

TRIBUTE TO FATHERS

KEWANEE HORIZONS

VOL. 94



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Happy Father's Day

OUTSIDE CONTRIBUTORS

RESTORATIVE JUSTICE

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

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

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

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

MISSION STATEMENT

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

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

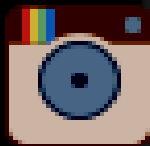
Kewanee Horizons will work to highlight the achievements of our community both on campus and off, inside facilities and outside. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives on our campus and across the state to other facilities on a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

KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

kewaneehorizons@illinois.gov

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

#KEWANEEHORIZONS



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

IDOC HOME PAGE

CLICK "ABOUT"

CLICK "NEWS"

THEN SELECT "KEWANEE HORIZONS NEWSLETTER"

A Dad's Simple Love

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

I believe in God
because he gave me you.
A father that has always
been there through and through.
Regardless of the choices I made
like clay, you molded and shaped me from a child
to follow and grow up to be just like you.

I believe in God
because He gave me you.
A Father who would weather
and calm the raging storms.
Chilling the cold and securing me with comfort and warmth
Why, when all seems to fade
and fall apart,
you kept me afloat

Like Noah and his unsinkable Ark.
Always showing me there's still hope
if I would just listen to you and take heart.

I believe in God
because He gave me you.
Although to the Heavenly Father
no man holds a candle
for we all fall short of the
Glory of God and stand in shambles
but somehow you set the perfect example.
For I know there are far too many
who don't know what it's like
to have the simple love from a dad,
not even a sample.

They are unable to believe in God
Because their hearts have been
Stepped on and trampled
Ostracized and scandaled

finding affection in all the wrong places
even if it takes being beaten and taking a gamble.

So I believe in God
Because He gave me you.
A father who emulates and walks
In a Godly character, always
illustrating a spirit of Love, Strength,
Peace, Joy, and Protection,
but never imparting a hint of neglect.
Therefore, when someone has the blessing
and the guidance of a genuine
father figure
It's not hard to see
the bigger picture...
That's why I believe in God
because He gave me you

Father To Father

By: Justin Altherr @ Sheridan C.C.

Dad if you were still with us I would have done to better myself. I would tell you. We often talk about some of those moments I look at my son and how much I took from you. Like how much of a friendship I had as my Father. But looking back at what I have with my kids. I realize everyone has grown. So we grew with you. But most importantly before you passed, and I apologize for letting you down. I know you would have said that you forgive me and most want so badly to hear it from you. You would have said for even through all our struggles. I love you dad and miss you as well. I know I'll see you again in Heaven, until then keep watching over your grandkids. I'm so proud to have been able to call you my Father.



tell you so much. Like how much I've told you how much your grandkids miss our memories we made together. In and daughter and realize how when I was younger and growing up had with you. You still did your best back I see you in so much of what I wish you were here to see how we could make even more memories I wasn't able to say by to you before for my wrongs as your son for letting tell me I wasn't letting you down importantly that you love me. But I were the best Father I could have asked for.

Father's Tribute

By: Elliot Singleton @ Illinois River C.C.

I would like to give praise and love to myself for father's day also just being the best father that I can be. I praise myself because growing up I didn't have a father, the closest person I had to a father was my grandfather and he passed away when I was ten years old. So I grew up with my grandma. We all know that grandma love is unconditional but they can only do so much, she couldn't teach me the things a father is supposed to. So coming up without one, I learned everything on my own, how it should and shouldn't be just watching my younger sibling's father do for them. Today I am a father of 10 kids that I'm grateful and blessed to have there all doing good in school graduating also soon to be working jobs. I have been a part of their life since the day they were born. My only goal is to not come back to prison also I would like to spend more time with them upon my release, which is very soon. I Love all ya'll indefinitely and unconditionally see ya'll soon to have fun.

FATHER TRIBUTE

By: Victor Perez @ Mt Sterling C.C.

Mi querido piolin. Gracias por ser un buen padre apesar de las circunstancias de la vida y de la gran distancia que nos separa estas ahi cerca de mi para escucharme.

Te deseo un feliz dia de los padres desde este lado de las rejas. Espero pronto poder compartir contigo un dia tan especial como le eseste.

Gracias por tus reganos y consejos. Se que no soy el hijo que deseaste que yo fuera. Pero de los errores se aprende y de aqui solo queda echarle ganas para salir adelante para poder tener orgullo a mis padres.

Que pases un bonito dia del los padres te mando muchas besos y abrazos epero pronto poder verte y dartelas en persona.

Con mucho carino y amor "Tu Sangre Prisionera" Te Amo.

Memories

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

In Dedication to my Father:

Mr. James E. Cobbins Sr. Retired Army veteran; (Sergeant, Class E-7). Husband, Father,...Retired Postal Worker.

A loving God Fearing Man. I Salute You and Love You Pop's.

I remember when you told me to set goals in life,

And I did.

I remember when you taught me to say "yes sir" and "yes mam,"

As a kid.

I remember when you told me to challenge myself

When no one seemed to have the answers to my problems.

It took years, "Patience" and community of prayers;

Thanks to God, He's solving them.

I've learned a lot from you throughout my Journey in life,

I'm honored I'm able to pass

That Wisdom along to my children-
As they mature, they'll be grateful for you
Because you're a vessel through the gifts they've been given.
Much Gratitude, for uplifting my spirit
When confusion held me down.
I know your prayers for me along with many others
Brought me back around.
Your Memories bring out the best in me;
I'll utilize them to my advantage
Everyday of my life, from January through December.
I appreciate you being there for me Pops;
It's a blessing, an inspiration, I will always remember.
I LOVE YOU POP'S

Real Fathers

By: Timothy Petermon @ G.C.C.

I want to shout out my old man! The old man who raised me. We don't share the same D.N.A. but he always showed me the same love as if I was and never left me feeling let out! He showed me how to hustle and keep money in my pocket, taking me on odd jobs, plumbing, electrical work, or mowing and landscaping whaver to keep money in my pocket. I wish now I would've stayed with him working and paying attention more instead of going out into the streets. But in all I made my choice and am now dealing with the consequences of those choices. Through it all he has been here with me every step of the way and I look forward to the day when I am released s o we can go fishing and rehab some homes together. Ill pay attention this time and just really bond with the old man. Love you old man, **THE DEFINITION OF A REAL DAD!**

Tribute to Fathers

By: Ernesto Valle @ Big Muddy C.C.

To my Almighty Father Jesus Christ. I want to say Happy Fathers Day. I want to say Thank You for all the days You make for us.

But Today is the day that You made. Let me say thank You! And I Love You! Knowing that the Love You give me is the Love I'm able to share with others. To my Dad, my Father and Brother in Christ, I want to say I do too Love You. There's not one day that passes', that I'm not thankful to You.

Remembering those lessons that You told and showed me, even those whooping's that was out of Love. But all is forgiven.

I want You to know I'm that young man that You hope that I could be. As I am Your youngest of five siblings, I still hold those conversations, and even the small talks saying I Love You. Throughout my incarceration You made sure I was not without. Still Your voice echoes saying to me get what you need. Remembering that You taught me work ethics. Telling me Son we provided what you needed when I was small, only to tell me if you want something more work for it.

