

Kewanee Horizons
MOTHER'S DAY
Volume 39





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OUTSIDE CONTRIBUTOR



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



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 as 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 our campuses 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.



THANK YOU!

We send a thank you out to all those who contributed to the Mother's Day issue this year. We truly appreciate you given us the opportunity to showcase to the world your words and art in relation to how you celebrate Mother's Day. Even though we're incarcerated it's imperative that we find a way to show some love to all the mothers worldwide. To all the mothers across the globe, us here at Kewanee Horizons extend our gratitude and appreciation. **THANK YOU** for being so **AWESOME**.



Art By: Baha Eddin Al Momani
@ CENTRALIA C.C.





By: Katie Manning
@ Decatur C.C.

Appreciation

I feel that Mother's Day is not just for all the mothers out there. But for grandparents, aunts, uncles, siblings, and all the other people standing in our absence. These people that are giving our children a parental figure to look up to. They deserve to know that they are appreciated on days like Mother's Day and Father's Day. Also, don't forget the parents that are doubling up on parental duties being both mommy & daddy! Let these people know they are Appreciated this Mother's Day. A simple card and a few words go a long way!

Cycles

I love your little fingers and toes, your slobbery kisses, even the boogers in your nose

You're the light of my life, the apple of my eye,
even though I didn't show it while I was getting high

Learning to parent you from prison all I can do is try. I know that you're sad
because I'm away and it hurts to hear you cry.

Someday I'll be there to your mom again,

I hope that you can break the cycle because that's the ultimate plan.

I Love you so much, you're the apple of my eye.

Please, discontinue this cycle of getting drunk and high.



HAPPY MOTHER'S DAY!



By: Tiiyon T. Byrd

Mother's day is the time to celebrate the beautiful women that are the exact reason that we are here on this earth. I don't quite think that people understand the importance of the celebration of our Mother's, and of women in general. When it comes to nurturing, caring, loving, and empathetic people, the first thing that comes to mind without hesitation is Mother's/women. What I've always been fascinated by in life is that with almost every specie of animal on this earth, the Mothers are the ones that are responsible for caring for their young. Growing up, I had to watch a lot of animal planet and educational shows, which in turn taught me a lot about life, and how the many different species of animals are all pretty similar to our human race, (the Mothers are the ones we most depend on). I can't even put into words what my Mother means to me. To share a little though, I was always one of those kids that was over-protective when it came to my Mother.

My Mother is a very beautiful woman, so at all times there would be guys breaking their necks to look at and talk to my Mother. As a kid, I felt like I was 12ft tall and 250 pounds... meaning, I thought I could beat the world up when it came to my Mother. When I think back on it now, I can't do anything but laugh. I can't recall exactly what I was thinking as a kid, but I do know that I never liked seeing other men look at my Mother. She used to tell me to calm down, that they're only being nice, and people can look all they want. I wasn't trying to hear none of that.



TO ALL OF YOU!

Fast-forward to now, I have a son who's a teen, and I can't even joke with him about his Mother, he's ready to beat me up. Point is, in any situation, for the majority of people, their Mother is their everything, and they'd do any and everything to protect her, just as she would. My Mother and I don't always get along, we definitely don't always see eye-to-eye either, but one thing about her is that no matter what, she has always been there for me and has never given up on me. Throughout the entirety of my life, I have put my Mother through a lot, despite that; she has never stopped loving me. When you think of unconditional love, that's exactly what that means, the "love of your Mother".

For everyone that has lost their Mother, I am sorry, but I encourage you to celebrate her and the fact that you are living and breathing still. I know there are some of us that haven't had any good experiences with our Mother's, and for that, I am sorry as well. The most important thing to remember is that our Mother's have given us life. We can go through life being bitter, hateful, and all the rest of those ugly things, but I promise you that it won't get you anywhere in life. My thoughts on the ultimate celebration of our Mother's are for us to make them proud. Show them that the person they gave birth to is someone to be recognized as "**Greatness**". Let's all celebrate our Mother's the right way and be grateful that we're here on this beautiful earth and we actually have something to be grateful for, which is indeed our Mother's...our Beautiful Mother's!





The Mother of Mother's Day

Anna Maria Jarvis (May 1, 1864 – November 24, 1948) was the founder of Mother's Day in the United States. Her mother had frequently expressed a desire to establish such a holiday, and after her mother's death, Jarvis led the movement for the commemoration. However, as the years passed, Jarvis grew disenchanted with the growing commercialization of the observation (she herself did not profit from the day) and even attempted to have Mother's Day rescinded. She died in a sanitarium, her medical bills paid by people in the floral and greeting card industries.

Anna Maria Jarvis was born to Granville E. and Ann Maria (née Reeves) Jarvis on May 1, 1864, in Webster, Taylor County, West Virginia, the ninth of eleven children. Seven of her siblings died in infancy or early childhood.

Her birthplace, today known as the Anna Jarvis House, has been listed on the National Register of Historic Places since 1979. The family moved to Grafton, West Virginia, also in Taylor County, later in her childhood.

Ann Reeves Jarvis was a social activist and founder of Mothers 'Day Work Clubs.

As a woman defined by her faith, she was very active within the Andrews Methodist Episcopal Church community. It was during one





of her Sunday school lessons in 1876 that her daughter, Anna Jarvis, allegedly found her inspiration for Mother's Day, as Ann closed her lesson with a prayer, stating:

"I hope and pray that someone, sometime, will found a memorial mother's day commemorating her for the matchless service she renders to humanity in every field of life. She is entitled to it."

With the encouragement of her mother, Anna Jarvis attended college. She was awarded a diploma for the completion of two years of coursework at the Augusta Female Seminary in Staunton, Virginia, today known as Mary Baldwin University.

Jarvis returned to Grafton to work in the public school system, additionally joining her mother as an active church member, maintaining a close link to her mother. After her uncle, Dr. James Edmund Reeves, persuaded her to move to Chattanooga, Tennessee, Jarvis worked there as a bank teller for a year. The following year, Jarvis again moved, this time to live with her brother in Philadelphia, Pennsylvania, despite her mother's urging to return to Grafton. Jarvis was successful in Philadelphia, taking a position at Fidelity Mutual Life Insurance Company, where she became the agency's first female literary and advertising editor. Another accomplishment was becoming a shareholder in the Quaker City Cab Company, her brother's business. While away from Grafton, Anna Jarvis maintained close correspondence with her mother. Ann Reeves Jarvis was proud of her daughter's achievements, and the letters kept mother and daughter closely linked.

After the death of Jarvis' father, Granville, in 1902, she urged her mother to move to Philadelphia to stay with her and her brother. Both brother and sister worried about their mother's health, and Ann Reeves Jarvis ultimately agreed to move to Philadelphia in 1904 when her heart problems necessitated it. Jarvis spent most of her time caring for her mother as Ann Reeves Jarvis' health declined. She died on May 9, 1905.



On May 10, 1908, three years after her mother's death, Jarvis held a memorial ceremony to honor her mother and all mothers at Andrews Methodist Episcopal Church, today the International Mother's Day Shrine, in Grafton, West Virginia, marking the first official observance of Mother's Day. The International Mother's Day Shrine has been a designated National Historic Landmark since October 5, 1992. Although Jarvis did not attend this service, she sent a telegram describing the significance of the day and five hundred White carnations for all who attended the service. As she spoke in Philadelphia at the Wanamaker's Store Auditorium, she moved her audience with the power of her speech. Although the national proclamation represented a public validation of her efforts, Jarvis always believed herself to be the leader of the commemorative day. She, therefore, maintained her established belief in the sentimental significance of the day to honor all mothers and motherhood. Jarvis valued the symbolism of such tangible items as the white carnation emblem, which she described as:

“Its whiteness is to symbolize the truth, purity and broad-charity of mother love; its fragrance, her memory, and her prayers. The carnation does not drop its petals, but hugs them to its heart as it dies, and so, too, mothers hug their children to their hearts, their mother love never dying. When I selected this flower, I was remembering my mother's bed of white pinks.”

