

# KEWANEE

# HORIZONS

# V11



**WHAT CANCER CANNOT DO  
CANCER IS SO LIMITED...  
IT CANNOT CRIPPLE LOVE  
IT CANNOT SHATTER HOPE  
IT CANNOT CORRODE FAITH  
IT CANNOT EAT AWAY PEACE  
IT CANNOT DESTROY CONFIDENCE  
IT CANNOT KILL FRIENDSHIPS  
IT CANNOT SHUT OUT MEMORIES  
IT CANNOT SILENCE COURAGE  
IT CANNOT REDUCE ETERNAL LIFE  
IT CANNOT QUENCH THE SPIRIT**



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# 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.

# RESTORATIVE JUSTICE

KEWANEE LSRC has agreed to allow us, consistent with COVID protocols, 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 within a larger society.**

*Merriam-Webster's Collegiate Dictionary Eleventh Edition*



**DON'T**  
**TURN YOUR BACK ON**  
**DOMESTIC**  
**VIOLENCE**

“Enough to anyone who excuses sexual assault. Enough to anyone who turns a blind eye to the violence so many women, children, and yes, men are subjected to. Enough condoning toxic masculinity with euphemisms like ‘boys will be boys.’ Enough.

Together we can, and we will, put an end to domestic violence.” – Julian Castro

# READ THIS:

K.H. is proud to be able to highlight the Awareness Month causes, this month especially is close to our hearts, as a community we are disproportionately affected by both domestic violence and breast cancer. As you can see we went with a predominantly pink color theme for this volume for breast cancer awareness, our thought is to keep this first and foremost in everyone's mind who reads this issue.

We also want to send a huge thank you out to our outside contributors in this volume, one of our guiding principles is community building and we have harbored hopes of people outside of our campus contributing in meaningful ways, these articles fit right into that vision. We hope that this can show people who are incarcerated that more than just our immediate family circle is affected by how we represent ourselves and the ways we interact with free society; people care about us, people care about you, we matter, and we need to take the responsibility of that seriously.

We know how the years of trauma of being incarcerated and isolated, (especially over the last almost 3 years of COVID lockdowns) can affect our thoughts of how people see us, how this kind of isolation can rob us of hope and belief in the good of people. We want to light a small candle of hope in our community, a bit of light to show ourselves and the free world that we are not just our worst decision, that we can do better if given the opportunity. We want that same kind of hope to be kindled in ourselves about the free world, there is reason to believe that people outside do not just think of us as a societal problem, but they think of us as human beings, brothers and sisters in a shared community, as family in the larger sense of the word. We believe that this kind of thinking, this kind of hope is what will motivate us to help change the narrative of who prisoners in Illinois are. We are not problems, we are not mistakes, yes we have some problems, yes we have made some mistakes, but we are not those things, we are human in every sense of the word, we are capable of overcoming our mistakes and our traumas, and we are the best solution for restoring back and building up our community. K.H. is committed to bringing the most positive thoughts we can, we love our community, our family, and we believe in us. Please contribute to K.H. by writing something. Thank you. -K.H.



## HISPANIC HERITAGE MONTH

# Bienvenidos!

Welcome to all my brothers and sisters, inside and outside of Correctional facilities, I wanted to take a moment to bring to you all some interesting facts about Hispanic Heritage and Latino Culture during this Hispanic Heritage Month. I believe that sharing our culture is a **Restorative Practice** in light of the emphasis that the **Horizons** newsletter places on building community within ourselves as an incarcerated population and outside to those in the free world especially including IDOC staff and administrators. When we can all learn together from our shared history we can stop ourselves from repeating the mistakes and build upon the successes. This month we have focused on Hispanic Heritage specifically, but Hispanic Heritage is really all of our heritage and that is the message I would like to share with you. Thank you for taking the time to read this, Bendicion!

**The National Hispanic Heritage Month** is a celebration of culture and origin of Latinos and Hispanic Americans in the United States. The month-long event begins from September 15 until October 15. The celebration coincides with national independence days of several Latin American countries including Guatemala, Honduras, El Salvador, Nicaragua, Costa Rica, Mexico, Chile and Belize.

**For some information on the National Hispanic Heritage Month check out the facts below .**

## History and Celebration

- In 1968, U.S. President Lyndon B. Johnson first proclaimed the Hispanic Heritage Week as sponsored by Congress. It was expanded to a month in 1988 by President Ronald Reagan. The Hispanic Heritage Month was enacted into law on August 17, 1988.
  - September 15 was chosen as the starting date to celebrate the independence of five Latin American countries: Costa Rica, El Salvador, Honduras, Guatemala and Nicaragua, all in 1812.
  - Mexico celebrates its independence from Spain on September 16, followed by Chile on September 18 and Belize on September 21.
  - The National Hispanic Heritage Month is celebrated in the United States, Canada and Latin America. The 30-day period aims to celebrate the culture, achievements and contributions of American citizens with Hispanic roots.
  - Among the activities are festivals, concerts, film screenings and exhibits.
  - From 15 to 25 September, the El Barrio Latin Jazz festival takes place in the Bronx, New York.
  - Throughout the month, the National Museum of American History hosts Hispanic dance performances and exhibitions.
- In Chicago, the Annual Latino Music Festival is observed during this period.





## Hispanic Population in the United States

- Hispanic refers to the ethnic group consisting of people from Cuban, Puerto Rican, South or Central American, Mexican and other Spanish cultures. In 1997, the United States categorized the ethnic group as Hispanic or Latino.
  - After Asians, Hispanics are the second-fastest growing racial group in the United States, comprising 18% of the nation's population. There are about 57 million Hispanics in the United States today.
  - As of 2014, the highest Hispanic population resides in California, Florida, Illinois, New York and Texas, while a million live in Washington, Virginia, Pennsylvania, North Carolina, New Jersey, Arizona, Nevada, Massachusetts, Georgia, Colorado and North Carolina. An estimated 55% of adult Latinos are Catholic.
  - Spanish is the second-most spoken language in the United States, next to English. Two-thirds of the nation's Latinos are of Mexican origin.
  - Prior to the establishment of Plymouth, Massachusetts, the Hispanic cities of St. Augustine, Florida, and Santa Fe were already founded.
  - The signing of the Treaty of Guadalupe Hidalgo in 1848 ended the Mexican-American War, which also enabled the annexation of Mexican territories including today's Texas, New Mexico and California.
  - There are approximately 1.1 million veterans in the United States who are of Hispanic origin.
- The largest group of immigrants in most states are composed of Latinos from Mexico. Immigrants from El Salvador populate the states of Virginia and Maryland, while those from the Dominican Republic lead in New York and Rhode Island. Moreover, Cuba is the top birthplace of immigrants in Florida.

## Famous Hispanic People

-In many aspects of American society, there are a growing number of Hispanic people who have influenced and contributed to the United States. Here are some of them:

-Mel Martinez is the first Cuban-American senator and one of two Hispanics in the Senate. He also served as the Housing Secretary of former president George W. Bush.

-Famous journalists and writers including Isabel Allende, Julia Alvarez, Sandra Cisneros, Geraldo Rivera and Gary Soto.

-A number of Hollywood actors including Lynda Carter, Cameron Diaz, Emilio Estevez, America Ferrera, Salma Hayek, Jennifer Lopez, Anthony Quinn, Charlie Sheen, Raul Julia, and Sammy Davis Jr.

-Selena Gomez, Gloria Estefan, Christina Aguilera, Ricky Martin and Rita Moreno are among the famous singers of Hispanic origin.

-Sports icons like Oscar De La Hoya, Roberto Alomar, Jose Canseco, Scott Gomez, Pedro Martinez and Nancy Lopez have Hispanic heritage.

## Hispanic Influence in the U.S.

-Aside from the Spanish language, Hispanic culture has influenced America with their tasty cuisine, popular Hispanic dishes in the United States are tortillas, tamales, tacos, different salsas and condiments like guacamole, pico de gallo and mole.