That conversation impacted me and it never left my mind. Those morals and values that was taught and given, made my Principles.

As I write to You and shout You out childhood memories come racing. As I remember through my memories. The memory comes to mind. As You used to pick me up after school, and even the police station. LoL!

So I daydream and hope You will be outside for my release, hopefully soon!

Just know Old Man I cannot wait to help You out the same way you did me as a baby.

I Love You Dad! And whatever happens let our Father God keep us! To all the Fathers and Dads and Father figures that are behind these walls. Remember stay strong, our Father God keeps us safe, and knows what He has planned for. Let us long suffer in Christ. Let us Become strong Men so we can be the Fathers and Dads to our future. So they can be a reflection of our Father.



TRIBUTE TO FATHERS

By: Sarah Mecum @ Lincoln C.C.

Dear Dad,

You worked hard for us kids, you clothed us, fed us, housed us, and raised us through the years. I look back and wish I would have known the real you a little more, but it took long work days to support us all, I know we never struggled or had to move because you sacrificed your youth to save ours, thank you from the bottom of my heart.

Dear Stepdad,

Thankyou for the love you surrounded us kids with, thankyou for saving my mom-mas heart and bringing us back together again. Thankyou for showing us what an oil field man is. I still hear your laugh, I still hear your truck. You will always be Dad too, no matter how much I grow up. Stay strong old man, you are loved.

Civics 'Corner'

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

PROUDLY PARTICIPATING IN THE PROCESS

As a Civics Peer Educator it has afforded me the honor and privilege to teach about the importance of voting, the history of voting, and how collectively we have the power to make changes that benefit us and our communities. In 2019 the “Re-entering Citizens Civics Education Act” was enacted, (10 ILCS 5/3-5, Illinois General Assembly) which gives everyone the **Right** to **Vote** upon release from prison. This law was written by incarcerated people for incarcerated people. A game changer, but we can build on that through the RACE Act. The Reintegration and Civic Empowerment. SB 1733 if passed, would expand Civics Education and Restore the right to vote to the incarcerated. Take a moment to imagine that, being able to VOTE while still in prison, but before we drift off to endless possibilities, I'd like to share a few things with everyone.

HOW A BILL BECOMES A LAW

1. Bill is introduced

2. House (or Senate) Committee Vote

A legislator must introduce a bill before the first chamber can hold a committee vote on it.

3. Full House (or Senate) Vote A bill needs enough votes (usually a simple majority) before being sent to the second chamber.

Bills can start in the House or Senate.

4. A Committee Vote in Other Chamber

5. Full Vote in Second Chamber

6. Governor Signs Bill

Aside from wishing and hoping a Bill would pass we can actually get involved and participate in the process right now. Rather we are encouraging our love ones to Register and Vote, or asking them to call, email legislators in support of certain candidates & Bills that directly affect us. We can also ask our love ones to fill out a witness slip.

A witness slip is simply a person's position on a particular Bill. A form to be filled out online off any device with internet access. Sometimes links are provided to access the slip/form quicker for example bit.ly/hb5287 slip, a bill referred to as **"Credit for Change"** that would provide day for day to everyone with numbers. (Links Change After Each Hearing)

Certain bills do not gain traction due to the lack of public support. One way to exhibit public support is when the public fill out witness slips. Other ways are through emails, phone calls, and letters. We can certainly write letters to our legislators. For more info: type in on your Edovo app **"Illinois Legislators Portraits and Biographies."**

The good news about filling out witness slips once a person has filled out a witness slip in the past they don't have to go through the trouble of filling out a new one when it's time to re-submit. Bills will need witness slips multiple times. People are able to fill out slips even if they reside in other states. It is important to remind our people when filling out a slip, to always select **"Proponent"** if they are in favor of such a bill. Thank you for taking the time to read this article. I look forward to sharing consistent content on our civic engagement.

Chicago

By: Jon Mettler @ Sheridan C.C.

At first glimpse, I see shadows of giants reaching for the sky
through the morning mist, downtown seems like it touches the clouds

I am still miles away just outside the city
inching my way slowly closer in gridlock, I am one in a crowd.

En masse commuters are in a hurry to reach their destinations

I am amazed as it appears to be choreographed chaos
the elevated highway and trains yielding to the left and right
my excitement and commute comes to an abrupt halt,

Slowly I make my way into the heart of the city
I observe the mist burning off as the sun makes its daily ascension
pastels of graffiti paint the canvas under and on the bridges
the constant hum of helicopters and airplanes scouring the sky, North, South, East, and

West Chicago stretches out it's arms
a wide variety of ethnicities populates this vast metropolis
like a beehive or a well-oiled machine, Chicagoans have a common goal
an overall acceptance of traditions and values of people heritages,

I have to admit, this is my personal, unbiased observation
I am from downstate but yet I remain amazed at
all of what makes Chicago uniquely Chicago
Throughout my life I will continue to come back again and again
to this beautiful city by the lake,

Fight The Urge

By Earl Milton Jr. @ Centralia C.C.

At times in our lives, when we've been giving it our all for a seemingly endless period of time, there comes an urge to just stop. Yet at this time we must realize that this urge to stop is actually a signal to keep going; because we are closer to our breakthrough than we have ever been. We have come too far to retreat, or run away from, or stop making it to where; we have set out to arrive. Fight the urge to give up. Fight the urge to succumb to the feeling that you can't make it. It is okay to regroup. It's okay to relaunch as many times as it takes to make it to our destinies. To fulfil our purpose is our destiny. You can definitely make it. Do not waste any of the potential that you have in you. Each day is a time where you can learn and improve; if you so choose. So, if you feel like fighting something fight the urge to give up, and break through and be all that you were created to become. As long as you are alive, you can make headway in some positive direction. Jump over all of the hurdles that you must. Break through the barriers with persistence. Don't let any obstacles stop you as you work towards fulfilling your purpose; with a powerful perseverance that will enable you to be all that you were destined to be. Your legacy lives in you. Let it out so that it can live on through someone else.

HEY EVERYONE!

By: Carl Furell @ Pontiac C.C.

Prior to changing my life around I was known as Lil-C for the ones who got to know me as my former self. All my life to disguise the fact that my brain didn't conform to my body and not being able to be me. To not be able to act as my true self was a burden that I was happy to overcome and push past the fear of judgement and social norms that come with it. I sat down while in administrative detention in Pontiac 2016—2019 and prepared my mind to begin my true journey in life. **Look at me now!** I have won my appeal and got re-sentenced with the ability to go back in front of the parole board soon and now I just graduated DEFY! I personally cried because I just spent 9 months studying, working, and staying out of trouble so I can graduate with a cap and gown. I felt amazing because I earned it! I highly recommend everyone to try and participate in the defy program. My advice to all who read this is to self educate and partake in programs. Utilize the mind to grow intellectually. Prison is a free educational program where you can rehabilitate the mindset to gain a brighter future in civilization.

Don't waste your time it's the one thing you cant get back. Change is possible you've just got to give yourself an honest chance.