Jarvis frequently referred to her mother's memory during her efforts to maintain the sentimental heart of the day while also maintaining her role as the founder of the holiday. In addition to her efforts to maintain her position and recognition as the holiday's founder, Jarvis struggled against forces of commercialization that overwhelmed her original message. Among some of these forces were the confection, floral, and greeting card industries. The symbols she valued for their sentimentality, such as the white carnation, easily became commodified and commercialized.



By the 1920s, as the floral industry continued increasing prices of white carnations and then introduced red carnations to meet the demand for the flower, Anna Jarvis' original symbols began to become re-appropriated, such as the red carnation representing living mothers and the white carnation honoring deceased mothers. She attempted to counter these commercial forces, creating a badge with a Mother's Day emblem as a less ephemeral alternative to the white carnation. Her negative opinion of these commercial forces was evident in her contemporary commentary:

“A printed card means nothing except that you are too lazy to write to the woman who has done more for you than anyone in the world. And candy! You take a box to Mother—and then eat most of it yourself. A pretty sentiment.”

However, her efforts to hold on to the day's original meaning led to her own economic hardship. While others profited from the day, Jarvis did not, and she spent the later years of her life with her sister Lillie. In 1943, she began organizing a petition to rescind Mother's Day. However, these efforts were halted when she was placed in the Marshall Square Sanitarium in West Chester, Pennsylvania. People connected with the floral and greeting card industries paid the bills to keep her in the sanitarium.

Jarvis died on November 24, 1948, and was buried next to her mother, sister, and brother at West Laurel Hill Cemetery in Bala Cyndi, Pennsylvania. Although the Anna M. Jarvis Committee supported her and helped to continue her movement during her declining health, It ultimately disbanded with the assurance that the Jarvis family gravesite would remain under the care of her grandniece who was the only heir to the estate, her second oldest brother's granddaughter, as she never married or had any children.



To The Mothers Inside

By: Randy "Danville" Kagels

I would like to wish a very **Happy Mother's Day** to all of you on the inside (and outside). For those inside, I hope you're able to find that place of peace within yourself on this day as well as all the other days. You may not be able to reach out and physically touch your children whenever you want because of where you are right now, but that doesn't mean you can't reach out to them in other ways. Your presence in their lives matters. Even if it isn't in those conventional ways that freedom allows. Now, more than *ever* before, we're able to remain in contact with our loved ones. If you really want that relationship with your kids, you have to be proactive in reaching out every chance you get. They *will* remember it! Don't become a stranger to them. I know we can't control everything, especially out in the free world. All we can do is what we're able to from here. So we had better be awesome with the things we can control. **Do not lose hope. Stay positive. Stay focused.** You are **Moms**...You are the most **Amazing** people!

For those of you waiting for the door, program if you are able to. Learn every skill you can so you will be ready to give yourself the best chance possible. That means you can give *them* the best chance possible when you return to them. As children, we don't say thank you nearly enough to our moms. So, **'Thank You'** to all the Moms out there! I wish you all the absolute best Mother's Day possible!



DEAR MAMA

(Dedicated to the mothers of incarcerated sons and daughters)

By: Halik Williams

Dear, Mama. Though, I've told you that I love you there are no words to express how I feel. To say that I am appreciative for your continued **love and support** would be an understatement.

As a child though superheroes existed in the form of marvel characters, you were the real deal. You should have been a **magician** the way you made something out of nothing. Rather it's us hurting ourselves or simply irritation/not getting our way, **Mama** is the name we scream at the top of our lungs. It never fails; you come minus the cape and mask, saving the day.

Thanks to you **Mom**, bad days didn't exist and financial situations were irrelevant. You were the buffer. Our happiness and needs being met was your primary concern. **As a child the sacrifices go unnoticed**; your dreams, goals, and plans, seem to disappear as we got older and became adults. The adage a mothers job is never done is a fact, because even as adults when your called on there's no delay. Regardless of the situation you're the one that I can always depend/rely on.

Mom, my poor choices and decisions are the reason I'm here (incarcerated). However, as a testament to a Mothers Love you've been there every step of the way. Your love has been unconditional, altruistic, and immeasurable. **Mom**, there is no gift that I can give you that equates to your value and what you mean to me, not to be misconstrued with what you've done and do for me.

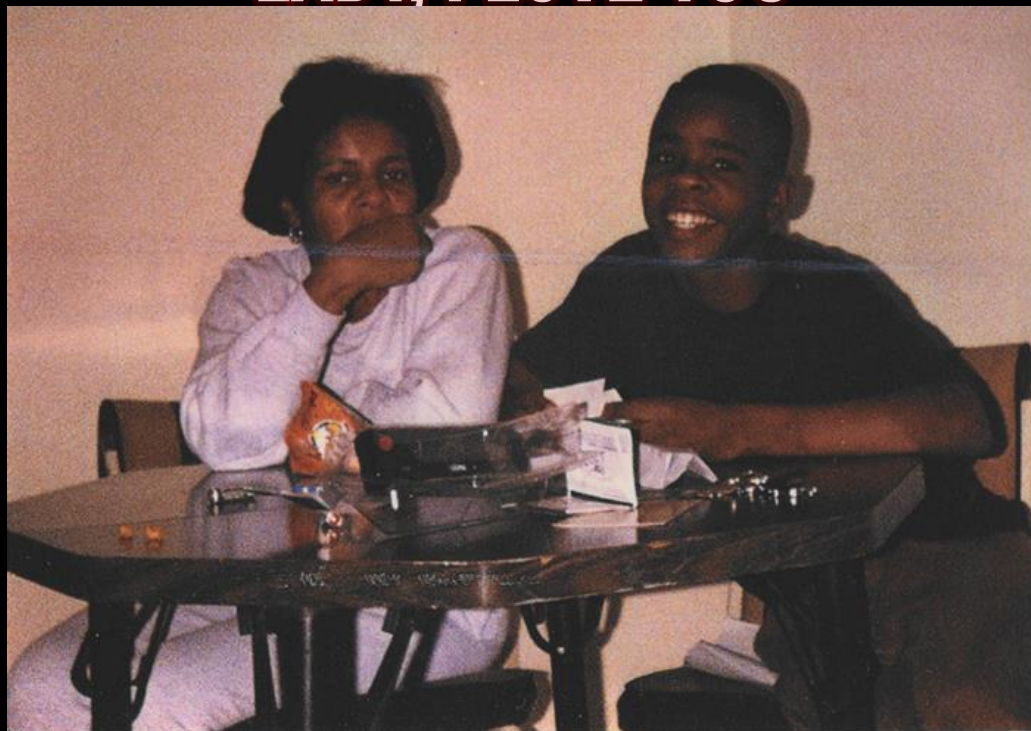


We have those that are there and do when it's convenient, and then we have our **Moms**, who for years and in my case decades travel hundreds of miles to visit and still put food on the table in the form of commissary. They are our confidants, allies, and biggest advocates, and when need be they can be enforcers (Mom Bears).

