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 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.

> <u>Community</u>: A group of people with a common characteristic Or interest living together with in a larger society.

> > Merriam-Webster's Collegiate Dictionary Eleventh Edition



XEWAAEE HORIZOAS VOLUME 40 PAGE 4 MSSIDA STREAMENT

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.













TOGETHERMESAND"















By: Ms. Scott, Case Work Supervisor-Kewanee LSRC

Pay it Forward, Show Love, Give Backdifferent terms for the same ideals.

I decided to research the impact of volunteering (I know all my Kewanee guys are shocked that I did some more research). What I found corresponds with what I have experienced, personally, as well as specifically, as I have seen it and am seeing it occur as I write this at Kewanee. Currently the Kewanee facility is involved in sandbagging to assist communities in the state as they brace for the crest of the Mississippi River which will flood their towns. I have had the privilege of sitting alongside the men of Kewanee as they have shoveled, filled bags, tied bags and loaded them onto trucks to be hauled to their respective communities. These men are sore, tired, fingers blistered. Those of us who are helping as staff are with our own blisters and band aids. Some individuals in custody have had recent surgeries and are tying bags because

















they just want to do their part. Those observing Ramadan are working during the observance period. Breaks are taken to stand up and stretch and others who are shoveling are taking quick breaks to rest. Some have been out there for 10-15 hours over the first two days, alone. The Department of Transportation trucks line the staff parking lot waiting to pick up the sandbags and drop off sand. It is truly quite a site.

Interpersonal communication, time management, leadership, delegation, communication, leadership and problem-solving are a few transferable skills that you can develop through volunteer work. I see this first-hand, sitting alongside the men of Kewanee. They have created an environment of teamwork, a system that works. Each person a cog in the wheel. They have created stations, each with their roles. Working alongside one another provides opportunity to converse with those you may not necessarily speak to, otherwise. As I sat up to just look around, I saw all races, religions, socioeconomic levels and education levels working together. I saw men from the neighborhoods of Chicago and those from the farms of Central and Southern



















Illinois. People are doing hard work, individuals in custody, alongside staff. You can hear jokes being told, laughter ringing through the area, bad music being played, tart lemonade being served but everyone is upbeat and happy to be helping. It is voluntary, after all.

Volunteering can also provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. While prison does not afford many opportunities to volunteer or give back, I would encourage us all to seek out opportunities. If there are opportunities in your facility, get involved. Once released, find a cause you are passionate about and help out. It may be working with youth, assisting a food pantry, helping with janitorial/lawn care at a non-profit or place of worship. The options are endless. Use your skill set, what do you have to offer? The individuals in Kewanee have done food drives, contributed to the fund to send a veteran on the Honor Flight, filled Easter Eggs for a community egg hunt, the list goes on.





















The Dalai Lama is credited with saying "It is not enough to be compassionate, you must act". Martin Luther King Jr is attributed with stating, "Life's most persistent and urgent question is, what are you doing for others?" The Muslim religion Muslim 2699a states that "whoever helps ease someone in difficulty, Allah will make it easy for him in the world and in the hereafter. In the Christian faith, Matthew 5:16 states, "In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in Heaven". The ideal behind doing what we can for others crosses faiths, ethnicities, social status. I would encourage each of you

to pick just one thing TODAY that you could do to make someone else's day brighter. How can you pay it forward, show some kindness, give back? It doesn't matter if you are sitting in a cell in Menard, Jacksonville, Pontiac, Centralia or any other joint. How can you make a difference and impact someone or something today??? How will you serve your community once you are released?

"There could be no definition of a successful life that does not include service to others".- President George H.W. Bush

"You make a living by what you get. You make a life by what you give." -Winston Churchill







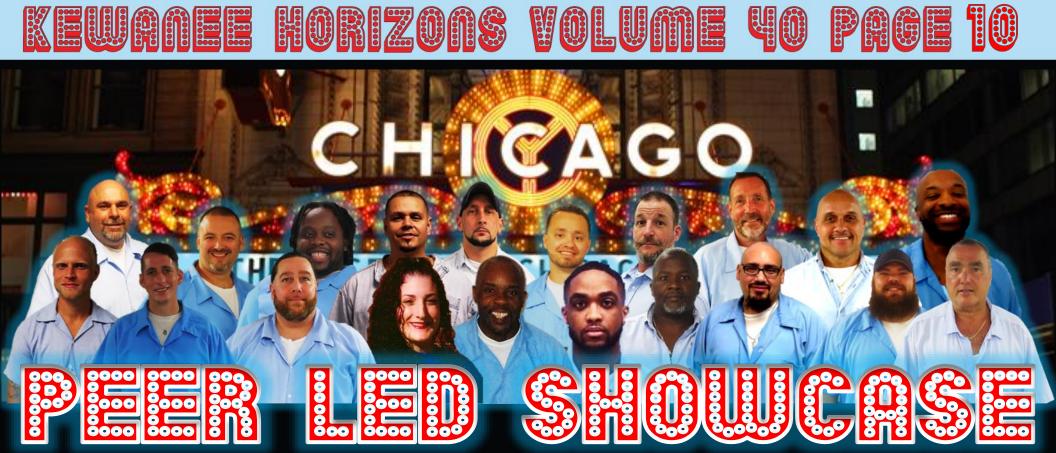












The Lady and Gentlemen that you see pictured above are the very people that help make our vision come to life. These individuals dedicate their time and effort to help teach our fellow peers things that are much needed in their personal development in life, which we anticipate will inspire us all to 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.













TRADE READY EMPLOYMENT OPPORTUNITIES

Our mission at T.R.E.O. is to educate and equip you with the knowledge necessary to succeed upon your release from IDOC. We focus mainly on hands-on trades and unions which you can find anywhere in Illinois, as well as all over the country. Throughout our articles, you will learn of the various trades and unions which will be available to you once released. In addition to this, we will provide you with educational resources such as OSHA training, employment requirements, basic tool use, and the things you can do to make yourself a more desirable candidate before applying to a potential employer. The majority of the trades which we will be discussing are "felon friendly" and are great places to start a long-lasting and fulfilling career. Just because you're released to start planning your future. Do not wait until it's too late. Join us here at T.R.E.O. and begin equipping yourself with the tools necessary to not only stay out, but to build the life that you want and deserve.



