
KEWANEE HORIZONS
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RESTORATIVE JUSTICE

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

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

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

Community: A group of people with a common characteristic

Or interest living together with in a larger society.

Merriam-Webster's Collegiate Dictionary Eleventh Edition

MISSION STATEMENT

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

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

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

KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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#KEWANEEHORIZONS



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IDOC HOME PAGE **CLICK "ABOUT"** **CLICK "NEWS"**

THEN SELECT "KEWANEE HORIZONS NEWSLETTER**"**

The Power of Education

By: James Hale @ Sheridan C.C.

Since my incarceration on October 25, 2007, experience has become my best friend and teacher. Many things have transpired in my life, but two things have played a major role in refocusing my outlook on life through the "Power of Education". The first, and main thing, was being an incarcerated father of four children (two boys and two girls). Wanting to be better for my kids, I began working toward my General Equivalency Degree (GED) and teaching them how important education is in life. After obtaining my GED, I continued to push my kids to strive for excellence and not follow the path I took. Today, two of my four kids have graduated from high school, one will graduate this year, and the other is receiving support. The second was losing my little brother to the streets. That lost hit me hard and compelled me to change the direction of my life, because he died following the same path I had taken.

On January 15, 2014, I was sentenced to 30 years in the Illinois Department of Corrections (IDOC). While incarcerated, I had the opportunity to take college classes through Lake Land Community College at Pinckneyville and Illinois River Correctional Centers. While working towards my degree, I made the President's List in 2017, the Honors List in 2017, and earned a certificate in Sustainable Energy in 2017. However, I was transferred to Graham Correctional Center in 2019, where I could no longer attend school because I had over two years

left on my sentence. Even though I could not continue my education at the time, I still kept myself productive. I worked jobs such as Movie Man (2020-2022), L.T.S. Worker (2022), and Personal Property (2022-2023). I also acquired several certificates through Clinical Services, including the Substance Abuse Education Program, Emotional Regulation, and Problem Solving, and I completed Circle training through Precious Blood Ministries. Then, in June 2023, I was able to return to school after being accepted into the Northwestern Prison Education Program (NPEP).

Getting into NPEP was and is an opportunity I do take lightly. For me, NPEP is more than just school– it is a major part of my journey to become a better man through my coursework, but also as a regular contributor to NPEP's publication, the "Northwestern Insider." I am set to graduate on April 13, 2026, and I am in the process of transferring the three classes I need from Lake Land so that I can receive my Bachelor's degree in Social Science from NPEP and my Associates degree in Liberal Arts from Lake Land at around the same time. Hard work and dedication are core principles that I live by, and they have helped become the man I am today. I no longer take my life , my time, or my education for granted. I now understand their value, and I treasure the opportunity to continue growing.

That growth has not only come through education, but through faith as well. I became a Muslim on December 15, 2023, and have been a practicing Muslim ever since. I have been incarcerated for around 18 years and 6 months– 6 years and 3 months in Cook County Jail, and about 12 years and 3 months in IDOC. During that time, I have been transferred to seven institutions throughout IDOC, not because I am a trouble maker, but because I have

been pursuing higher education wherever those opportunities were available. All of those experiences have helped shape the man I am becoming and have strengthened my commitment to education, faith, and personal growth.

In closing, these examples show some of the positive steps I have been taking during my incarceration to change my life. As I look ahead, I hope my next stop after NPEP will be my last stop in IDOC. Inshallah (Lord willing), that place will be Kewanee if I am not home first. Although I am a little outside the time frame for consideration at Kewanee, I pray that the positive things I have been doing will outweigh the time constraint. I believe Kewanee is the perfect place for me because it matches the direction my life is taking and the man I am working to become. I am working to gain the tools I need to be a productive member of society, and I ask not to be seen as the boy I used to be, but as the man I am becoming. Keep an eye out for me, Kewanee. You will be hearing from me soon.

Develop a passion for learning. If you do, you will never cease to grow.

Anthony J. D'Angelo

When Nature Wants a Man

By: Enoch Jackson @ Western C.C.

When nature wants to drill a man
And thrill a man,
And skill a man,
When nature wants yo 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!

DIVINE MESSAGE

By: Earl Milton @ Centralia C.C.

Watch the Throne!

Watch the Throne; and keep God on it. Your heart is the Throne; keep God on your heart. Make sure that who, or what has your heart actually loves you back. Watch your heart; whatever has your heart rules over you.

Love the People!

Treat people with the same kindness, and respect that you desire. The people are important to the one who knows their value. The people are the most precious resources that you can find. Without people what do you have? Even one person is Priceless.

Count the Money!

You want to be an asset to yourself; and those who need your help. The money that you acquire can be used to be a Benefit, and a Blessing; where ever you may be; whenever you so choose.

Message!

Trust in God alone. Trust God with the people that He has entrusted to your care. Trust God with the people that have been allowed to be around you. Trust God with everything that He has given you. Put your whole life in the hands of God.

Don't Quit

By: Shawn Gaston @ Menard C.C.

For years, I felt like time was passing me by. 17 years in and I haven't even filed a post-conviction petition. There were moments when I looked around and wondered if life moved on without me. I often reminisce on the empty courtroom when I was found guilty. Replaying the mistakes I could never take back, carting the weight of the choices that changed the course of my life forever,

But today I see things differently. Now I understand that I was exactly where I was supposed to be. As a Muslim, we believe what Allah decrees is what it is. Every setback, every hardship, every lesson, every closed door was part of a plan greater than my understanding looking back, I can finally see how everything is coming full circle.

The difference is I stopped waiting for change and started pursuing it. I stopped accepting the situation that was given to me. I stopped blaming circumstances, lack of funding, gatekeepers, or the "System" for why I couldn't improve. I started taking advantage of the resources right in front of me.

I've logged over 1,850 hours on Edovo and earned more than 512 certificates. But if I'm being honest, the certificates aren't what matters the most. Knowledge means nothing if your actions don't reflect it. Education is only valuable when it changes the way you think, move, and live.

Before Edovo I spent countless hours studying independently. I spent commissary money on books, I've always bet on myself. While I chased the wrong things, eventually I realized that real growth comes from searching from within, finding the discipline to become different.

Many of us spend years running from reality. We use distractions "jail status" approval, validation, and temporary pleasures. We convince ourselves that becoming "somebody" through these jails will fill that void inside of us. It's really just a mask. The issues are deeply rooted. Our fami-

lies, our dreams, our purpose, and the parts of us that once made us whole gets left behind. Reality doesn't disappear. You gotta face that. You gotta realign with your purpose. You gotta stop allowing people to change your perspective you can change your life.

I know how it feels to be at a disadvantage. Many of us were thrown into the deep end long before we knew how to swim. We weren't afforded the same luxuries as others. We were subjected to the same cycles, same patterns and environments that many before us fell victim to.

For many of us, survival became our education. We had to learn to survive before we learned how to live. And while our circumstances can give us an excuse, it ain't no excuse to stay the same. You have to reinvent and rebrand. You have to be intentional about who you're trying to be. And you have to embrace the "me vs. me" mentality. You have to work ten times harder to prove you deserve a seat at the table. Not because you're less then, but because growth demands effort.

Today I'm proud to say that I've ben selected as a for a foundation that helps young people learn from individuals who have actually lived through adversity and chase a better way. This opportunity means more to me than any certificate because it allows me to give back. I don't wanna be a part of the fake politics that keep people divided, oppressed and stagnant. I wanna be a part of real leadership. Leadership that repairs the damage we caused and creates opportunities for the youngsters to avoid the mistakes we made. To show them a better way.

If you're reading this, whether you're going through your own struggle right now or whether that struggle is still waiting somewhere down the road. Just don't quit.

Over the course of your life you'll experiences every emotion pain, fear, loss, uncertainty, disappointment, and heartache. But you'll also experience growth, purpose, love, wisdom, understanding, and peace. Just don't give quit.

Roadblock, or Rest Stop

By: Earl Milton @ Centralia C.C.