-Hispanics are known for their strong value on family. They tend to close-knit families beyond that of the nuclear family. Three generations usually live in the same house or nearby, making family gatherings a common event.

By: Ronnie Carrasquillo

# CHANGING THE NARRATIVE

When I was first presented with the notion that we would be able to bring in some individuals from the IDOC to join our production team, I never thought it would come true. Not only did it seem impossible, the amount of questions that started arising in my head as Production Manager were numerous. How much talent will they come with? How long will it take them to get trained into the kind of employees we need? How will the other employees react to the new team members? What kind of personalities and natures will they have, and will they fit into our MTM family culture?

The first round of interviews went very well. These men were polite, they were eager and they were humbled. It was a huge blessing to be a part of this step, but the best part was round two of interviews when the rubber hit the road and when my questions really started to get answered. These men, though nervous, stepped in our shop floor and were immediately engulfed in the culture we are trying to build here. They passed their welding tests with flying colors even with many people watching over their shoulders. The talent that was bottled up in them was evident and I couldn't wait to see it put to use in our trailers.

It has been a huge blessing to be a part of a program that encourages these men to work on a team, build on their experience and knowledge, and increase their motivation for everyday life. When they step on the MTM campus they are one of us. They come in everyday with a smile and a work ethic that I hope is contagious to all that observe them. There is always room for growth, but they have been an absolute joy to work with and we here at MTM love having them on the team!

-Olivia Steffen, MTM Production Manager

# PEER LED SHOWCASE

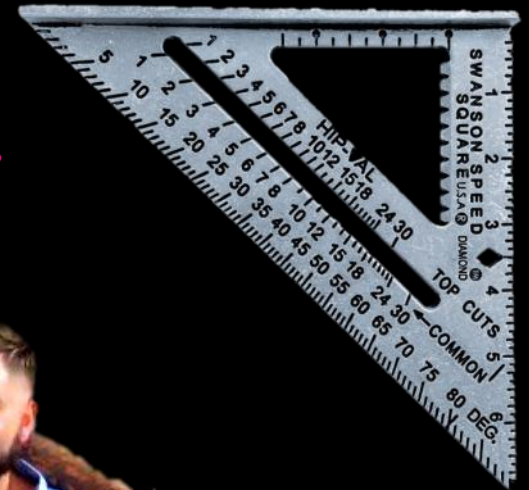
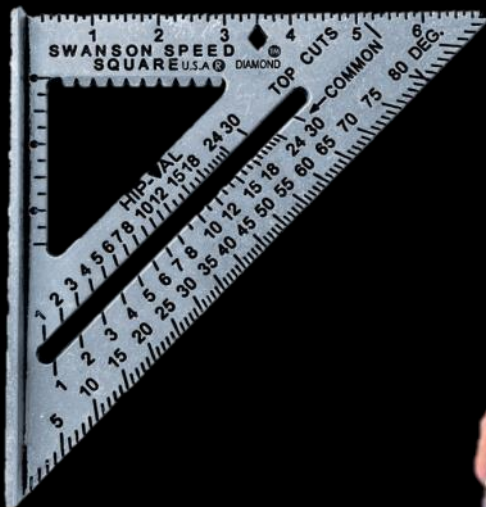
The Kewanee campus along with **Kewanee Horizons** wants to shine a light on the individuals that have taken it upon themselves and volunteered, not only to lead these classes, but to build the curriculum and advocate for the creation of many of the programs themselves. These men have dedicated themselves to bringing our community some amazing avenues for self-improvement. They have not only taken it upon themselves to invest the time and effort in improving their own prospects for the future, but an equal (sometimes more so) amount of time in affecting change in the future of the rest of the men who live here on campus. They serve as an example to all of us that with: effort, dedication, hard work, and a generosity of spirit, great things can and do happen for us here on campus. Our hats go off to you. We hope to include more Peer Educators from other facilities throughout the state in future editions of the **HORIZONS**.

Mr. Halik Williams and Mr. Vincent Davis from Danville C.C currently lead a class called W.R.A.P.



# T.R.E.O.

Trade Ready Employment Opportunities



This month in TREO we are learning the uses of a tape measure and a speed square. These tools are must knows in a lot of trades and mandatory in some.

I want to encourage everyone to be proactive in learning tools. This is something you can do by reading in your cell. There are many books on tools you can get. I promote this because knowing what a tool is, looks like, and a basic knowledge on how it works and what it's used for is a leg up on any interviews. It will help you be ahead of the next guy and your future employer will be impressed with your knowledge. Here's a few things about two of the most important tools.

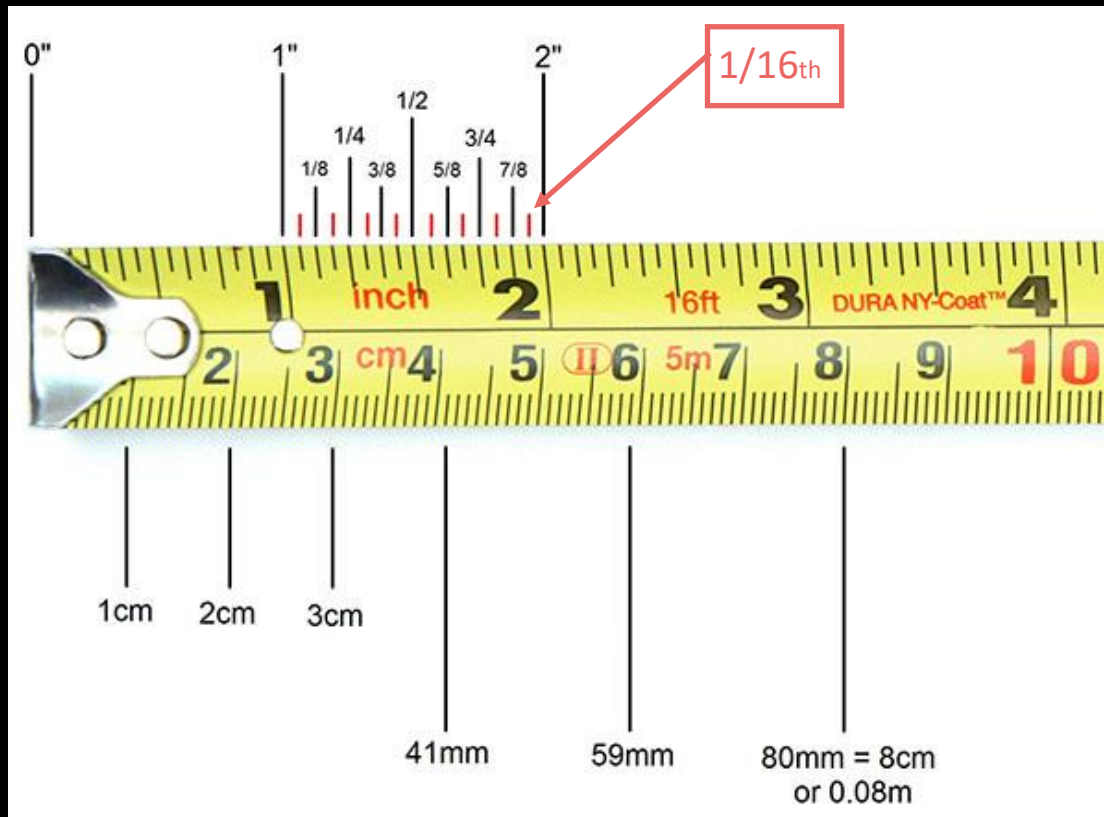
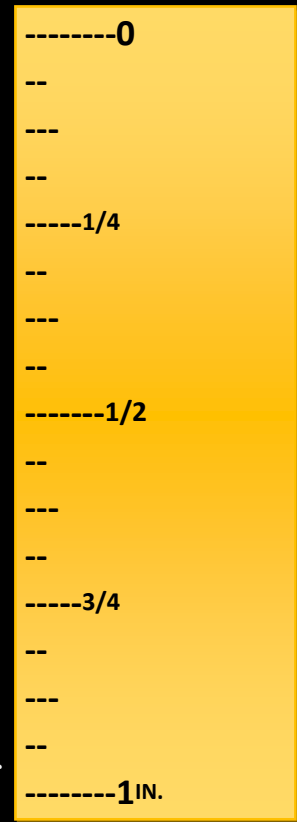
Thanks for the support, and hopefully someone who is reading is working on starting your own peer led TREO group where you are. Let us know if you need any information and keep dancing!