Hello everyone, welcome back to another T.R.E.O. article! In this article we will be discussing a career in the Electricians Apprenticeship Program or "Electricians Union" also known as the International Brotherhood of Electrical Workers (IBEW) and the National Electrical Contractors Association (NECA). We will provide you with the necessary information about why to become an Electrician, what is an Apprentice, the length of the Apprenticeship, wages, benefits, basic requirements, and how to apply for the Apprenticeship program. Now is the time to start planning your career and start investing in YOUR future!

Why choose a career in construction?

Why? Because the construction industry offers a wide variety of exciting options to young men and women! A career in the construction trades will provide excellent wages and benefits; job security, opportunity for advancement and the chance to create something that will last for years to come.

There are currently more than five million people working in construction and more than 250,000 new works will be needed every year. In fact, the construction industry is experiencing so much growth that a worker shortage is expected. This potential shortage creates an excellent opportunity for talented men and women to embark on a satisfying career.

Why become an Electrician?

Electricians assemble, install, maintain, and test electrical equipment and wiring systems in residential, commercial, and industrial settings. Electricians are in high demand, they work year round, and the pay is great. Average hourly wages for electricians range from **\$22 - \$43+** an hour depending on what year of the apprenticeship program you're in. After completing the apprenticeship program you will become a journeyman wireman and your average hourly pay will become around **\$50+** an hour.





What is an Apprentice?

An apprentice is an individual who learns a craft through classroom instruction and on-thejob training. Classes are taught by men and women who are skilled in that trade while on-the-job training is overseen by construction Journeymen and foreman. Unlike other training programs, most apprentices are paid while developing their skills. And as your skill level increases, so will your pay level.

<u>Earn while You Learn</u>

(The average apprentice earns over \$150,000 in wages and benefits WHILE they learn). Length of Apprenticeship & Program details:

Five (5) Year systematic program of learning.8,000 Hours of ON-THE-JOB Training.900 Hours (MINIMUM) of related study.(Earn an Associate Degree).

WHEN YOU TRAIN WITH THE INTERNATIONAL BROTHERHOOD OF ELECTRICAL WORKERS (I.B.E.W.) AND NATIONAL ELECTRICAL CONTRACTORS ASSOCIATION (N.E.C.A.), YOU ARE INVESTING IN YOUR FUTURE.

<u>Wage Information</u>: (I.B.E.W.) LOCAL UNION #176 INSIDE AGREEMENT WAGES EFFECTIVE: 7/4/2022 TO 5/31/2023



















	Zone 1: (Will & Grun- dy)	Zone 2: (Kankakee & Lasalle)	Zone 3: (All others)
Journeyman wire-	\$50.00	\$48.45	\$49.60
Foreman (9%)	\$54.50	\$54.06	\$52.81
Gen. Foreman (16%)	\$58.00	\$57.54	\$56.20
Area G.F. (21%)	\$60.50	\$60.02	\$58.62
0-1,000 hours worked	i 4:	5% of journeyman'	's wage
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1,001-2000 hours worked	50% of journeyman's wage
2001-3000 hours worked	60% of journeyman's wage
3501-5000 hours worked	70% of journeyman's wage
5001-6500 hours worked	80% of journeyman's wage
6501-8000hours worked	90% of journeyman's wage
8000+ hours worked	100% of journeyman's wage

Basic Requirements:

Must be at least 18 years old.
Must have a high school diploma or G.E.D. certificate.
Must have at least one year of high school level algebra 1 or equivalent with a grade of "C" or better.
Must have a valid driver's license.

×

















Benefits include:

Health & Welfare Pension, Vacation Annuity.

How do you get started?

How? By taking the recommended courses, by obtaining applications, and by making sure that you meet all the requirements to enter the apprenticeship program. Here are some IDES Locations and contact information to guild you in the right direction to get started.

Chicago Locations:	
Daley College	Arlington Heights Local
7500 S. Pulaski	Office: 723 W. Algonquin Road
Chicago, IL. 60652	Arlington Heights, IL. 60004
(773) 884-7000	(847) 437-9424
Lawrence Local Center	Truman college job center
2444 W. Lawrence avenue	1145 W. Wilson Ave. Ste.
Chicago, IL. 60625	1917
(773) 334-6646	Chicago, IL. (773) 334-4747
Mid-South job Center	Pilsen Local Office
4314 S. Cottage Grove Avenue	1700 W. 18 th street
Chicago, IL.	Chicago, IL
(773) 538-5627	(312) 994-8300

















It's yo boy, Steve Da Barber, back with another addition for Kewanee Horizons. Sorry for the delay, but let's get to it. As promised, I formulated a list of top Barber Colleges throughout the Midwest. This list is in no particular order. First, I want to go into detail about the state we're currently residing in. Illinois allows anyone who has completed a program and licensure in another state to request licensure by endorsement. What this means is, if you have a valid license in another state, you can switch it over to the state of Illinois. Of course you have to fill out some paperwork and pay a small fee, but the consequences of having a license in another state and not getting them switched and getting caught operating in Illinois is far greater than the small fee you'll pay to convert them. Penalties could be as severe as having your license suspended or even revoked, so be smart. The state of Illinois requires one to attend Barber College for approximately 1500 hrs. of inclass hours before being eligible to take the state exam. Here are some schools you can attend in Illinois and the surrounding states:















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Paul Mitchell: Chicago, IL - \$23,306 - tuition accepts grants, loans, scholarships
Larry's Barber College: Chicago, IL - \$17,190 - accepts GI Bill, loans, grants
Moler Barber College: Fargo, ND - \$14,000 - grants, loans, scholarships
College of Hair Design: Lincoln, NE - \$22,876 - grants, loans, scholarships
Minnesota School of Barbering: Minneapolis, MN - \$14,000 - grants, loans, scholarships
Leonard's Barber College: St. Louis, MO - \$7,094 - grants, scholarships through AACS
Kenny's Academy of Barbering: Indianapolis, IN - \$19,750 - loans, grants, scholarships
Academy of Barbering: Madison, WI - \$17,778 - loans, grants, scholarships
Michigan Barber School: Detroit, MI - \$13,825 - grants, loans, scholarships





