

KEWANEE HORIZONS

VOL. 95

HAPPY FOURTH
OF
JULY



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OUTSIDE CONTRIBUTORS

RESTORATIVE JUSTICE

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

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

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

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

MISSION STATEMENT

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

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

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

KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

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"



PEER LED SHOWCASE

The Lady and 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.

"HAUNTED"

By: Logan Freed @ Decatur C.C.

Haunted and I live with ghosts,
Haunted by the worst thing I've ever done
Haunted by the things that broke me,
Haunted by a split second decision that will forever follow me.
Haunted by the worst day of my life and the last day of yours,
Haunted by my cowardice behavior.
Haunted by a life I never meant to take
Haunted by a soul I'll forever be tied to because of what I did to you.
Haunted by the guilt, the shame, the hurt.
Haunted by a pain very few will understand
Haunted by the time I stole from you, from your wife, from your kids.
Haunted by the time I've done, the time I lost, the time I deserve,
Haunted by the sound of your voice talking about how she stood by your side and helplessly
watched you flat line,
Haunted by the sound of my mom's cries as she told me she couldn't save me from this, this
time.
Haunted by the monster I never meant to become,
Haunted by all the anguish I caused.
Haunted by a ghost formed by the pieces of me I'll never get back, the ones that are gone for-
ever, the pieces that cut the deepest.
Haunted by all the tears I've cried over you,

Haunted by the “sorry” that will never bring you back. Never change a thing, never stop the pain.

Haunted by a darkness that will forever consume a part of me,
Haunted by a ghost that stole some of my light

Haunted is what I’ll always be. Being haunted by all those things is what changed me.

Those things made me....

Haunted but beautiful,

Haunted but resilient,

Haunted but determined,

Haunted but brave,

Haunted but courageous,

Haunted and wearing my scars as proof that I survived.

Haunted and living for the both of us like I promised I would.

Were all haunted by one things or another,

Don’t let things that haunt you define you. Don’t let the ghosts of your past dictate your future. Its okay, you got this! Head Up!



Letter to Freedom

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

Dear Freedom,

Meet me in the distance. Away from shackles, away from chains, away from poverty and being another man's gain. Away from the color code and societies standard and belief of life on the totem pole. Away from drug abuse and the likes of a broken soul.

Away, far away from mental bondage and settling for the things whose worth are no more than peer garbage. Away from the setbacks of somebody else in which I will greatly suffer from and be held hostage.

Freedom, meet me in the distance. I would truly like to meet with you. Not as a play date, a fling, nor to misuse and abuse you, but to really get to know you, and you to get to know me too.

I have no doubt and believe if given a chance, we would be a wonderful fit together. I know that it has been said that you are not meant for me nor my people, but please don't fall for their wicked lies. Why, you would look so good on me. Then and only then I could be nothing short of magnificent wrapped in your long, flowing cloak of independence. Maybe they fear I will rise and be crowned King. Yet if that's what you have in store for me, then so be it.

Nevertheless, Father stretch my hands, because I just want to feel liberated, and live the life

Of Pablo. Freedom, I see you coming,. Meet me in the distance.

You are my future, be with me through life and all eternity. It's funny how I barely know you ,but I love you. You have my heart.

"Happy Beautiful Womans Day"

By: Rafael Santos Jr. @ Galesburg C.C.

I would love to say, "Happy Beautiful Woman's Day."

This is to all the Mom's, even those who have lost their children. ("We mourn with you,& We love you.")

"The loss of a child doesn't just take a toll on a Mom, a Father, a Sibling or Family. It takes a toll on life itself & us as a community.

"A child who could of cured cancer, a child who could of been the next, Greatest Poet. A child who could of touched the world with his or her Art.

"Oh.., you think I'm just talking about the death of a Child? I'm talking about ("you")! Those incarcerated who draw on skin and canvas (LOL)! The one whose Artwork Brings so many smiles to theirs and Other family!

"The one who draw portrait's, the one who make purses and shoes.

The one's who make a rose look so real.
And the one who write's a poem,
("That feel so real it give you chill's")!

I'm talking to the mom who didn't miss a court
date.

No matter right or wrong, she cried at home
("But"), in the courtroom she "Stood Strong"!

"On our visits. Me & my Mom would laugh & cry.
or remember the great times and laugh so hard
it would bring happy tears to our eye's
" On Mother's Day, some of us don't know what to say.
Because we feel ashamed because we locked away.

"But the beauty about that is, there's a word called ("unashamed.") and it means this:

"Not ashamed, being without guilt, self-consciousness, or doubt."

"So this Mother's Day, which to me is "everyday", (LOL)!

"Give your Mom this, ("words of affirmation that
tells her, to you what a great Mom she is")!

"So before I go, I wanna share with ya'll a story
To show how crazy and how much love me & my
Mom have for each other.

“For those who know me, they know I been incarcerated
since I was 17 years old and my Mom been down
The entire 19 years I been incarcerated.
She 72 years old and funny as heck.
 (“ask my brother’s who incarcerated, they know my mom (LOL)”)

My Mom name is Daisy. And when I was younger
I used to go pick out what I (“thought”)
was “Daises”!

“I would go pick’em & give them to my Mom on her
Birthday’s, or just because I wanted her to
Feel special and I wanted to see her
Smile! (“I’d say here Ma here go some daises”)

“She would take’em put’em in water, smile, say
Thank you and it would brighten her day!

“But what I didn't know, and what she didn’t
 (“say”)! Was...

“Boy... THESE DANDELIONS”
(LOLLL)!!!

“I did that all the way till I was 16! (LOL)!
I thought I was picking free daises (LOL)!

“Everybody saw me give them to her (LOL)!

and nobody said (“nothing, LOL”)!

“That’s how deep a Mother’s Love is.
We laugh about it till this day on visit’s
And the phone.

