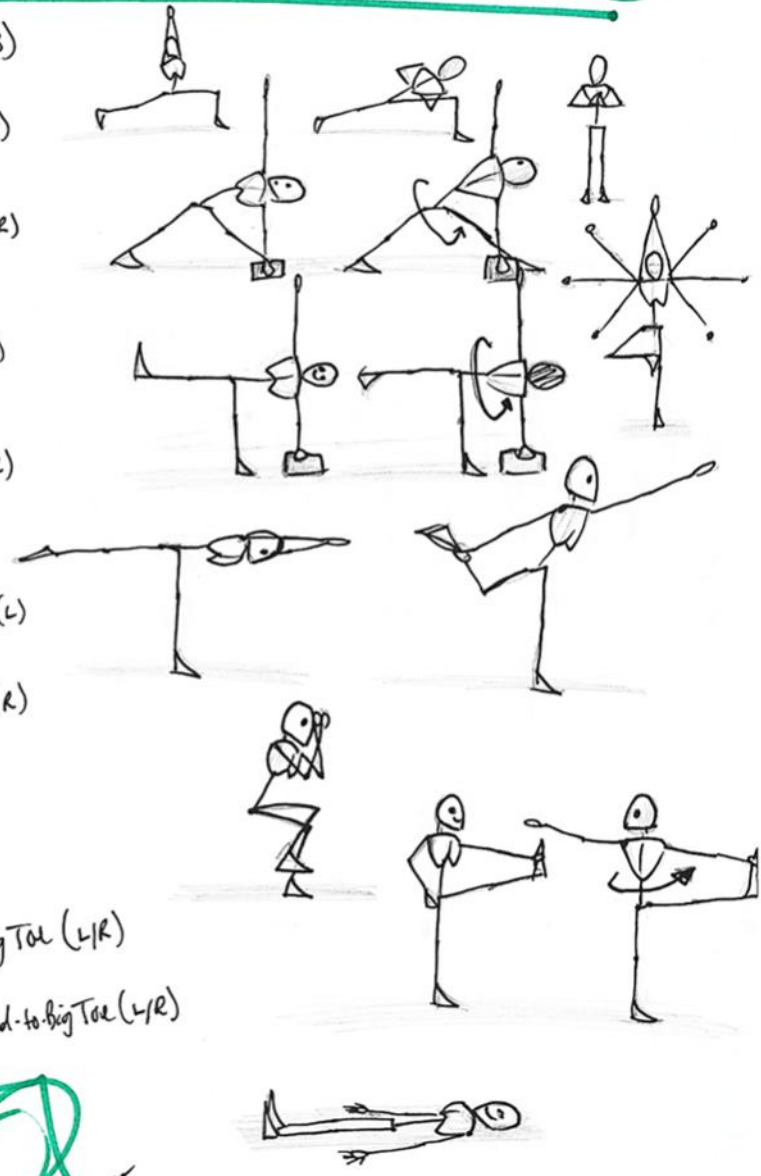


*May peace be unto you all.*

## DEVELOPING BALANCE



- Sun Salutation B (x3)
- 1 High Lunge (L)
- 2 Revolved High Lunge (L)
- 3 Maintain
- 4 High Lunge (R)
- 5 Revolved High Lunge (R)
- 6 Maintain
- 7 Triangle (L)
- 8 Revolved Triangle (L)
- 9 Maintain
- 10 Triangle (R)
- 11 Revolved Triangle (R)
- 12 Maintain
- 13 Tree
- 14 Half Moon (L)
- 15 Revolved Half Moon (L)
- 16 Half Moon (R)
- 17 Revolved Half Moon (R)
- 18 Maintain
- 19/20 Warrior III (L/R)
- 21/22 Lord of Dance (L/R)
- 23/24 Eagle (L/R)
- 25/26 Standing Hand-to-big Toe (L/R)
- 27 Maintain
- 28/29 Revolved Standing Hand-to-big Toe (L/R)
- 30 Corpse



  
MIND . . . NO 2025





## CHIPPED TOOTH SMILE

By: Devon Bennett @ K.L.S.R.C.