By: Curtis Sanders When asked to write a piece on my experience in Defy, I immediately thought of the guys in my p.m. class. I thought about how a lot of our classes veered from business to discussions of our personal lives, our upbringings, our time & experience spent **incarcerated**, our family dynamics, and our hopes for our future upon release. Egos were put aside and a bond was created. Did we always agree or get along? Of course not, but we gained insight, empathy, and respect grew. I'm sure it was very similar in the a.m. class. Our leader on this path was Ms. Kira Kyles. Kira was a very intuitive instructor who often let us do us, but with a simple raise of her arm wrangled us back together if it got, "wild in here", as Adisa Wheeler would say. The ideas and creativity in our class were entertaining and inspiring. The books, good lord the books! The books looked intimidating but were easy to read, understand and retain.

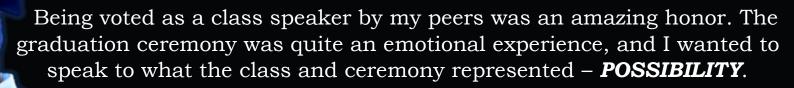
I first heard of Defy at Pontiac MSU in 2021. That's where I met a 5'5 ball of energy with a New York accent named Melissa. If you took a Mt. Dew, Red Bull, Monster energy drink, two 5-hour energy shots, a triple shot of Expresso from Starbucks and mixed it with a sour patch kids slurpee from 7-11, you still couldn't match Melissa's energy, or better yet, passion when it comes to Defy. She busted through those gym doors and went 0-1,000 real quick. She did that all day! We were all excited to join. In November 2021, I was blessed to transfer to Kewanee. I had to wait until the current class finished to enroll. As our journey started, we learned that Logan's cohort was about to graduate.





Congratulations Ladies! Around the same time, Kira informed me that Pontiac had started and had the largest cohort in Illinois. So congrats to all my guys who completed Pontiacs course. IDOC has so much talent inside of their facilities. A lot of individuals' reason for being incarcerated is their "hustler's spirit". Some were gifted idealists who once separated from their daily distractions realized their true potential and callings. Defy has made it possible to help us make those ideas, thoughts, ambitions, and dreams turn into business that can provide for us and our families for years to come. No one in custody ever wants to return to prison once they're released, Defy along with other programs to learn valuable skill sets, are the things that ensure that no one does. There was a quote written on the wall on Pontiacs NA classroom. It read, "I won't say it will be easy, but I will tell you it will be worth it". That's how I can describe Defy.

Momma I Made It! Big Curt



POSSIBILITY that the graduates will forge a self-directed future full of purpose, passion, and service.

POSSIBILITY that the family/guests will realize a bountiful return on their years of invested love, support and prayers, and the man who returns to them will be more whole than the person who left them.

By: Keith "Aquil" Talley















POSSIBILITY that DEFY VENTURES, the most expansive and complete programming opportunity that I've ever experienced, will be available for thousands of other confined citizens throughout the state.

My experience in Defy Ventures taught me to remove the armor that I had worn for years; to cultivate, grow and to gain an understanding on what life will be for me on the outside. This is more than just opening a business, or creating an ideal. Defy taught me to be better than I once was; a better man, better father, better son and a better human being, so that I could go out into society and not allow someone's unconscious bias dictate my pro-



Kenji L. Haley



gress.

By: Rockie Douglas

Tears of Joy

I'm so proud and glad to have had the opportunity to participate, complete and graduate from Defy Ventures. It was a moment in my life that my family and I will never forget. Defy was very challenging at times, but, like anything truly meaningful in life, it was worth it in the end. Defy allowing us the opportunity to spend the day with our family and share these priceless moments was truly special.



It was the first time since graduating high school in 1998, my mother cried tears of joy, happiness and proudness, instead of tears of pain, suffering and sadness. Walking across the stage in my cap and gown was such a fulfilling and meaningful moment for me, and it brought out such deep self-reflection making me realize that once I parole, through much discipline, strength, courage and perseverance, I can accomplish anything I put my mind to.



Defying the Odds

First and foremost I would like to congratulate all my fellow E.I.T.'s (Entrepreneur In Training) across the state. I 'm proud of all my Sisters and Brothers who stood firm and Defy the odds by completing a seven month course. On April 17th we here at Kewanee Life Skills Re-

Entry center graduated "Defy Ventures". I have to admit the whole event was an experience that I wish all of us as a whole could be part of. Holding that certificate in my palms gave me a sense of accomplishment, that feeling alone is something that I will cherish for the rest of my life. I would like to elaborate to those who don't know or ever heard of "Defy Ventures". It's a seven month intensive course with a 1,200 page curriculum that covers employment readiness, personal development and wellness, comprehensive Re-Entry planning, and business concepts.

















Sounds like a lot doesn't it? Well, it is, "No cap", at the same time it's worth it. I've been in the streets since the 90's, I'm what you call a "New Jack City" baby, three finger rings, big ropes and Lee jeans, caught up in the enterprise at a young age. Real talk though, when I engaged in Defy, it opened my mind and my eyes to a whole different level of becoming an entrepreneur. I never knew how to create a job resume' or hook up a business plan, let alone speak a business pitch to investors about my passion and drive to become a productive individual in society. I got in Defy and within months my thought process has shifted. I think different now, can't no one tell me that I'm not a boss of my own destiny.

I'm part of a Alumni that stretches across the nation in several states. I can open up my own business, and through the right connection and networking with the right resources, plus my E.I.T. family and I'll receive the proper support off the strength because I'm one of them, and like-wise I'll do the same, that's what being an E.I.T. is all about. I feel like all of us are "Entrepreneurs In Training" by doing Defy Ventures it enlightens us on how to Defy the odds and take control of our lives. I want to give thanks to Kira, Mellisa, Chris, and all the volunteers for inspiring all of us in becoming CEO's of our own life. I also want to send shout outs to the Alumni's at Logan C.C. and Pontiac C.C. much love to my Brothers and Sisters. I'm proud of you all, keep up the good work, and last but not least, to the future E.I.T.'s, I ask that you stay focused, go hard and Defy the odds...