“So this Mother’s Day give your Mom a
Big ol laugh.
And if she passed away write her a letter
Or send an Email and have someone read it
too her.

“Because Allah say’s paradise is at a Mother’s
feet (Smile).
Remember, we only get one
(“Happy Beautiful Woman’s Day”)

Assalamu Alaykum.

When Nature Wants a Man

Enoch Jackson @ Western C.C.

When nature wants to drill a man
And thrill a man,
And skill a man,
When nature wants to mold a man
You play the noblest part,
When she yearns with all her heart
To create so great and bold a man
That all the people shall praise,
Watch her method, watch her ways!
How she ruthlessly perfects
Whom she royally elects,
How she hammers him and hurts him
And with mighty blows converts him
Into trail shapes of clay which only
Nature understands,
While his tortured heart, is crying and he

Lifts beseeching hands!
How she bends, but never breaks,
When his good she undertakes...
How she uses whom she chooses
And with every purpose fuses him,
By every art induces him
to try his splendor out,
Nature knows what she is about.
When nature wants to take a man
And shake a man
And wake a man
When nature wants to make a man
To do the futures will
When she tries with all her skill
And she yearns with all her soul
To create him large and whole...
With that cunning, she prepares him!
How she goads and never spares him,
How she whets him and she frets him

And in poverty begets him...
How she often disappoints
Whom she sacredly anoints,
With what wisdom she will hide him,
Never minding what betide him
Though his genius sob with slighting
And his pride may not forget!
Bids him struggle harder yet.
Makes him lonely
So that Only
God's high messages shall reach him
So that she may surely teach him
What the hierarchy planned.
Thought he may not understand
gives him passions to command,
How remorselessly she spurs him,
With terrific ardor stirs him
When she poignantly prefers him!
When nature wants to name a man

And fame a man
And tame man,
When nature wants to shame a man
To do his heavenly best...
When she tries the highest test
That her reckoning may bring
when she wants a god or kind!
How she reins him and restrains him
So his body scarce contains him
While she fires him
And inspires him!
Keeps Him yearning, ever burning for a
Tantalizing goal
Lures and lacerates his soul.
Sets a challenge for his spirit,
Draws it higher when he's near it,
Makes a jungle, that he clears it,
Makes a desert, that he fears it
And subdue it if he can

So do nature makes a man.
Then, to test his spirits wrath
Hurls a mountain in his path,
Puts a bitter choice before him
And relentless stands over him.
Climb, or perish! So she says...
Watch her purpose, watch her ways!
Natures plan is wondrous kind
Could we understand her mind...
Fools are they who call her blind.
When his feet are torn and bleeding,
Yet his spirit mounts unheeding,
All his higher powers speeding
Blazing newer paths and fine,
When the force that is divine
Leaps to challenge every failure and his
ardor still is sweet
And love and hope are burning in the
presence of defeat...
For, the crisis! For, the shout

That must call the leader out.
When the people need salvation
Does he come to lead the nation...
Then does nature show her plan
When the people has found a man!

Only melting and hammering can shape and temper steel for fine use. Only struggle and suffering can give a man the qualities that enable him to render large service to humanity. May god bless all!

Without hope men are only half alive. With hope they dream and think and work.

Charles Sawyer

A Letter to the other side

By: Jordan Rahaman

If I had the chance to do it all again I would, our times were too short. Too many things left unsaid too many memories left unmade. How I wish you were here, don't fear the reaper, be a simple man, when levee breaks, free bird. Songs won't be the same. Fast car, my Adidas, more bounce to the ounce, on the planet caravan. Don't worry be happy your memory will live on. I miss you more than words can express. I see you in my dreams. You were more than just someone I loved, you saw the good in me even when all I saw was flawed. You brought out the best parts of me, the very thought of you makes me believe in a God. Times weren't always good but right now I can't remember the bad. You were one of the best parts of my life and at times you were all I had. I wish somehow I could bring you back but I know that's not how it works. I apologize for putting your pictures away. Please know that's just because it still hurts. I want you to know you were worth more to me than any diamonds or gold and know that I've forgiven you for breaking your promise to me about us growing old. I didn't say it enough but I swear on my soul it was true, just know I meant it then and I mean it now. You will always be a part of me and I love you.

UNTITLED

By: Franklin Hendricks @ Centralia C.C.

Hi my name is Franklin Hendricks, I was at Kewanee from 2022 to 2023, I completed my time there and went to work release. I am a graduate of DEFY, Job Partnership, and many other programs offered at Kewanee. Unfortunately I am incarcerated again, I completed work release and started my own business, I made it 2 years on parole before I violated and came back. Thanks to Kewanee I have a whole new approach to doing time, Kewanee gave me thirst to learn and be a better person even though I failed. I have learned from my mistakes and can be honest with myself and see where I went wrong. Being at Kewanee was an amazing experience and it will stay with me for a lifetime. I just want people to realize it only takes one mistake to come back to prison, but what's important is will I dwell on this mistake or learn from it and allow God to work in me to transform me into a new creation. The programs like DEFY helped me so much when I came home and I will use those programs again when I come home this time. I want others to know even if you fail it does not mean it's the end, you can start over again using the tools you can learn at Kewanee. I'm very thankful for all the staff and volunteers who come into prisons with the attitude to help us see the good in us, to look past what we have done and focus on what we can do now. I tell everyone who listen, put in for Kewanee, it changed my life and continues to do so. I want others to know it is not about how you fall, but how you are going to get back up, the greatest failure in life is to not have tried at all, I'm gonna keep trying and ask ya'll to do the same. God Bless!

GRAHAM SERVICES

By: Anonymous

A lot of things happen in prison. Unfortunately those things weren't always good. Prison isn't where hope came to yell at the top of its lungs for us not to give up. Joy wasn't always at the gate or allowed past the sign in table. The mail didn't always come with good news and phone calls didn't always end with I Love You. So, when something good happens it shines brighter and has a lasting effect. That is what has happened here at Graham this year. These great moments that have shined bright, renewed our hope and created a tangible buzz around the facility. The culture is being influenced into something new.