My grandmother often tells me a story about how my mother would come to her house in order to get sleep. After days spent in the streets she would go there for safety and rest. She would have me in her arms, I was big for my age at one years old I looked like I was three. My love for my mother was on a different level. While my mother was catching up on sleep, I would stay in the room and be on guard. If someone came in the room I would cry, and if you tried to take me out the room I would throw a massive tantrum. It was so bad that my grandmother would have to feed me in the room within arms reach of my mother. **(I take pride in this story.)**

My first memory of my mom is her smile, she had a chipped front tooth I would later learn came from her trying to open a coca cola bottle. It was the last thing anybody would see though, because he smile was so warm and genuine that you only saw beauty. The type of beauty that can only be a part of the essence of someone. **(I love my mother)**

My second memory of my mother is she would give you her last and enjoy watching you benefit from it. **(She got that from my grandmother)** People would talk about all the bad things she did or her shortcomings, but not mention the good. **(I always saw it though)**

My third memory of my mother was the broken promises. Drugs caused my mother to break promises, my mother chose to do drugs so in turn she broke promises. I only saw the person she could be without the drugs. When she was clean it was a mother made for daytime television, yeah she was over the top making sure I knew she loved me. **(That is what made the broken promises so memorable)** I knew what she could be and now understand the demons she fought. **(My mother was my hero)**

As mother's day approaches, my memory of her is she gave me life and that nobody is perfect. My mom struggled against monsters, addiction, trauma, mental illness, and life. With all of that against her she still made an impact, still created memories and still deserves a happy mother's day. **(Happy Mothers day momma, I love and miss you ma)**



## MOTHER TRIBUTE

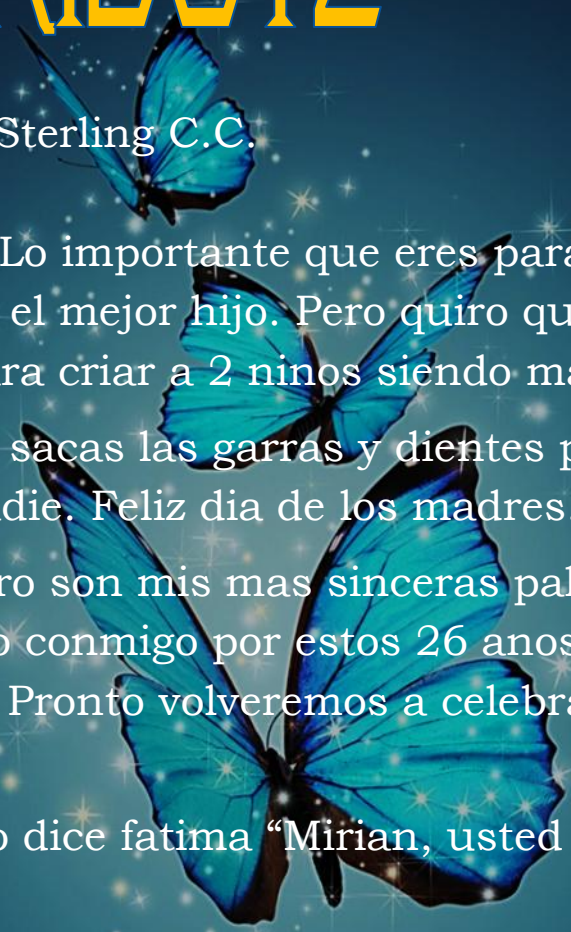
By: Victor Perez @ Mt. Sterling C.C.

Mami queiro recordarte lo mucho que te amo. Lo importante que eres para mi. gracias por ayudarme a ser quien soy el dia de hoy. No soy el mejor hijo. Pero quiro que sepas que estoy muy agradecido por to esfuerzo y dedicacion para criar a 2 ninos siendo madre soltera.

Como me gusta decirte "liona" porque siempre sacas las garras y dientes para defender a tu familia. No te dejas intimidar por nada ni por nadie. Feliz dia de los madres.