PEACE

IN ORDER TO GET WHAT YOU NEVER HAD, YOU MUST DO WHAT YOU HAVE NEVER DONE.

-ANNONYMOUS

































Danville CC had our first ever GED, Danville Area Community College and Eastern Illinois Graduation all at once. There were 30 GED Graduates, 21 Danville Area Community College graduates and 6 EIU graduates.



In the group picture from Left to right is our EIU Individuals in custody Graduates with the EIU staff.

Front: Dr. Mikki Sherwood, Mynor Lemus, Kim Redfern, Jaime Zarate, Bob Cataneo

Back: Dr. David Smith, Lawrence Green, Maurice Jones, Ronald Palm, Dr. Elizabeth Tacke































One of the most nostalgic smells for me is that of freshly baked cookies. It takes me back to my childhood at my grandparents' house. My grandmother always had home made cookies in the kitchen ranging from chocolate chip to snickerdoodle to peanut butter. The odd but very fond memory that I have from these cookies is that my grandma would always burn a few for my grandpa. He always ate the burnt cookies and they seemed to be his favorite. Thinking back I'm not sure if grandma burnt them on purpose for him or if he pretended they were his favorite because grandma just



"Make no expense but to do good to others or yourself; í.e., waste nothíng." - Benjamín Franklín burned some cookies. Either way it was one of the memories of my grandparents that I hold dear.

My grandfather was one person as I was growing up that I always looked up to. I took note how he carried himself, how he interacted with others, and what was important to him. The burnt cookie was something I always noted and it symbolizes part of him that I admired. My grandfather being a child of the great de-













pression was an extremely frugal person. Eating the burnt cookies that would usually get thrown away was just one example of that. I remember when I was 9 and my family had to move out of our home. My grandfather bought our old house and tore it down board by board and he kept every board, window, door and even nails that he was able to salvage. Over the rest of my childhood and teenage years I watched as my grandfather would



take the items that he had saved to add to his house, to build a shed, etc.

These thoughts of my grandfather lead us to the next virtue of Ben Franklin, frugality. Ben defined it as "make no expense but to do good to other or yourself; i.e. waste nothing". My grandfather was great at wasting nothing, I remember him washing plastic sil-



verware after picnics, nothing was thrown out. But he was also amazing about hitting the other part of this definition, being "expensive" when it come to doing good to others. He spared no expense whether it is monetary or time when it came to showing those around him how he felt about them. He made sure that every moment and minute was meaningful because he realized their value.

When I think about frugality, I see it as so much more than just "penny pinching", especially now that we are past the pandemic. I've

















always been the person at home to finish the leftovers, to make sure we recycle, and to try to fix silly things just so we didn't throw it away. But over the last two years seeing how precious time and experiences with family and those we lose truly are, I have started to become very frugal with my time. Not only in the idea that making moments count when I'm with those people but also making sure that the time I spend away from them is meaningful.

When I first looked at the virtues, frugality is one that jumped out at me as one that would be not fun and may be not even that important. I originally started to go through the process of tracking the virtues and I was entering to the fifth week when I was going to focus on frugality. As I focused on frugality as just not wasting material things, it seemed very easy and was not truly a push. But then my definition for frugality changed to the idea of not wasting time and then my perspective took a turn. Watching and managing my time in a sense of not wasting it became a huge challenge but also brought many benefits to my life.

I would challenge everyone for just one week to start looking at how you are using your time. Where and what are the burnt cookies of your days that you are throwing away?



By: Elbert Conway

Now days when someone mentions Chicago the first thing most people think about is the crime which is unfortunate because Chicago is a beautiful city with an amazing history, a lot of beautiful people and a lot to offer. Like most big cities "The Chi" has had its issues, but it's still a unique place if I may say so myself.

With a population with over 2.5 million people, Chicago is the third largest city losing out to New York City and California. The name "Chicago" was first used in 1679 and it comes from Checagou, the French translation of the indigenous people's word Shikaawa which means something along the lines of wild garlic or onions. Chicago has numerous nicknames and the most familiar are "The Chi", "Chi-Town", "The Windy City" and, the one which I don't like to refer to Chicago as, is Chi-Raq. The name Chi-Raq has a negative connotation to it (the war in Iraq) and it's more important to focus on the positive things about Chicago and not the negative. The name "The Chi" and "Chi-Town" is only an abbreviation for Chicago (which is not a town by the way) but most people are still unsure how the name "The Windy City" came about. There are a number of legends of where this name came from but the most popular is that Chicago's elite and politicians being full of hot air.

















Chicago became "Chicago" all the way back in the 1600s, before that, the indigenous Potawatomi tribe inhabited the same area. When French explorers came in the late 17th century, the tribe established close political, economic and Kingship ties with them. By the 1700s, French fur traders were welcomed into the Potawatomi tribe which then expanded out to more river valleys, and as such, there was a mix heritage and children born out of those relationships. One of those traders was **Jean Baptiste Point DuSable**, a man of African and French descent from Haiti. Arriving in the 1780s, **DuSable**, becoming the first permanent non-indigenous settler, is often referred to as the Founder of Chicago.

In 1816, after losing the War to the Europeans in 1812, the Potawatomi tribe surrendered the remaining of their land in the **Treaty of St. Louis** which is commemorated to this day in Indian Boundary Park in West Ridge. The Potawatomi lost an estimated 89 million acres of land to



the Europeans. Between 1830 and 1840 Chicago's population increased tenfold from 350 residents to over 4,000. To accommodate this frankly insane population increase, Chicago built the first ever sewage system in the U.S.A in the 1850s. For this, the entire city had to be elevated. Before the lift, Chicago was unable to drain anything because it was leveled with Lake Michigan. This was called **"The Raising of Chicago."** Because it wasn't able to drain anything, disease ran rampant through the city. This wiped out around 6% of the city population in 1854. The drainage system resulted in a lot of sewage and industrial waste flowing into the Chicago River and, in turn, Lake Michigan – the city's main source of fresh water. So to combat this, in the 1900s Chicago achieved one of the biggest engineering feats of its time by reversing the flow of the Chicago River by using a number of canal lots that caused Lake Michigan to flow into the Chicago River and the river into the newly made Chicago Sanitary and Ship Canal.