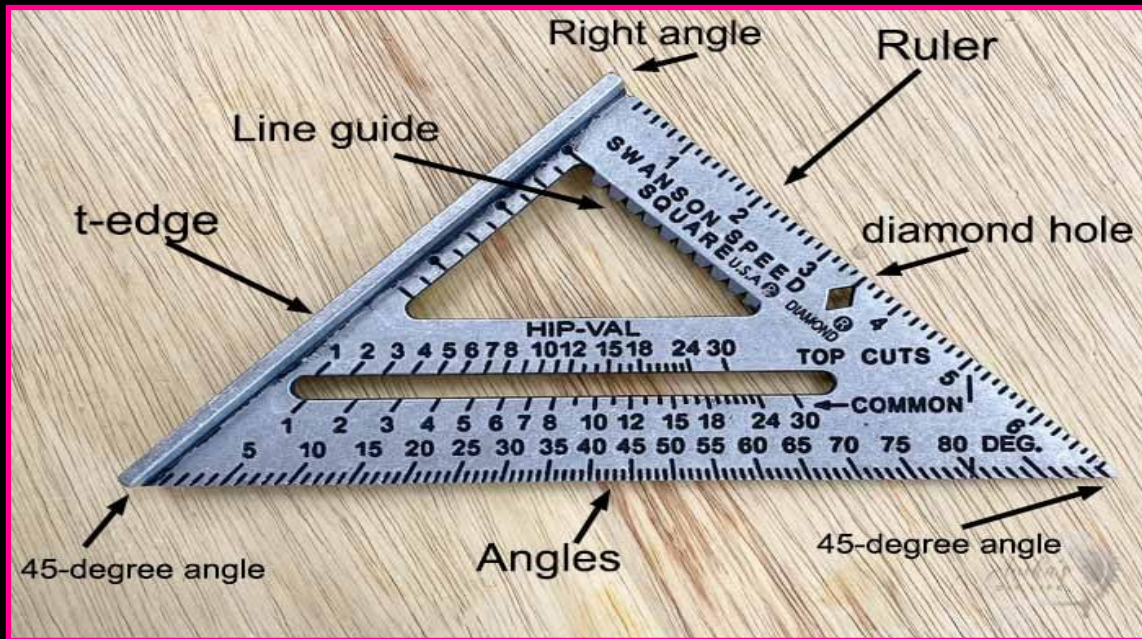
## Reading a Tape Measure

A tape measure is very important. It is one of the most important tools in hundreds of trades and occupations.

The basics are, in most every tape measure, inches marked by numbers starting at 1 and going up to as many as 200 – 500 depending on the length of your tape. The most common length is 20 feet or 240 inches. In each inch on a tape measure there are 16 lines. The distance between each line is  $1/16$ . These are usually the smallest lines. The next bigger lines is  $1/8$ , then you have  $1/4$ , then  $1/2$ . There are 16 – 16ths in 1 inch, 8 – eighths, 4 – quarters, 1 – half inch, all in one inch. These are all

important to know and be familiar with in order to be able to measure something correctly. Being able to read a tape measure can seem unimportant but in a lot of jobs, knowing already how can put you a step ahead of other applicants and can be what puts you over the edge. There are many tape measures, some are even easy read tapes that break it all down on the tape for you.





## Using a Speed Square

Another important tool is the speed square. There are many things that can be done with a speed square. It is a must have tool for carpenters and pipe fitters, as well as many other trades.

The main thing a speed square does is “with speed” lay out cuts for studs, rafters and square boards, pipes, and any 90-degree angle. The

right angle, also known as a pivot point, is the starting point for making most of these cuts. There is an edge that looks like a capital T. In the diagram, this is called the T-edge. This edge locks onto the side of a board and is meant to quickly slide up and down a board, or a stick of metal for metal fabrication trades. It slides quickly to your mark (length you want) and then you mark your line or your angle with the common rafter slot for rafters or your hip and valley slot for your hip and valley rafters. The diamond is used to mark a 3 ½ inch rip cut which is the width of a 2x4. You stick your pencils in the diamond, lock your T-edge on the side of the board, and slide. This motion with the pencil in the diamond will mark the entire 3 ½ inch rip cut. The puller notches also mark different size rip cuts by using the same method as the diamond. There are also two perfect 45-degree angles on a speed square to make 45-degree cuts and marks which are very common. The flat part of the T-edge is ¾ of an inch and the thickness of every speed square is 1/8-inch, perfect for a spacing tool for ceramic tile spacing and deck board spacing. When you buy a speed square, it usually comes with a book for the many uses of the tool.

# CUSTODIAL MAINTENANCE

## A Student's Thoughts...

Education was one of those things that I didn't care for when I was younger. Over time it had grown on me in ways that I didn't think was possible. Finally, it all had come together and a light bulb went off in my head!

What is the importance of an education? Well it applies to our everyday lives, even in the littlest ways. Without it you wouldn't be able to do anything but the basics. I applied myself along with others that were reaching for the same common goal. (Change-Knowledge). Then you ask yourself; "How hard could this class be"? Funny right? How hard is it to sweep or mop? Common everyday duties. Custodial Maintenance placed others, along with myself, in a rigorous eight day math course. Eight days that reminded you as to why education is important. Yes, I had moments of wanting to walk away, but Lakeland placed a very special teacher in that class. Someone who showed that she cared if we learned because she was learning with us.

LAKELAND





Ms. Simmons is hands on with each of her students. If you didn't immediately catch on, she'd make sure that she did all that she could for you. She'd make sure the proper steps were taken so that everyone was on the same page. The energy, love, and care she brought made you want to come and learn a new lesson, or go down and do floors, classrooms, etc. She gave a new meaning to the word **EDUCATION**. Custodial Maintenance is more than just cleaning or learning how to handle chemicals. It's a place where you can create a reality, not a dream. It's a class that teaches you discipline, strength, and dignity. It also inspires you to do more with yourself, while also helping your fellow man or woman. This class here has shown us all a different way while receiving an education. If you allow yourself the chance to be your true self, new doors will open. Walk through to a new beginning and opportunity of something new. THANKS GRADUATES!



LAKE LAND  
COLLEGE



I, Patricia Simmons, love my job. I have been working as a custodial maintenance supervisor for over 35 years. I have never been so blessed with teaching these students, they have been teaching me some things as well. They have been patient with me as I have been trying to do the best I can for them. I try to help them do resumes and try to help them with everyday situations and let them know I will help them as much as I can to become a better individual and have respect for their families and co-workers and as well as everyone in their path going forward. Thank you, students, for helping me feel appreciated.



I, Dwayne Moore, am thankful for the opportunity of taking custodial maintenance. Being able to learn the course has equipped me with the necessary tools to use in everyday situations and employment. Thanks, Kewanee Life Skills and Re-entry Center, and Ms. Simmons for allowing me to be a part of this program, custodial maintenance. #Another1fightsthedust.



I, Juan Macias, am grateful for the opportunity to have taken this class. I learned so much about how to clean different types of flooring. So, now I can take what I've learned and apply it for when I come home. Also, my teacher Ms. Simmons was very patient and engaging with us and wasn't afraid to step in and show us how to do the job correctly. She is a very awesome human being and I am blessed to have had her for my teacher.