Etse no es el mejor regalo que te puedo dar pero son mis mas sinceras palabras de agradecimiento por todo la dura labor que has echo conmigo por estos 26 anos. Anehelo poder tenerte a mi lado por muchisimos mas anos. Pronto volveremos a celebrar este bonito dia reunidos en familia.

te amo, te extraño, eres la mejor madre. Como dice fatima "Mirian, usted es bien perruchona" Con amor tu hijo el preso.





## "My Thoughts of What a 'Mother' Means"

By: Larry Love McDuffie @ Mt. Sterling C.C.

First and foremost, I would like to give a special Tribute out, to my own wonderful Mother, whom has passed on, Nichola Queen Davila, my beautiful Granddaughter 'India', as well as all the other young Women, who are heavenly chosen, with the precious gift of Motherhood.

The very thought of a very beautiful and gifted Mother, actually begins with God our Heavenly Father, who made this inspirational Blessing possible.

I've come to believe, All Mothers of the world, are truly, one of God's greatest works of Art, Both in True character and the form of beautification. He has Bestowed upon you the magical gift of Love for which Mother Earth and all His Heavenly Angels were created from. Thereby, bringing forth the foundation of happiness to each and everyone you seem to heavenly touch with your smile. So, what does a Mother Mean to Me? Well, she's the protector and sole product of our growth. She's the Motivating factor, that allows us to stand firmly upright, on the pillars of our own foundation and fully take in the beauty for which God has created for us, to be amazed by. And then applying us with the Strength and true determination to take our first step, correctly forward, on an astounding journey, back to the gates of paradise.



You've come to learn, that Mother Earth is very happy to have a Twin Sista such as you, providing Life and the Substance of joy and beauty, as she does. I strongly believe, that every single individual woman under God's creative plans, is endowed with the gift of becoming a Magnificent and Wonderful Mother. And even though, Adam (Man) was heavenly bless with the seed of Life, Eve (Mother) was solely given the power, to cultivate and strictly nourish this seed to it's potential fulfillment and growth. A job well done for all the beautiful Mother's of the world. We as Men thoughtful Fathers, thank you, strictly from the heart, for taking on, such an important role, extending God's creation, while defining exactly what 'Mother' means? Man's- other ...

'Happy Mother's Day' to you all.





## FUN FACTS

1. The Barbie doll's full name is Barbara Millicent Roberts, from Willows, Wisconsin. Her birthday is March 9, 1959, when she was first displayed at the New York Toy Fair.
2. The oldest person ever to have lived (whose age could be authenticated), a French woman named Jeanne Louise Calment, was 122 years old when she died in 1997.
3. What do Miss Piggy and Yoda have in common? They were both voiced by the same person, puppeteer Frank Oz.
4. The wedding of Princess Diana and Prince Charles was watched by 750 million people worldwide in 1981; sadly, 2.5 billion watched her funeral in 1997.
5. The longest fingernails ever were over 28 feet in total. American Lee Redmond started growing them in 1979 and set the record in 2008. Sadly, she lost her nails in a car crash in 2009.



6. Among lost works, this story might be even worse: Ernest Hemingway's first wife, Hadley, left a suitcase full of the author's writing on a train. When she went back to get it, it was gone. "I had never seen anyone hurt by a thing other than death or unbearable suffering except Hadley when she told me about the things being gone," Hemingway wrote in *A Moveable Feast*.

7. The original title of Jane Austen's *Pride and Prejudice* was *First Impressions*.

8. Mary Shelley wrote *Frankenstein* when she 18, during a ghost story competition while staying in Switzerland with writers Percy Shelley (her lover) and Lord Byron.

9. Queen Victoria's husband, Prince Albert, wasn't the first to introduce Christmas trees to Britain from his native Germany—Queen Charlotte did that in the late 1700s. But, Victoria and Albert are credited with popularizing the custom in the mid-1800s.





# HOROSCOPES



**Aries:** Look how far you've come, Aries! It's been a challenging time for you lately, but you're on the upswing now—even if it doesn't seem this way. You'll be rewarded for overcoming some significant obstacles—just trust that what is karmically owed to you is coming.