In 1871 tragedy struck Chicago. **The Great Chicago Fire** killed over 300 people and destroyed over 18,000

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buildings making a third of the 300,000 residents homeless. Back then, everything was made of wood. In 1890-1930, the years of rebuilding Chicago following the destruction of the fire was a construction marvel. Everything was rebuilt with stone and metal and with this Chicago built the first ever sky scraper – the **Home Insurance Building**. It was only 10 stories tall and was built by LeBaron Jenny. Some buildings did survive the blaze and are still standing strong for you to go and visit today. These include the **Water Tower and Pumping Station**, now home to the city gallery and **The Looking Glass Theatre**.

After reading this brief recap of history, close your eyes and think about the uniqueness



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and beauty of places like the Magnificent Mile, Navy Pier, The Loop, Willis Tower, The John Hancock Building, Lincoln Park Zoo, The Shed Aquarium, The Planetarium, The Art Institute of Chicago, Millennium Park, Brookfield Zoo, the **Field Museum** and other places around the city. I don't know about you, but learning more of Chicago's history has allowed me to appreciate it a little more than before. I still close my eyes at times and travel back to the summer days spent at cookouts, playing in the open fire hydrants, and even nights at the Bungalows, 79th and Stoney Island, The Union Hall, The 50 Yard Line (the old and new), Lake Michigan and the Taste of Chicago. Remember the **Auto Show** at the **McCormick Place**? Think of the architectural design of the buildings and homes around Chicago...they're gorgeous and tell a unique story. By the way, did you know that Chicago is the home of the Italian Beef, Pizza Puffs,





Steak, Brownies, Cracker Jacks, Deep Dish Pizza, Roller Skates and the Pin Ball Machine? We can't forget about Foot Working and Juke Music (shout out to Knees).

















When it comes to major league sports Chicago may not have the greatest teams, but it has 8 of them – **the Cubs, the White Sox, the Bulls, the Sky, the Fire FC, the Red Stars, the Black-hawks, and the Bears**. Not to mention, this city has birthed a plethora of legends who has dominated in their chosen career fields.

Overall, Chicago is a great city and we shouldn't allow the negativity to outshine the many positive people and things which make it such a beautiful place to live and visit. Chicago has had its issues stemming from crime, inequality, race riots, corruption



and other things, but none of that negate the fact that "The Chi" is a wonderful city and there is no limit to what it can become as long as Chicagoans continue to strive for what's important - **Peace**, **Freedom**, <u>**True</u></u> Justice and Equality**.</u>





















ORIZONS VOLUME 40 PRE 40 POSITIVE LIFE CHOICES By: Pat Klein

Watching Eric walk out of prison to a cheering crowd and hug his mom as a free man for the first time after 27 years still brings a tear to my eye. Meeting Eric was one of the most pivotal moments of my life. I got to Kewanee about month after Eric and we immediately hit it off. He sold me on the idea of Kewanee Horizons when it was only about a week old and from the get-go I bought all the way in, his passion and enthusiasm is contagious. Eric has an energy that is unmatched, he is extremely charismatic and I always envied his ability to vocalize his ideas as he is a very talented communicator. Aside from all that, Eric is one of my best friends, he's one of the smartest people I've ever met in my life. I've never

met someone who I can bounce my crazy philosophical ideas off of or have a full length conversation about quantum physics with, I'm going to miss that a lot.

What impacted me the most though about Eric was his determination to leave no man behind. Although he got out, most of his life-long friends are still behind these walls and he has

made it his life's mission to improve policy and conditions for them. People would often say things to him like "It's almost over with, you can put all this behind you now" to which he would say "Yeah, no, not really..." He showed me that we need to be the change we want to see in the world, to not cut corners, to have integrity, to lead by example, and to tell it like it is. He's gonna hate me saying this but that dude is a real role model for me. Thanks to him I've made many "Positive Life Choices" and encourage others to do the same every chance I get. It's a thing. Love you bro.





















By: Randy "Danville" Kagels

During the brief period I was fortunate enough to spend with Eric Anderson, I was extremely inspired by his dedication, if nothing else. He remained laser focused on what he was doing right here, right now. Never mind the fact he was preparing to go home after 27+ years, the mission was to continuing completing the tasks he believes so much in. Things like prison reform and dealing with the numerous areas that incarceration impacts in our lives. The damage that extensive and mass incarceration does to individuals in custody, victims, and all of their collective families. He always remained positive. That is impressive to me. He had every right in the world to be bitter about being locked up for so long, but that is far from who he

is. We can probably count on one hand just how many people come back from such hopeless, dire circumstances like a LIFE sentence at the age of 15? Eric is winning right now, but that isn't where his story ends for all of us. Though he has done so many amazing things already, it is apparent that the best is yet to come from him. I heard a quote the other day and I think it apropos to Eric's situation. "One's success is measured by how many other people they help succeed." He remains an inspiration to many and a benchmark for what can be achieved when you dare to keep hope in your life. Never give up. And when you win, give the next man/woman a hand up like Eric has done and continues to do. Thank You for everything you taught me in such a short time!















By: Tiiyon T. Byrd

Those very bittersweet moments that we all have in life always suck. Seeing my boy Eric leave was a truly emotional thing. I was happy for him, but at the same time sad to see him leave because he's such a good person. Eric is one of the most motivated and determined people I have ever met. When I tell you that the world needs more people like him, that's an understatement. I've only been blessed to know and be around Eric for the last 8 months that I've been here at Kewanee, and every single day, he's been the same person. That's usually rare in prison, people aren't always consistent. A lot of us go through things in life that change us for either better, or worse. Giving back a life sentence, and then literally devoting your life to giving back and helping everyone that you possibly can is something that I highly admire.





ee kori.