Kewanee is by far the standard, we know this. For all of us who see the Kewanee Horizons and see all the things that are going on at Kewanee, admit it, we are envious. It is like the destination most of us look forward to getting to. A question posed awhile back was "why cant we do it?" the answer was, "because we are not Kewanee." Thank goodness that was not the final say on things.

This year here at GRAHAM, we are doing things, we have had a graduation from Prison Fellowship Ministries-Grow Academy (Leah's Class), which came with an inspirational Hip Hop concert. Yes, you read that correctly, a concert in prison. We had a Passover lunch in the gym with deliciously made BBQ chicken and fixings. The feast was inspirational, refreshing, and the sense of community was felt throughout the gym. Just recently, we had our first ever Volunteer Services "Be The Change" banquet. Together, outside volunteers and volunteers in custody sat down at the 10 tables we had and we were able to give gratitude through words and certificates to all volunteers for their service and sacrifice. We had the Hope Chapel Praise Team singing, inspirational speeches were given, and we had a meal together. We

had the tables dolled up with streamers and table clothes, there was team creating challenges of creating posters for each table representing what that table was about. A simple name tag which we asked for all to make that would make their 5 year old selves proud. Coming soon, we have our own Building Blocks Program House with great mentors and a staff that really cares.

Sometimes hope comes in different forms, no matter how it comes it is incumbent on us to grasp it because hope gives us the strength for tomorrow. The worse kind of hope is false hope. So, when the real hope arrives, grabbing ahold of it is necessary. I know most of us want a different kind of hope fulfilled, the go home kind. I understand that! That shouldn't keep us from seeing the hope that is present while we wait on the greater hope. Not a single one of us would deny a glass of water because our thirst was a gallons worth. We would take that cup, drink it, and hopefully be grateful while still looking to quench our thirst. The same applies in life: just because you haven't gotten all you wanted shouldn't keep you from enjoying and being grateful for the part you do have. My hope is that we all can have the kind of change that Graham is going through. We are building change, we are creating hope!

We give thanks to: Warden Armstrong for her buy-in into transformation and the willingness to create a culture of change, as well as Asst. Warden Smith. Volunteer Services Coordinator Ms. Fuson and her dedication to the Graham Volunteer Services Motto of "Be The Change". The outside volunteers and the volunteers within. Our population has stepped up to be volunteers and they do their thing: the tutors, Community Navigators, Restorative Justice Circles and circle keepers, and the volunteer services core members. We as a team are grateful for the privilege to serve. We are Hope Dealers, We are Culture Changers, We are the Change..... We are The Graham Volunteer Services!

REPRESENTATION

By: Jerome Weathers @ K.L.S.R.C.

I have been in Kewanee for a month and BOY do I like it! The things that I've heard about Kewanee doesn't even compare to what I am actually experiencing. When we arrived at the front gate of Kewanee coming from East Moline my experience began. We got out of the van and the civility began. Everyone from staff on down to individuals in custody welcomed us with their saying "Welcome to Kewanee." We were given a tour of the facility by what they call here the "Welcoming committee." We were shown an art room, we walked through a couple of gyms, one which transforms into a movie theatre on certain nights, and the other put to shame any gym in any prison I've ever been in. As we walked down the hallways every class-room was explained to us "educational classes are here, clinical classes are over there, mental health groups meet around here, and peer led classes are all around" not to mention key-boarding, financial literacy, interpersonal skills, health and fitness, welding, there was even a guy in a **VIRTUAL REALITY ROOM!** As we made our way to the living unit we walked outside and the yard was **HUGE!** It was mentioned to us that during the summer they break out the grill and the speakers and you wouldn't even recognize that it is a prison yard. Finally I made it to the living unit and eventually I was in my bunk and then it hit me...**REALITY!** Something that I am only able to escape for short periods of time. The reality is that I am not supposed to be in Kewanee. In 2006 I was sentenced to 75 years and my outdate was 2077. I was projected to be released when I was 98 years old. In 2020 I gave back 47 years. Now that I am 3 years and 8 months short the IDOC has decided to invest in me. I don't even know how to rec-

oncile being abandoned by the IDOC to now being embraced and accepted and given all these opportunities. When I had all that time to do I needed to feel like I was worthy of being given an opportunity. I have been in IDOC custody for 24 years and 4 months... it was only 29 days ago that IDOC decided to invest in me. Why make me feel so hopeless and unworthy of an opportunity to grow mentally when you have all these resources to do exactly the opposite? Why take a selected few and give them a Kewanee Experience? There could be a Kewanee experience in every prison across the state if someone cared enough. I have desired in my entire being to be given a chance to become something more than an individual in custody but have been denied for almost a quarter of a century. I don't write this on my behalf alone. I speak for so many people who want more but are told more are not in the cards for them. It may be a necessary sin against humanity to incarcerate bodies, but to incarcerate hopes, dreams, and imaginations is unforgiveable. To whom much is given much is required and I believe it is time for IDOC to step up and meet the challenge. I cant fully enjoy my Kewanee experience because my heart hurts for those who deserve to be invested in rather than just being punished. To those who desire a chance; if IDOC doesn't want to recognize you know that I do, and we could share this experience together in spirit. I promise to represent ya'll and make ya'll proud.

- "JAY"



My Kewanee Experience

By: Terrance J. Clay @ K.L.S.R.C.