**Translation:** All the positive things you've done outweighs the negative so now it's time for you to collect on it. Don't give up hope. The difference between those who won and the one's who lost is the winner stayed in the fight a little longer.



**Taurus:** You are doing too much and getting nowhere, Taurus. Make sure you slow down and take time to do nothing. The space you create for yourself will also give you the solution.

**Translation:** You're moving like a hamster on a wheel going nowhere fast. Slow down, smell the roses and find a peace of mind. Sometime your best move can be not to move at all.



**Gemini:** You're a social butterfly, Gemini - and this is actually a skill you can use to further your ambitions. Join a new group or club and find opportunities galore.

**Translation:** You have a charm and glow about yourself that attracts people. Use those people skills to help you in a positive way. Socialize and watch it pay off.



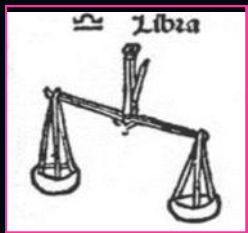
**Leo:** You're welcome to make changes as much as you want, Leo, but this may not solve the problem. You may need to seek outside guidance to resolve this situation.

**Translation:** It's okay to ask for help if you can't figure things out by yourself. The time wasted being stubborn only hinders your progress.



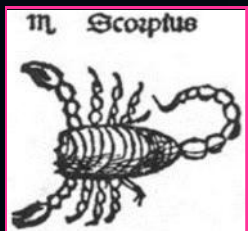
**Virgo:** Others see you as a taskmaster, Virgo, and you don't like that perception. Being vulnerable with a few people will allow them to see you as human - opening up is the key.

**Translation:** Yeah you're a boss, but even bosses have feelings. Start showing others that you aren't all work and no play. Go out and have some fun once in a while. By the way, don't forget to smile.



**Libra:** You're worth more than you feel, Libra. Look to how others treat you to confirm this - unless you feel worse when with them. Those are the people you should cut out now.

**Translation:** Love yourself and don't seek validation from people who are always negative. Misery loves company. Surround yourself with people who are both positive and honest.



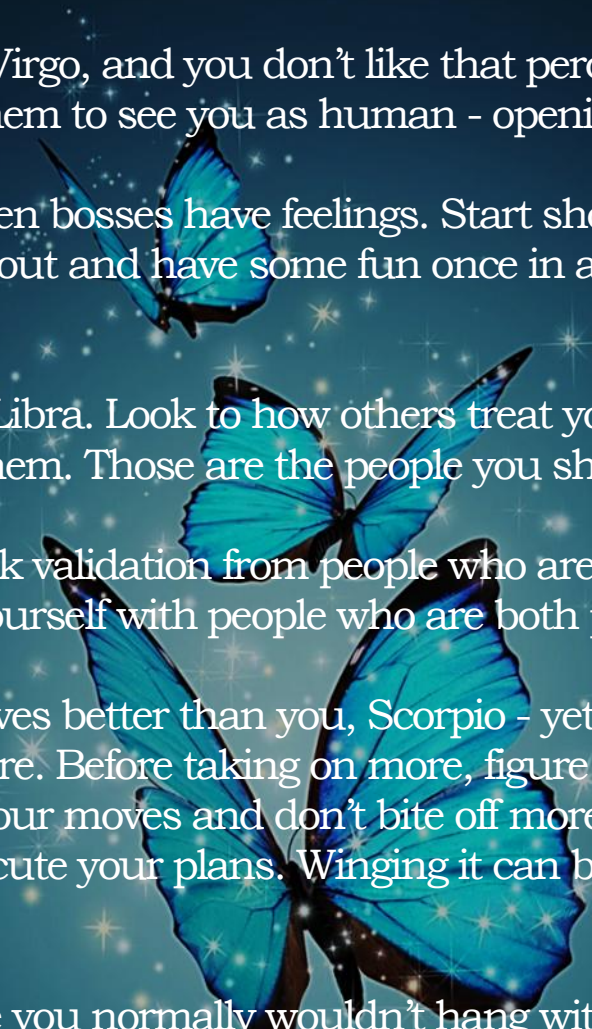
**Scorpio:** No one understands your motives better than you, Scorpio - yet this time you may not even know yourself what they are. Before taking on more, figure this out.