I, Lance Taylor, Kewanee Life Skills Re-entry Center was a game changer for me. Almost 2 decades I wanted to take up custodial maintenance in IDOC. Because of the time I had to do I wasn't eligible, but within 90 days of being here at Kewanee LSRC I completed the course at Lakeland college with the most amazing instructor, Ms. Simmons, because of the love she has for her craft made it that much easier for me to learn. Thank you, Ms. Simmons, and because of you I'm proud to say I'm a CERTIFIED CUSTODIAL MAINTENANCE TECHNICIAN, thank you.



I, Paul Bosanko, want to thank: Ms. Rowan, Mr. Warnsing, and Mr. Cavanagh for your help getting me into custodial maintenance class. I was able to receive my associates degree and custodial maintenance certificate. The love, kindness, and work ethic you have showed us, Ms. Simmons. You are invaluable to me behind this environment. Thank you so very much. God bless you Ms. Simmons.



I, Robert Simpson, I am very thankful for this experience. I have learned a lot not only about custodial maintenance, but as working together with my peers as a team. Ms. Simmons helped me a great deal overcoming my math concerns and taught me a lot I didn't know. Thank you, Ms. Simmons and thank you Lakeland College.



I, Christopher J. Cox, took custodial maintenance to learn another trade to use upon my release from prison. What a good course to take. Our teacher Ms. Simmons really knows and understands her trade and how she took the time to teach each of us all the different kinds of cleaning the custodial maintenance involve: floors of all kinds, stripping, buffing, waxing, carpet shampooing, upholstery cleaning, restrooms, ceilings, walls, fixtures, floors. Learning this trade also is very important to me and others is killing germs and keeping people safe due to the Covid 19 pandemic. All my classmates worked with me to better each other in all the duties we performed as a team, which was valuable to me showing the kindness of the human heart and Ms. Simmons was the instructor that set this teamwork into motion. The first impression when you walk into any building is a lasting one. The next time you walk into a clean disinfected building with the floors that shine, remember it's the custodial maintenance men and women who make it happen. I am very thankful to custodial maintenance and Kewanee LSRC and Ms. Simmons.

Recent Graduate  
Johnny Gonzales



Recent Graduate  
Eddie Patton



# SLEEP ANXIETY

For as long as I can remember, I've had trouble sleeping. I've tried countless remedies, all to no avail. The real problem was that I couldn't stop my mind from racing. Night after night I'd lay there and think about all my "problems". As a child the things that kept me up were basic, and in hindsight, laughable. As an adult, my problems grew more complicated, especially when I caught my case. It wasn't until I got to the root of why I couldn't fall asleep, that I saw any progress. The reason I couldn't fall asleep is because I was telling myself stories; stories that started in reality, then spun off into a tale about worst case scenarios. 99% of the things I worried about never came true, and at its core, that's what anxiety is. *{(Anxiety- worry or uneasiness about what may happen.)- Webster's Dictionary}* The key word here is *may*. The vast majority of things we are anxious about, never happen. This means that the only thing that kept me up so many nights was me, telling myself stories about things that might have happened, but didn't. I'm not going to tell you to not think about your problems while you try to fall asleep, because I would have hated that advice when I was in the thick of it. Instead, I want to remind you that neither you nor I are fortune tellers. Neither of us knows what tomorrow holds. My teammates here at **K.H.** are living proof that you can wake up one day with a life sentence, and go to bed the same night with an outdate. None of us know what the future may hold. People change, and so do laws. It's ok to think about real problems, but please don't keep yourself awake with a story about something that MIGHT happen. Take life as it comes, and try and get some sleep.

Check out the next page for an exercise that helps with sleep.

A patient handout from Dr. Andrew Weil. This is a very simple and useful tool to achieve general relaxation and to manage stress.

*Ideally, sit with your back straight.*

*Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise.*

*Exhale through your mouth around your tongue; try pursing your lips slightly if this seems awkward*

## **STEPS**

1. Close your mouth and inhale quietly through your nose to a mental count of four.
2. Hold your breath for a count of seven.
3. Exhale completely through your mouth, making a whoosh sound to a count of eight.
4. That was one complete breath. Now, inhale again and repeat the cycle three more times for a total of four breaths.

**Why should I do it?** This exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it but gains in power with repetition and practice. Use this new skill whenever anything upsetting happens - before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep.

# Domestic Violence Awareness Month



*By: Marvin Alexis @Robinson C.C.*

When you get the opportunity, do this experiment: Look at the names of the people on your visiting and phone list. Next, look at the gender of each one of them. I guarantee the majority of the names on 99% of your lists are women.

It is an undisputable fact that for men and women incarcerated in prison, women are our dominant support system. They are the ones who travel ridiculous distances on the highway, putting miles and wear (and tear) on their cars, and spend hundreds of dollars on high gas prices, tolls, and expensive vending machine food all to come visit us for a couple of hours. Add that to the \$50/\$100 Western Union they consistently put on our books, so we can purchase low quality, but high price, products from commissary. Then, compound that with the money they put on the phones so that we can have an open line of communication with them and our family. These are only three examples of the vital roles these women play in our lives.

However, it amazes me how these are the same individuals who we seem to exact the most abuse on. Look, I'm not attempting to act like I know what's going on in your day to day relationships, but my eyes and ears work witnessing what goes on back on the deck. So, it gives me perspective and credibility to make these statements. We see the brother who gets down on his lady, embarrassing her and making her cry over a table full of food in the visiting room; we hear the brother on the phone calling his girl (even his mother) every foul name in the book, loud enough for the entire dayroom to hear; and we've been

on the receiving ends of brothers conversation, who will say the most degrading and debasing things about their woman that you've ever heard. Part of the reason for that is the fact that we live in a subculture where disrespect impresses, and the more "savage" you are, the more you are respected and accepted.

Not for a second will I sit here and act as if I am without blemish when it comes to the mistreatment of women. It is because of what I've done in the past that I feel the obligation and importance of penning these words. Come on, lets keep it thorough, at some point in time we're going to have to cease with "Hurting people who love us and loving the people who hurt us," in the words of rapper Kendrick Lamar. These women sacrifice so much because of their love for us. They have to endure the emotional turmoil of our absence first and foremost. They have to bear the responsibility of raising our children and maintaining the home front, most of the time (for a lot of us), while being financially deprived (poor and on government assistance). Meanwhile, most of us contribute no financial or physical assistance to them. We deprive them of that consoling embrace at night, and that strong presence which gives them that added sense of security and support. Then, to add to their torment, we heap a level of stress and mental and emotional abuse upon them that is paramount (and worse, to be honest) than any damage a fist could ever inflict.

It's time that we change the cool factor. We always show love and loyalty to our "day ones." Let's keep that energy—Naw, scratch that! Let's elevate that energy when it comes to that woman who is the crutch who holds us up when this tricky world trips us up. The mother who's responsible for our presence, or the mother who is the cultivator of our future (our children); And, the women who have been by our side like the ribs (who they truly are) through our entire journey as we navigate through these dismal crypts. We must do better! We must do better!



# NYCO JACKSON



Hello my name is Nyco Jackson, I'm 25 years young and currently in the process of rehabilitating myself the best I can. I must admit prior to my arrest I believed I had it all figured out but I was sadly mistaken and this endeavor has been an extreme revelation for me. I see Kewanee as an amazing place and a spectacular opportunity for all who get to experience its benefits. The positivity you all preach and teach can and will have a positive effect on all the different communities it touches. For example, myself and a couple individuals I associate with in my current community love to speak amongst ourselves about how the positivity you all preach effects us. It gives any and everyone hope and happiness.

During my self-rehabilitation process I've taken my life into my own hands. The environment I'm in isn't exactly the most positive and nurturing but I still strive for success and to do so I developed a routine. Daily I strive to spend as much time doing educational activities as I spend watching TV etc. As a result I created a better environment for myself and my roommate. We help each other study for our CDL, watch at least, watch at least an hour of CNBC (Mad Money Booyah), we study for our GED, and we help each other learn Spanish.