Roadblock, barrier, or checkpoint/rest stop? You choose! You only lose; if you give up. It is okay; if you come to a hard place. It is then; that you must celebrate how far you have come. Then; mark your checkpoint, and rest there for a bit. You will get through your rough patches; as you understand that you can. You will make it. Take your time. Use all resources at you disposal. Then, you will see improvement over time. The breakthrough can happen in an instant, gradually over time. Be encouraged, and stay in preparation; because your time will come. You will shine and glisten; as long as you put forth an effort. Your results; rest in the repeated, relentless; practice that you preform. As long as you did your best today; it is okay; because tomorrow is another day. Stay strong.; in the struggle of metamorphosis; then one day you will break through your cocoon, and fly away. You can handle more than you know. You can do more than you think. After the darkness has passed; there only remains light. Be encouraged, and know that everything will be alright.

Story

By: Jon Mettler @ Sheridan C.C.

Your story is not over, actually it has just begun
the circumstances we suffer from are merely temporary
it might appear the punishment does not fit the crime
even when Irun I feel held in place, even stationary,
We can choose to make changes in our lives
or just remain the same
To have a specific purpose, an unquenchable fire
Where life becomes a constant battle to remain sane,
To never give up as our candle still burns brightly
we should be able to adapt without hesitation
striving for the heavens ever so slightly
Our imagination is our greatest sensation,
We must forget about the manipulation and focus on the rehabilitation
of our bodies and minds, where our lives not wasted

no matter our age or situation, we must always strive to be better

to immediately recognize the challenges and to not become satiated,

You must write your own story and live the life you have desired

to accept all responsibility and to reach for the stars

our freedom was not free, it was paid with a price

without that internal drive how high is your bar.

He that can have patience can have what he will.

Benjamin Franklin

Untitled

By: Toria Emerson @ Decatur C.C.

The sun is shining on my 1X4 window sill. I wonder how long I'll be in seg this time 'til.

You would think after 6 years I would have changed, but no, I'm the same me, just a little bit less deranged.

As I sit on my bunk and look out this small barred glass, I think of all the things I've taken for granted in the past.

Like something as simple as taking Akeyla out on a walk, or calling my girl up and having an unmonitored talk.

I know it's been too long for me to keep living in this regret, but my mind is catastrophic, and I'm begging God to save me from Satan's debt.

They say an idle mind is the Devil's playground, which has never rung more true that I look around.

It's like when trouble calls I'm the first one to run, because when I get bored, I do what I think is "fun".

There is just something so exhilarating about breaking a rule, when in all actuality this does not make you cool.



All it does is put you in the authority's line of sight, and fill your families mind with constant worry and overwhelming fright.

I know this, so why so I continue down this destructive path? Well, there's a little thing called "Insanity" and I feel its wrath.

The past is a source of knowledge, and the future is a source of hope. Love of the past implies faith in the future.

Stephen Ambrose

Who You Live Amongst

By: Terrance J Williamson @ Centralia C.C.

I ponder the strikes of lightning
And booms of thunder
they're always in the picture together,
yet can't stand the likes of one another.
Just as Summer and Winter, yet every season
they can't help but to show up for a night's dinner.
if they could, they would kill one another.
Fall would sweep with it's uncontrollable instincts
and kill Spring.
Quite differently Spring with it's abundant force
to give life, will undeaden Fall.
Causing a catastrophic destruction that Earth
couldn't accept at all.
That is probably why lightening and thunder
fight and dance across the sky,
Can't help but to forever live
amongst one another, but always hoping the other would
die.
***

SEE YOU SOON!

By: Julian “A.J. ”Alequin @ Lawndale ATC

Let me start by saying that I'm typing this the day before I am leaving to Lawndale ATC and I am have never been filled with so many different emotions in my entire existence. I have been asked “How are you feeling?” at least 20 times and my answer has consistently been “Everything” because there isn't one emotion that is overpowering another, they are all just a melting pot of anxiety. This emotional mashup has brought me to tears more than once. It has been a long road and a road that has had its ups and downs but one that God guided me through with love and patience. I have been grateful that God gave me the opportunity to get the tools that Kewanee has to offer so I am able to reintegrate into society a little easier than most. Kewanee works because of the few individuals that we are blessed to have work and volunteer here and I am sure you have all heard this more than once but trust me when I say these people deserve all the praise they get because they are not only good staff members or volunteers but they are good people. We have counselors, social workers, officers, teachers, mental health staff, nurses, and especially volunteers that have been the personification of what reentry and restorative justice looks like within the IDOC. They have shown true care and concern for all individuals that they have come across and as difficult as it may be, I appreciate their effort to give hope to a population who has had to hold onto hope when they had nothing else to hold onto. I truly appreciate all they have

done for me and what they continue to do for the population at large *BUT* they are *NOT* the only people that deserve praise. I must give acknowledgments and show some appreciation to some of the most important people that have been a part of my journey. The people that society has deemed monsters and demons. The people that have been classified as the unworthy. The convicts, criminals, offenders, individuals in custody or as of just recently system impacted individuals. I have met many good men that have made mistakes within these walls. Men that have been willing to give their shirts off of their backs to a brother in need for nothing more than a handshake. I have watched men who have everything to lose put it all on the line to defend someone who is defenseless. I have watched men come together to inspire someone who doesn't have the drive to inspire themselves. Time and time again I have seen glimpses of God in the men that surrounded me. Through their kindness, their strength, their patience, and their integrity I have witnessed God at work. Gentlemen my God doesn't sit unclean on the mountain top he works in the mud to create beauty. In the places where they have told us we are meant to be forgotten and integrity is unnecessary there are those of us that use the grace of God to be better than they expect us to be. I commend all of you and say thank you for continuing to be a ray of light in a place meant for darkness. That is what makes reentry and restorative justice work...*US*. Does great staff and powerful programming help reduce the recidivism rate and help change the idea of incarceration? Of course! But the most important part of reentry is *US*! We have to start realizing that we are the ones that need to make the change. We need to start taking more accountability for the part that we played in our downfall and the part we should be playing in our restoration. *WE* live in these cells! *WE* sleep in these beds! *WE* wear these blues! Once we take responsibility for being in

the situations that we are in then we can start to improve these communities that we live in for the time being. I can understand why most of you would never describe the environments that you live in as a community but *WE* have the power to change that! It just takes work. It takes us coming together to find resolutions that can benefit the whole more than the individual. It takes us fighting for one another and not against one another. It takes an understanding that wanting to see success in someone else's life does not mean that there wont be enough to go around. I serve a bountiful God and I know that his grace extends to all of us but in his time and not ours. There may be setbacks and disappointments in your life but that doesn't mean your blessing isn't coming it just means its not ready yet...or maybe your not. Don't despise the next man for his blessing shout for joy because that means God is still hard at work. You don't get mad at the guy in front of you in the commissary line getting his bag filled because that just means you are one step closer to getting yours. I do understand that there are those that have rebuttals for every one of my statements or are thinking "Well, of course your all about reentry and change because you made it, meanwhile I am in the darkness without a glimpse of light in sight." That's just it! I have been there in the darkness praying for light and with hope and faith I made it through while leaving my mark with as many people as I could along the way. There will always be naysayers and miserable people along the way but you should push forward in spite of them not quit because of them. We can create a change in these places that forces administrations to bring more programs and allow for more incentives because the initiative by the population is too obvious to ignore. What can IDOC officials deny if we can get institutions that have had a history of everyday incidents become places where something rarely occurs. Day with dads, Aunt Mary's storybook,

or Defy graduations should be an IDOC tradition not just a Kewanee one. I know this is a tough assignment but so is having these prisons filled with violence and pain. Life is hard you just have to choose what hard your willing to fight for. So to all the men of righteousness who continue to be the faces of change without the pat on the back I hope to see you soon.



The Man I Know As My Father

By: Howard Ellis @ Menard C.C.

My fathers' name is Samual Hart. My father always gave me his all & gave me real love straight from the heart.

I remember my father so well growing up. Many days I would catch him & his crew in the stairwell of the projects singing tunes & drinking wine as I was growing up.

The sounds my father gave was amazing, I used to close my eyes& see him singing in a booth at a radio station.

My father was not perfect or ever claimed to be, the morals he lived by was ultimate respect & loyalty.

The way he loved my mom showed me she was his everything. The adoration he showed my mom taught me how to love a lady.

Not a man of many words. Just a warm bright smile. When I was young & being ignorant he would be right beside my mom coming to see me. Even when they had to walk for miles.

My father never let me down. For me & my sister my father was always around to hold us down.

My father always told me he would be my everything & be by my side always, being a man of loyalty, integrity, substance & truth he was always there 'til his passing day.

I love the only man I know as father, he gave me strength to stay strong by giving me the love of a father.