Hello my name is Terrance J. Clay, most know as Bear. I've been incarcerated for fourteen years and counting. I have been to various prisons throughout Illinois. While on this journey the one thing I remember about them all is being treated like nothing more than a number. A few prisons had better gyms than others and others had better food. Some prisons were extremely strict and discouraging as it pertain to personal self development and transformation. Many offer some sort of schooling or a few programs, but getting the opportunity was a long shot if you weren't nearing your MSR date. I questioned a lot throughout my incarceration regarding rehabilitation, and what it's supposed to look like. As I got closer to my MSR date, I began to wonder was I rehabilitated? Have I done enough up to this point to re-enter society and be a productive member? I was truly afraid, and I had to acknowledge that fear and address it. I created some goals, then it was how would I achieve them? I had submitted an application for Kewanee some time ago, but I had to match the energy of what I knew, I needed, and wanted, that time came and I was chosen and transferred to Kewanee Life Skills Re-Entry Center. I arrived and was shocked by what I saw, a real welcoming committee, greeting you as you get off the bus. Before I got here I saw and read the newsletters they put on the tablets and thought to myself, (just as some of you may currently think) it isn't really happening like that down there. Well I'm here to tell you it's exactly what it's promoted to be. It's exactly what rehabilitation should look like. From the community vibe, to

the energy that staff(those that believe in people ability to change) pour into you, it's truly inspirational. You may be thinking "I'm not Kewanee material". Know that there was a time when I wasn't either but I sat down and looked at myself and concluded I can do better, be better, and deserve better than what I've been settling for. I quit giving energy to the negative, and start thinking, feeling and showing I can be positive and so can you. There are people who CARE within the system, and yes they are few and far in between, but they're there. If you want a better life than the one you're living, you have to be willing to crucify those negative parts of you that's always willing to settle for less. Here at Kewanee they want you to succeed. They want you to be great, and they leave it to you to answer the question. How bad do you want it?

When you stop hoping you are on the vestibule of hell, for there is no hope there.

A . J . Cronin

My Kewanee Experience

By: Twana Carroll @ K.L.S.R.C.

First off HalleluYah (Praise to Yah) The Holy One of Yisrael. When I first got of the bus to Kewanee it felt like I got discovered by a major label (lol) I'm laughing but I'm serious. If IDOC had a heaven, this is it! Not just because of the vocational programs (CDL, CAT-Simulator, Warehousing, etc.), the extras like the art room, movie nights, the commissary, visits, food, unlimited gym and yards. It's the what's up, how you are feeling! Everywhere I go from the guys like me and the staff! I've transitioned throughout my bid spiritually, mentally, emotionally and physically. Transformed from that lost black boy in Chicago, suffering in Cook County and different prisons. I have a breath of life I found in me not to long ago.

It makes me appreciate, understand, and reciprocate that good energy to my fellow human being. It's a word for it, it's called LOVE! I'll leave you with one last joke, I'm still waiting to get sat down in a chair and be hypnotized, open my head up like it's Get Out. How else could you explain that Kewanee smile you see every picture.

The Mirror

By: Clarence Prather @ Galesburg C.C.

When your looking in the mirror,

What do you see?

Is that a reflection of yourself,

Or a reflection of me?

BE YOURSELF

Even though its hard in this blackness,

When B.L.M moved,

We were “wrong”

For our actions.

But when the “MAN”

Shoot the “skin”

He gets promoted for his “Actions”

KEEP FIGHTING

My ancestors was hanged from a tree

But they still find it in

Them to shift the blame on “WE.”

MAKES NO SENSE!

But uh... we gotta
“Keep it moving,”
Cause the movement is bigger then...
Only when they shooting.

BE STONRG!

Is what they all keep telling us,
But its hard when your living in a racist America.

THE MIRROR!

Is actually your TRUTH.
The best version of yourself is consciously being you,
How you carry yourself in one skin,

Is the **PROOF**
That the person they hate,
Is the beautiful in YOU

OWN THE MIRROR

“How You Look At It”

Who am I? Who are you?

By Anthony Gaines @ Robinson C.C.

Could I be you? Think not! Are you a man or are you part of a gang. Clique, organization, a cult, or a squad?

It really does not matter to me because all of that shit is a fraud.

Did you participate in any violence?

Shh... remember, you still have the right to remain silent.

Do you still want to engage in it?

Shoot up the block. Hitting innocent people and still think to yourself... "Yeah im the Sh**!!"

So I ask you, who am? Who are you? could you be me.

is what you ask yourself, or who could be?

Did you disrespect or degrade women in some form?

Because you know, some people think that's the norm.

Did you call her that? bitch whore or bust down?

Did you slap, punch or beat her to the ground?

Did you neglect your children? Think not. Did you stand on the block smoking some loud,

za, kush, and popping pills?.

All the While, standing there thinking to yourself. Shouldn't I be at home instead of out here speaking cheap thrills.

So I ask... Who am I, Who are you?

Could I be you? or are you lying to yourself not wanting to be true. As you hear these words is it a reflection of you?

or just a bad perception of what you think and do?

I know its messed up. So don't feel so bad,

because is a part of all our reality and that's what makes this sh** so sad.

Now let me take you on the journey I took. It's an edited version of my life. Not a Donald go-ines or Terri woods urban book.

Yes, I am a man, and I was in a gang.

I got 45 yrs. for 1st degree murder out of that sh** now ain't that a shame,

To think, I had the nerves to call a square person a lame.

Yeah I shot up the block, and I smiled as I watched the bodies as they dropped.

I felt no remorse or pain that was my gift in that game. Could you feel the same?

I even hit my girl and I knew it wasn't right

but she pushed me just to start a fight.

I know it's no excuse for my behavior.

So the next time she did, I just walked away and did myself a favor.

I even neglected my son by running the streets actin an ass. He did some of the same things I did.

August 14th 2012 is the day that he passed. Just so you can understand everything I just explained.

Ain't no real Love in the street game!

You can say I'm a lie and that's what I figure.

I had everybody pointing their fingers saying, "that's him your honor & they call him trigga"

So I ask, who are you? are we one of the same?

You don't believe me, you got to be insane.