What I love about Eric the most is that he is selfless, and doesn't seek recognition for anything that he does or has done. He is responsible for a lot of the things that I've been able to be a part of since being here in Kewanee, and I am forever grateful. It used to anger me when I'd pull him to the side and express my sincere gratitude, and explain to him how much I appreciated him, he'd never want to hear it. He'd always find a way to turn it back around to how much he appreciated "me", and others for doing the work, putting the work in, and getting things done. Most people would bathe in the compliments and praises, but my boy Eric never cared to hear any of it. Although it used to anger me that he didn't want to hear any of it, I still respect him for that more than he'll ever know. I definitely don't look at his departure as a "Goodbye", because without a doubt I'll be seeing him again.











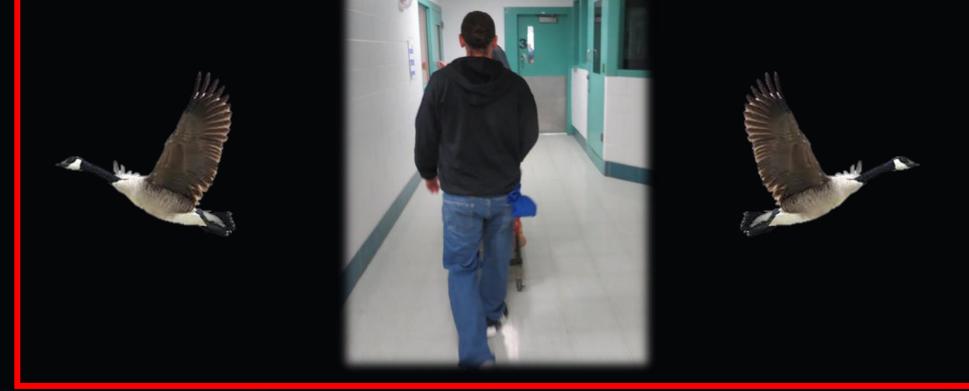






As I said before several times, when I leave prison, my fight for all of you continues, and I'll be right alongside Eric and everyone else that refuses to leave any of you behind. Being that he's not physically here to stop me now, I have to say, Eric, my Boy, I appreciate you more than a little bit. With all of the things that you've brought to Kewanee, and for all of the things that you've done for the people here, just know that you've impacted people's lives in the very best way.

Never change my Boy, that's really all I can say. Just a personal message from me to you, I'm grateful for the fact that I was able to teach you everything you know =-) See you soon Brother!





Eric and I arrived here in Kewanee on the same day and it didn't take long before a bond was made. Eric is a good dude, he's funny, witty and really passionate about restorative justice. I'm glad our paths crossed and I enjoyed working on the Kewanee Horizons with him and the rest of the crew, we're losing another founding member of the KH crew. There's no replacing him, no point in even trying, no one will be as passionate for the Horizons as Eric, it's his baby. We'll do our best to keep it going for years to come.



I'd like to THANK you Eric for your hard work and dedication to the struggle. I appreciate how you believe in me and my talents not only as an artist, but as me being a good future advocate as well. (still thinking about it) I'm happy I got the chance to watch you go home, finally ditching your blues for some nice street clothes. I won't lie, I got a little emotional watching you be received by the large motorcade of people that came to pick you up. Seeing you embrace your mom after decades incarcerated is what dreams are made of. Enjoy this next chapter of your life buddy, continue your work, continue to help those in need and remember to take time to have fun and really enjoy life. You deserve it!













wanee Horizons Volu SEE YOU LATER ERIC (WHEN WE'RE OFF PAROLE)



By: Marco DiPaolo

I met Eric on April 6th 2022, we were in the same transfer group to KLSRC. The first thing that struck me was that he said he didn't have a TV or plan on buying one; he said there was too much to do in Kewanee and he wouldn't have time to watch TV. I initially took this as an insincere pledge made in the excitement of arriving to a new facility, and wondered how long it would take him to buy one.

As soon as we got here we started working in the media room on Horizons Volume 1. Through count-

less hours spent hanging with Eric, I've concluded that he is a **genuinely** good guy, who truly cares about his community. He believes EVERYONE deserves a second chance, no exceptions, no caveats. The most impactful thing I ever heard him say was that his victims deserved





















Eric and I think that's great.

more than for him to lay in bed watching TV and chasing the phone for 50 years, and that he owed them. Even though his "debt" to society has been "paid" and he's home, I know he doesn't feel that way. In his head he still has a life sentence, and I think that's a good thing. If all formerly incarcerated individuals made it their life's mission to honor their victims by living a life of good deeds like Eric has, we would see a lot less

frequent flyers. It's a tall order to devote your life to your victims, but I know it's what drives

Eric is someone who made a mistake as a boy and was given a second chance as a man. I know he's going to do great things with juvenile outreach and help make conditions better for the brothers he left behind in IDOC. I'm so excited for the life he has ahead of him and I'm extremely grateful fate put us on the same transfer group. See you soon my boy!



...Oh yeah, he never did buy a TV.



By: Ricardo Vega

A unique person, a mentor, and true friend... that's Eric. I don't know where to start because there is so many things to say about this guy. I met him a year ago and his vibe was super positive. Eric has given me so much advice, he pushed me and gave me the motivation to do and accomplish a lot. Thank You Eric! Even though he has started a new journey on the out-

side he has left every individual he has interacted with the tools and inspiration to keep doing the things that he would be proud of. In one year thanks to Eric I was able to become a Certified Circle Keeper, I completed CMMP Mentorship Training, and he has also embraced me letting me be a part of Kewanee Horizons. All of these involve giving back to the community and that is something Eric is very passionate about. He has truly showed me and taught me the importance of giving back to the community. Once again thank you Eric foe all that you showed me and for all that you have showed me and for all that you have done for all of us here at Kewanee– K.L.S.R.C. The best is yet to come, but for now congratulations on your freedom and blessings!



















By: Halik Williams

Forty one days...that's how long it took for Eric Anderson to become my friend/ brother. We met the day I transferred to Kewanee LSRC on March 15th. As I went to shake Eric's hand, he embraced me with that infectious smile. It was symbolic and a testament to his character. As one of the founders of Kewanee Horizons, Eric went above and beyond to make me feel welcome and a part of the team.