I say this all hoping to inspire someone in a worse or better place than myself. We spend 21 hours a day in our room and its relieving to have a roommate who helps pick me up and we both know our hard work will pay off and we will achieve better days as long as we keep our level of motivation and our work ethic. I'm into mycology (fungus) and seeing how interested people are when I speak about mushrooms becoming a major food source for everyone and seeing Patrick's horticulture class and reading the passion and enthusiasm he had, it gave me nothing but hope.

Please keep doing what you guys do, we are all watching and loving to see and hear all the positivity. No matter if Covid or anything confines us to our rooms, we will always have our brains, lets fill them with knowledge and positivity. I hope one day I can teach people and fill them with good vibes how you all do. Mycology and mushroom farming may be my ticket to helping others. Thanks again for all the hope and faith you guys give me weekly.



# THE BRIGHTER SIDE OF THINGS



*By: Jermaine Brown @Robinson C.C.*

On June 1, 2021 I was transferred to Robinson C.C. after Springfield decided to reclassify all individuals in custody. This was the first time in my 20 years of incarceration that I was transferred to a prison I didn't put in for. Many of the guys that transferred with me were unhappy and frustrated, but I wasn't. I had been paying close attention to the direction that I noticed I.D.O.C. had been going I was optimistic at the near

future. I looked at this transfer in a positive light, knowing I would use everything I've learned to turn Robinson into my personal stepping stone.

I arrived at Robinson and within the first 3 weeks I was placed in the kitchen. A couple of months later I worked in the Health Care as the Health Care's ADA: a position I took to the heart. This job allowed me to care for patients that couldn't care for them-

selves and increased my compassion for others. Shortly after, I received another job that allowed me to work Health Care on the 1<sup>st</sup> shift and Seg. Janitor on the 2<sup>nd</sup> shift. This unique position helped me earn the respect from important staff members because of my work ethic.

Suddenly things changed and after a few months of working two jobs the administration ruled that two job assignments was no more. When this happened I went to L.T.S. where I am now referring tournaments, setting up events and taking photos in the gym and on visits. When Clinical Service needed peer educators to attend the WebEx for the Cook County State's Attorney Resentencing Initiative and the Civics Education for Re-entering citizens I was chosen and when I asked why, I was told I'm one of the leaders in my community.

Today I am busier than ever; enrolled in Custodial Maintenance, Civics Peer Educator, working L.T.S., working out, writing music, and over-seeing a new business venture. For years I have complained about being good for nothing while serving time under T.I.S. and not receiving any reward nor recognition. However, my outlook on things are changing and I look forward to all improvements both within I.D.O.C. and within myself. Recently, I retook the risk assessment and went from moderate to low. I am now more ready to get out and succeed than I was before I transferred to Robinson C.C. I am not only looking forward to Kewanee L.S.R.C. but any re-entry housing.

For those of you who don't know it, it is beneficial to look at "the brighter side of things".

# PAD YOUR PORTFOLIO

*By: Nick "Irish" Ogden @ Pinckneyville C.C.*



I have been incarcerated since 1998 and I have seen the ups and downs of I.D.O.C. For a long time all I could do was work, I couldn't participate in school or programs. I transferred to Western CC where I was able to attend college, work, and take anger management classes. I didn't receive good-time back then, but the education I received opened my eyes to so much that I didn't know about myself, or the world.

I came to realize that I had so much more in myself that I didn't know was there. Possibilities and doors opened that weren't known to me before. Time passed and I transferred again to another facility where I was told that I couldn't participate in programs or school unless I had 2 years or less. From that, I continued to work hard and decided that I wouldn't give up.

The law changed where I was then able to earn good-time, which made me immediately eligible to receive good-time for my past schooling, certificates, and industry job. Many other people also had opportunities to earn good-time that weren't able to before. Guys with 100%, 85%, and 75% have been able to put good-time in their files for years now which will apply for the future. They now have hope.

I am currently taking horticulture class and working towards completing my Associate's degree upon completion of this class. For that, I'll receive almost an entire year of good-time. I tell these younger guys to "Pad Your Portfolio". Take advantage of all the programs and education that's available to you. That way, when the laws change again and allow you to earn good-time and get early release, you're actually prepared for success. That portfolio reflects who you are as a person and shows the steps you've taken along the way despite you not being able to initially receive good-time. As a man, or woman, you see your worth and what you're capable of when you actually apply yourself. As you pad your portfolio to a parole board, judge, or state's attorney, you also expand who you are, changing the narrative and the path you're on. By doing so, you give yourself the best chance possible to be free, and stay free.

Being an older gentleman and watching I.D.O.C. change for the better, and changing myself in the process through education and programs, it reflects on the younger generation. I speak of hope for a better future, hope for new out-dates, and going home to family and friends. Not as the same person, but a person that has changed with the help of programs and education. You are the one that has to start that process. Don't sit idle, apply for any and all programs and educational classes that your facility has to offer. Pad that portfolio and let change begin.

"Far and away the best prize that life offers is the chance to work hard at work worth doing."-

-President Theodore Roosevelt

# A Hebrew's Point of View

BY: Alvin Harris



How do we become men of Yah (God)? The tenets of Hebrewism teaches us that believing in Yah is alright as the first step, but believing and worshipping are two different things. Believing in Yah makes us accountable for what we say, but worshipping, striving to become men of Yah makes us accountable for what we do.

The book of Proverbs instructs us on the attributes that should be portrayed by men of Yah and as Hebrews Israelites we believe, being armed with this proverbial knowledge will help to circumvent the many pitfalls that will be encountered on the path laid before those who chooses to walk a different walk. Many times, especially when we begin that journey to walk differently than what people are used to, we can become targets for the many negative forces that surround us everyday. One thing I appreciate about Kewanee is that we have a number of cognitive behavior classes that helps us become aware of our thought processes which helps us develop pro-social behaviors with the hope that this becomes part of our demeanor. Negativity actually “does not

exist” except that it be in the mind of men/women. Thought precedes all substance, so those treading upon the path of righteousness must understand that we cant fall victim to our emotions when faced with the negativity around us, we must learn how to master our emotions to the extent that we will not be reactionary. Something as simple as the way we communicate has the ability to quell the wrath of a foe, or put us in places we regret being once we get there. From a Hebrew’s point of view, the proverbial attributes helps us on our path to becoming men of YAH.

To be continued...

## Proverbs 15:1

“A soft answer turneth away  
wrath, but grievous words stir  
up anger”



# BASKETBALL TOURNAMENT

## CHAMPIONS



## KLSRC LTS



On September 18th the KLSRC campus battled it out in a 5 on 5 single elimination basketball tournament. 4A and 4B made it to the Championship, where 4A (LEFT) came out victorious!

**THANKS to the LTS Department, and Supportive Staff!**

# Mental Health

Thank you to Mr. Kuster and Mr. Ross for their invaluable help in putting together the Mental Health pages. They go out of their way to be helpful for this and is helpful.

This week **K.H.** would like to use our Mental Health pages to talk about dealing with anger issues. We appreciate all of our readers out there who take the time out to check out the different info we try to include in this section of **K.H.**, as we have stated a few times Mental Health is of vital importance in our lives, it affects everything we do and experience. The info we include in these pages is presented with the hope that it can be helpful to you in some way, we all know how hard days in prison are, we all know that person who thinks they have all the answers to our problems, maybe we are that person sometimes, one of the things about mental health is that it takes work on your part for you to maintain it. Another important fact about mental health is that it should be thought of in the same way as oxygen masks on airplanes: the first instruction you get is to make sure to put your own mask on first, then you can try and help someone else. The idea is that you cannot help anybody else without first helping yourself. It is not selfish to take care of yourself first when it comes to mental health, it is necessary. Please take note of this information about anger and at least try to take care of your mental health with purpose and meaning.