I've admitted all of my wrongs and accepted all my faults and got me a plan, and I want you to understand that you can do the same.

Stop messing around just stand up and be a man.

So I ask, who am I, Who are you?

you are me! Now I know you understand. It took me a longtime to become positive.

I'm now teaching other men how to be better fathers to their kids and a better way to live.

I'm also teaching the awareness about H.I.V

just think, 19yrs. ago wasn't none of this was relevant to me.

I got to give all my respect to Ms. Hubbard and Mrs. kistro for allowing me "Trigga" a platform to put on this show.

I can't forget about Mrs. marked and Mrs. laird for their contribution. When I leave Pinckneyville, I hope to continue with my positive tradition.

I got one more person to thank, Mrs. Knutson. Thank you for allowing me to be a facilitator with the violence prevention.

I am very honored and thankful again to be seen
and for that I respect and thank you Mrs. green.

So I ask you my brothers, who am I, who are you? don't think on that too long, because if you missed the message, you'll be here 19yrs. later singing that same old song.

I ain't done nothing wrong, I can't wait until my outdate so I can go home.

Who am I, Who are you?



HEALTH AND WHOLENESS

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

Health and wholeness once again. This painting is the representation of my life's storm during my incarceration sometimes storms will hit us and try to throw us off course. To me going backwards is not an option. I have rowed against the toughest currents and when things have calmed, I have calmly sailed the course. To all affected from incarceration I encourage you to keep fighting and put on your battle gear with your head held high. As heathens our antiquity provides the seeds of our culture, our culture defines our essence; our essence demands a purpose, and that purpose is congealed in our living Gods. As heathens we are the reincarnation of ancient spirits, manifest in our modern world. The insatiable quest for spiritual understanding drives us toward our divinity. We cast off the delusions of universalist creeds, embrace our ethnic traditions of our ancestors and stand boldly against the storms fury, unrelenting in purpose. I'm writing you one last time as my ship is sailing forward once again, I am moving forward to Peoria ATC. Hard work pays off and when it doesn't pay off in the ways that you want it to, it will pay off in other ways. Stay positive and righteous. Special thanks to Mrs. Draper for all you do for us here! Giving us a safe place to do art and getting our negative emotions out in a beautiful way. Through art. Special thanks to Mrs. Cambron for being genuine and helping countless men here get their education...including me! Special thanks to Zimmerman for doing my painting. Your talent is a gift from the gods. Some of the greatest warriors of history were poets and artists.





JUNETEENTH 2026 AT KEWANEE





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MY KEWANEE EXPERIENCE

By: Robert Burns @ K.L.S.R.C.

I hate to say it but I've been incarcerated a number of times, to be honest this is my 5th time and I was upset with myself. This time around leaving N.R.C. I was sent to Hill C.C. and I must tell you, when I say I landed in Hell, take my word for it. I can say that my celly was the funniest guy and he kept me in my humble state of mind, reminding me that it was easy to get lost in B.S. I heard from a guy that was on the bus with me about this place that was doing all kinds of re-entry programming and that you have to fill out an application and write a essay to get picked so I said what's the name of it, Kewanee. So I did it and found out that you are hand picked out of I.D.O.C. to come here. Now I'm like I'll never make it there, a year goes by haven't heard anything and then I get transferred to Robinson which I could have stayed at Hill because there was no difference in the two except that I got 19 other cellies. 7 of them were cool the other 12, well may God bless them. I had truly said these people are not going to pick me so I stopped thinking about it. I'm 97 days in Robinson working in commissary and my boss say I'm transferring to Kewanee. Now I'm smiling because I really want to get out of Robinson. I'm finally here, the bus pulled up and it is a welcome that nobody would believe, the c/o's tell me welcome to Kewanee and how are you doing? I said to myself this is a fluke, walked in the building and it was so clean I thought I passed and was in I.D.O.C. heaven no B.S. everybody saying hello and showing genuine concern for you. I get to the cafeteria and they say take your time and eat get to know the person next to you and the

food was hot. Other places you got five minutes and the food be cold and the person next to you don't want to know you at all. I'm still tripping because I put a sick call slip in that night and got called the next day morning, and yeah its true you get to go to commissary everyday. I'm not going to spoil it for everyone but I think everyone needs to be here, I'm getting classes and having a better outlook on life because of this experience. I talk to my family with better words, its really what the pictures show, fill out the paperwork like I did and take the chance to change your life....

Hope is being able to see that there is light despite all of the darkness.
Desmond Tutu

My Yoga Experience

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

My Yoga experience has been filled with raw emotion. KLSRC is a door I can open to find change. Yoga has been the key that I've used to open that door.

In order to understand the deep impact Yoga has had on me, you really have to understand how I see the world. A lot of people have met me, and know I'll talk to anybody, but not understand why. If I am always moving to the next conversation, I'm never being pushed away.



I've always been an outsider, feeling a little less than, and never comfortable in my own skin. Even in my own family, I was always different. Idolizing my three(3) older, and two(2) younger brothers, wishing I could be more like them. I'm Catholic and love my religion, but when I go to mass, I feel everyone understands God better than myself. At the tables in AA and NA, I feel like I might be the guy who's not

rigorously honest with himself. Even on a construction site where I do extremely well, all I see are people who are farther along in their careers. For a long time the only place I ever felt like I belonged was in the drug scene. But the way the drugs messes with your head, now, I thank God found out I no longer even belonged there.

When I walked into that first Yoga class I wasn't expecting any of that to change. I just wanted to be able to tie my shoes without losing my breath and do better squats after improving my balance. Both improved BTW, but miraculously, I also found somewhere I belonged. Our peer instructors Mr. Espino and Mr. Strong are unbelievable when it comes to Yoga. But they do not give off the vibe that they are better than you. In fact even though they both have completely different personalities they both are a very similar core strength that shows they are capable of weathering any storm. Something I believe they gained through Yoga, so it is a core strength I can attain. One thing that helps is one instructor will talk us through our Yoga sequences. I can not have all the negative self talk going through my mind. Because he constantly keeps reminding me and everyone else to focus on a focal point, how the particular pose is feeling, and always on our breath. For one hour a day I find peace.