My fellow brothers and sisters, for those of us with mothers still alive, take the time out to acknowledge them, don't say Thanks and I love you only when they do something for you. **Mother's Day is just one day on the calendar. However**, let's celebrate them year around with cards from time to time, a gift when we can, and words of appreciation often and regularly.

LADY, I LOVE YOU

**HAPPY
MOTHER'S
DAY**



**From all of us at
Kewanee Horizons!**



HAPPY TIGER MOM'S DAY

By: Andrew Suh



I hope you have been following the origins of Mother's Day in our previous article about Anna Jarvis, but if the answer is a resounding NO; no harm, no foul. I will provide you with a quick blurb. Mother's Day was the brain child of Anna Jarvis. She conceived the idea of Mother's Day to honor the sacrifices of mothers but all too quickly it was usurped by big business and became the commercial juggernaut it is today. Then of course if anybody is keeping track from our last volume, the month of May is the formal recognition of Asian American Heritage MONTH (circa 1991), when President George H.W. Bush signed it into law. The United States chose the month of May to commemorate the immigration of the first Japanese to the U.S. in May 1843 and to mark the anniversary of the comple-

tion of the transcontinental railroad on May 10, 1869. Yes, contrary to popular folklore Asians played a very large role in building the infrastructure of America, its railroads. Now that we have Mother's Day and Asian Heritage Month in one amazing month it is only appropriate we combine the two and speak about Asian Mothers aka **TIGER MOMS** in the month of May.

The moniker **Tiger Mom** definitely caught fire a few years ago when Amy Chua's book Battle Hymn of the Tiger Mother (Penguin Press) started to trend all over the internet. She was a moth-



er of Asian descent who chose to relentlessly drive and push her two daughters to be the best version of themselves. “You must always win and you must always succeed”. This was her ideology and dogma. She wrote the book as a personal memoir but it inadvertently became a parenting guide for obsessed success driven helicopter parents. Tiger Moms have always existed, it transcends race and culture. It basically describes all strict mothers, aunties, big sisters, and grandmas who only wanted what they perceived to be the best for the kids and pushed and demanded the children to be the best version of themselves. Sadly if they failed, there would be consequences which translated more often than naught to some sort of punishment .

Chua definitely received some backlash for her thoughts. Nonetheless, she did not cower and she unapologetically accepted her contributions to the notion of strong helicopter parents. In this author’s humble opinion, we the lucky few who had this type of direct oversight from our respective Tiger Moms were better off. For me, I can still remember the taste of blood in my mouth, when my mom hit me because I lied to her about my incomplete homework assignment. In this modern age of sensitivity and feelings it is a definite no-no, and this was borderline abuse, (**FYI...I DO NOT CONDONE ANY TYPE OF ABUSE IN ANY FORM**) but for me and my “trauma childhood” I am part of the older generation where we needed to get “hands put on us” so we can properly grasp the situation. I will probably have to address the long term affects of this trauma masquerading as parental love in group or therapy but I will tell you this; after that one incident I never lied to my mother ever again and I always did my homework.

Getting back to point; now that **Tiger Mom** is a part of our vocabulary and pop culture, I look back lovingly thanking my over achieving Asian Mother who demanded and expected suc-



cess. She pushed me and pushed me some more to be the best version of myself. Was it healthy? I cannot say it was the best path forward in my life, but for the most part it provided me with my core values and work ethic. Some may say it was unfair that she forced so much upon my young shoulders, but the lessons I learned from her are a part of my permanent consciousness. I am the man I am today because of her.

For some, the status quo version of the commercialized Hallmark Mother's day appreciation is alright, but for me I can say wholeheartedly with a loving smile stretched from ear to ear; to all those strict mothers, aunties, big sisters, and grandmas out there who choose to push their kids to be the best version of themselves. Thank you for making us believe in our success.

**HAPPY
TIGER
MOMS
DAY**





ARAB AMERICAN HISTORY

WEEK 4

Marhaba (“Mar-ha-ba”) – Means hello. Raaid here again; we have reached our fourth week of Arabian Heritage Month. I hope you all enjoyed the last three articles. For our last week, I would like to share five short biographies on Arab Americans who have made countless significant scientific, medical and engineering contributions. Most have never made it into the record books, I hope you enjoy.

1. TELEVISION TRANSMISSION AND LCD SCREENS

Born in Nabatieh, Lebanon in 1985, Hassan Kamel Al-Sabbah studied and then taught mathematics at the American University of Beirut. Before immigrating to the U.S. in 1921. After a brief stint studying at the Massachusetts Institute of Technology (MIT), Al-Sabbah earned a Master’s Degree in engineering sciences from the University of Illinois, says Lujine Nasralla, communications specialist at the Arab American Natural Museum in Dearborn, Michigan.



“In 1923, General Electric (GE) hired him to work in its engineering laboratory under a contract that awarded him a dollar for each of his patents, “ Nasralla explains, nothing that between 1927 and 1935, he applied for patents for 52 of his inventions while working at GE> Some of the patents Al-Sabbah was awarded during his time GE include three for innovations in television transmission technology (granted between 1928 and 1930) and two for Cathode Ray Tubes. (1935)



Though Al-Sabbah died in a car accident in 1935, GE engineers continued to rely on the technology he invented, including developing the liquid crystal display (LCD) based on one of his patents. Al-Sabbah made numerous other significant contributions to science, technology, and engineering, especially in the field of solar energy.

2. EMOTION RECOGNITION TECHNOLOGY

While Rana El Kaliouby was completing her Doctoral research at the University of Cambridge in England in the early 2000's. She never felt as though she could ever truly connect with her loved ones back home. "Away from her family and friends in Egypt, El Kaliouby wished her computer could better convey her emotional state," that's when she decided to find a way to make more emotionally intelligent technology.

After earning her doctorate, El Kaliouby took a position as research scientist in the affective computing group in the MIT Media Lab. There, she was part of a team that developed an "Emotional hearing aid" as well as a pair of eyeglasses that could read emotions, along with social cues. Officially known as "The Emotional Social Intelligence Prosthesis," El Kaliouby and a colleague created the wearable technology in 2006 for people living with autism who have difficulty identifying and processing other people's emotions as they communicate.

In 2009, El Kaliouby and the same MIT colleague co-founded a company called Affectiva, which used deep learning, computer

vision, speech science, and vast amounts of real world data to develop emotion recognition technology. Her pioneering technology accurately reads minute changes in facial expressions that convey emotions. All of El Kaliouby's contributions made her a member of the women in the engineering Hall of Fame.



3. THE I POD AND I PHONE

There was a time in the not-so-distant past when listening to music outside of your home meant bringing the physical album with you on a record, audiocassette, or compact disc. And while portable MP3 players existed before 2001. None was popular enough to make the device the standard way of listening to music on the go. That is, until Apple CEO Steve JOBS hired Arab American inventor Anthony “Tony” Fadell and put him in charge of a new special projects group within the company tasked with doing exactly that.

The result was the iPod, which launched in 2001. Fadell, who is known as “the father of the iPod,” went on to oversee the first 18 interactions of the device before Jobs gave him his next assignment:

To create a Mobile Phone with many of the same features as the iPod. This time, the end product was the iPhone, which essentially allowed people to carry a highly compact computer with internet capability around at all times, and, in the process, changing the way people access information. Fadell was involved with developing the first three generations of the iPhone.