There are a number of steps that all of us can take to help us to manage our anger more appropriately.

## Start to Understand Your Anger

Anger is an emotion like any other, and the first step towards being able to control any emotion is to understand why it happens. Many people use anger as a way to cover up other emotions, such as fear, vulnerability, or embarrassment. This is particularly true for people who were not encouraged to express their emotions as children, but it can apply to anyone. When you start to feel angry, look behind your anger to see if you can identify what you are really feeling. Once you name the feeling, you will find it easier to express it more appropriately.

# Mental Health

## Know Your Triggers and Signs

We all have certain things that make us angry, and also telltale signs that we are starting to lose our temper.. Triggers are often very personal, but there are a number of general themes that can help you to identify them. Negative thought patterns are often associated with angry outbursts. People or places that you find stressful may also make it harder to control your emotions. If your anger is a mask for other emotions, it may therefore be likely to emerge. Being aware of what makes you stressed can help you to avoid those situations.

## Learn Ways to Cool Down Your Temper

Just as we all have triggers for anger, so we all have ways that we 'cool down'. Learning some techniques means you can use them when you notice your telltale anger signs. Some useful techniques include:

Consciously Breathing More Slowly and Relaxing: The idea behind this is to try to reverse some of the physical symptoms of anger. When you start to feel tense and angry, try to isolate yourself for 15 minutes and concentrate on relaxing and calm, steady breathing.

Even if you cannot take yourself away for 15 minutes, stopping and taking some deep breaths can help you to relax and give you time to think.

Focus on How You Feel Physically: Sometimes, just noticing the physical changes in your body can help to calm you down, because it turns your mind to something other than the immediate problem.

Slowly Count to Ten: Give logic a chance to catch up with your emotions. Slowly counting to ten before saying or doing anything will help you to avoid saying anything you may regret.

Stretch: Slowly stretching out can help you relax a little, which again reverses some of the physical signs of anger and therefore makes you feel calmer.

# Mental Health

## Find Other Ways to Express Your Anger

There are times when anger is appropriate. However, exploding is not. You need to find a healthy way to express your anger calmly, so that your message is heard.

**Plan 'Difficult' Conversations:** Make notes beforehand, planning what you want to say in a calm and assertive way. You are less likely to get side-tracked during your conversation if you can refer to your notes.

**Focus on Solutions not Problems:** Rather than dwell on what has made you angry, try focusing on how to resolve problems so that they do not arise again in the future.

**Give Yourself Time:** Wait until you have calmed down from your anger and then express yourself in a calm and collected way.

**Focus on the Relationship, and Don't Hold Grudges:** Instead of focusing on the immediate issue, focus on the relationship. Try to be realistic and accept that people are the way they are, not how we would like them to be. You cannot change how other people behave or think but you can change how you deal with others but working on a positive attitude.

**Use Humor to Defuse Situations.** If you can introduce some humor, resentment will be reduced and your mood lifted. The simple act of laughing can go a long way to reduce anger.

## Look After Yourself

**Exercise and Keep Fit:** The hormones that we release when we are angry are similar to those produced when we are stressed. When you exercise regularly, your body learns how to regulate your adrenaline and cortisol levels more effectively.

**Sleeping Well:** Sleep is an important part of life and good quality sleep can help combat many physical, mental and emotional problems, including anger. One of the most rewarding exercises we can engage in is Yoga. Yoga is both physically and mentally stimulating and rewarding. It can calm you down and give you space to weigh your thoughts in dealing with life.

# MORALITY BRAIN FACTS

♥ = **Emotional Circuit**

♥ **Medial Frontal Gyrus**

This region of the brain is important for decision-making and for choosing between alternative potential actions. This is especially the case when there is conflict between multiple options.

♥ **Temporal Pole**

The temporal pole functions in both social processing, such as face recognition and figuring out the mental state of others, and in emotional processing. It may also help combine complex perceptual inputs with intuitive emotional responses.

♥ **Ventromedial Prefrontal Cortex**

This area is an important structure for allowing emotional responses to influence rationalized moral decisions. In psychopaths, connections between this region and both the amygdala and reward pathways are disrupted.

😊 = **Rational Circuit**

😊 **Parietal Lobe**

Involved in working memory and cognitive control. This area of the cortex provides information needed to help us perceive social signals, to figure out others' beliefs and intentions - such as whether an act was aggressive or how a social context should affect behavior.

😊 **Posterior Superior Temporal Sulcus**

This area integrate rational and emotional information. It may also counteract the ventromedial area to suppress emotional drives when dealing with complex moral dilemmas that favor cognitive solutions using memories or other data.

♥ **Posterior Cingulate Cortex**

This region is active when our environment changes and when we are thinking about ourselves. It may help assess the seriousness of offenses and the appropriate response by acting as a hub for integrating intuitions about the mental states of others.



**=Emotional Circuit**



**Orbitofrontal Prefrontal Cortex**

Activated by watching morally charged scenes, this area processes emotional stimuli. It aids in representing just rewards and punishments for observed behavior and in making emotionally driven moral choices.



**=Rational Circuit**



**Dorsolateral Prefrontal Cortex**

This area integrates rational and emotional information. It may also counteract the ventromedial area to suppress emotional drives when dealing with complex moral dilemmas that favor cognitive solutions using memories or other data.

### **Moral Judgment**

When we make decisions, our emotions play a vital role. In order to weigh moral matters, brain areas that are involved in emotional experience coordinate with areas that register facts and consider possible actions and consequences.

### **Altruism**

When a person acts to benefit another at personal cost or risk. It involves empathizing with another's distress then acting to help. It involves distinct processes. Brain scans show that acting altruistically activates the reward pathways, reinforcing the behavior and quelling emotional discomfort. Selflessness is a distinguishing feature of human behavior and an evolutionary enigma given dangers to the altruist.

### **Psychopathy**

Psychopaths can understand morality and can, therefore, mimic normal social interactions. This means that while they behave heinously, they remain hard to identify. The underlying cause may be a disconnect between brain regions linking logical decision-making and emotion, leaving them unable to grasp the fallout from their behavior.

GTNTL\_\_ 1

Guess the next three letters in the series GTNTL.



2  
How far can a squirrel run into the woods?



3  
The water level in a reservoir is low, but doubles every day. It takes 60 days to fill the reservoir. How long does it take for the reservoir to become half full?