It is things like that that makes Yoga peaceful. But it is **all my friends on those mats beside me that make it fun**. People call it imperfect practice



because nobody is perfect at it. But we're all **failing and succeeding together**. I use the word "**and**" not "**or**" because we're always doing both and never one or another. I might lose my balance in one pose while nailing another one. Every practice comes with wins and losses. Even our peer leaders will struggle or lose their balance sometimes. But then they go right back into the pose they were working on. Pretty sure there is a life lesson in there somewhere?

But it's what Yoga helps you with off the mats that makes a tremendous impact with your life. It has for me, some major improvements have been:

A) **Negative Thinking**-That "replaying or thoughts caught in a loop", or letting people live, rent free in my head. The focus, yoga teaches, helps push that out, letting a calmness take its place.

B) **Walking Posture**-I'm more aware of what my body is doing now. I never realized how much I did not pay attention to how my body is functioning. When I start slouching and looking down. I take a deep breath and strengthen my spine, now.

C) **Long-distance Running**- I love to jog, but I've always jogged extremely slow, because I run out of air. I can run longer now and even faster because I can control my breathing now.



Lastly, the most important lesson I have taken off the mat from Yoga. It is okay to be different, we're all different, that does not and cannot make you an outsider. No matter what part we play, we're **all** parts of the whole.

"Namaste" The divine in me recognizes, sees, and bows to the divine in you,

Nick Barfield

"We are aware that we are at war, and the war in our minds requires discipline."

-Don Miguel Ruiz, The Four Agreements

Hip Strength & Mobility



- Sun Salutation B (x2)

- Spine Band Angle

- Bridge (x5; 30 sec hold)

- Chair (x5; 1 minute)

- Wide-legged Forward Fold

- Side-Reaching Wide-legged Forward Fold (L/R)

- Reaching Wide-legged Forward Fold

- Goddess

- Maintain

- High Lunge (L/R)

- Warrior 3 (L/R)

- Lord of Dance (L/R)

- Plank

- Cobra

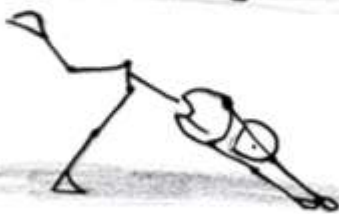
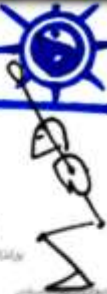
- Downward Facing Dog

- Tail of Dog (L/R)

- Revolved Chair (L/R)

- Maintain

- High Lunge (L/R)



The Market Corner



What's up traders/investors? Its time for Your favorite portion of Horizons! You Know what we do here at the market corner and that's Break Down the Charts and Make us some \$\$\$\$ to invest or even pay for a few of our Zu-zu and Wham-Whams. LOL. Anyway, so TODAY I've Finally Been able to break down the Charts With My New Editor/ Fellow Trader, Bobby Luga ("Mad Dog") So A Few issues back I said I would make a full tutorial on how to access the charts and help set up your Chart For Optimal Use for market Trading Set-Ups. So We've put together a few screen shots to help identify a few key areas of the Finance tab located in the Paid subscription By clicking on the **SIAM** ICON.

If There are any additional questions or concerns? Regarding Trading, Stocks, Chart Reading, Or Maybe you want a break down or Technical read on a stock/commodity you are interested in. or if you only need a little more clarity on a subject, PLEASE, Reach out and contact us through Kewanee Horizons, we are here for YOU.

I first met Beau at a peer-led class called "Financial Freedoms" during my first week here at Kewanee. The subject of the class was investing, but more specifically the focus was on Options Trading. I had recently been doing a little swing trading, but I had no idea that Options Trading was even a thing, so my interest was naturally peaked. I had a bunch of questions and pulled him aside after class to chat. We spent hours together in the Resource Center watching videos on technical analysis, options trading and day-trading. This bond we've shared since. When the opportunity arose for me to share what I've learned with everyone out there I jumped at it. I'm ecstatic to become a member of the Horizons team.



For those of you that aren't aware of how the financial markets can impact your life I suggest you put in the time to figure it out. If you don't have access to information send us some mail, we'll do the research and share the results with you. I'm more than happy to share all the information I can acquire with you all. For all of you new traders/investors welcome to the brotherhood!

Navigating the Tablet

One of the biggest gifts that the new tablets have bestowed upon us is the ability to analyze stocks through the Yahoo! Finance app. For any of you that aren't familiar with using this tool our gift to you is this tutorial:

1. To access the app select **SIAM** from the paid subscription options.
2. Once there select **Yahoo! Finance**. This will take you to the **Landing Page**. From here you have multiple Options (Note: You should not see the "Oops ..." message. If so, reload the page (press house icon)).
3. Select the **Three Bars** on the top left side. This will open up the drop-down box with all of Yahoo!'s options.

when searching for a stock or market to research select the **Markets** option. This will take you to the drop-

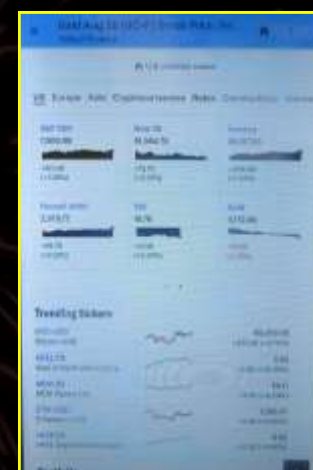
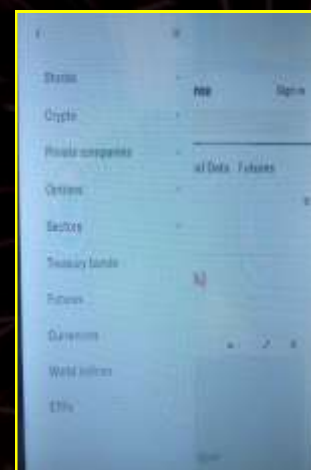
down box with all of the market options. This drop-down offers some exciting options including the **Stocks**

option which most of you will be selecting for your first time through. Another way to access stocks is by selecting the **black box** on the landing page. This will open up to these options:

(NOTE: Nothing loads quickly when selected. Pay attention to the blue and red bars at the top of the page.