4. DEVELOPMENT IN SURGERY

Born in Lake Charles, Louisiana in 1908 to Lebanese immigrant, Michael DeBakey (The Anglicized form of Debaghi) grew up spending time in his father’s pharmacy, and enjoyed sewing, gardening and learning how motors and other machinery works. He earned his medical degree in 1932, and served in the Surgical Consultants Division of the Army Surgeon Generals Office from 1942 to 1946. It was during this time that DeBakey and his colleagues developed special units dedicated to providing surgical care to soldiers sounded near front lines.

They were first deployed in 1943, though are best known for their work during the Korean and Vietnam conflicts, when they were known as the Mobile Auxiliary Surgical Hospital (MASH) Units. DeBakey’s surgical contributions continued for the next several decades, and included performing the first successful removal of a blockage of Carotid Artery (1953) developing the concept behind



coronary bypass surgery (1963).

Pioneering the field of telemedicine with the first demonstration of open – heart surgery transmitted overseas via satellite (1965) and being the first to use a partial artificial heart. (1966)

5. INTERNET SECURITY

While Internet Security is top-of-mind now, that wasn't the case when a Cryptographer named Taher Elgamal began his pioneering work in the field in the 1980's. "Elgamal published a paper in 1984, a public key cryptosystem and a signature scheme based on discrete logarithms." Which became the basis of the Elgamal digital signature algorithm," says Richard Gardner, a software developer and CEO of Modulus. This work was then utilized in the development of the digital signature algorithm (DSA)."

Elgamal's work became even more influential after the National Institute of standards and technology (Nist) adopted it as the digital signature standard (DSS). "Like the name implies, it became the standard for electronic signature." And according to Abdulrah man Henedy, an Arab American entrepreneur and founder of financeive,

Elgamal's invention of the discrete logarithm was also an important milestone in cryptography." His work inspired other encryption variations and paved the way to create more advanced algorithms, like advanced encryption standard, "he explains. In addition, Elgamal was the driving force behind the Secure Sockets Layer (SSL), a protocol that keeps online communications like email and instant messaging secure. Because of his major technological development, he is known as the "Father of SSL."

I really hope everyone took something away from this if you did all praise is to Allah. (SWT) I also hope that this will strengthen cultural competence and gives everyone a new outlook on the positive influence of Arab Heritage. Thanks again for your time and to Kewanee Horizons for allowing me to share my Heritage. RAAID



KH Kitchen



By: Milton "DJ" Jones

It's an honor to be able to dish out tips, tricks and cooking hacks to the community and let the food do the talking.

Cinco De Mayo is coming soon:

Microwave Nacho Bowl

1 Tortilla shell

1 Mayo pack

1/4 Tsp. Seasoning of your choice

Add 1 mayo on both sides of Tortilla shell, then





sprinkle with lightly with seasoning to taste. Turn small bowl upside down to mold shell and cook 1 or 2 minutes until crispy to form a bowl. Build Nacho's or layers of your choice inside bowl, heat until warm and enjoy.

Tostada

1 Mayo

1 Tortilla shell

Add 1 mayo for both sides of shell. Microwave 40-50 seconds aside until crispy and add cooked refried beans, meat cheese of your choice and heat until warm.





KLSRC BOOK CLUB

Monday, April 17th, 2023 was a great day for the KLSRC Book Club, we were invited to participate in a WebX (it's like Zoom) book club meeting with the local Kewanee Public Library book club. Both of the groups had read the book "Interior Chinatown" by Charles Yu as part of the National Endowment for the Arts (NEA) "Big Read" event.

The experience was really interesting for all of us here at KLSRC, I would venture to say, without hesitation, that we all had a really fun, intellectually stimulating experience interacting with the club from the local town. They had some very cool insights to the book and I feel like



our group responded in kind with things that they enjoyed receiving as to our insights or takeaways from the book.

The book is a fictional narrative about the hero of the story, Willis Wu, and his struggle to ‘make it’; it is written in screenplay format which adds to the feel of the story in an unconventional way. He lives in Chinatown in LA and he is attempting to go from a background bit player known as “generic Asian #3” to the top of the mountain as the successful lead known as “Kung-Fu Guy”. The story delves deep into the history of the immigrant Asian-American story in the United States and is filled with some crazy, jaw-dropping, true facts about anti-Asian laws and discriminatory facts. It is really hard to read some of the crazy stuff that was passed into law against this group.

Our KLSRC Book Club prepared with purpose to get ready for our meeting. We wanted to be sure that we had some good insights. We feel we succeeded with that. It was important to us that we showed our best side we could to be a positive representation of our community. Plus, we want and hope to continue our cooperative partnership with the local Public Library. The cool thing about using the Webx is that we can meet virtually with book clubs from anywhere! Hint hint! We aren’t saying that if you can get a book club started where you are, that we might be able to propose a virtual meeting with your group, but we also aren’t saying that it wouldn’t be impossible! It might really be a feasible thing to get done. Just get with your Library staff, and/or LTS staff and see about starting a book club.

(I know that is easier said than done, believe me, I understand. I have been to multiple facilities and tried to get book clubs started to no avail, in one place I was even an LTS worker, I asked my supervisor about getting a book club started, I had a whole bunch of reference material about



different ways to run book clubs, and I had a donor lined up to donate our books and everything. At the end of the day, no go.)

During our book club meeting we had a very lively discussion that ranged from writing styles to a bit of politics, and our partners had some excellent and insightful points to make. At the end of the day I believe we all enjoyed ourselves. That is the most important thing, reading can and should be fun sometimes, it should be an opportunity to take in new information and digest it in a way that enriches your life. The opportunity to share those insights and receive feedback only adds to that positive effect.

A big thank you goes out to KLSRC's librarian Ms. Coulter, to our Warden of Programs Mr. Jones, to our Warden Mr. Carothers, as well as all of the staff who helped our book club happen and continue to happen. We have read some awesome books, had some interesting discussions, had the author of a book come in to meet with us (shout out to Jeanne Bishop!), and now a WebX with the Kewanee Public Library. We are especially blessed and we are thankful for that. If there is anyway we can help you get a book club going where you are please don't hesitate to send word to us at KH. We will help however we are able. Just get at us!





PEER LED SHOWCASE



The Lady and Gentlemen that you see pictured above are the very people that help make our vision come to life. These individuals dedicate their time and effort to help teach our fellow peers things that are much needed in their personal development in life, which we anticipate will inspire us all to step up and do the same. We are beyond appreciative for the submissions we've received from other facilities, and other peer educators, and it's truly a wonderful thing to see. We all lead by example, and the example that we've set with these peer-led classes show that we are more than determined to prove our worth. We are all leaving behind a roadmap to success, and for all of those that are involved, to everyone that makes this possible, our gratitude cannot be expressed in simple words. However, thank you to **Everyone**, and please, keep up the good work!

Trust me, it's not going unnoticed.



NRCA UNIVERSITY QUALIFIED TRAINER CONFERENCE

By: Robert “Big Rob” Simpson

Hello community, first off I would like to take a second to say “Thank you” to Ms. Rowan, Warden Carothers, Assist Warden Hones and Mr. Warnsing for helping me make this possible. Also I’d like to say thank you to Amy and Jarred at the NRCA for believing in me and sponsoring me and making the Qualified Trainer Conference a reality for me. My name is Robert “Big Rob” Simpson and on Wednesday and Thursday April 12th and 13th I attended the NRCA Qualified Trainer conference from 8am to 4 pm via Zoom. It was an experience worth talking about. I met contractors from all over the USA. The amazing thing is we had the same common goals and that was to be a better trainer and teacher of the roofing trade.

Let me tell you a little about the NRCA. The NRCA National Roofing Contractors Association is one of the construction industry’s most respected trade associations and the voice and leading authority in the roofing industry for information, education, technology, and advocacy.