P.s. thanks to my counselor Mrs. Lenz and all the Pontiac correctional center staff. Especially Mrs. Strowmatt and Warden Carothers for having defy every week and what you've done to make this journey possible. We at Pontiac M.S.U. appreciate it!



ACCEPTANCE

By: Jon Mettler @ Sheridan C.C.

I am different, you are indifferent

I am fat, you are skinny, I am happy you are sad

Can't we just not judge each other

To not be mean, laugh or criticize and realize we are all sisters and brothers

This life is too short to be fueled by hate

The abstract reality of who is to blame

Is it your fault, mine, God or your parents

In the end we are who we are, sometimes victims

Victims of a cruel world that feeds off pain and misery

I have more, you have less, be a visionary

Does it really even matter, the vanity, looks, insincerity

Repressed feelings of guilt that I wasn't born more ordinary

Mainstream acceptance of what I should or should not be
And then find you repulsive, I no longer in the first slot see you
The accepted tier of the echelon who want your spot at the top
As the earth now tilts and refuses to spin, I want to get off
I know I am different, all is now obscene
I can accept I might be fat, angry and sometimes sad
The illusion of life seems like just another dream
Where the shine and glamour become just another passing fad



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.

Book Reviews

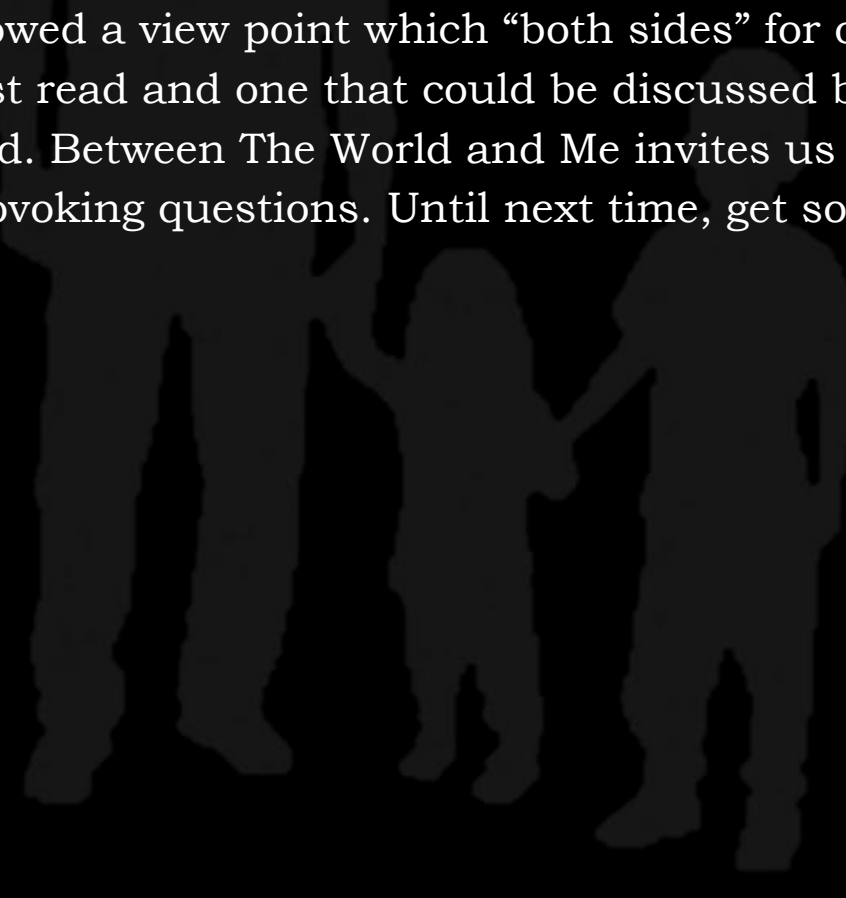
By: Jerome "Justice" Jones @ K.L.S.R.C.

As mentioned in K.H. Volume 91 I promised an update on the two books we've finished reading. The first book, read only by the Kewanee Book Club is titled "**Change Is Possible**", an autobiography by an individual named Eddie Ellis. This is a poignant, non-fiction story of an individual enveloped in the vicious reality of the 'streets' and the principle of cause and effect. A grave decision he made as a teenager caused a life to be lost and him a prison sentence. Upon reflection the author states "***At times I still wonder how I went from being sentenced to 22 years in prison, to being locked down in confinement 23 hours a day for over 10 years, to finishing this book. And then becoming a motivational speaker, an advocate for those returning home from prison and a married man with unwavering love for my kids***". As one who read the book and through group discussions I can tell you emphatically it was **change**, and change is possible but not easy. For different reasons we all related to the author and his journey of self-discovery. The desire to change must outweigh the desire to stay the same, he wanted change and achieved it, a victory we all should share in. For those who find themselves in the midst of this internal conflict check this book out (if able), and then ask yourself is change possible.

The second book which was chosen by, read and discussed with the Moline book club was titled "**Between The World and Me**" by an author named Ta-Nehisi Coates. Before discussing

the book allow me to explain the “Moline” Book Club connection. This was the brain child of our librarian Ms. Coulter. Project Now, which is a non-profit community action agency based out of the Quad City area, whose sole aim is to root out poverty and homelessness & the Moline Book club teamed up in 2022 to create a monthly book club called “Rooting Out Poverty”. The aim of the club is to explore books which deal with the five pillars that can help move people up and out of poverty– Education, Healthcare, Economics, Housing & Justice. After attending a Moline community forum discussing “The Impact Of Mass Incarceration” our librarian continued visiting the months following when she could. On a chilly February night in 2023 after one of those meetings Ms. Coulter engaged in conversation with Project Now Executive Director Dwight Ford & Moline's public librarian Mary McNeil. As an idea she mentioned the KLSRC book club joining in on one of the “virtual” discussions. The idea was great considering we were reading similar books. March of 24’ was our first hybrid Zoom Book Club meeting. Thanks to the tireless effort of Ms. Coulter hashing out the details and the technical set ups it was a success and has been on-going since. Back to the book, *“In a profound work that pivots from the biggest questions about America’s history and ideals to the most intimate concerns of a father to his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nations history and current crisis. What is it like to inhabit a black body, and a way to live within it? Between The World and Me is Ta-Nehisi Coates attempt to answer these questions in a letter to his adolescent son. Coates shares the story of his awakening to the truth about his place in the world through a series of revelatory journeys from Howard University to Civil war battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of Mothers whose children lives were taken as American*

plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage. This book clearly illuminates the past, bracingly confronts our present and offers transcendent vision for a way forward. Coates delivers a beautiful lyrical call for consciousness in the face of racial discrimination in America.” I’ve never read a two hundred page letter; this was one I could not put down and had to read twice. What parents wouldn’t want their children to be equipped with such knowledge? Being able to discuss this book with such a diverse community was remarkably edifying, and a first experience for many of us in the book club. It allowed a view point which “both sides” for obvious reasons could appreciate. This too is a must read and one that could be discussed by all regardless of circumstances or background. *Between The World and Me* invites us all to look in the mirror and ask those thought provoking questions. Until next time, get some reading in.