If the tablet

recognizes that a selection has been made the bar will activate.)



4. If you are just browsing through stocks with the most volume, trending tickers or any other selected section, then you can give yourself access to seeing more stock selections as the page loads by changing the **Rows Per Page** drop-down located towards the bottom of any of these pages. Click on it and select **100**. One hundred stock options will load every time you click the **arrow** button located next to rows per page drop-down now.

5. When you find a selection that you'd like to research more into then select it by clicking on the **Blue Stock Symbol**. Here we have selected **GOLD futures**. This is what a stock's landing page looks like. You can select from multiple research options here. What we're most interested in showing you is how to access the **Interactive Chart**. This can be accessed by double-clicking on the small chart that loads to the screen, by clicking on the **icon** on the chart or by selecting the **Chart** option at the top of the stock's page. This will load the Interactive Chart.

6. This is where the magic happens, where the analysis can begin from a technical perspective. In order to access the technical analysis tools you must turn the tablet horizontal and allow it to fully load. Here you can click on several different icons. The first that you must change is set the chart display option to **Candle**. After that you can click on the **Indicators** icon and set any indicators you feel are important to your trading technique. Here we have selected 20sma, 50sma, 200sma, the RSI indicator and volume. You'll have to copy and paste whatever numbers you want to set your smas to from other pages. After this we selected

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the tools icon and waited for the **SELECT TOOL** drop-down to load. Once this happens you can change the orientation of the tablet back to vertical. If the select tool drop-down doesn't load before you flip the tablet back vertical you will not have access to the tools.



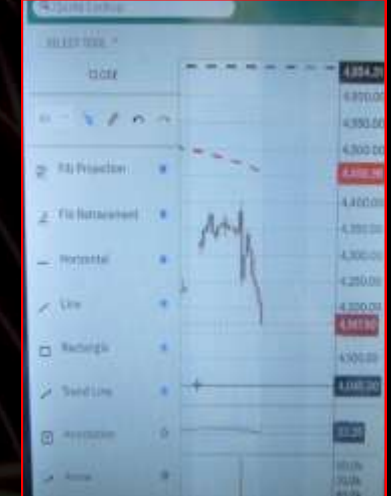
This is what our chart looks like once we allow it to load. We have hidden the 20sma and 50sma. The other three indicators are on the screen (the red dotted line is our 200sma, the other two indicators are RSI and Volume). From here we can analyze whether or not the chart is in an uptrend, a downtrend or sideways trending. We can change the **timeframes** at the bottom of the page providing an opportunity for us to do a top-down analysis (starting in a higher timeframe and moving down to a lower timeframe).

7. If you are interested in using the tools to analyze the chart further you must select the **Tools** option while your chart is in the horizontal position and allow it to load. Once loaded you should turn your tablet vertical. The **SELECT TOOL** drop-down will be above the chart in the top-left corner. When selected you will have access to a number of tools (the selections will look like this). Our drop-down box has our favorite tools already selected to make them more accessible by moving these tools to the top of the list (this is done by selecting the empty star next to the tool). From here the technical world of trading is your play-

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ground. You can draw support and resistance lines, trend lines, even use the Fibonacci Retracement tool to determine the level of a pullback. In future articles we will also, go over a few of these tools and show you how to properly use them.

I know looking at this stuff can be intimidating, but don't worry we are here to help you get through this, one issue at a time. Those whom take this seriously and put in the work, can make thousands of dollars while sitting behind the wall. Remember, this doesn't come easy or without risk. Spend 15-20 minutes a day get a feel for maneuvering the pages!



Beau's Playbook!

*****Update***** So I'm Currently Only Holding 1 Position, It is a Call Option for MSTX with a \$3 Strike Price, that Expires Jan, 2028. Yes, it Has almost a year and a half to play out. I Paid \$150 for this option a few months back I think I mentioned it in a past article. At one point it doubled to a value of \$300 or (100% Profit Return) However, Now its Value is roughly \$100. So Technically I'm down \$50 however I still have over a year for this trade to play out. So I know your probably asking, If you were up 100% Why not Sell and take the Money? My response to that is Good question, & Looking Back on it, I Should have. At the time I bought it I told myself I believe (and I still do, btw) that Bitcoin over time is still Bullish. (Meaning Going Up Come on guys learn the lingo!) However 100% is a 100% and my Greed Cost me a good trade. I have to Take accountability for that., and remind myself Profit aint Profit if you don't Sell .

Currently, I've been Watching Gold futures a lot Lately, I Made a Good Short Trade, From Gold falling \$4,200 to \$4100, as of July, 6th, 2026, Last I check gold was around \$4,130 I Even Believe it may be Going to Go Bullish again soon, Next issue ill Load up the Chart we'll dive in and Walk through it together an do a analysis on it. Till Then guys, I'm On the Side Lines, and My account is about 90% Dry Powder (**Dry Powder - Liquid Capital Available to Spend**) Just Waiting on a Opportunity. All right guys Happy Trading!

Mad Dog's Playbook!