Eric's commitment and dedication to Kewanee Horizons, Restorative Justice, Juvenile Justice, and Precious Blood Ministry Peace Circles is immeasurable. Eric is about the **TEAM**. Unlike many, he was not ego-driven. As I witnessed Eric being released on April 25th (after 27+ years), it made me smile. I am truly happy for him. I value and appreciate both our time together and the bond we forged in that short span of time.

THE ULTIMATE MEASURE OF A MAN IS NOT WHERE HE STANDS IN THE MOMENTS OF COMFORT & CONVENIENCE, BUT WHERE HE STANDS IN MOMENTS AT TIMES OF CHALLENGE & CONTROVERSY.

-ANONYMOUS















I arrived at KLSRC on 14 Sept 2022 which was an experience in and of itself. I'm sure you can understand where I'm coming from after spending my first 20 years between Cook County, Menard, Galesburg, and Shawnee. The next day, as I was being given the grand tour of the place, I was taken to the Media room and introduced to a man I will never forget. The guy's name was Eric Anderson and I must say that he is and was, by far, the happiest guy that I've ever met in IDOC. His happiness didn't come from naivety, in fact, quite the opposite. It came from perspective. I later learned that Eric was once a juvenile lifer who'd come from under it and now had a release date. I don't know if that's where his perspective came from or not but he had a lot of it; it was definitely present at all times.

Corey introduced me to Eric and he embraced me with open arms, literally and figuratively. Me and Eric had a great conversation and he saw something in me which is the main reason I became a member of Kewanee Horizons. Truth be told, I know there was a moment in time when I let Eric down and he absolutely questioned my commitment. I understood. I'd lost sight of what was in front of me due to things happening on the other side of the fence. We had the conversation that needed to be had which placed things back into perspective. Because of that, I'm back in the saddle so to speak. "Perspective"...it's definitely something I picked up from him; keeping the main thing the main thing.

One of my favorite quotes from Eric is "I'm winning, I'm in Kewanee!" This isn't just a quote, though, it's the truth. The things that you're exposed to here you can't find anywhere else in IDOC...it's preparation for returning to society. In closing, Eric, I salute you on your new journey as well as your continued journey of Restorative Justice. I know that you're going to do great things out there because you did them in here. Wishing you nothing but success!

-Demario























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- 1). WHO ESTABLISHED JJ FISH? AND IN WHAT YEAR?
- 2). WHAT WAS THE ORIGINAL NAME OF MAXWELL'S POLISH STAND?

3). WHAT RESTAURANT DID HAROLD PIERCE START AND RUN WITH HIS WIFE HILDA IN 1950? WHERE WAS THIS RESTAURANT FIRST LOCATED?

- 4). WHAT WAS THE NAME OF THE FIRST CHICAGO STYLE PIZZA?
- 5). WHAT YEAR DID THE CHICAGO STYLE PIZZA FIRST APPEAR?
- 6). WHAT WAS THE WILLIS TOWER ORIGINALLY NAMED?
- 7). WHO WAS CHICAGO'S FIRST AFRICAN AMERICAN MAYOR?
- 8). HOW MANY **ELECTED** MAYORS OF CHICAGO WERE AFRICAN AMERICAN?

9). WHAT CHICAGO RESIDENT WAS THE FIRST AFRICAN AMERICAN WOMEN TO WIN A PU-LITZER PRIZE?

- 10). WHAT WAS THE POTAWATOMI TRIBE NAME FOR WHAT IS NOW CALLED CHICAGO?
- 11). WHAT HOSTESS SNACK CAKE WAS CREATED IN CHICAGO?
- 12). WHAT CHICAGOAN CREATED THE FIRST EVER CELL PHONE IN 1972?
- 13). WHO DID THE WHITE SOX PLAY IN 1984 FOR 5 HOURS AND 6 MINUTES?















ANSWERS



1). JAMES J. GREEN ESTABLISHED JJ FISH ON MARCH 8, 1982.

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- 2). THE ORIGINAL MAXWELL POLISH STAND.
- 3) . HAROLD PIERCE STARTED HAROLD'S CHICKEN WITH HIS WIFE HILDA IN 1950 ON 39th STREET.
- 4) . THE NAME OF THE FIRST CHICAGO STYLE DEEP DISH PIZZA WAS THE PIZZERIA UNO.
- 5) .THE CHICAGO STYLE PIZZA FIRST APPEARED IN THE FALL OF 1943.
- 6). THE SEARS TOWER.
- 7). HAROLD WASHINGTON.
- 8). CHICAGO **ELECTED** 3 BLACK MAYORS. HAROLD WASHINGTON, LORI LIGHTFOOT AND NOW BRANDON JOHNSON. EUGENE SAWYER WAS APPOINTED NOT ELECTED.
- 9). GWENDOLYN BROOKS.
- 10). THE POTAWATOMI NAME FOR WHAT IS NOW CALLED CHICAGO WAS Shikaawa.
- 11). TWINKIES .
- 12). MARVIN COOPER.
- 13). THE MILWAUKEE BREWERS.















We would like to thank and express our gratitude to Mr. Kuster and Mr. Ross, the MHP's at Kewanee, for continuously helping us with these segments!

A DEEP DIVE INTO THE STAGES OF CHANGE

Building on last volume's article in the mental health pages concerning the Transtheoretical Model of Change (TTM), as promised we are going to try to take a bit of a deeper dive into the first few steps. The point of this explanation is; hopefully, to give you an insight that sparks a thought in you about where you might fall in the steps. This is the most important step actually! Figuring out where you are on the steps. It may be that you are in the **PRECONTEMPLATION STAGE** (stage 1).

1) **Precontemplation:** failing to recognize the need for change. This stage is where you are at when you say shit like, "I ain't crazy. The rest of you people are crazy." Or, "I know what's really going on here, you just don't get it, I am good though." These are just examples to illustrate the idea that in your thought process, there is absolutely nothing wrong or unhealthy about the ways you are acting or interacting with other people or your environment. People may try to give you a pull-up and let you know that you have shit twisted, but, literally, you don't see anything wrong at all with your behavior. Or, just as importantly, you might believe that there is no possibility that you could change, even if you wanted to.