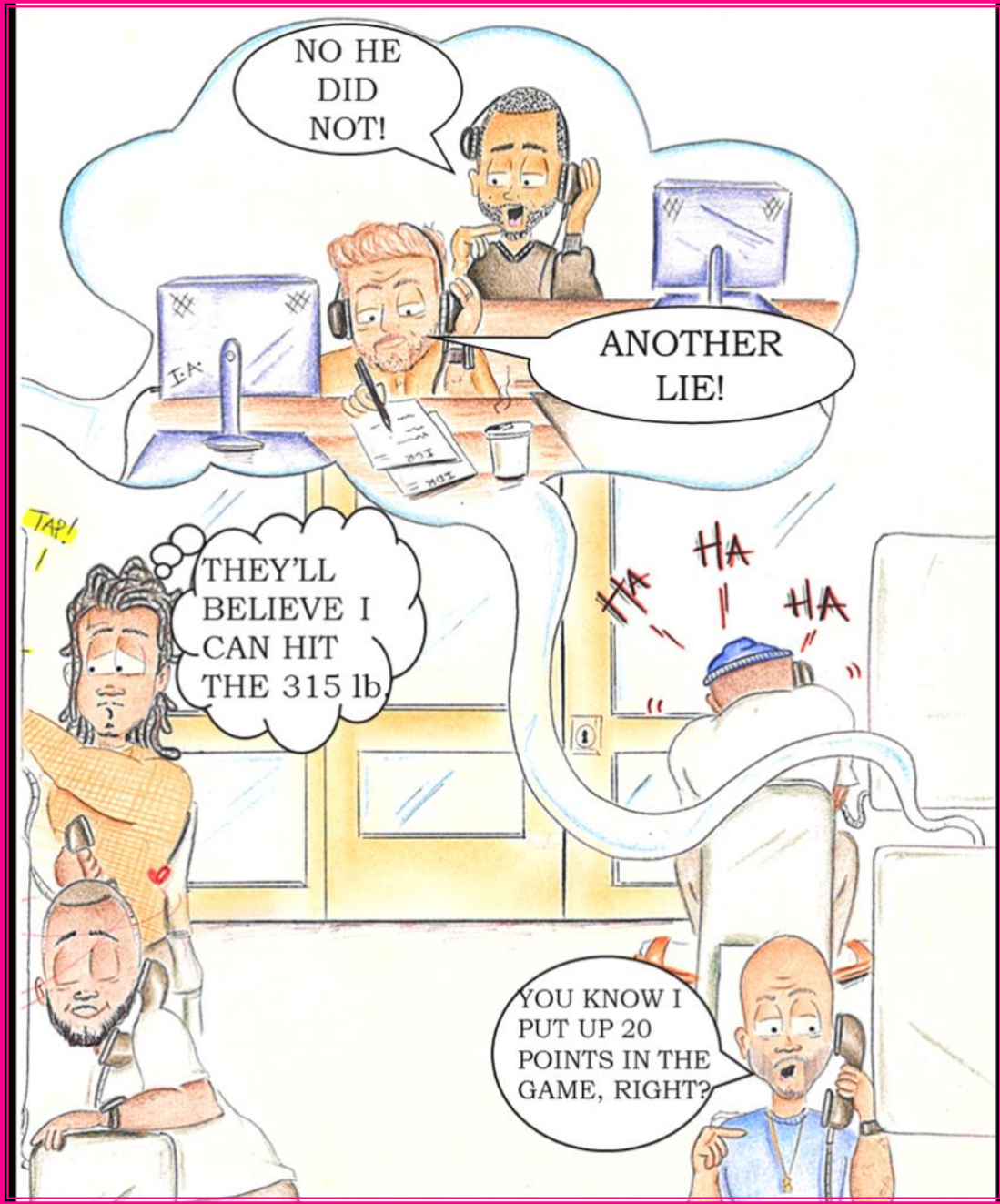
# BRAIN

1. Answer: I, T, S. The complete sequence is the first letter of every word in the sentence.  
 2. Answer: Halfway. After that, he's running back out of the woods.  
 3. Answer: 59 days. If the water level doubles every day, the reservoir on any given day was half the size the day prior. If the reservoir is full on day 60, that means it was half full on day 59, not on day 30.  
 4. Answer: Three. A blonde, a brunette, and a redhead.

# TEASERS



4  
A man describes his daughters, saying, "They are all blonde, but two; all brunette but two; and all redheaded but two." How many daughters does he have?





# HOROSCOPES



**ARIES:** The bigger the load you are carrying as the new week begins the more necessary it will become to share it around. You may think you are strong enough to do it all on your own but even if you are why on earth would you want to?

**TRANSLATION:** Pump your brakes, you're not a Super-Hero!



**TAURUS:** This is still one of the most enjoyable times of the year for you Taurus, so decide what fabulous things you are going to get up to over the next few days, then throw yourself into the fun side of life. This phase won't last forever you know.

**TRANSLATION:** Go ahead and give that yoga class a try before them young bones aren't so young anymore!



**GEMINI:** You must keep negative emotions at bay today, because the moment you give in to the idea that Lady Luck is no longer on your side that belief will become a self-fulfilling prophecy. Act as if you cannot possibly lose – and you won't.

**TRANSLATION:** Time for a heat check on the court, you got that half-court 3, go ahead and pull up baby Steph! Believe in yourself!



**CANCER: 22** You may be doing everything in your power to help other people feel good while neglecting your own needs but the message of the stars this week is that you can and you must do what makes you feel good for a change. Others can wait.

**TRANSLATION:** Those KH guys keep telling you: read and try the Mental Health exercises, that shit is important! You aren't helping anyone by neglecting yourself.



**VIRGO:** As the Sun is nearing the end of its journey through your sign you should be looking to tie up loose ends that might trip you up if you leave them as they are. It's also a good time to look ahead and make some serious long-term plans.

**TRANSLATION:** They ain't talking about what show to watch tomorrow, they're talking about what shows to watch all winter! Winter is Coming...



**LIBRA:** The pressure, both at home and at work, is building fast, but if you stay calm and keep your mind free of fear there is nothing in the world that can harm you. The next few days could be tough but after that, you will be back to your best.

**TRANSLATION:** Yes, your BM's birthday and your girl's birthday are both this week! You will probably be able to skate through by getting them both the same card from the same person!



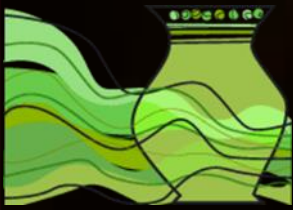
**SCORPIO:** Things that have been hidden from you in recent weeks will be revealed one way or another over the next 24 hours. No doubt, you will be surprised how easily some people have misled you but that's only because you wanted to believe the best of them.

**TRANSLATION:** No, they didn't wire that bread when they said they did, you wanted to believe they did, but they didn't. Sorry, not sorry, you knew that was what was up.



**SAGITTARIUS:** You must have a clear idea of what it is you are hoping to achieve, both in your personal life and in your career. If your aims keep changing you will find it extremely hard to make any sort of progress. Focus is a must for long-term success.

**TRANSLATION:** Do you want your significant other to send you messages? Then focus on that and do not keep asking about if bro has been around.



**AQUARIUS:** If you have been feeling run down of late then ease off a bit and let others take the strain. Nothing is more important than your wellbeing and with one of the best times of the year about to begin you can and you must conserve your energy.

**TRANSLATION:** Translation: It's time to pass torch and have others make those burritos, you stick to the dishes! #DOWORK (but not too much)



**PISCES:** Pluto is very much on your side today, making it easy to push ahead with your plans. But as Pluto is going through a retrograde phase those plans must be perfect in every way. This is not a good time to take chances, so make sure you cannot fail.

**TRANSLATION:** Do not raise your hand in class knowing good and well that you don't know the answer!



**LEO:** Resist the urge to spend money on things you don't need and on social situations you could easily avoid. If you splash the cash over the next 24 hours you could find yourself worrying about how to make ends meet later in the week.

**TRANSLATION:** You know you can't afford to put 2 wet packs in each meal! Nobody is fooled by that, straight CAP!



**CAPRICORN:** Friends and colleagues may claim they are acting in your best interests but can you be sure of that? While Mercury is moving through one of its retrograde phases you would be wise not to let others do things for you. Frankly, they cannot be trusted.

**TRANSLATION:** Always do the cooking yourself, your boy be adding like 5 noodles and keeping those dogs for himself yo.

# STATEWIDE CALLOUT

Greetings to you all once again. It is an honor and a very real privilege to all of us here at **K.H.** to be able to speak to you through this project. We promise that we have been working hard and we will continue to do so. **Horizons** is important to us and we hope you are enjoying it. We really need your help to continue to produce on a regular basis. We need your voices, we need your thoughts, we need your support. This is put together for the sole purpose of bringing our community together in the spirit of positivity. We firmly believe that we (ourselves and you) can make some amazing things happen. We believe that by highlighting the best things we do, we can change the narrative of who prisoners are in Illinois and everywhere. You need to be a part of this. Many of us are asking society to look past our worst decisions in life, not to ignore them but, to allow us to begin to make some positive changes in our lives, in our environment, and in ourselves. A friend of ours, a Lifer, once told us that the cynical mindset of “No. Nope. And That ain’t gonna work.” is the laziest thought process one can engage in. It takes work to put yourself out there and buy in to the possibility of positive change in all aspects of our lives. The same way it takes work to write an article or a piece for **K.H.** and get it sent to us here at KLSRC, but we need it and we appreciate it. We have some simple guidelines we’d ask you to try and utilize, not because we don’t appreciate whatever else you might try and put together (we do), but because we have a specific vision for how we see **K.H.** interacting within our community and within the larger communities we are a part of. We see our mission as being

one of **Restorative Justice** with an emphasis on building community. Therefore we'd ask that your submissions focus on those ideals, what is the community doing to affect you in positive ways and what are you doing to affect the community in positive ways? This could focus on groups you are in, classes you have taken, some outreach programs you are participating in or something you have seen others doing that you'd like to shout out in a big way. You can let us know how you'd like to be identified as the writer: credited or uncredited, with your picture (if possible?) or without, anonymously, by your facility, age, gender, or whatever is reasonable.