I'm the son of Audrey & I'm the son of Sam. Everything the instilled in me made me the man I am.

God sent a real angel to me & my sister in the form of a father so we wouldn't be robbed, he came & got his soldier when he seen he completed his job.

Through my hard times in life, my father would always comfort me & say "Son don't worry it's gonna be okay, & alright".

I miss my mother & father & the pain cut deep like a knife. Now when I close my eyes to rest I see them dancing through the night.

With twist & smiles on their face they two-step & twirl. Holding each other with joy & love in their eyes as true love unfurls.

The man I know as my father loved his only son & baby girl, I know if he could have he would have gave us the world.

For my father I'll always have love, loyalty, honor, trust & respect. These feelings will carry over to the life that's next.

Father thank you for being the man that you were, you passed the test. Now in peace you can rest cause you gave us your best...

Success Society and Systems

By: Maurice Jones @ E.M.C.C.

Today I can officially say that I feel totally different about the way I perceive “success”; it is something that brings real fulfillment in my life. Recently, I graduated from Augustana College with my second, Bachelor’s degree in communications, and I am happy about that. My son and I are both class of 2026, he graduated high school and prepping for college life. I am excited for him and I am a very proud father, a lot of people would perceive these golden moments as “successful” especially as an incarcerated individual. I can tell you about all of my accomplishments that I obtained enduring 14 years in prison, but I will not. The obstacles one overcomes while pursing “success” is what I’m truly focused on achieving success while overcoming systemic oppression show cases to my community that we can accomplish anything. In 2012, I entered the department of corrections with a street education and condition that helped me navigate the prison environment. I did not recognize that I already possessed certain skill-sets that could have helped me make rational choices and thrive in society had I been aware of my talents. In 2017, I pursued higher education and learned a lot of things about white systems and institutions, which helped me, rebuild social awareness of the harm caused in disenfranchised communities by these oppressive systems. There is so much false and misleading information on the history of black and brown people, I learned researching is essential to finding out the



facts of things. I learned networking skill sets, how to structure arguments, presentation, and critical thinking skill sets, etc., which all enhanced my existing education. I still endured compliance checks, shakedowns, strip searches segregation, racism etc. that validated the things I was learning about these systems. I achieved success understanding that prison is a social construct designed after the abolishment of slavery, during the southern reconstruction period whites built camps that incarcerated blacks (wrongfully) to gain free labor. Oppressive structures were implemented to target black and brown communities regardless of the progress we made as people, the system was built to exploit our people. Systemic structures includes discriminative practices of employment, housing under-funded public schools, inadequate health care etc., concentrated poverty, crime, violence etc. Which all of these issues drive todays prison population. This system created an environment in society that models the same one in prison. An environment of negative outcomes. Remember this is the same system that sold our children off, separated families, tore families apart through heinous acts etc. its 2026 and the criminal justice system is continuing to target our children. Having an education does not result in automatic economic success, it does not mean guaranteed employment, and it does not mean that your issues will stop, or this system will cease to exist. My education means that I am equipped with the skill-sets to make “changes” build towards my future and navigate these systems that hinder the growth of my people. My success is being able to identify systems applying my education in order to benefit from my hard work, building partnerships passing down information to my family and community so they can pursue success etc. Because the system wants your free labor, they want you in prison, buying commissary, lost in the television, chow, yard, etc., the system want you on “repeat” for years to come so you’ll come back under the same cycles. The ancestors from the 60’s and 7-‘s had it right, you have to recognize the system your functioning in and the laws and policies that govern the state. We witness everyday as incarcerated individuals how the system makes the biggest plays on people who do not know the

laws, they cannot read or write, they cannot communicate effectively, and they become victims of exploitation. I want the prison community to understand that you do not need college degrees to be successful. You can be self-taught pursue trades etc. However to navigate society you have to meet certain competent requirements as far as education. There are lots of changes occurring that can potentially benefit the prison community, but you have to do the work to obtain the information. We have partnerships with prominent people who are proving resources for education, life skills programming vocation, reentry, legislation support etc. Whose fault will it be if you fail to access these resources to cultivate your existing skill-sets? One of my biggest take always pertaining to my success that brings me real fulfillment is mentorship. Applying the information, I accumulated to bring real change into the lives of my peers. It is our time to bring change to this system. Our people have been exploited enough; let us start with educating and mentoring our youth so we can break this vicious cycle of dysfunctions.

-"Well Done... Is Better
Than Well Said"

The more that you read, the more things you will know.
The more that you learn, the more places you'll go.
Dr. Seuss

Untitled

By: Zach Harcar @ Menard MSU C.C.

A lost cause it seems that I'll always be
I hope my son don't ever want to be me
Stuck in this box, Man I'm losing my mind
I salute all who actually have real time
Loss after loss, year after year, shed tear after tear
Getting stuck in this cycle is my biggest Fear
Always felt like I could make a difference
But I always chose instant gratification
Instead of what was right and made the difference

Locked away far from my family
Dang I'm letting this time get to me
I finally started to open up the Bible
And found out I am a man with a title

I am a disciple of God, which at first was odd

But day in and day out, I've been trying it out

To Love my fellow brothers and help whenever I can

Now I know this has always been part of the plan

Don't get me wrong I fall short everyday

But now I know this has got to be the way

Even at home when they don't pick up the phone

I know I have God to call on, he's sat at the throne

Until the day we're all called home

LEARN TO LIGHT A CANDLE IN THE DARKEST MOMENTS OF SOMEONE'S LIFE. BE THE LIGHT THAT HELPS OTHERS SEE; IT IS WHAT GIVES LIFE ITS DEEPEST SIGNIFICANCE.

ROY T. BENNETT

The Soul of my father

By: Keyannya Simpson @ Decatur C.C.

Beautiful is the soul of my father
Perfectly imperfect
Flawed however pure.
Raw and uncut
A rare gem uncommonly defined
A meditation of music his soul speaks
Agape especially love that is
Spiritual in nature
That is the selfless love of my father.
Beautiful is what his soul speaks.
My father is the truth.
Tells you like it is
Calls a spade a spade.
He has principles, belief systems,
Loyalty, admits his wrongs, and
He shows up.

Even in his absence his present
He loves with every fiber of his being
Beautiful is the soul of my father.
Beautiful is the love of my fathers.
Beautiful is what my father calls me.
Beautiful love is what my father gives me.
Beautiful is the soul of my father.
I Love you Dad –





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.

-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.



CLONED

By: Forrest Woods @ K.L.S.R.C.

This is a spin off of my 2 roads article in the ….

My positive thoughts and actions have allowed me to attract positive people at east Moline into my life. Mr. S. Seibert, who seems to only have positive views on all things, situations and people. Other like minded people are Ms. Garald, Ms. Gross, Mr. J. Osbourn, Ms. C. Stickel, Mrs. Nevbert, Ms. Flores, Mr. Hanson, Sgt Arsenal, Shumpred, R. Sollas, Wolf, Diegman, Sgt. Pugh, Sgt. Carter, Ms. Gregory, Major Bryant, just to name a few out of the many.

Fade in, interior night

Scene: Forrest is on a dark room with a lamp on dramatically looking through files reading them with his eyes wide. He spots a familiar name Seibert (tense music plays). Forrest reads on and sees photos with the word cloned across them. He reads name after name that he immediately recognizes: Osbourn, Stickel, Nevbert, Flores, Hanson. All these people Forrest has crossed paths with and he knows that they are all positive employees.