Founded in 1886, NRCA is a nonprofit association that represents all segments of the roofing industry; including contractors, manufacturers, distributors, architects, consultants, engineers, building owners; and city, state and government agencies. NRCA's mission is to inform and assist the roofing industry, act as its principal advocate and help members in serving their customers. NRCA continually strives to enhance every aspect of the roofing industry. NRCA has more than 3,600 members from all 50 states and 42 countries and is affiliated with 93 local, state, regional and international roofing contractor associations. NRCA contractor members range in size from companies with less than one million in annual sales volume (40 % of the current membership) to large, commercial contractors with annual sales volume of more than 20 million. More than half perform both residential and commercial roofing work and more than one-third have been in business for more than a quarter of a century.

This conference has taught me a lot. It's taught me training techniques, how to evaluate my trainee, and how to implement training into the job site and into my company. I learned how to ask more open ended questions. I learned how to create a hand-on training plan. I am so thankful for all Kewanee has done for me and how it's helped me expand my mind and outlook on life. I'm confident that I'm gonna succeed for the first time in life.

Thank You, Robert Simpson.





CDL PEER-LED STUDY GROUP HAZMAT AND TWIC WAIVERS AND APPEALS



www.nationalsecuritylawfirm.com/twic-waivers-and-appeals

www.tsa.gov

www.teamster.org



Many of us pursuing a CDL driver's license want to obtain a Hazardous Materials Endorsement (HAZMAT) to enhance our potential employment opportunities when we begin our driving career. However, there are certain felony convictions that will bar us from obtaining a HAZMAT Endorsement—either for a certain period of time—or for life.

Following the 9/11 terrorist attacks, Congress passed the Maritime Transportation Security Act of 2002 (MTSA). The MTSA mandates that all port workers that require unescorted access to secure areas of the U.S. maritime facilities and vessels obtain a Transportation Worker Identification Credential (TWIC). This includes more than 1.5 million merchant mariners, port facility employees, port truck drivers, longshoreman, administrators, contractors, and rail workers.





The following is a list from the Homeland Security website that disqualifies a CDL driver from obtaining a HAZMAT Endorsement and/or a TWIC Card who has a felony conviction, or found not guilty by reason of insanity, within the last seven (7) years or was released from prison within the last five (5) years:

- Assault with intent to murder
- Kidnapping or hostage taking
- Rape or aggravated sexual abuse
- Unlawful possession, use, sale, manufacture, purchase, distribution, receipt, transfer, shipping, transporting, delivery, import, export, or dealing in a firearm or other weapon
- Extortion
- Dishonesty, fraud, or misrepresentation, including identity fraud
- Bribery
- Smuggling
- Immigration violations
- Violations of RICO (Racketeer Influenced and Corrupt Organizations) Act or a comparable state law of an Interim Disqualifying crime
- Robbery
- Distributions of, possession with intent to distribute, or importation of a controlled substance (State laws vary on the quantity of marijuana required for the offense to be considered a felony. Typically, however, to be convicted of felony marijuana possession, a person must possess a quantity of marijuana greater than an amount considered for personal use)
- Arson
- Conspiracy or attempt to commit any of these crimes

A CDL driver who has ever been convicted or found not guilty by reason of insanity of any of the following crimes is permanently disqualified from holding a HAZMAT Endorsement and/or



TWIC Card:

- Espionage*
- Sedition*
- Treason*
- Any crime listed in 18 U.S.C. Chapter 113B; Terrorism or a comparable state law*
- A crime involving a severe transportation security incident (i.e. security incident involving a significant loss of life, environmental damage, transportation system disruption, or economic disruption in a particular area)
- Improper transportation of a hazardous material under 49 U.S.C. 5124 or a comparable state law (minor infractions involving transportation of hazardous materials will not disqualify a driver. For instance, no driver will be disqualified for minor roadside infractions or placarding violations)
- Unlawful possession, use, sale, distribution, manufacture, purchase, receipt, transfer, shipping, transporting, import, export, storage of, or dealing in an explosive or explosive devise
- Murder as defined in 18 U.S.C. 1111
- Conspiracy or attempt to commit any of these crimes
- Violations of RICO (Racketeer Influence and Corrupt Organizations) Act or a comparable state law of one of these Permanently Disqualifying crimes

*** These criminal offenses are not eligible for a TSA Waiver and/or Appeal**

In addition to the disqualifying criminal offenses listed above, TSA may determine that an applicant is not eligible for the application program based on analyses of the following:

Interpol and other international information, as appropriate

Terrorist watchlists, other government databases and related information

Any other information relevant to determining applicant eligibility or an applicant's identity.

There are two categories of felonies that carry a lifetime CDL disqualification **without** the possi-



bility of reinstatement:

Anyone with a felony conviction for using a vehicle for the manufacture, dispensing, or distribution of a controlled substance;

Any conviction for a felony that involves the use of a commercial motor vehicle in the commission of a felony involving human trafficking.

You are eligible for a HME and TWIC so long as you are a citizen, lawful permanent resident, naturalized citizen or a nonimmigrant alien, asylee, or refugee who is in lawful status. You will be ineligible for a TWIC due to either incomplete or false information; or disqualifying criminal offenses.

If you fit the Preliminary Determination of Ineligibility, you can file an appeal with an experienced TWIC/HAZMAT Appeal attorney. An appeal is advised when you were either not convicted of a disqualifying offense (i.e. the TSA based its preliminary determination on inaccurate information), or if you were convicted of a disqualifying offense a long time ago. A waiver, on the other hand, is usually advised when the information the TSA made its preliminary determination on is correct, but you have otherwise been rehabilitated and are able to hold a HAZMAT/TWIC card. You can request both an appeal and a waiver of your preliminary determination of ineligibility.

There are law firms who specialize in dealing with issue because the TSA Waiver program is designed to make sure that individuals who do have a criminal record, but no longer pose a threat to national security are not denied a HAZMAT/TWIC, who are eligible. The National Security Law Firm has experience in dealing with this matter and can apply for a waiver or appeal for you for a fee. They offer free consultation. You have 60 days from the date you receive the preliminary determination of ineligibility letter from the TSA to file for an appeal or a waiver. If you fail to file your appeal within that timeframe, (or to request an extension), you will not be granted a HAZMAT or TWIC. The National Security Law Firm will also submit on your behalf various documentation in order to demonstrate that you have been rehabilitated, and that you are eligible to hold a TWIC and/or HAZMAT Endorsement. These documents should include, but are not limited to:



- Any documentation concerning the circumstances surrounding the disqualifying offense
- Any documentation concerning your sentence and the successful completion of your sentence
- If your offense involved alcohol or drugs, any documentation showing completion of substance abuse or treatment programs
- Court documents relating to the conviction such as transcripts, the indictment, the judgment of conviction, and sentencing documents
- Correspondence from your probation or parole officer indicating successful completion of your sentence
- Copies of degrees, awards, or certificates you have earned

The TSA itself has stated: “applicants who are disqualified due to a criminal conviction should make every effort to apply for a waiver, assuming the crime is waiver-eligible.” The National Security Law Firm can be reached at their website: www.nationalsecuritylawfirm.com/twic-waivers-and-appeals.





A LITTLE INSPIRATION

By: **Vernon Tolbert @ Pontiac C.C.**

I would like to give a shout out to the guys at Peer Led Classes teaching prisoners how to obtain their CDL. I have a CDL and went to "Professional Truck Driving School" in Chicago. I'm a truck driver and I loved my job! I wish you guys nothing but the best...good luck getting your license and becoming a truck driver.