A dark silhouette of four people standing in a row, holding hands. The figures are stylized and appear to be of different heights and builds, representing a diverse group. They are positioned in the lower half of the page, behind the main text block.

Criminal Addictive Thinking: An Addicts Adventure

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

When I transferred to Kewanee, I wasn't just searching for answers, I was also trying to figure out what questions to ask. I found both in my Criminal Addictive Thinking Clinical. I got very lucky and had Ms. Scott & Ms. Roth teaching it together. It reminded me of those old sweet & sour patch candy commercials. Remember when one of them would wreck you on your bicycle/ that's Ms. Scott because she has no problem calling you out on your BS. Then the other would help you up that's Ms. Roth, you can tell she genuinely cares about your success. This worked really well for me in an educational setting because I knew they were listening. So I took the time to think before I spoke, which isn't one of my many talents!

I learned being in prison I'd most likely fall into one of the categories: a criminal, criminal-addict, or an addict-criminal. I'm definitely an addict-criminal and knowing that really lifts a huge weight from my shoulders. It shows if I want to stay out of prison all I have to do is stay sober. I never committed a crime unless I was trying to stay high, never. Not because I have such a great moral compass, far from it. Its just I want to maintain a steady pace of comfort- ability. Crime can really put the breaks on a comfortable lifestyle for me. I have the same attitude here in prison. I'm in a great prison, live on a good wing, and have a great

cellie Josh. Why would I risk that, breaking easy to follow rules. I wouldn't because there is no pay off, worth loosing that. Even in active addiction crime is always a last resort. Because I'm trying to protect my addiction, I know if I get arrested using is over for me so I do my best to avoid unnecessary risk. Why, because I'm an old addict-criminal!

Because I know that without a doubt, I'll never come back to prison if I stay sober, I have a better understanding of how to spend my time here. I'm going to recovery meetings, and recovery classes. I'm working my steps to the best of my ability and trying to live my program. I've been doing this but what this class really got me watching is the company I keep. That is actually the hardest part of my recovery. Hanging out with positive people, people who are working on bettering themselves on a daily basis. It's hard because I don't feel like I belong in those kind of crowds. Hard doesn't mean impossible, it just means it takes some work. Today I'm willing to work.

Hopefully you can figure out your categories and work on changing your life.

Healthy Love and Relationships

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

I think most of the incarcerated community can attest to the fact that during your entire carceral stay you get a BOATLOAD of advice. Whether it is about working out or cooking, it seems as though everyone else knows what works better for you than you do. One of the biggest pieces of advice that I kept on receiving during my first year of incarceration was: "Forget about everyone on the outside." I was told that it was very important to my incarcerated well being to be prepared to do my time without the distractions of the outside world. Not necessarily to completely forget about their existence but realize that I am in HERE and they are out THERE, making a separation so you could focus on your "prison bit." To me it never made sense. Why would I forget about the people that I am trying to get back to? I know that most people believe that if they distance themselves it will help with the pain that comes from separation, but, they must also understand that they are allowing themselves to forget the most important part of their incarceration...their purpose. My purpose was to make it home to my family and make it home a better me. I would hope that everyone has that same mentality. We have to put effort in rebuilding ourselves into better versions for not only our own well being but for the benefit of the loved ones that went to court dates, answered phone calls, sent money, and spent countless hours driving just to spend a few hours with us. They invested in us when the world said that we weren't worth investing in, so why wouldn't we invest in ourselves? Because we have been taught and told to forget about our shareholders! We are given advice that says forget about those people that made the effort to give you time, love, and money. I have always said and still say NO! That is not beneficial for your well being now or in your future.

Back in 2016 I was allowed to be a part of a program that assisted new transfers in the

intake process at Big Muddy Correctional Center. The other facilitators and I all ran different groups every Friday which is where my passion for teaching in the carceral setting began. Fast forward a decade and while here at Kewanee my good friend Henry Broomfield started a class called "Healthy Love" an 8 week course that talked about relationships and how they are affected by incarceration. He asked for my assistance with the technical side of things and through conversation he thought it would be a good idea for me to be his co-facilitator and I couldn't be happier to be a part of something I felt so strongly about. Since then Mr. Broomfield has went on to work release but the class still goes on strong with my current co-facilitator Mr. Davon Ruffin and I. In class we have talked about everything from toxic masculinity to empathy and in these environments that are overrun with anger and rigidity some of these topics can be difficult conversations. When you are telling a room full of men who have been incarcerated for decades that a lot of what they have been taught has not only been wrong but detrimental to their well being and a cancer to some of their most important relationships it can be a struggle, but it can be done. We have had half a dozen graduating classes so far and believe me when I say that it has been AMAZING! We were even able to have our very first **Healthy Love Therapeutic Day!** This was a day where some graduates from our class along with loved ones were able to participate in a day of therapeutic exercises in the visiting room led by *Nickolous Kuster* our mental health specialist here at Kewanee. We put this together because many of us are putting in the work to be better and rid ourselves of our negativity, but this work should be done along side the people we care about the most. We must put in the work to have better relationships pre release not post release because if we wait until we are home then it will be too late. This is an idea that I believe should be welcomed with open arms by IDOC because nothing motivates an individual to be better than the people that love them the most, and no one knows better how to reach and teach those individuals then the men that suffered with them. We take pride that there are men that leave our class with information and drive to be better

fathers, brothers, husbands, sons,
and most importantly better men.



THE FAILURES AND SUCCESSES OF FATHERHOOD: MY STORY

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

Some biographical context is necessary in order for you to understand why Father's Day is such a challenging and painful time for me. In 1995 I was taken into custody. At that time my first son, Patrick Jr., was six months old and my youngest son, Javan, was not yet born. Long story very short, I have been incarcerated for the entirety of Javan's thirty-year life. But for a mere six months of Patrick's life I have resided in penal institutions.

The argument that children suffer greatly when a father is not present is proven true by the particulars of my life and the lives of my children. As a result of me not being present, and I accept full responsibility for not being there for my sons, my boys experienced all manner of hardship. They were physically and sexually abused by people who were in their lives. They were exposed to violence and gang culture. People who insisted that they were loved neglected them. They both dropped out of high school. They both were sentenced to prison in early adulthood. They both have been shot and wounded on the battlefields of Chicago neighborhoods.

While all of the above was happening to my children I was languishing in the prison cells

of Stateville Correctional Center, Pontiac Correctional Center, Menard Correctional Center, Pinckneyville, Illinois River Correctional Center and Kewanee Life Skills Re-Entry Center. I made myself powerless to protect my children from harm by committing a crime and coming to prison. The fact is, and this is extremely difficult for me to say, I failed as a father. My heart hurts for my children who suffered the way they did. My heart hurts because it was my duty to protect and raise Patrick and Javan and I did not do what I had a responsibility to do. For these reasons, Father's Day is hard for me. How can I legitimately celebrate Father's Day when I failed so miserably as a father in the earlier part of my children's lives?