Forrest: “I have to notify the guys of my findings.”
(Forrest decides to call his homey D)
D: “What's up bro?”
Forrest: (quickly and in a low tone) “listen carefully Seibert, Osbourn, Stickel, Nevbert, Flores, Hanson, Sollas, Sgt. Arsenal, Sgt. Carter, Ms. Gross, Ms. Gerald and more have all been cloned they come from a planet called GOOD PEOPLE

that's why they are all respectful and overly kind."
(D looks on in disbelief)
D: "Come on bro these are all good people just trying to help us become better versions of ourselves."
Forrest: "That's exactly what I'm saying they have gotten inside our heads. This is like a human laboratory and they are experimenting on us by transforming us into positive minded people…WAIT!"
Forrest looks toward the door and hears someone walking past he turns off the lamp and ducks down behind the filing cabinet sweating and trying to turn the laptop off. Osbourne, Stickel, Nevbert walk past speaking an alien language called positivity.
D: "Bro you good? What's going on? Join us. Join us."
Forrest: "Join us? Join us?"
Forests eyes widen while he clicks off the laptop and sits in silence.
Forrest: "They got to D. He is one of them now! He is one of the good people cloned."
Forrest escapes the close encounter through a top secret room. Forrest walks to the housing unit and passes Seibert, Sgt. Arsenal, Sollas, and Flores. Forrest is distraught because of his findings and this alien language he heard.
Seibert: "Mr. forrest are you coming back to work this afternoon"
Foirrest: "Yes. Sir."
Seibert: "Okay enjoy your break ill see you at noon."
Forrest walks away quickly while all the cloned people standing with Seibert wave goodbye.
Forrest begins to talk to himself.
Forrest: "These people are all aliens trying to clone me and help me become a better person like them. Respectful like them. Humble and considerate like them. Trying to advise me to get my anger under management, how to prevent victim impact on myself and others myself or my family, asking me to get rid of any durg and alcohol addictions, and telling me to build healthy relationships, and how to become and inside out dad what is wrong with them."

(Fade Out)

(Fade In, Interior Day)

Forrest picks up a phone and dials there is no answer. Forrest gets into a car to drive up to

the house. He sees Wideman, Patrick, and Johnathan standing outside the house. Forrest exits the car and approached the three men with the files in hand sweating heavily. He nervously opened the file showing the three men.
Forrest: “They are all cloned; from a planet called good people cloned and now they are trying to clone us you gotta believe me.”
Johnathon, Patrick, Wideman: “Who?”
Forrest: “Osbourne, Seibert, Stickel, Nevbert, Flores, Hanson, Gross, Garald. All of them. I mean all of them! We cant trust them they are out to help us become better people.”
Wideman: “Well isn't that a good thing?”
Patrick: “Yeah, that’s what we need.”
Forrest: “Nooo! They got to you guys! Ya'll have been cloned or maybe they abducted you, they took you to their home planet.”
Patrick: “Forrest are you okay? Do you need your meds?”
Johnathon: “Let us take you to see Seibert.”
Forests' eyes widen as Johnathon reaches out his hand. Wideman takes one step forward and Forrest runs leaving the car he came in.

(Fade Out)
(Fade In, Interior Next Day In Commissary)

Forrest stands next to Mr. Seibert at the first window while an inmate is at the window receiving items. Forrest is behind Seibert searching the back of his head and neck for machinery sockets but he couldn't find anything. When Seibert walked away to grab an item Forrest leaned forward into the window and started whispering to the inmate:
Forrest: “its not safe here they are all trying to get me…get us…you and me. Trust no one. Not Seibert. Nobody.”
Inmate: “Get us how?”
Forrest: “turn us into good people, better versions of ourselves and take us back to their planet!”
Inmate: “Forrest, you should join us”

Forrest: “Joins us?”
Forrest turns around only to see everyone in the commissary walking towards him in a robotic way.
Group: “Join us, Join us, Join us!”
Forrest: “Spare me! Please don’t clone me!”
Mr. Seibert: “Forrest stop fighting it you have already been cloned.”
Forrest stays in shock for a moment at what was just said.
Forrest: “Help! Help! Anybody help!”
Seibert: “That’s what we've been doing…helping you. We want you to become the best version of yourself. ALL OF US !”
Forrest seems confused deep in thought the scratches his head.
Forrest: “Really? My mother was positive and good natured maybe you guys cloned her before I was even born.”

All jokes aside the people that are named here are not cloned just good people. They are naturally passing on positive energy through daily conversation or teaching programs to help us better ourselves. Kewanee is full of people like them. I'm only stating this in case you missed it with all I wrote above. Shout out to East Moline C.C. thank you all for the positive roles you played in my journey.

Forrest Woods

Last Bus Ride

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

Somewhere in America a judge sentenced a defendant to a boat load of years in the penitentiary, and the defendant said, “Your Honor, I can’t do all that time. “ the judge then replied, well son, do as much of it as you can. That’s how I felt when the judge sentenced me to 120 years in the IDOC. It felt like my life was over, but it was just the beginning of a long journey.

Most journeys start with a trip, most trips are booked ahead of the time and are highly anticipated. My trip meant the end of life as I knew it, and I was boarding it with an one way ticket. It was 1990 and in the wee hours of the morning, I was shackled and transported to the Joliet Northern Receiving Center.

Once chained inside the sadness of your reality sets in like most prisons they are located in secluded places. Making it hard for your friends and family to visit you. I thought of my girlfriend and another occurrence that happens in a court room somewhere in America. A woman had stood by her man from arrest to post trial. At the sentencing hearing the judge gave him 50 years, the guy looked back and said to her, honey are you going to be with me ? She replied back sadly saying, “Baby the judge done broke us up”.

Welcome to Joliet, how can you feel that highway sign being shackled and chained down knowing you’re not coming there as a tourist, but as a captive. We sat outside of the tall gates for a while waiting. Did they not want their new occupants? Satan must be ready as the

loud cranking of the gate chains broke the silence and my heart skipped a beat to each crack of the moving steel. The mouth of the fortress was opening.

Once inside I was reduced to a number. On that day I became the seven hundred and eighth person that was newly recorded into I.D.O.C. in the stark decade of 1990 that registered us with the letter B, to represent the decade.

Gone was Lonnie Smith, I've been tagged B- - - - - , a number I will recite more than any other name.

IDOC placed me in Joliet C.C. West house a small maximum security prison where they filmed the beginning of the Blues Brothers movie. I took college classes there with Lewis University. I found out school took my mind off being in prison and helped exercise my brain.

Seven months later I was shackled and chained down again and ushered into a bus headed to Pontiac Correctional Center, one of the most violent prisons in the country. IDOC buses are nothing but hard plastic bench seats that are hard to squeeze into the cramp spaces. A long chain is mounted in the middle on the bench seats and you and the guy next to you are handcuffed to it. No matter how long the trip there is only one bathroom break. Some trips last as long as nine or ten hours.

Thanks to my strong work ethic and a lot of luck, I got hired in the Illinois Correctional Industries, a special work program that trains people in custody marketable skills that transform to society. That gave me hope and a sense of self-worth by being productive. This is where I found my first community of positive guys trying to re-write their wrongs. One talked me into enrolling into MacMurray College. So I was thriving in the workforce by day and col-

lege classes at night. The professors there lit a fire in me and made me feel smart. While at Pontiac it was the first time I felt comfortable in prison. However there's a season for everything.

In 1997 the IDOC closed down the general population in Pontiac due to a chain of events that embarrassed the department. In a matter of months they gassed up the buses and shipped all of us to any maximum security prison that had an open bed.

On November 7th 1997, I was shackled and chained on another uncomfortable bus ride to another place where I had to start all over again. I landed at the notorious Statesville Correctional Center once home to serial killer Richard Speck and execution place of John Wayne Gacy. This was the start of the retribution era. All Illinois Maximum Security Prisons were under seize to rid them of gang activity. We were all oppressed by all beyond measure, whether you was in a gang or not. These were the darkest times I had ever endured. However, I was resilient and wouldn't let them break me. after the darkest part of night comes dawn.

Nearly two decades later a new era slowly crept in, the era of rehabilitation. Where education was reintroduced in 2013 after the Clinton 1994 Crime Bill took it away. Week after week a small group of dedicated volunteers came inside the prisons teaching us various subjects in order to better ourselves. We were so hungry for the knowledge that we impressed the professor's. The word spread across academia and top professors started to flock into Stateville to teach. Before long universities started bringing in degree programs and we met their expectation. We changed the culture of the prison.

One of my most proudest moments was walking across that stage in my cap and gown in a formal event to receive my degree while the crowd applauded my most cherished memory.

Policies and laws changed allowing most people incarcerated to earn good time credits. It even became retroactive so people got credit for work and education they did in the past. My time was cut, but a new problem occurred, the closing of our academia hub- Statesville. To be honest, it needed to be closed because it was inhumane, dilapidated and beyond repair. In short they gassed up the buses once again. I was forced to leave that beloved academic community to go to a place unknown.

Shackled and chained down, I was on the road again on a long and miserable nine hour bus ride to Big Muddy River Correctional Center. Luckily my stay there was only three months. Due to the circumstances of the prison closure we were able to put in for another transfer in 90 days instead of six months.