I've learned a lot about technical analysis over the past 9 months. I've been in and out of an ETF called IRE about 50 times while learning how to read price action. For those of you that want to know IRE is a twice-leveraged ETF that is tied to IREN which is a Bitcoin mining turned data center company. I've chosen this stock because of the volatility of it. As someone who is interested in day trading I appreciate the amount of movement the stock travels on a regular basis. I've also been fortunate enough to have a loved one that can manage these trades for me. This is why my focus is here.

I've also been kicking the idea of swing trading around more so now because this makes it simpler to have my family members set a BUY LIMIT ORDER to target a buy point where it will automatically execute. Once in, I can then have them set a SELL LIMIT ORDER to automatically execute at a price point where I've targeted to sell. This kind of automates the process for me. I think this is a strategy that may be more viable for most of us that are incarcerated. This may not be too much to ask of our loved ones.

CIVICS

By: Min. Donzell “Dennis” Digby @ Dixon C.C.

I am a Peer Educator in the Civics Program. We teach about the voting process and why we should vote. Voting gives us power, and together we can make a difference through positive change.

SO WHY SHOULD WE VOTE?

- 1) **Elections have consequences.** Every vote matters. Again, you have the power to decide on your quality of life, your community and family. There are many issues you can help to change and make better.
- 2) Probably the biggest reason is that **it's your right.** If you don't vote you give up your voice, and the right to complain about what's going on. If you're 18 or older you have the right to vote. There are many things that hindered the right to vote after slavery. There was Jim Crow, laws prohibiting Blacks and Women from voting; literacy test, Poll taxes, and outright intimidation, threats, and even killing those who tried to exercise their right to vote.
- 3) **It's also about money.** Each time you cast your vote-or not, someone is given the power to decide how your money is spent; how much tax you pay and where your tax dollars

are spent. You need to have your say in that process.

4) **Voting is about change.** I hear often, even from participants in my classes, “It won’t make a difference!” **Not** voting won’t change anything either. There are a lot of issues that can be affected by the power of the vote, i.e., environment, education, property taxes, and various Social issues that affect everyone. You have a say in who gets to determine these issues. It’s **IMPORTANT** that you vote!

5) The last reason I’ll state is, **the community depends on you.** Our families, friends, loved ones neighbors, and children make up our communities. Educate yourself in the voting process. What are the issues? Who should I vote for? How do I get information on candidates and the platforms they are running on? Where and when can I vote? Make the decision to vote for yourself and those around you.

If you are incarcerated you can attend the Civics training classes prior to your release date; approximately 18 months before release. Get ready to go out there and get involved.

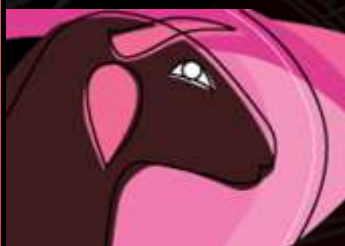
Life is really simple, but men insist on making it complicated.
Confucius

HOROSCOPES



ARIES: You're likely to feel optimistic about money matters or living conditions, even if you're making changes you hadn't anticipated. The key now is working with what you have and doing so resourcefully. Fortunately, it's easier than usual to get into a positive and determined frame of mind.

TRANSLATION: Commissary = empty, trust fund = full.



TAURUS: With Jupiter turning retrograde this month, your enthusiasm may wane if you have too much before you, so aim to pare things down and focus on a few of your more practical goals.

TRANSLATION: You doin' too much, homie, focus on keeping the small things the small things.



GEMINI: You are exceptionally skilled at making the best of your resources, especially since you're more patient with business and money concerns.

TRANSLATION: Blow that burrito up with a noodle or two, make your money and your stomach stretch bro!



CANCER: September spotlights your personal plans, image, initiative, confidence, and happiness goals, dear Cancer. You begin the month just after a New Moon in your sign, enabling you to start fresh on a personal level.

TRANSLATION: Time to boss up, sugar cup!



VIRGO: Mental rapport with others can be satisfying and inspiring. You're in great shape to express yourself with confidence and vigor.

TRANSLATION: Walk it like you talk it!



LIBRA: It's a strong month for accounting work and taking charge of your intimate or financial life. Unhealthy dependencies need to go! It's a power period for strategy, research, and development.

TRANSLATION: Time to cut them loose ends.



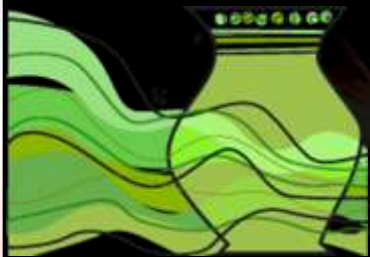
SCORPIO: You're attracted to others who share your open-mindedness or who have an interesting perspective to offer you. There can be friendly competition now that stimulates you to do your best.

TRANSLATION: Ball on YOUR budget, not your homie's!



SAGITTARIUS: September shines the spotlight on your inner world, dear Sagittarius. It's a solid time for improving daily routines, building health, and taking care of business.

TRANSLATION: Drop the woo / pour-up (pop+koolaid+coffee) and drink some water for gods sake!



AQUARIUS: It's time to pay more attention to your mental and emotional health, and if you don't feel up to par, you may be overextended, and you face the need to slow down.

TRANSLATION: Read and actually DO the mental health tips!



PISCES: You have more energy for--and interest in--pet projects, writing, connecting, or speaking up about important matters. Haste and possibly tension can sometimes interfere with diplomacy, but you can get a lot done with impulsiveness in check.

TRANSLATION: Write an article about your community for Kewanee Horizons!



LEO: There can be an important and intense examination of the past and private issues this month. It's an excellent time for cutting through appearances and uncovering something previously unknown or hidden.

TRANSLATION: You ARE the father! (yeah! That's how we're coming)



CAPRICORN: Exciting information or fun conversations can figure strongly. In fact, someone's feedback can stir up a new idea or direction, and motivation follows.

TRANSLATION: The guys at KH are rooting for you!

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!**