DEALING WITH DIFFICULT PEOPLE

The world is full of difficult people, prison even more so. It can be extremely frustrating dealing with someone who is irrational or even impossible. A lot of us find ourselves falling into the traps that difficult people set and thereby engaging in frivolous arguments that get us nowhere. In my opinion, the best thing to do in these situations is simply to walk away. But if we're stuck in the cell with this person or forced to work with this person then that may not be an option. Below are some tactics for dealing with these types of people that I hope you find helpful and give you the tools for better conflict resolution.

Expert Tactics for Dealing With Difficult People

- Believe it or not, you can stay calm, defuse conflict, and keep your dignity.
- You can't reason with an unreasonable person, but there are proven techniques to better manage dicey situations.
- Verbal de-escalation tips include listening, staying calm, and looking for the hidden need.
- Remember that one response does not fit all; you will need to remain flexible.
- We've all been there—trying valiantly to reason with an incredibly difficult person. The situation



proves frustrating, maddening, and sometimes even frightening. The truth is, you can't reason with an unreasonable person. However, there are proven techniques to better manage such dicey situations.

- These tips may feel unnatural at first. When you're dealing with a person behaving unreasonably, the fear response center in your brain (the fight-flight-freeze part) is going to be activated.
- This part of the brain can't distinguish between a customer that's yelling at you or a vicious dog about to attack you. It's up to you to engage your conscious mind in order to defuse the situation. Some of these tips are general, suggesting a mindset to cultivate. Others are more specific in advising you on what to do in the moment.
- Listen. Listening is the number one step in dealing with "unreasonable" people. Everyone wants to feel heard. No progress can take place until the other person feels acknowledged. While you're listening, really focus on what the other person is saying, not what you want to say next.
- Stay calm. When a situation is emotionally charged, it's easy to get caught up in the heat of the moment. Monitor your breathing. Try to take some slow, deep breaths.
- Don't judge. You don't know what the other person is going through. Chances are if a person is acting unreasonable, they are likely feeling some sort of vulnerability or fear.
- Reflect respect and dignity toward the other person. No matter how a person is treating you, showing contempt will not help productively resolve the situation.
- Look for the hidden need. What is this person really trying to gain? What is this person trying to avoid?



- Look for others around you who might be able to help. If you're at work and there's an irate customer, quickly scan to see if a colleague is close by.
- Don't demand compliance. For example, telling someone who's upset to be quiet and calm down will just make him or her irate. Instead, ask the person what they are upset about—and allow them to vent.
- Saying, "I understand," usually makes things worse. Instead, say, "Tell me more so I can understand better."
- Avoid smiling, as this may look like you are mocking the person. Similarly, humor can sometimes lighten the mood, but more often than not, it's risky and it may backfire.
- Don't act defensively. This is tough. You're naturally not enjoying the other person saying nasty things or things that you know aren't true. You're going to want to defend yourself. But the other person is so emotionally revved up, it's not going to help. Remember, this is not about you.
- Don't take it personally. (I know, easier said than done.)
- Don't return anger with anger. Raising your voice, pointing your finger, or speaking disrespectfully to the other person will add fuel to an already heated situation. Use a low, calm, even monotone voice. Don't try to talk over the person. Wait until the person takes a breath and then speak.
- Don't argue or try to convince the other person of anything.
- Keep extra space between you and the other person. Your instinct may be to try to calm the other person down by putting your arm on theirs, or some other similar gesture that may be ap-



appropriate in other contexts. But if someone is already upset, avoid touch, as it might be misinterpreted.

- Saying, “I’m sorry,” or, “I’m going to try to fix this,” can go a long way toward defusing many situations.
- Set limits and boundaries. While some of the above tips have encouraged listening and letting the angry person vent, you also have the right to be assertive and say, “Please don’t talk to me like that.”
- Trust your instincts. If your gut is saying, this is going downhill fast, be ready to do what you need to do to remain safe. Look for an exit strategy.
- One response does not fit all. You have to remain flexible. Although these guidelines have proven effective in de-escalating tough situations, every person is unique and may respond differently.
- Debrief. After the situation is over, talk to someone about what happened.
- Discharge your own stress. You had to put your natural reactions on hold for a while. Now is the time to discharge some of that pent-up adrenaline. Go for a run. Take your dog for a walk. Don’t let the emotions stay stuck in your body.
- Give yourself credit for getting through an uncomfortable situation. It takes a lot of energy not to act like a jerk when someone else is behaving badly. Don’t skip this step!



13 VIRTUES: RESOLUTION



When I was a kid my favorite athlete was Bo Jackson. I remember being 12 in 1989 and watching the All Star game. Bo Jackson was batting lead off for the AL at Anaheim Stadium. Being a kid in Nebraska there wasn't a lot of professional sports teams around to route for, so I was a Kansas City Royals fan and Bo was the player to watch. When Bo went up to bat on that night I remember I was sitting in my living room with two of my friends, we all collected baseball cards at the time, they were big Oakland A's fans, so I was always trading away Mark McGuire and Jose Canseco for Bo Jackson and George Brett cards. So as we are all sitting Bo got in the batter's box and on a 1-0 count the pitcher threw a ball across the middle of the plate and Bo drove the ball to deep center field for a lead off home run. He was later named the game's MVP. Still to this day my favorite jersey to wear is my baby blue Bo Jackson Royals jersey. After that game there was a marketing campaign that focused around Bo Knows. Bo Jackson was a two sport all star both in college and at the professional level in baseball and football. He was a tremendous athlete. So the campaign was by Nike and made the





claim that Bo could play any and all sports. While Bo was a freak of an athlete and had the physical capabilities to probably play many different sports, he had a true passion for baseball and football. So even though according to Nike Bo knows he could play tennis or even surf he was resolved to be the best baseball and football player that he could be.

Benjamin Franklin's Chart of 13 Virtues

VIRTUE	S	M	T	W	Th	F	S
Temperance. Eat not to dullness. Drink not to elevation.							
Silence. Speak not but what may benefit others or your self. Avoiding trifling conversation.							
Order. Let all your things have their places. Let each part of your business have its time.							
Resolution. Resolve to perform what you ought. Perform without fail what you resolve.							

This brings us to Ben's 4th virtue: Resolution. Resolution was defined by Ben as "Resolve to perform what you ought; perform without fail what you resolve". Ben like Bo, made it a point to find what he had a passion about and what made him find purposeful. Secondly, when he found those things he would dive fully into them.

When most of us hear resolution we probably have flashbacks of failed New Year's resolutions of our past. Whether it is going to the gym more, reading more books, or any other of the cliché resolutions we make on January 1st, they are usually failed by mid February. Resolution here is a little different than the goals that we may set at the New Year. When I look at resolution that way Ben is laying it out here, it make me focus more on the word "no". To have resolve, we need to have the courage and/or





selfishness to say no to the request and things that distract us from those task, activities, habits, etc that we want to focus on. I've struggled with this and continue to work on saying "no". Many times during the week I need to write down a "to do list" of tasks that I have to get done and then lay them out and prioritize them according to urgency and importance. Usually when I take a few minutes to truly look at my plate and see how full it is, then take the time to clear it off based on urgency and importance, it helps to get me focused.