Shackled and chained down on this bus ride I felt like I was moving towards something. It didn't ease the discomfort of the bus ride, but I was feeling halfway home. Within months I went from a maximum security prison to a medium and now a minimum. God is good.

At Robinson C.C. I worked as a Law Clerk by day and cooked for the employees Dining Room at night. I found the staff helpful, professional and respectful. A very drastic change from what I was used to. Before long I was eligible for Kewanee. The staff thought it would be a perfect fit for me and helped me get transferred there, I was thrilled when I found out about the transfer.

My last bus ride made me self-reflect on my journey. I had come a long way from my feelings

of being buried alive to the rebirth. I was thankful for all the opportunities I was given. Thus, I was proud of the good choices I made that transformed my life. As Frederick Langbridge wrote of it “Two men look out through the same bars: One sees the mud, and one the stars.”

Kewanee Life Skills Re-Entry Center is a great final chapter on my road to redemption. It is giving me all the tools to become a law- abiding citizen that will make a difference in my community. Here I can start unpacking my trauma and peel away negative labels I’ve been given and replacing them with positive ones. I am learning more about empathy, humanity and avoiding temptation. Learning about the power of words to communicate better and how to use them to de-escalate certain situations that come up. How to master self-control. Un-checked anger can destroy a lifetime of preparation. While receiving knowledge on the power of forgiveness and the freedom it brings. All of this is taught by highly trained staff that are helping us map out our future. They not only care about us now, but our future as well.

I thought my story was about some bus rides, however if you look up the definition of the word- bus it represents an omnibus that covers many things. On each trip I took to different places, I learned the lessons of perseverance, resilience, and the renewing of hope. This is the legacy I want to leave, when I walk out the doors of Kewanee unshackled and unchained.

KEWANEE'S 4TH OF JULY WATER BALOON TOSS









































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 classroom 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 keyboarding, 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 reconcile 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"

The Whistle

By: Daniel Belknap @ K.L.S.R.C.

* Disclaimer: before you read this story know that I am no longer in Taylorville this story was written and shortly after I was transferred to K.L.S.R.C.*

What is the whistle and what does it mean?

As the Taylorville L.T.S. department wrapped up its 2 month long basketball league I asked myself that very question. I was the L.T.S. clerk and as a clerk one of my duties was to observe the games and help the other L.T.S. workers keep stats. Matchups' were often intense and heated with some very close competition and hotly contested battles. As the season progressed I noticed one of the most heated battles throughout the season was between the players and “the whistle” other wise known as the refs. It was evident form the start of the season that many of the participants in the league had never played under “The Whistle” and therefore never really played by the rules. Not playing by the rules or not playing under “The Whistle” means that guys get to make up their own rules and make their own calls. Often times this means chaos. We had a rule where I rule where I grew up “no blood no foul” how about no “no harm no foul?” Do any of you live by that motto? I have at times, and I

know a lot of people who still do. Do you? What if you believe that your action doesn't cause harm? Is saying no harm no foul just an excuse to do whatever you want? Maybe these are questions you have never asked yourself before. how many of you have said or heard someone say “I wouldn't do this on the outside” is being locked up an excuse to do wrong or make bad choices?

One of my favorite writers form Kewanee Horizons was Tiiyon T. Byrd, because he wrote in a positive way real way that I related to, and he asked his readers to be accountable. My intent in writing this is to challenge individuals in custody and have them hold themselves accountable to play under “The Whistle.”

We all have a moral compass. That voice inside of us that knows right from wrong . Many of us have strayed so far away from our moral compass that we have become lost. Many of us in prison will do the right thing when someone is looking, but I challenge you all to do the right thing when no one is looking. Do right when nobody will ever know you did. Do right because you know that it is right. Listen to “The Whistle” inside you before someone yells foul. To many fouls means you are out of the game, and everybody wants to stay in the game we call life.

CIVICS CORNER

By: Jeff Bartik @ Dixon C.C.

Civics: The study of the processes of government and the duties of citizenship

To appreciate the duties of citizenship one has to understand the concept of community. A community is a group of people living in a particular locality with common interest and goals. When we think of the neighborhoods we grew up in, these are the simplest forms of community. I want you to consider for a moment your present circumstances in whichever prison setting you find yourself in today. You and everyone else who lives at your institution constitutes a community, and individually you are each citizens of that community.

To appreciate the duties of citizenship it is helpful to examine these flawed communities that we find ourselves trapped in. what are some of the common interest and goals that we all share? We would all like to have properly prepared and appetizing food served in a chow hall that is clean and comfortable. We would all like to have our visitors treated with respect and our visits uninterrupted by frivolous lockdowns imposed at the whim of uncaring administration. We would all like to have access to commissary on a regular basis with products available that are fresh and inexpensive. Citizens of these communities have no input into the decisions that are made on our behalf about these issues. All rules and policies are dictated to us with little or no regard for our mental or physical wellbeing whatsoever.

How uplifting and personally validating would it be to have a voice in all matters pertaining

to our everyday lives. Let me introduce you this voice that we so deeply desire to have heard. It is called a VOTE, and the action of using this voice is called VOTING. The frustration that you have felt during your term of incarceration for lack of voice should serve as a motivation upon your release from prison to exercise your voice in the free world and VOTE. Participate in the process that has been denied you for so long. The good news is that the moment you walk out of the front gate, if you are 18 years old or older and are a citizen of the United States, you are now eligible in the state of Illinois to VOTE. Become active in your free world community and let people know how frustrating and dehumanizing it is to have your voice stifled and crushed, and what a privilege it is to be able to VOTE. This is a duty of citizenship.

Small minds have always lashed out at what they don t understand

Dan Brown

Aunt Mary's Story Book "Practice" Read

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

May 13, 2026 Kewanee Life Skills Reentry Center hosted it's first of a kind 'practice' read for an upcoming annual event held throughout IDOC.

Thanks to the resourcefulness of our librarian Ms. Coulter individuals who signed up for Aunt Mary's Story Book had a chance to come in and 'practice' their reading while being recorded. She arranged for a laptop to be set up in the library equipped with a microphone for practice readings. In addition to that she also scrounged up a variety of children's books similar to those of the actual reading with the hopes of making the practices realistic. Also on location were fellow individuals in custody invited by Ms. Coulter to assist those with a few reading tips if they needed it. Reading while being recorded differs from over the phone reading.

This one day opportunity allowed individuals to come, shake-off the nervous jitters (if they existed), relax and attempt to hone their reading skills prior to the actual day and moving forward in life. Hearing themselves allowed for a critique of tone, pitch, measuring delivery and adjusting as needed. A brief follow-up with those who attended the practice stated it made a noticeable difference during the actual read, I would call that a success!

There was a time in my incarceration Aunt Mary's Story Book didn't exist. I recall a time phone rates were exorbitant and mail moved at a snails pace. Reflecting on the limited op-

tions available to communicate with our children back then makes myself and many others appreciate programs such as Aunt Mary's Story Book. Not being there for your children brings real emotions to the surface like anger and pain.

Incarceration has changed how we communicate, which in turn effects how we parent. It doesn't however change the important role we play in their life. Irrespective of distance your voice and stories are impactful to them. Stories create connections, connections establish bonds, bonds build bridges between your children and you. Hearing a story with your voice can help your children feel safe, near and thought of. In ending I would like to thank the volunteers across IDOC that makes Aunt Mary's Story Book a possibility and a reality. For those of us who reside at Kewanee we would like to give a special thanks to our librarian Ms. Coulter for arranging the practice read and all the help that came with it.