2) **Contemplation:** seriously considering the need for change. This is where you are aware that things need to change. You are aware that there are problems with your behavior, reactions, or interactions; however, you might still believe that your possibility of change might be especially difficult or not worth the effort, basically you are trying to figure out whether the benefits outweigh the cons. You can think about talking to people you trust and who you know care about you, or at least willing to be honest with you about how you act. The insights they give you can help you figure out the new direction you'd like to take your life.

3) **Preparation:** making small changes. Basically you are doing some information gathering to see what supports are available to you to make changes in the future. This could include doing research on the internet, reading books, or speaking with a professional or someone who has experience dealing with the issue. You might even be taking small trial and error steps to see if the ideas you have to make changes will work for you and how they will work in your life.

Next week we will continue down this path and dive deeper into the remaining steps. We here at **KH** hope this is helpful in some way, change is hard, but it's worth it.



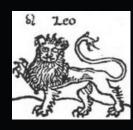




<u>Translation</u>: Where you focus your energy will show because of the laws of attraction. If you want to achieve financial peace focus on financial success.







Taurus: Look inward and consider the changes you want and how to achieve your goal. A secretive approach will help ward off any interference and give you time to investigate the possibilities.

<u>Translation</u>: Knowing what's needed to be done is only half the fight. Now that you know, seek the solution but don't show your hand before you're ready to execute your plan. It's a chess game so always think three moves ahead.

Gemini: Connect with people who can offer as much as you can. Don't disguise your intentions. Be precise about your needs and be ready to move on if you can't agree with someone.

<u>Translation</u>: Shake the leeches hanging around to take, take , take. Find people who will reciprocate what you give out and are willing to lend a hand when you need it. But remember, a closed mouth won't get fed.

Leo: Talks, lectures and new beginnings are apparent. Refuse to let someone dominate your time. Step into the fast lane and travel in a direction that offers hope.

<u>Translation</u>: Stop living in other people's shadow. Life is too short so start looking for new ways to get what you need in life. Time is ticking.



















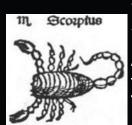
Virgo: A change of scenery is encouraged. Personal growth, physical improvements or rethinking the way forward will bring you closer to feeling happy and content. A kind word will be welcomed.

<u>Translation</u>: Everything starts with self so center your mind, body and soul for peace. You may have to change the people, places and things around you to find that peace though.



Libra: Make your life more meaningful by being precise about what you want. Handle a proposal that comes from the heart with sensitivity and goodwill. Articulate what you are willing to do to keep the peace and make things happen.

<u>Translation</u>: Don't be afraid to chase your dreams with passion. When opportunities come your way handle them as if your life depends on it and stand firm on your principles and morals.



Scorpio: Make security your top priority. Protect against unwanted change or others trying to monopolize your time. Someone looking for an excuse will pretend to misconstrue you.

<u>Translation</u>: Be cautious about who you associate with because people will try to have you do their dirty work and then pretend the plan was all yours in order to cover their own tracks.

Sagittarius: Put distress or anger aside and shoot for the stars. Look at the bright side of your situation, and you'll discover how to get what you desire. Don't limit what you can do.



<u>Translation</u>: Stop being pessimistic and find the opportunity that's before you no matter the situation. There's always a flip side to a negative situation. Believe that.













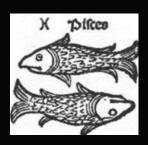












Capricorn: Too much of anything will weigh you down. Discarding what you no longer need will lead to positive lifestyle changes. Put a budget in place that helps you maintain the status quo.

<u>Translation</u>: Stop tricking off so much with all of your paramours. It's time to choose one who will understand you but not to mention reciprocate the love. You losing right now.

Aquarius: Keep an open mind, but don't give in to pressure. Go about your business and offer others the freedom to do as they please. The less friction there is, the easier it is to get things done your way.

<u>Translation</u>: Believe in the freedom of choice and know that because others are doing something doesn't necessarily mean you have to do it nor does it mean judge them. Let them do them.

Pisces: Misinformation will disrupt your personal life. Confirm any information about your residence, living arrangements or relationships with friends, family or your loved ones.

<u>Translation</u>: This may seem like an oxymoron but fake news is a real thing. You see what I did right there. Rumors run rampant so be careful about what information you entertain and allow to circulate. False info can create a lot of unnecessary problems. Remember the 2020 election?





Cancer: Hide in a secure spot and avoid conflict. Take time to decide what you want before you let others pressure you to fall in line. Personal growth will lead to financial gain.

<u>Translation</u>: Do your own research about where to invest your time and money. Don't listen to dude with the get rich quick scheme. Find solace in the facts first.















STANDE CALLOUT

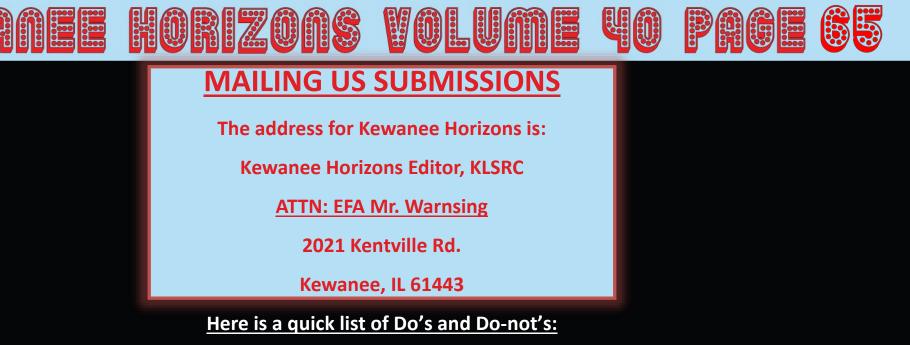


Everyone here at Horizons would like to take the time to express our sincerest gratitude for all of the viewers, supporters, and participants of Kewanee Horizons. Our approach is different from other material that has been of benefit to us all, especially in regards to highlighting the successes of our 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.

STANDE CALLOUN



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!



- **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 <u>any individuals in custody</u> 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

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



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