The above details are part of my fatherhood story but it is not by any means the entire story. Now comes a part of my story that is the proverbial other side of the coin. After decades of not being allowed to verbally communicate with my sons I had an occasion to have a conversation with Javan, my youngest son. I apologized in the gate for my failings as a father. Guess what Javan said in response? He said, "Pops, I don't really care about the past. I'm just glad that we are able to have a relationship now." I was taken aback. An immediate rush of emotion overcame me. To be perfectly honest I expected him to read me the Riot Act and hang up the phone with a promise to never speak to me again. That did not happen though. My son gave me an opportunity to be his father. That was one of the happiest moments of my life.

As for my oldest son, that is an entirely different story. He has his reasons for not wanting to interact with me. Although I respect his decision, I am saddened by it. I will continue to make the occasional overture in an effort to mend fences though.

My mother is of the opinion that when I am released in the very near future I will have more of an opportunity to reach him. I hope that is the case. My fingers are crossed and prayers have gone up.

At the end of the day, my fatherhood journey is filled with failures and successes. On the one hand I am grateful and appreciative that one son has embraced me despite the past. On the other hand, I am deeply wounded because I do not have a relationship with my other son because of the same past.

What is a father to do? I will hope that maybe one day I will have relationships with both of my sons. That is what a father should do in these circumstances. I will hope.

To all the fathers who do not have relationships with your children, do not give up. Hope that things will get better. As for those who do have relationships with your children, please know that you are very fortunate. You should hope that those relationships remain healthy and prosperous. Happy Father's Day to all the Dads out there. Ya'll be good.



- Feelings -

By: Jordan Rahaman @ K.L.S.R.C

Feelings, we all experience them even when the experience is the act of trying not to feel. When I first learned about the Trauma Unit at KLSRC I was extremely interested as I had spent the last few years of my incarceration exploring and trying to heal from my own traumas, so naturally the idea of there being a group for this was something I wanted to know more about. Due to some facility issues however I had to wait for several months before a new group could be formed. During this time I began having conversations with one of my co-workers, Brandon wilds who is a facilitator of the Trauma Unit. We spoke almost daily about not only trauma and relationships but had many detailed talks about our own life traumas and the ways we had learned to cope and deal with them in healthy ways. Needless to say at this point I was all in. this was the point where I started to have this strange “feeling”, I could have sworn I knew this feeling but I just couldn't place what it was. During the 10 weeks of the Trauma Unit group meetings there were so many activities, discussions, and conversations, along with bonding moments that due to the confidentiality pact we take I cannot tell you about, you'll just have to sign up an see for yourself. Now although the 1st and 2nd rules of Trauma Unit are “we don't talk about what happens in the Trauma unit, outside of group.” I can tell you that “feeling” I had but wasn't sure what it was but it kept getting stronger. For the purpose of this article I was given the green light however to tell

this story. So there was this exercise we did called "Step into the Circle" which is exactly what the name explains. A large circle is formed and a facilitator reads a list of experiences good and bad and the attendees take a step forward if true for that individual. At first this is kind of overwhelming when you have 30+ men around you. As the exercise continued the circle got smaller and closer and now that unknown "Feeling" was hitting harder than ever. As Brandon got to the last 2 questions about traumatic life events I take two steps forward and look up to see my good friend Solomon Montagueo standing directly in front of me. We have lived very different lives, we are in different age groups, and we have done different amounts of time in prison, we both shared so many harsh, painful experiences in life. I looked into his eyes as the water began to form in both of ours and I grabbed him and hugged him because in that moment he wasn't just my friend in prison, he wasn't just my brother in a trauma group, he was me and I was him. That was when I understood what the "feeling" I kept experiencing was, it was actually the lack of "Feeling alone." I want to thank Brandon Wilds, Howard Keller, Yahk, and Mr. Kuster for facilitating the Trauma Unit and encourage everyone at KLSRC to attend at least one full group because if nothing else it might help you feel not so alone.



IN THE ABSENCE OF FATHERS: A STORY OF ELEPHANTS AND MEN

By: Fr. Gordon J. MacRae-Beyond These Stone Walls

Are committed fathers an endangered species in our culture? Fr. Gordon MacRae draws a troubling corollary between absent fathers and burgeoning prisons.

Wade Horn, Ph.D., President of the National Fatherhood Initiative, had an intriguing article entitled "Of Elephants and Men" in a recent issue of Fatherhood Today magazine. I found Dr. Horn's story about young elephants to be simply fascinating, and you will too. It was sent to me by a reader who wanted to know if there is any connection between the absence of fathers and the shocking growth of the American prison population.



Some years ago, officials at the Kruger National Park and game reserve in South Africa were faced with a growing elephant problem. The population of African elephants, once endangered, had grown larger than the park could sustain. So measures had to be taken to thin the ranks. A plan was devised to relocate some of the elephants to other African game reserves. Being enormous creatures, elephants are not easily transported. So a special harness was created to air-lift the elephants and fly them out of the park using helicopters.

The helicopters were up to the task, but as it turned out, the harness wasn't. It could handle the juvenile and adult female elephants, but not the African bull elephants. A quick solution had to be found, so a decision was made to leave the much larger bulls at Kruger and relocate only some of the female elephants and juvenile males.

The problem was solved. The herd was thinned out, and all was well at Kruger National Park. Sometime later, however, a strange problem surfaced at South Africa's other game reserve, Pilanesburg National Park, the younger elephants' new home.

Rangers at Pilanesburg began finding the dead bodies of endangered white rhinoceros. At first, poachers were suspected, but the huge rhinos had not died of gunshot wounds, and their precious horns were left intact. The rhinos appeared to be killed violently, with deep puncture wounds. Not much in the wild can kill a rhino, so rangers set up hidden cameras throughout the park.

The result was shocking. The culprits turned out to be marauding bands of aggressive juvenile male elephants, the very elephants relocated from Kruger National Park a few years earlier. The young males were caught on camera chasing down the rhinos, knocking them over, and stomping and goring them to death with their tusks. The juvenile elephants were terrorizing other animals in the park as well. Such behavior was very rare among elephants. Something had gone terribly wrong.

Some of the park rangers settled on a theory. What had been missing from the relocated herd was the presence of the large dominant bulls that remained at Kruger. In natural circumstances, the adult bulls provide modeling behaviors for younger elephants, keeping them in line.

Juvenile male elephants, Dr. Horn pointed out, experience “musth,” a state of frenzy triggered by mating season and increases in testosterone. Normally, dominant bulls manage and contain the testosterone-induced frenzy in the younger males. Left without elephant modeling, the rangers theorized, the younger elephants were missing the civilizing influence of their elders as nature and pachyderm intended.

To test the theory, the rangers constructed a bigger and stronger harness, then flew in some

of the older bulls left behind at Kruger. Within weeks, the bizarre and violent behavior of the juvenile elephants stopped completely. The older bulls let them know that their behaviors were not elephant-like at all. In a short time, the younger elephants were following the older and more dominant bulls around while learning how to be elephants.

Marauding in Central Park

In his terrific article, "Of Elephants and Men," Dr. Wade Horn went on to write of a story very similar to that of the elephants, though it happened not in Africa, but New York's Central Park. The story involved young men, not young elephants, but the details were eerily close. Groups of young men were caught on camera sexually harassing and robbing women and victimizing others in the park. Their herd mentality created a sort of frenzy that was both brazen and contagious. In broad daylight, they assaulted and robbed passerby's. It was not, in any sense of the term, the behavior of civilized people.