SOME BOOKS LEAVE US FREE AND SOME BOOKS MAKE US FREE.
RALPH WALDO EMERSON



Practice



Makes



You



Better



The Market Corner

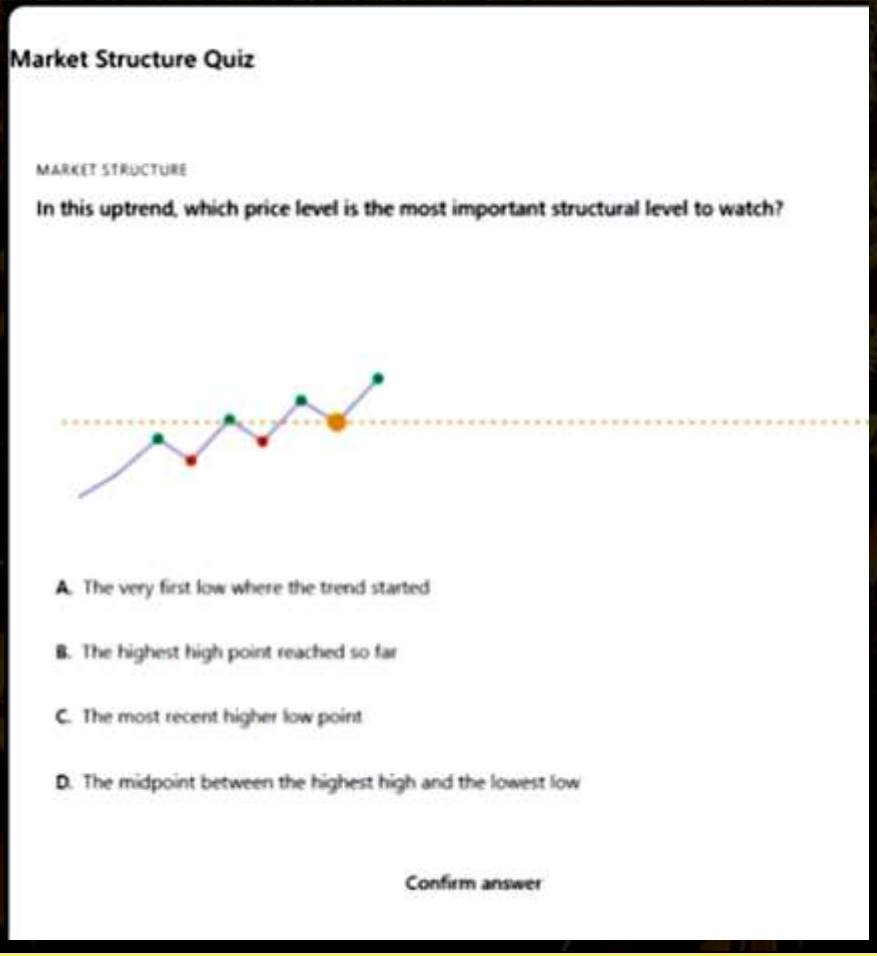


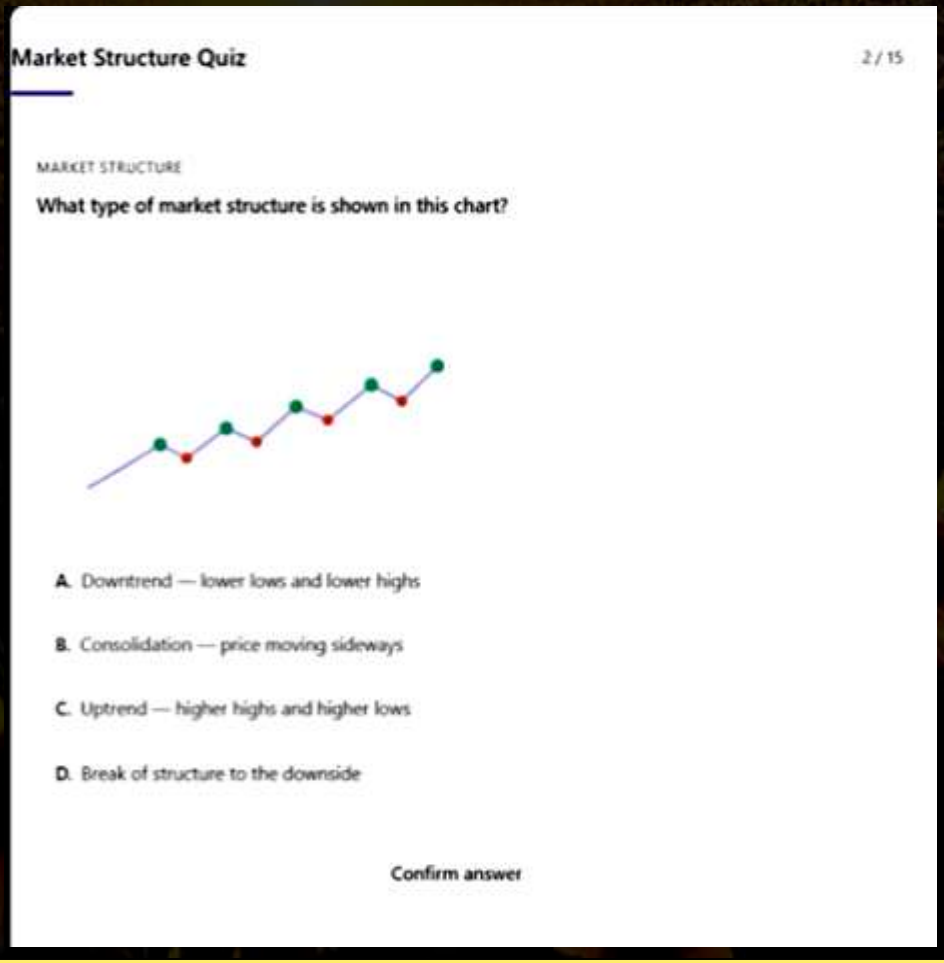
Jamar “Beau” Warr



Bobby “Mad Dog” Luga

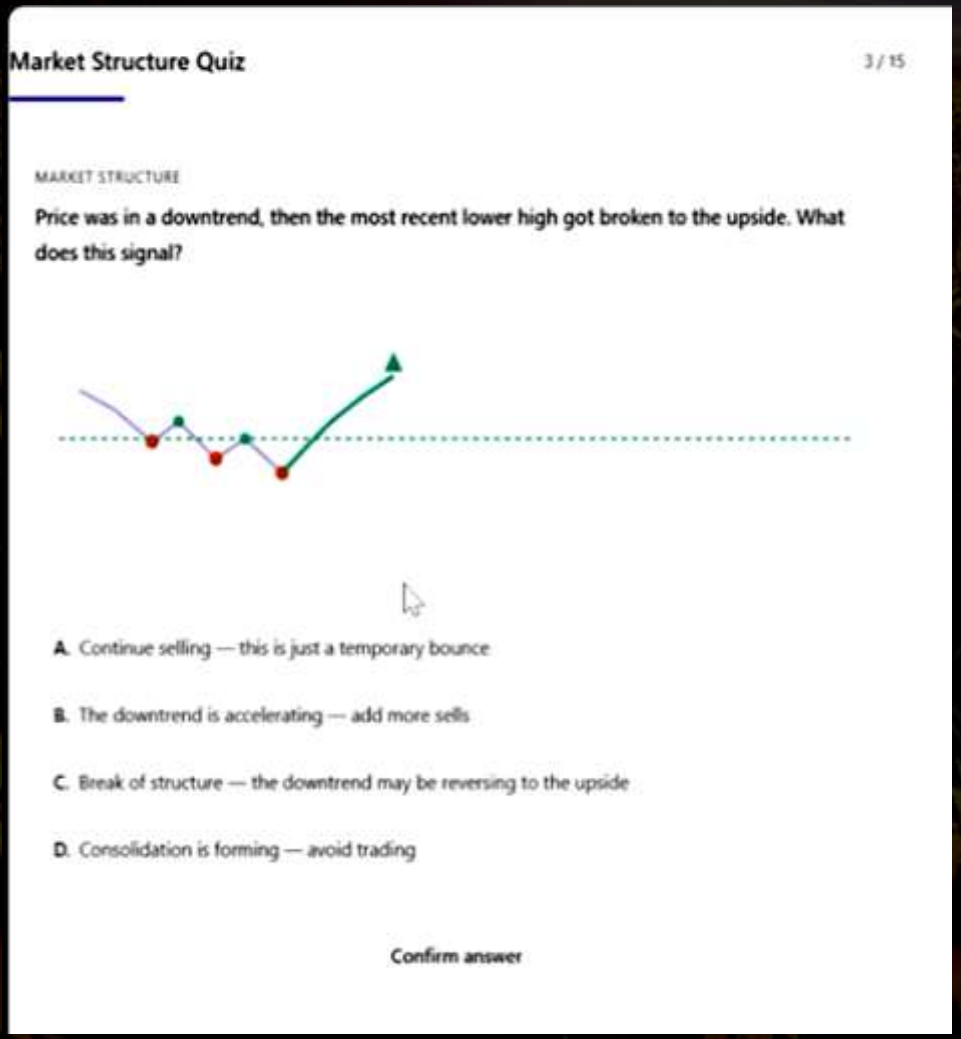
For this edition of Market Corner we’ve found some quiz questions that may help all of you with some of the technical analysis questions you may have. If any of these peak your interest please write to us with your questions so we can help to answer them.