This is a virtue I catch myself breaking a lot at home. Having two teenage kids, we leave them a list of "jobs" to get done during the week and deadlines of when they need to get done. One of the jobs I most often see not getting done is loading and unloading of the dishwasher. I have when I get home from work and get ready to make dinner and look over to see a full sink of dishes with the pot or pan that I need at the bottom. As I stand there a look at the dishes, I know that for me to do the dishwasher job would take 15 to 25 minutes and would be an east task to finish but I also need to remember that there is a reason we have our kids do this task. Hopefully we are teaching them work ethic, responsibility, prioritization, etc. So in that moment I have to have some resolve and call my kids to come and complete the task. Having resolution is about saying "no" to what may be the simplest, most fun, easiest way out of situation and saying yes to what you know is the most important for you to move forward.



The Market Corner: “Earning Season”

By: Robert “Bulldog” Kennedy



Earning season has arrived and so far, this quarter hasn't been as profitable as many analysts had anticipated. It appears as if the economy is slowing down a bit as the consumer is not spending as much of their hard earned cash as they did last quarter. Many analysts are using the “R” word, (recession). In my opinion, I expect us to have a short lived recession by the end of 2023. Interest rates continue to remain

high, but there are finally alternatives to stocks now, with **treasury bonds** yielding upwards of **4%** on a **2-year note** and an even higher yield on much shorter term **3 to 6 month treasury bills**. Meanwhile, even **certificates of deposits (CD's)** are being offered at a much more respectable rate than in recent years. Investors are starting to store their hard earned cash into many of these different financial instruments. I still think **stocks** are the **best way** to gain long term **wealth and prosperity**, but holding a few **bonds, T-bills** and even **CD's** in your financial portfolio, along side your solid, **dividend yielding, profitable companies**, isn't such a bad idea.



Companies such as **McDonald's, Dow, AT&T, Coca-Cola, Proctor & Gamble, Eli Lilly, Exxon Mobil, Chevron** and **Devon Energy**, just to name a few, in my opinion, are **good, solid companies** to stick your money into, that will also pay you **dividends every 3 months**. These companies are a bit **safer** than most, in my humble opinion. I **think** the **Nasdaq 100** has gone up **too high, too fast**, this year and will eventually experience a **correction** of greater than **10%** to the downside, **so be careful**. The **S&P 500** may also slide with the **Nasdaq 100**, as the market eventually takes a turn for the worst. Don't worry, there will be plenty of **buying opportunities** available, if and when this does occur, so be prepared to buy some **Meta Platforms, Apple, Microsoft, Netflix, Amazon, Google (Alphabet A), Tesla, Nvidia, TQQQ, SPXL** and **UDOW** on any serious **sell offs** in the market.

When investors get really nervous, the **fear** in the market could cause an **all out panic**, which could create an **"everything must go"** sale. **Don't be afraid** to get in there and **buy some good stocks on clearance!** Remember, when **everyone else is selling**, that's when the **best opportunities** usually present themselves. Don't forget to use some of your **inverse ETF's** to capitalize on some of the **downside damage** that occurs **while** things are selling off.

It's been an **honor and a privilege** to share my thoughts and ideas on the market with you, my readers. **Thank you** for spending some of your time at the **"Market Corner"**.

INVESTING IN THE STOCK MARKET INVOLVES RISK. THE MARKET CORNER IS MEANT AS AN INFORMATIONAL TOOL, NOT AS INVESTING ADVICE. INVEST AT YOUR OWN RISK!



MANIPULATION VS. INFLUENCE

By: Randy "Danville" Kagels

Shortly after my arrival at Lawrence Correctional Center in 2010, I was told I had to attend "TRAC 1" class. At the time, I had about 19 years left to serve, so the thought of having to attend a class about going home only reminded me of the next two dreaded decades. It was mandatory, so I showed up the whole week. I remember thinking to myself that I would never get anything worthwhile out of this stupid class because it doesn't pertain to me. Even years after taking that class, I didn't realize that I actually *did* get something of use from the class. Mr. Lovell asked the group a question during one of the days we were there. The question was this: "What is the difference between **manipulation** and **influence** if you can get the same result using either of them?" I've had time to think about this question quite a bit since then. There are many answers to this question, such as thought processes like criminal addictive thinking, our personal religious morals, our core beliefs, our intentions, etc. Personally, I discovered that the answer certainly transcends the rather basic point he was attempting to make at the time.

While participating in a group not too long before leaving Danville C.C., I had a rather spirited debate with a guy who argued that it was okay to **manipulate** someone if it was for that person's benefit. I'm sure that I noticeably cringed at this. I took the position that we should not seek to employ manipulation on anyone, but rather it should be **influence**. He dug his heels in and termed what I was saying, "semantics." I strongly disagreed with that because *words matter*.



Words matter because I believe they say a great deal about one's intentions in a given situation. If I asked someone whether they would rather be **manipulated** or **influenced** into a decision, I'm quite sure they wouldn't choose to be **manipulated** because that means they would probably be given deceptive, inaccurate, or untrustworthy information prior to making that decision.

When we are asking others to help us to achieve some goal, we should do it with the amount of authenticity, truthfulness, and sincerity we would expect from others asking for our help. Insert "Golden Rule" here... Being honest and forthright should be paramount in any interaction, but even more so when we are asking someone to invest time, money, or effort into us. We should not be looking for a way to deceive anyone for a quick "come up" when asking for assistance in the pursuit of our goals. For many people, taking a chance on others (with the goal of not regretting it) hinges greatly upon previous experiences of having been done wrong or having been burned when they offered assistance. Even if we accomplish our task or goal, what if the person taking that chance on us discovers that we obtained something from them through deceptive means, how do you think they will feel about helping us or anyone else out after that? It is a breach of trust that is exceptionally difficult, if not impossible, to earn back.

I guess the point I'm trying to make is this: Be **influential** in all of the right ways. Rise above that desire to use someone as a "mark" or "vic" or a "stang." Karma or Wyrd or the Universe or God or whatever you want to call it, is watching. If you don't think that you're worthy of being a positive **influence** upon others, perhaps you should do an assessment of yourself. Just about anyone can **manipulate** a situation through deceptive means or lie to get what they want, but can you be **Influential**? Does your character stand on its own two feet or do you have to be slick to get what you want?



MENTAL HEALTH

THE STAGES OF CHANGE

The following is a brief summarization of the Transtheoretical Model of Change (TTM). The TTM is a model for change, not a method. The usefulness of this model is that it offers a theory for positive behavior adoption, a way to really engage and build upon successes thereby truly internalizing healthy, positive behaviors.

Stage 1: Pre-contemplative Stage

- No awareness of a need to change. Characterized by a state of denial or ignorance.
- EXAMPLE: Doing 3 bits and not realizing it might be my choices that have lead me here.

Stage 2: Contemplative Stage

- Questioning our own contribution to our unhappiness. Characterized by being conflicted and ambivalent.
- EXAMPLE: Asking myself “could it be the choices I’m making?”



Stage 3: Preparation Stage

- Information is gathered pertaining to what is necessary to change followed by experimentation and small changes (baby steps).
- EXAMPLE: Taking small steps such as meditating for 5 minutes a day or counting to 10 before bugging up on anyone who irritates you.

Stage 4: Action Stage

- Characterized by setting smaller goals in furtherance of achieving larger long-term goals.
- Setting up systems (Behavior Modification Programs) that address negative cognitive distortions such as rehab or outpatient treatment.
- Actively engaged in making the change.
- EXAMPLE: Understanding the needs that you have and taking classes or going to groups that address those needs, i.e. anger management, AA/NA, etc.

Stage 5: Maintenance Stage

- Continuing to practice the systems and behavior that have been effective.
- EXAMPLE: Attending weekly meetings, continuing with therapy sessions.