Appalled by these assaults, citizens demanded a stronger and more aggressive police presence. Dr. Horn asked a more probing question. "Where have all the fathers gone?" Simply increasing the presence of police everywhere a crime is possible might assuage some political pressure, but it does little to identify and solve the real social problem behind the brazen Central Park assaults. It was the very same problem that victimized rhinos in that park in Africa. The majority of the young men hanging around committing those crimes in Central Park grew up in homes without fathers present.

That is not an excuse. It is a social problem that has a direct correlation with their criminal behavior. They were not acting like men because their only experience of modeling the behaviors of men had been taught by their peers and not by their fathers. Those who did have fathers had absent fathers, clearly preoccupied with something other than being role models for their sons. Wherever those fathers were, they were not in Central Park.

Dr. Horn pointed out that simply replacing fathers with more police isn't a solution. No matter how many police are hired and trained, they will quickly be outnumbered if they assume the task of both investigating crime and preventing crime. They will quickly be outnumbered because presently in our culture, two out of every five young men are raised in fatherless homes, and that disparity is growing faster as traditional family systems break down throughout the Western world.

Real men protect the vulnerable. They do not assault them. Growing up having learned that most basic tenet of manhood is the job of fathers, not the police. Dr. Horn cited a quote from a young Daniel Patrick Moynihan written some forty years ago:

“From the wild Irish slums of the 19th Century Eastern Seaboard to the riot-torn suburbs of Los Angeles, there is one unmistakable lesson in American history: A community that allows a large number of young men to grow up in broken homes, dominated by women, never acquiring any stable relationships to male authority, never acquiring any rational expectations for the future-that community asks for and gets chaos.

When Prisons Replace Parents

Its easy in the politically correct standards of today to dismiss such a quote as chauvinistic. But while we're arguing that point, our society's young men are being tossed away by the thousands into prison systems that swallow them up. Once in prison, this system is very hard to leave behind. The New Hampshire prison system just released a dismal report two weeks ago. Of 1,095 prisoners released in 2007, over 500 were back in prison by 2010. Clearly, the loss of freedom does not compensate for the loss of fathers in managing the behavior of young men.



There is very little that happens in the punishment model of prison life that teaches a better way to a young man who has broken the law. The proof of that is all around us, but—especially in an election year—getting anyone to take a good hard look inside a prison seems impossible. We live in a disposable culture, and when our youth are a problem, we simply do what we do best. We dispose of them, sometimes forever. Anyone who believes that punishment, and nothing but punishment, is an effective deterrent of criminal behavior in the young is left to explain why our grotesquely prisons have a 50 percent recidivism rate.

As I have written before, the United States has less than five percent of the world's population, but twenty-five percent of the world's prisoners. The U.S. has more young men in prison today than all of the leading 35 European countries combined. The ratio of prisoners to citizens in the U.S. is four times what it is in Israel, six times what it is in Canada and China, and thirteen times what it is in Japan. The only governments with higher per capita rates of prisoners are Third World countries, and even they are only slightly higher.

For a nation struggling with its racial inequities, the prison system is a racial disaster. Currently, young men of African-American and Latino descent comprise 30 percent of our population, but 60 percent of our prison population. But prison isn't itself an issue that falls conveniently along racial divides.

New Hampshire, where I have spent the last twenty-six years in prison, is one of the whitest states in the United States, and yet it is first in the nation not only in its Presidential Primary election, but in prison growth relative to population growth. Between 1980 and 2005, New Hampshire's state population grew by 34 percent. In that same period, its prison population grew by a staggering 600 percent with no commensurate increase in crime rate.

In an election year, politicizing prisons is just counter-productive and nothing will ever really change. Albert R. Hunt of Bloomberg News had a recent op-ed piece in *The New York Times* ("**A Country of Inmates**, " November 20, 2011) in which he decried the election year politics of prisons.

"This issue [of prison growth] almost never comes up with Republican presidential candidates; one of the few exceptions was a debate in September when audiences cheered the notion of executions in Texas."

This may be so, but the very sort of political blaming that undermines real serious and objective study of our national prison problem. I am not a Republican or a Democrat, but in fairness I should point out that the recent Democratic governor of New Hampshire had but one plan for this States overcrowded and ever growing prison system: build a bigger prison somewhere. And as far as executions are concerned, the overwhelmingly Republican state

Legislature in New Hampshire voted overwhelmingly to overturn the states death penalty ten years ago. Governor Jeanne Shaheen (now U.S. Senator Jeanne Shaheen), a Democrat, vetoed the repeal saying that this State needs a death penalty.” (In 2020, the death penalty was finally rescinded in New Hampshire.)

More dismal still, New Hampshire is also first in the nation in deaths of young men between the ages of 16 and 34. This is largely attributed to opiates addiction and all the hopelessness it entails. Young men growing up in fatherless homes are exponentially more likely than others to fall prey to addiction.

Eighty percent of the young men I have met in prison grew up in homes without fathers. The problem seems clear. When prisons and police replace fathers, chaos reigns, and promising young lives are sacrificed.

Before we close the door on Father’s Day this year, let’s revisit whether we’re prepared for the chaos of a fatherless America. “Fathers” and “Fatherhood” are 3 concepts with 1,932 direct references in the Old and New Testaments. Without a doubt, fatherhood has long been on the mind of God.

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 updated 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, Automous robotaxis, 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!

The Market Corner

→ Risk Management ←

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

Today in the market corner, we are going to speak a bit on managing our trades. So Quick Vocabulary,

Realized Gain – Actual profit made from closing a trade/position.

Realized Loss – Actual loss made from closing a trade/position.

Unrealized Gain – A Trade that is Current Profitable, however you have not closed/sold the position.

Unrealized Loss – A Trade that is currently a loss, however you have not closed/sold the position.

The market does not care who you are or what you **think it is going to do**. With that said, the only way to secure your profits is **TAKE** them. I am sure you know the saying, you got to know when to hold em, know when to fold em, know when to walk away. An Experienced trader before he makes his trade, ask himself these 3 questions before placing any trade. First, what is



my risk to reward ratio? Meaning: **How Much am I willing to lose if I'm wrong?** If I am risking \$100, am I risking \$100 to make \$100? Or am I risking \$100 to make \$300? Each trader determines their own risk to reward ratio. Majority of profitable traders obtain Multiple, 1:3 to 1:4 Ratio's trades, Daily. But seeing how in this business, Loses are inevitable. **You are going to Lose.** However if a trader has good Risk management, and his Reward out ways his risk, having a Risk ratio that is 1:3 If he makes a Total of 10 trades, and he's Right 3 times, and wrong 7 times, Then he is still profitable, even though he is wrong more than *double* then he's right.

(Risking \$100)

Three Times with 1:3 Ratio = \$900 – 7 Loses (\$700) = 2R (\$200)

As you can see Even if your wrong Majority of the time starting out, having good risk management and capturing good trades will put you in front. As you Master the skill your win percentage will **greatly improve** leaving lovely profit margins.