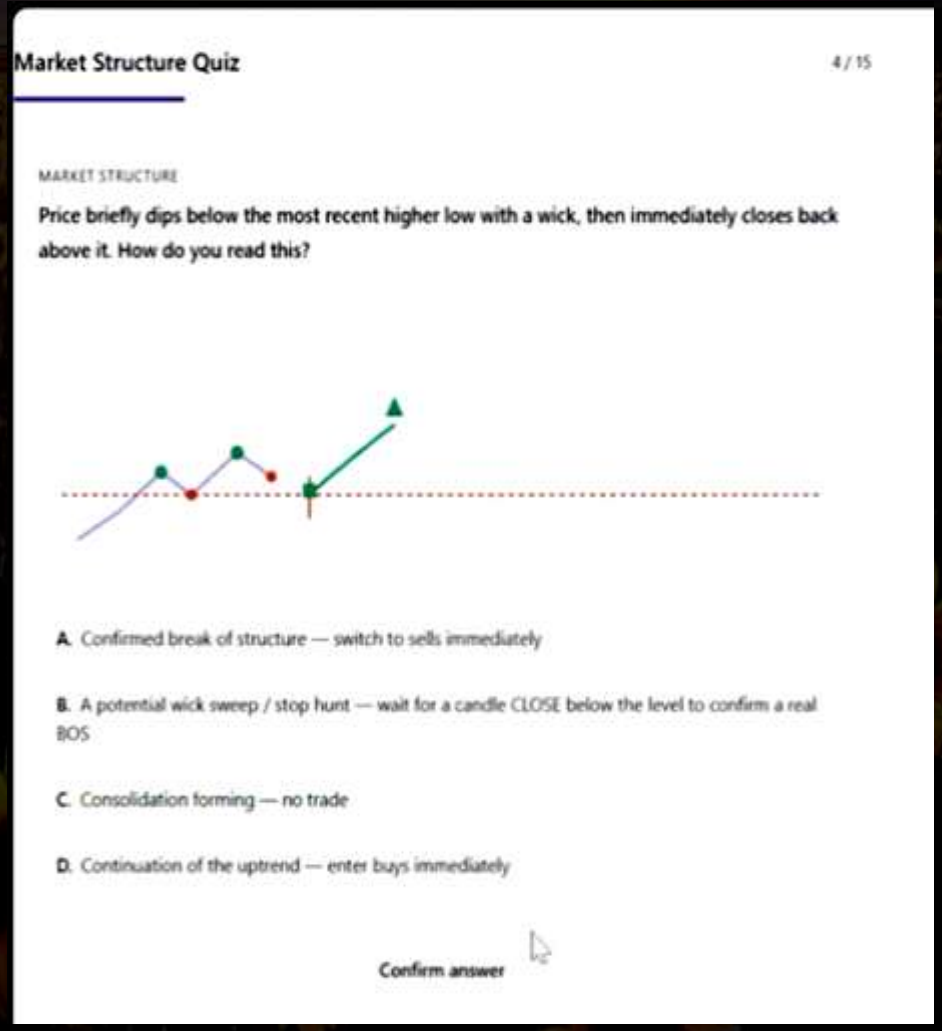




Question #1: The answer is C. The most recent higher low point. The reason for this is the chart is in an uptrend and is creating higher highs and higher lows. Most recently it has created another higher high so if it is to continue in an uptrend we are looking to see it create a higher low.

Question #2: The answer is C. Uptrend - higher highs and higher lows. This ties into our last explanation. The definition of an uptrend is when a higher low is created followed by a higher high.





Question #3: The answer is C. Break of structure - The downtrend may be reversing to the upside. In this illustration the market is in a downtrend; remember lower lows followed by higher highs. In this case the trend has broken above the previous lower high, it hasn't created another lower high. This is where you start paying attention to see if a higher low is created and then another higher high. At this point I would feel much safer entering the market than on just the creation of a single higher high.

Question #4: The answer is B. A potential wick sweep / stop (stop-loss) hunt - wait for a candle CLOSE below the level to confirm a real BOS (break of structure). In this illustration the wick of a candle drops below the previous higher low. While this shows that price dropped below the previous higher low during this time period it's important to understand that the body of the candle holds a higher importance than the distance the wick travels. All of this information is important because it tells you how buyers and sellers acted during this time period though.



Beau's Playbook!

****Update****

Recently I've been trading Gold futures (XAU-USD) Or GC=F, For Buys My Most Recent Buy Was Aug 4th, 9pm During Asia Session, My Entry was, 4,082 And MY TP was set at 4100. I Made a Profit of Nearly $20 Within 20mins. However I woke up Aug 5th Only To Realize gold shot up over 100+ Points! Sheesh That could've been a very profitable trade, but That's One of the downsides of trading from Phone calls lol. But Knowing I understand Price actions and being able to put myself in the Highest Probability area and be RIGHT about Majority of my trades, is the true glory. The Money comes with Mastering the Skill, and Mastering the Skill is most important.

I Last Spoke About Meta Being in prime position the Meta Trade was Successful! I'm still currently Holding on to the MSTX Call Option as well, that is currently up $100 in profit! This time I'm Taken the Money off the Table! Lol I learned from the Last Time!

Keep an Eye Out on Gold Now that we having Broken the Previous High! Gold is officially in Bullish Mode, But REMEMBER don't chase the market! S&P and DOW have Made ALL TIME HIGHS, which cause people to want to "Chase" and buy in, Only for Smart Money to bring price back down Wait for a Pull Back,/Correction, Before trying to position yourself! Happy Trading!

KEWANEE HORIZONS VOL. 96 PG. 64

For those of you who have been trying your hand at this thing called day-trading and haven't been successful we've found some trading psychology lessons from "The Trading Geek". The dude's a genius, you should check him out. We've also enclose a few more market structure images as a preview to future editions. Please ask away if you have questions.

Change begins the moment you think greater than how you feel. When you stop rehearsing the past and start rehearsing your future." - Joe Dispenza.

Step 1: Spot the belief (find the sentence)

Most beliefs sound like simple sentences you keep repeating:

- "I always mess it up."
- "I can't be patient."
- "I need to make money today."
- "If I miss it, I'll never get another chance."
- "I don't deserve to win."

Write down the top 3 sentences that show up when you're stressed.

Step 2: Find the evidence trail (where it came from)

Ask:

- "When *did I start believing this?*"
- "Who *taught me this?*"
- "What *moment made this feel true?*"

Most beliefs are old programming, not reality.

Step 3: Identify the payoff (why you keep it)



This is the part people avoid.

Ask: "What do I get to avoid if I keep this belief?"

Examples:

❌If I believe "I'm not consistent," I avoid the responsibility of being consistent.
❌If I believe "the market is against me," I avoid accountability.
❌If I believe "I need to win today," I avoid sitting with discomfort.

Every limiting belief protects you from something.

Step 4: Replace it with a true upgrade (not a fantasy)

Bad replacement: "I'm the best trader alive." Your nervous system rejects it.

Good replacement is grounded:

❌Old: "I'm not consistent."

✅New: "I'm becoming consistent by following my rules one trade at a time."

Use this structure:

"I am the type of person who ____."

Examples:

"I am the type of trader who waits for A+ setups."
"I am the type of trader who respects stops without negotiation."
"I am the type of trader who can be bored and still be disciplined."

Step 5: Install the new belief (identity + repetition)

A belief isn't changed by logic. It's changed by **repetition + emotion + proof**.

For the next 7 days, do this:





Every morning (2 minutes):

1. Read your new identity belief out loud
2. Feel the emotion of it being real (calm certainty)
3. Visualize one scene where you act it out

Every night (2 minutes):

1. Write one proof you lived it today
2. Write one moment you broke it and what triggered it
3. Decide the one adjustment for tomorrow

This is how you build evidence.