Stage 6: Termination Stage

- Ceasing to practice the systems that lead to the change occurring due to the fact that the change is now concrete.
- EXAMPLE: Formally concluding your relationship with your therapist, or whatever system you had in place, graduating from your class-(es), ending your parole etc.

Stage 7: Relapse

- Returning back to a previous unhealthy behavior or substituting a new unhealthy behavior for a changed behavior
- EXAMPLE: You learned how not to smash every honeybun commissary has ever sold, however now your go to move is to overindulge in foot-long burritos everyday.

These are the stages of change as we understand them, in the next couple of volumes K.H. will take a bit of a deeper dive into the different stages. We hope to tackle the first three (or four maybe) stages next volume to try and show how we can make an understanding of these stages an effective tool in our strategies toward making positive, healthy changes in our lives.

Yeah, so what you're exhibiting is a textbook trauma response.

Man this guy looks just like Mick Foley...



ADVENTURES OF J DAWG



FUN FACTS

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





FUN FACTS

6. Among lost works, this story might be even worse: Ernest Hemingway's first wife, Hadley, left a suitcase full of the author's writing on a train. When she went back to get it, it was gone. "I had never seen anyone hurt by a thing other than death or unbearable suffering except Hadley when she told me about the things being gone," Hemingway wrote in *A Moveable Feast*.
7. The original title of Jane Austen's *Pride and Prejudice* was *First Impressions*.
8. Mary Shelley wrote *Frankenstein* when she 18, during a ghost story competition while staying in Switzerland with writers Percy Shelley (her lover) and Lord Byron.
9. Queen Victoria's husband, Prince Albert, wasn't the first to introduce Christmas trees to Britain from his native Germany—Queen Charlotte did that in the late 1700s. But, Victoria and Albert are credited with popularizing the custom in the mid-1800s.





HOROSCOPES



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

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



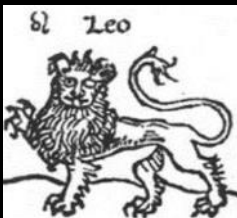
Taurus: You are doing too much and getting nowhere, Taurus. Make sure you slow down and take time to do nothing. The space you create for yourself will also give you the solution.

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



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

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



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

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



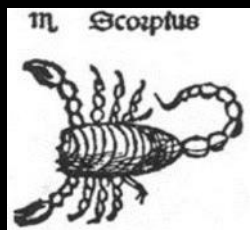
Virgo: Others see you as a taskmaster, Virgo, and you don't like that perception. Being vulnerable with a few people will allow them to see you as human - opening up is the key.

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



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

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



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

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



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

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



Capricorn: You're looking to change up some things that have been sources of your identity, Capricorn. This is no easy task, so move slowly and carefully - as you do.

Translation: Although it may be hard to cut ties with people and things from your past, sometimes this is essential for growth. It's time to take off that mask so that you can now be your true self. Step away from the things that hinder your elevation.

Aquarius: No matter how you phrase it, someone close just isn't getting it, Aquarius. Have you tried being blunt? It might just do the trick.

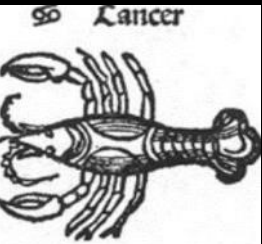
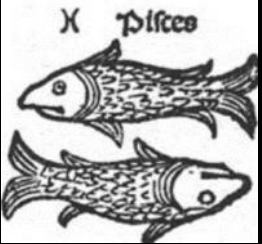
Translation: Stop being passive aggressive and say what you mean. Say it with your chest!

Pisces: Make that money, Pisces! You're working on increasing your worth, and this includes financially. Pick up some side gigs and watch your accounts grow.

Translation: The word hustle means making a way when there isn't one, so stay on your grind and get it done. The bag won't just fall into your lap.

Cancer: No one thinks you're being unfair, Cancer, but you're acting like you are. Stop feeling guilty for things you can't control - some people have simply earned more than others.

Translation: Accept your blessings and stop allowing survivors remorse to prevent you from being happy. Everyone won't receive the same blessing nor will the blessings arrive at the same time. Give what you can, including your time, but don't be burdened by what you can't give.





SECOND CHANCE MONTH



AS SEEN ON Social Media



Toni Preckwinkle ✓
Apr 25 · 🌐

We celebrate Second Chance Month today and announce the expansion of our Reentry Navigation Initiative: The Road Home program. This program provides vital support to residents returning from incarceration, including career coaching, job training, and other transitional services. [#secondchance](#)



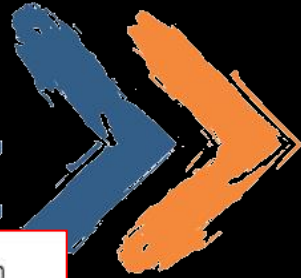
Good morning. My name is Nick Crayton and I am proud to be here today to mark second chance month and to speak about the Cook County Workforce, Partnership Road Home Program, and some of my challenges returning home. I was incarcerated for two decades. During my sentence I earned several degrees including my Masters. I spent the last two years of my 24 year sentence at the Kewanee Life Skills Re-Entry Center, under the leadership of Wardens James Carothers and Chance Jones, which helps people transition from prison back home.

In preparation and upon my release, I had unexpected anxieties, which included adapting to the speed of life, the mechanics of credit card accounts, and maintaining a Google account, which were all dizzying to me. The Road Home and the Partnership staff such as Micheal Cannon, Ricky Hamilton, and specifically [Phalanx Family Services](#) successfully helped to address my performance anxiety and gave me balance in my daily life.

The IDOC's goal is to rehabilitate us which means "to restore one to a normal, or constructive level of activity", so what more must we do as returning residents to show that we actively want to contribute to society in a productive and restorative way?



SECOND CHANCE



I overcame many of my personal challenges within my first 6 months such as finding a place to live, acquiring my drivers license, and redeveloping relationships within my community. I have also been advocating much of my time for Not-for-profit Reentry and Mentoring work, trying to establish a brand, and hosting safe spaces. All of these internal obstacles that I discussed, I was able to address, but there are external things that also impede my success. This made me raise the question:

“What must returning residents do to prove that investing in us is of great benefit to everyone?”

The City of Kewanee took extra effort to have a vote which allowed me to work in their city while I was still incarcerated. That was a level of trust and belief that I could not have recognised at that time. I applied for a similar job here in Chicago and was denied due to my record, even with my work history. I am not allowed to work near the living nor the dead, and so how am I supposed to feel about that? Where is my place?

Please note that returning residents believe in Public Safety because we were once a part of the depravity that has spread within our cities. We understand the importance of creating environments that are healthy because geography, class, nor color restricts crime. That is why I am truly grateful to the program that guided me when I came home because with this partnership, reinvestment creates a real community, and that community is my family. Thank you all.





DEFY VENTURES

Congratulations to [Demetrius Kennedy](#) who received his CDL last week!!!! (And I'm sorry it's taken me so long to post this!) He shared some amazing words that will be in our upcoming Defy newsletter. Until then, here are so photos of how he's been spending his last month.



4

3 comments Seen by 12

Thanks to everyone who's connected with [Christopher Harrison](#) over the past couple days! It's great to see your smiling faces. Melissa and I wish we could have been there! Congratulations to Richard and Karl on arriving home! And ongoing congratulations to [Nicholas Carra](#) on the fantastic work he is doing in Chicagoland. So wond... See more



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!





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 at **doc.kewaneehorizons@illinois.gov**
- **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



KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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