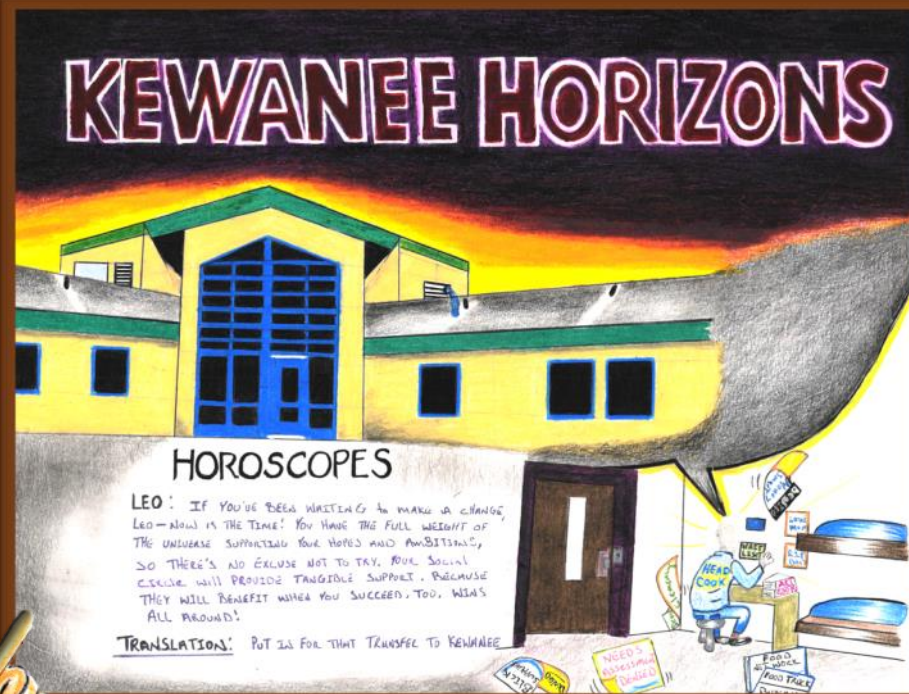
- How does the subject you are writing about impact your community?
- How have you been impacted by the subject you are writing about?
- How did it get started?

We are trying to keep the guidelines as open ended as possible while maintaining the integrity of what we feel **K.H.** should and can be.

**THANK YOU FOR TAKING THE TIME TO READ THIS, FROM ALL THE GUYS WHO WORK ON KEWANEE HORIZONS.**

**THANK YOU TO ALL THE PEOPLE BEHIND THE SCENES WHO HAVE HELPED, EVERYDAY, TO MAKE THIS POSSIBLE**

# GOT ART?



Art By: Milton Jones - East Moline

What's up everybody!? Ya'll see this? This guy stepped up and showed off his skills. I know we got some dope artists in IDOC, let's see what ya'll got! I'm challenging ya'll to draw something for **Kewanee Horizons**. Who knows? Your piece might just pop up on the tablet for everybody to see. We'll be waiting. I gotta go, still haven't finished the next drawing for "The Adventures of J-Dawg".



# MAILING US SUBMISSIONS

The address for **Kewanee Horizons** is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

Here is a quick list of DO's and DO-NOT's:

- **DO** try to have someone official from your facility contact EFA Mr. Warnsing before you send anything through the mail, they may be able to e-mail it directly to him
- **DO** try to stick within the ideals we have tried to promote in your article, namely Community and Restorative Justice principles, i.e. how the subject of your piece is community related and affected, stay positive
- **DO NOT** expect to have whatever you send, however you send it, returned to you under any circumstances
- **DO NOT** write to any individuals in custody at **Kewanee Horizons** directly, or indirectly if you are in prison, incarcerated, locked up, doing a bit or anything in that direction
- **DO** write to or e-mail our liaison E.F.A. Mr. Warnsing if you are a free person in the free world and would like to submit something for possible publication
- **DO** understand, your submission is not guaranteed publication in **Kewanee Horizons**, we have internal and external guidelines that we adhere to



(FOR)

GOT

(TO SMELL THAT BREAKFAST)

MILK?



#SUPPORTCANCERRESEARCH

# BREAST CANCER



"Knowing it exists is not enough. Get informed. Pass it on." – Unknown

# AWARENESS



# Domestic Violence Awareness Month



## ENSLAVE

YOU MUST ALWAYS BE COMMITTED TO ME; YOU CAN'T HAVE MALE FRIENDS; AFTER WORK I'M GOING OUT WITH THE GUYS; YOU WILL STAY WITH ME WHILE I GROW INTO A MAN; I EXPECT YOU TO KNOW HOW TO BE A HOUSEWIFE AND TREAT ME RIGHT; I CAN TALK TO OTHER WOMEN AND HAVE MALE FRIENDS; YOU CAN'T HAVE ANY RELATIONS WITH THE OPPOSITE SEX; THE FRIENDS THAT YOU DO HAVE I MUST APPROVE OF THEM FIRST; DON'T WEAR THAT OUTFIT BECAUSE IT SHOWS TOO MUCH; IF ANOTHER MAN LOOKS AT YOU IT'S CONSIDERED CHEATING; YOUR SCHEDULE MUST ALWAYS BE FREE FOR ME; PUT YOUR LIFE ON HOLD, I SHOULD BE YOUR ONLY WORRY; YOU CAN'T BE SMARTER THAN ME; I SHOULDN'T HAVE TO CALL YOU MORE THAN TWICE; I CAN PICK FIGHTS WITH YOU; YOU HAVE TO ACCEPT EVERYTHING I DO BECAUSE I CAN NEVER DO WRONG; *AM I A LADY OF A SLAVE?*; CHEATING IS OK FOR ME; I CHEAT JUST FOR MORE SEX; IF YOU CHEAT YOU'LL LEAVE ME; ALWAYS KNOW YOUR PLACE; WHAT WE GO THROUGH SHOULD BE KEPT BETWEEN US; IT'S OK FOR ME TO GET ADVICE FROM MY FRIENDS ABOUT US; IF MY CLOTHES ARE DIRTY WASH THEM; IF I'M HUNGRY I EXPECT YOU TO COOK; IF MY BACK HURT YOU HAVE TO MASSAGE IT; AND NO I WON'T SAY THANK YOU OR APPRECIATE IT BECAUSE THAT'S YOUR JOB; WHEN I'VE HAD A LONG DAY YOU'RE EXPECTED TO LISTEN TO ME; YOU DON'T HAVE REAL PROBLEMS COMPARED TO A MAN; *HOW WOULD YOU KNOW ABOUT THE PROBLEMS I HAVE IF YOU NEVER ASK ME?* I DON'T MEAN TO HURT YOU I JUST WANTED TO TEACH YOU A LESSON; TELL THEM YOU HIT YOUR EYE ON THE DOOR; THOSE BRUISES WERE FROM US PLAY FIGHTING; I DIDN'T KNOW MY STRENGTH; YOU KNOW HOW TO PUSH MY BUTTONS; YOU'RE NOTHING WITHOUT ME; I'M SORRY I LOVE YOU. – **ALEXIA HAMILTON**