The next thing a Good trader will determine is his Entry Point. Where would his best entry point be? For this, a trader would use Support and Resistance levels, Candlestick patterns,

Safe Account Growth Math & Rules

Phase	Account Size	Risk Per Trade	Goal / Focus
Phase 1	\$100-\$500	10%	Fast growth. Accept higher risk because the account is small and easily replaceable.
Phase 2	\$500-\$1,000	5-7.5%	Still aggressive, but reduce risk to avoid giving back progress after one losing streak.
Phase 3	\$1,000-\$2,500	3-5%	Controlled scaling. Start treating the account more seriously.
Phase 4	\$2,500-\$5,000	2-3%	Protect gains while continuing to scale.
Phase 5	\$5,000-\$10,000	1-2%	Shift from account flipping to preservation and professional risk management.

Core Rule	Explanation
Risk should decrease as account size increases.	The smaller the account, the more aggressive risk can be. The larger the account becomes, the more important capital preservation becomes. A \$100 account can be rebuilt. A \$10,000 account should not be gambled like a \$100 account.

bar counting, Fibonacci levels, or other determinations to decide when to enter a trade. Lastly, he should determine an exit Point. Me personally, The Entry & Exit, are the most, Important, especially the Exit. Why? Because a good disciplined trader will not have only 1 exit, he will have 2 Exits.

Exit 1 – Take Profit Exit,

Exit 2 – Stop Loss Exit.

So if I am Trading a \$10 Stock [TSLL], and a Buy 100 shares. I Spend \$1,000 To Enter the position, and I know I'm only willing to risk \$100 of my \$1,000 that means id Set My Stop Limit Order, (Stop loss) at \$9.00 So If [TSLL] drops to \$9.00 Robinhood (or whichever broker you use) would sell my 100 shares automatically and kick back \$900 in my account. Or I could set my Sell Limit/Stop order at \$12.00 and if the stock hits \$12.00 it would automatically put the \$1200 into my account.

Here are a set of tools that all brokers have, that as a trader you should learn to use and become familiar with.

Market Order – Buys Stock at current Market Value.

Buy Limit Order – Sets a Range at what price *you* are willing to pay for a Stock,

Sell Limit Order – Sets a Range at what price you want to sell a stock,

Buy Stop Order – Sets an exact Price, *you* Wish to pay for a Stock

Sell Stop Order – sets an exact price, *you* wish to sell for a stock.

Trailing Stop Order – Sets a Price to sell either by Percentage/Dollar amount, and trails the

order in both directions.

****Notice** the difference between a Buy/Sell Stop Orders, and Buy/Sell Limit orders.**

Stop orders are not 100% guaranteed to be filled (executed orders) because price action tends to "Gap" for example, If My Sell Stop Order is at \$9.00 and Price gaps down and fell from \$9.10 down to \$8.98, and then my \$9.00 Stop was never triggered. Price would then have to RISE to \$9.00 to trigger my stop loss, but if the stock continues to fall, I would still be stuck with the 100 shares and a bigger losing position.

A Buy/Sell Limit, Will ask for a Range, Being \$9.00 (the original stop) and just for an example, If I choose a Limit/Range set at \$8.00 So it will Still Trigger at \$9 but in case of a gap down, As long as the gap is within the \$8.00-\$9.00 your Order will still be filled and safely take you out of the trade.

This is why we traders only look for the best possible set ups and patterns. However, let us say this? What if we reach our 1:3 Ratio? Or a 1:2 Ratio, or Just feel like we want to stop our trade at breakeven and give our trade a chance to run in case we make 4x or even 10x Our Risk?

Can we do that? YES! Let's Say [TSLL] gets to \$12,00 and as I'm watching the trade develop, I see it goes to \$12.15 and I think it has potential to go further, I Could simply Reset my "stop loss" from \$9.00 to \$12.00 an now if KHS comes back down to \$12.00 it will sell automatically. If it continues to push higher, I can keep manually moving or "trailing" my stop loss higher, locking in guaranteed profits/Realized Gains.

WHEN CURTAINS CLOSE

By: Orlando Luke @ K.L.S.R.C.

What does true leadership and compassion look like when the cameras are not rolling and no “Atta boys” are in the forecast? Do you want for your community what you want for yourself?

A community is many shades and hues, and just as diverse as the individual letters in the spelling of the word. Each letter serves with a distinct characteristic visually and in sound. Separately these letters represent individuality, “its shape,” “its sound,” but together these letters represent something bigger than itself, “selflessness,” which restores hope in areas of humanity like compassion and true peer leadership.

Our community here at Kewanee life skills reentry center is awesome “YES, AWE-SOME” and not just when its Showtime. When the lights go out, the curtains close, and the directors are off, “integrity” shows itself in young men, young leaders stepping up and wanting for their community what they want for themselves.

Mr. Jackson, Mr. Gonzalez, Mr. King, Mr. Emery, Mr. Fobbs, and Mr. Newman stepped aside, giving up coveted spots in our C.D.L. simulator class to allow others in our community, that are eligible for good time, to take the class now aiding in the reuniting of their families. To you, selfless young leaders we thank you and are honored that you represent a

part of our community here at K.L.S.R.C.

As one of the C.D.L. program TAs we look forward to working with you guys in our July 2026 class.