**Translation:** Focus on the outcome of your moves and don't bite off more than you can actually chew. Think, strategize and execute your plans. Winging it can be disastrous.



**Sagittarius:** Extend invitations to people you normally wouldn't hang with, Sagittarius. If nothing else, it will help people feel less intimidated by you - which will work in your favor.

**Translation:** Stop being a bug to people. The person or people you keep mistreating or ignoring may be the person you need later on down the road. Treat people with respect.





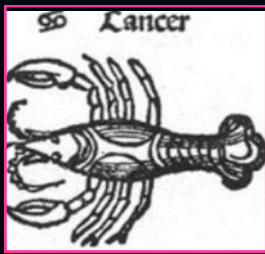
**Capricorn:** You're looking to change up some things that have been sources of your identity, Capricorn. This is no easy task, so move slowly and carefully - as you do.  
**Translation:** Although it may be hard to cut ties with people and things from your past, sometimes this is essential for growth. It's time to take off that mask so that you can now be your true self. Step away from the things that hinder your elevation.



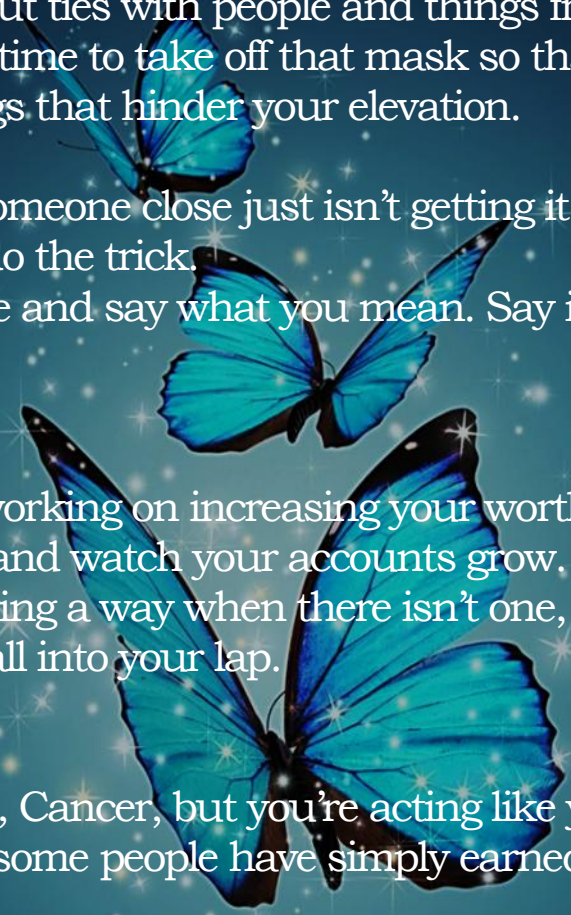
**Aquarius:** No matter how you phrase it, someone close just isn't getting it, Aquarius. Have you tried being blunt? It might just do the trick.  
**Translation:** Stop being passive aggressive and say what you mean. Say it with your chest!



**Pisces:** Make that money, Pisces! You're working on increasing your worth, and this includes financially. Pick up some side gigs and watch your accounts grow.  
**Translation:** The word hustle means making a way when there isn't one, so stay on your grind and get it done. The bag won't just fall into your lap.



**Cancer:** No one thinks you're being unfair, Cancer, but you're acting like you are. Stop feeling guilty for things you can't control - some people have simply earned more than others.  
**Translation:** Accept your blessings and stop allowing survivors remorse to prevent you from being happy. Everyone won't receive the same blessing nor will the blessings arrive at the same time. Give what you can, including your time, but don't be burdened by what you can't give.



# STATEWIDE CALL OUT



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



# STATEWIDE CALL OUT



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