The belief ladder (when it feels hard)

If the new belief feels too big, break it down by using a ladder:

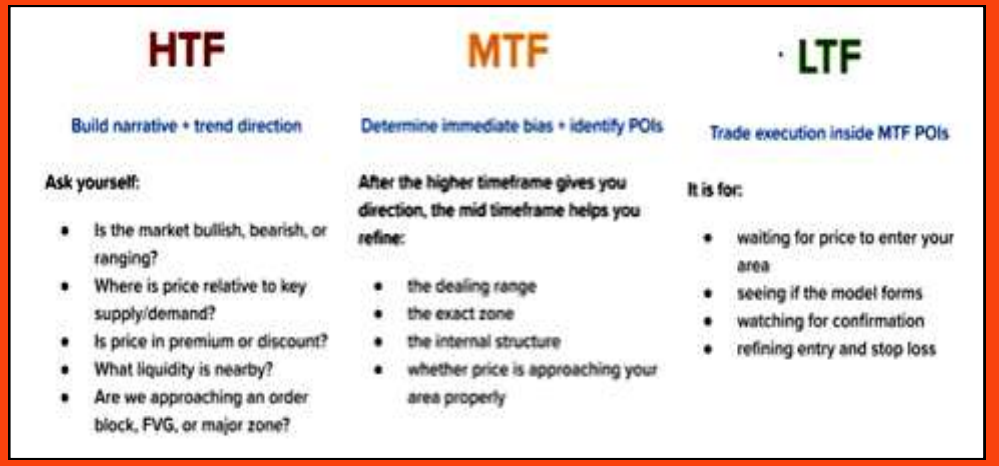
"I can't be disciplined."

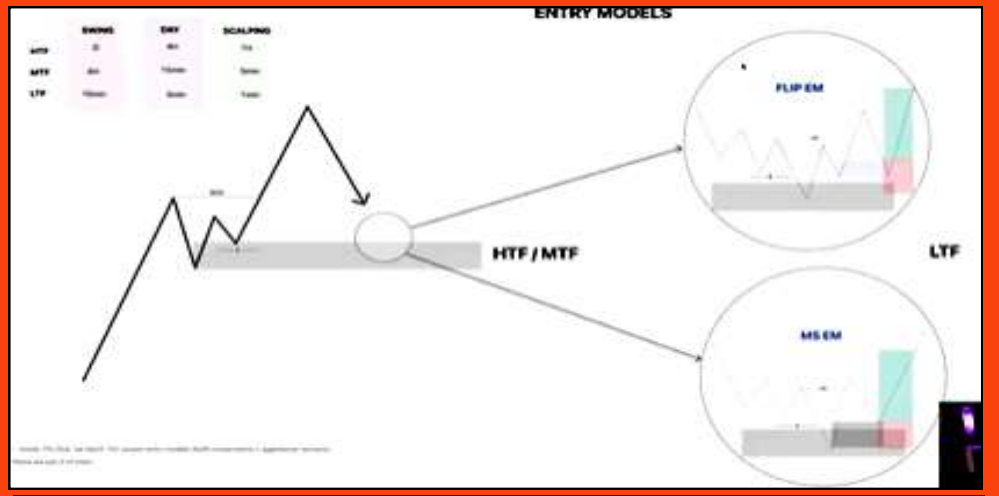
→ *"I can be disciplined for the next 60 minutes."*

→ *"I can follow my rules for the next trade."*

→ *"I can stack one day."*

→ *"I am disciplined."*







THROWBACK BRAIN TEASERS

BRAIN TEASERS



A man is looking at a photograph of someone. His friend asks who it is. The man replies, “Brothers and sisters, I have none. But that man’s father is my father’s son.” Who was in the photograph?

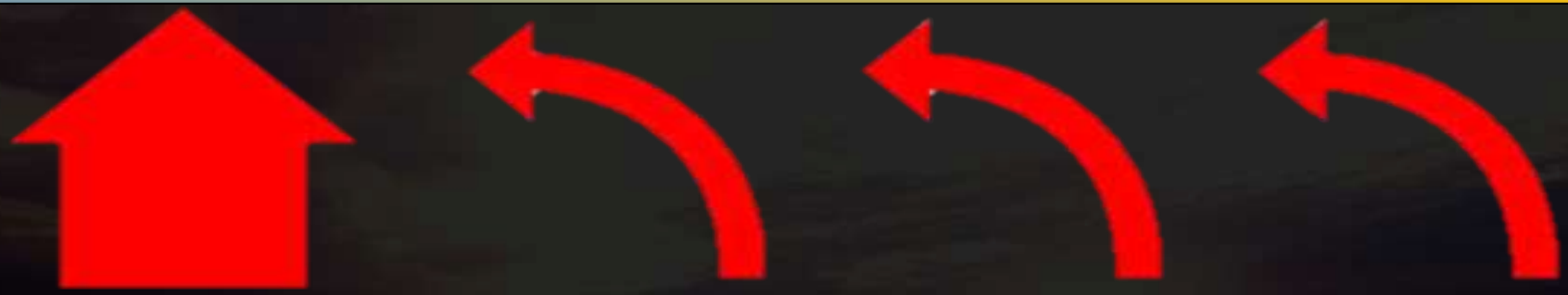
Answer: His son.

JOB

POLISH

What is special about these words: job, polish, herb?

Answer: They are pronounced differently when the first letter is capitalized.



Forrest left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?. *Answer: The catcher and the umpire.*



A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it? *Answer: The river was frozen.*

Only 2 percent of people can solve Einstein's riddle. Can you do it?

HOROSCOPES



Aries: Keep the momentum flowing. Don't let trivial matters stand between you and what you want to achieve. Search for the right opportunity and take advantage of it before it's to late.
Translation: Keep moving, don't stop just because you hit a bump in the road, there is always doors opening, just don't let them close in your face.



Taurus: A mix-up will cost you if you don't leave yourself enough wiggle room. Stick to simple, doable plans that wont cause insurmountable debt and stress. Control the outcome.
Translation: Stop going to the law library and getting all those copies knowing that you don't have the money at that time, but complain when they take the money when you do get some put in your account.



Gemini: You can turn an idea into a profit if you put in the time and cultivate the possibilities. Prepare a workspace conducive to concentration and getting things done.
Translation: Go in your cell and give that business plan some real thought, you just might be on to something that can help with your future.



Cancer: Reach out to experts and express your concerns. The input you receive will help clear up any misconception you have regarding your next move. If you want something done correctly, do it yourself.
Translation: That job you have been waiting on just came open, speak up and see where it takes you, don't depend on someone else to do it for you.



Leo: Change only what's necessary. Stay focused on what's essential and makes you happy. Embrace what is best for everyone. Pay more attention to your needs.
Translation: Do you and be happy, if eating a bag of chips a day makes you fill good then eat that bag of chips, in the end its all about you right?



Virgo: Engage in changes that help you learn, expand your horizons and help you live within your means. Cut back on expenses you can do without, and you'll boost your efficiency.
Translation: Stop ordering that girl all those gifts out them catalogs, and start ordering some books that will help you become successful in the future.



Libra: Let your actions be your voice. Show compassion when dealing with others; you'll gain respect and the backup you need. Don't let love cost you financially; know when to say no.
Translation: Just because you love her doesn't mean you have to be a pushover, stand your ground and tell her HELL NO, money do not grow on trees.



Scorpio: Tidy up loose ends, and you'll feel better about yourself and your future. Reach out to those who spark your imagination and excite you about the possibilities.
Translation: Cut out those who don't have your back (that girl), there is a new connection and its better for your future.



Sagittarius: Share your true feelings, and the response you receive will be enlightening. Honest communication and heartfelt action will be the way to go.
Translation: That female you are attracted to just reached out to you, let her know how you feel, you never know she might feel the same.



Capricorn: Deception is apparent. Before you put someone else first, consider the ramifications. Make suggestions, call for backup and change how you do things moving forward. Speak your mind.
Translation: Just because dude is a friend of a friend do not mean you can trust him, use your best judgment and keep it moving.



Aquarius: Simplify your life, reduce spending and pay attention to doing and being your best. Walk away from confusion, chaos and people trying to steal what's yours. Cherish what you have.
Translation: If you stop letting your homie get what he wants out your box, you wouldn't spend so much money at commissary, cut that out your life and you will be better off.



Pisces: When in doubt, take a pass. The time you give yourself to evaluate your options will lead to success. Ask tough questions and prepare to make decisions that map out what's to come.
Translation: Don't be to quick to take that job that's on the table, there is something in the works for you that might be better, your seeking has worked in your favor.

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!