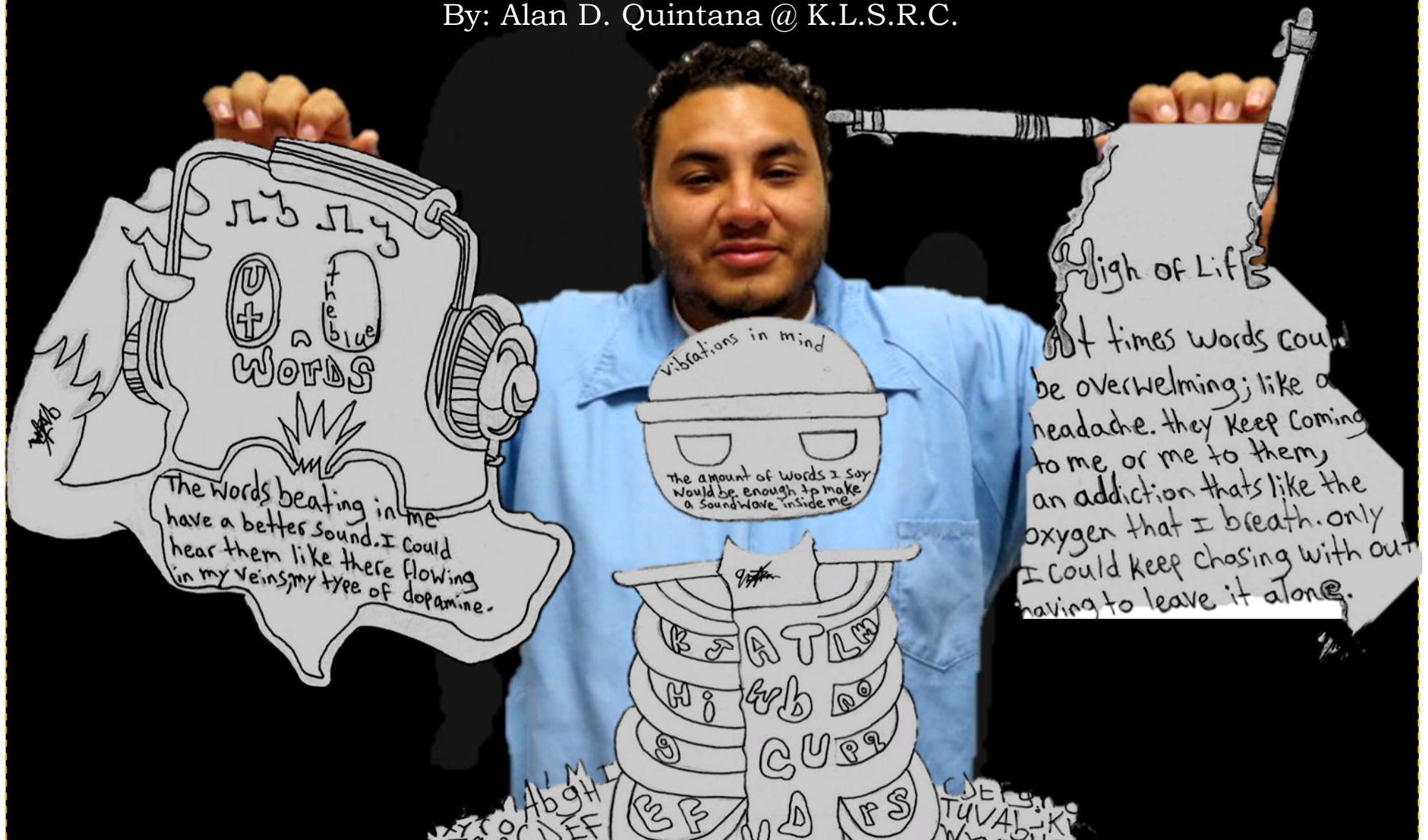
We thank you again for your integrity and being an example of what leadership and compassion look like.

Sincerely, The C.D.L. Department



Just Me

By: Alan D. Quintana @ K.L.S.R.C.



BRAIN FACTS

HEADACHE and miGRAINes

A dull ache or a sharp or throbbing pain, a headache may appear gradually or suddenly and last from less than an hour to several days. Migraine sufferers have episodes of severe headaches often accompanied by sensory disturbances, nausea, and vomiting.

A headache is a symptom with a range of possible causes. Probably the most common form of headache is tension headache, in which the pain tends to be constant, in the forehead or more generally over the head. It may be accompanied by a feeling of pressure behind the eyes and/or tightness around the head. It is typically brought on by stress, which causes tensions in the muscles of the neck and scalp. This, in turn, is thought to stimulate pain receptors in these areas, which send signals to the sensory cortex, resulting in a headache. Another form of headache is a cluster headache, which involves relatively short attacks of severe pain.

A migraine usually occurs over one eye or on one side of the head, although the area of pain can move during an attack. A migraine typically consists of up to four stages, which vary in intensity and duration. The underlying cause is not known, but research suggests it may be due to a surge of neuronal activity in the brain, eventually stimulating the sensory

cortex, resulting in the sensation of pain. Triggers for a migraine include emotional shock or stress;

tiredness or lack of sleep; missed meals, dehydration, and certain foods, such as cheese or chocolate; hormonal changes (for many women, migraines are associated with menstruation); and changes in the weather or a stuffy atmosphere.

ARE MIGRAINES A GENETIC DISORDER?

Migraines often run in the family. Certain genes combine to increase predisposition to migraines, but environmental factors such as stress or hormones are also involved.

MIGRAINE ATTACKS

An attack may begin with an early stage, the prodrome, with symptoms such as anxiety, mood changes, and tiredness or excessive energy. This is sometimes followed by aura, a warning stage that can include flashing lights and other visual distortions; stiffness, tingling, or numbness; difficulty speaking; and poor coordination. The main stage includes a severe throbbing headache made worse by movement, nausea and/or vomiting, and dislike of bright light or loud noise. This is often followed by a postdrome stage of tiredness, poor concentration, and persistence of increased sensitivity.

HOROSCOPES



ARIES: You could gain more courage or desire to take a few risks in your business or with finances, Aries. While you should certainly be careful with spending impulsively, this can be a good time to break out of a rut.

TRANSLATION: **Invest in those running shoes, and run in them! Summer is almost over....**



TAURUS: Finding the right words is a struggle now, However you say it, it won't come out right. Perhaps the issue is not in the words you use but in the audience you select, Taurus.

TRANSLATION: **Your homie is a terrible spades player, he's garbage, just tell him!**



GEMINI: Your self-worth fluctuates, Gemini, and it shows in your dealings with others. It might be time to work on old issues that make you feel badly about yourself—you've grown!

TRANSLATION: **The past is the past, let it go homie!**



CANCER: Suspicions arise when someone backs out on a deal they made with you, Cancer. You're not normally a super trusting person, so you'll be on high alert. It's also possible that the other person could learn from you the importance of following through on their word!

TRANSLATION: **When they said you've got that job they meant it, just not today...**



VIRGO: Opportunities to socialize and even network land in your lap, Virgo. You may have other things you need to do, but make sure to accept more than one of the invitations you get.

TRANSLATION: **Stop duckin' the handball court, get out there and show em' up!**



LIBRA: You're feeling competent at your job and excited about your career now, Libra. This is what it's like when you're doing what you're meant to, enjoy it!

TRANSLATION: **Being a porter has its perks but it aint a career, think bigger bro!**



SCORPIO: This could be a good time to examine whether you are meeting those goals you set for yourself, Scorpio. If not, changing tactics or targets is the smart move.

TRANSLATION: **You'll never get that six-pack eating noodles and honey buns, stop it bro!**



SAGITTARIUS: The legacy you are leaving behind weighs on you, Sagittarius. Are you protecting future generations enough? These thoughts will spur you to take a new direction.

TRANSLATION: **This gotta be your last bit bro, it's time to grow up, you're better than that**



AQUARIUS: Putting off a health issue is not doing you any favors, Aquarius. It could come to a crisis point soon if you don't intervene. Ask for moral support from someone you trust.

TRANSLATION: **Stay off the weight pile! You have a hernia for gods sake!**



PISCES: You can sometimes feel mentally wired this month, Pisces, but overall you have greater passion and motivation to get things done, learn, connect, and share.

TRANSLATION: **Stop drinkin' half a bag of coffee everyday!**



LEO: This is definitely the time you should be taking a vacation, Leo. You won't have the energy to do much else. Save any important tasks for next month—you'll feel more like it then.

TRANSLATION: **Chill out, everybody needs a couple of personal days every now and then, rest for a second!**



CAPRICORN: Find the fun in your relationships, Capricorn. You take yourself and your partner very seriously—which they appreciate. But lightening the mood benefits you both enormously.

TRANSLATION: **It's ok to laugh when you're on the phone with your girl, bro!**



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





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

