

KEWANEE HORIZONS

VOL. 44

FATHER'S *Day*

A TRUE SUPERHERO



TABLE OF CONTENTS

Restorative Justice.....3	T.E.A.M.....42
Mission Statement.....4	Mental Health YOGA.....44
Building Relationships.....5	KH Meme.....47
Peer Led Showcase.....7	Adventures of J Dawg.....48
CDL Peer led Group.....8	Horoscope.....49
Defy Class of 2023.....15	Statewide Callout.....52
Convict Creations.....19	Submissions.....54
Kewanee's Field of Dreams.....22	Social Media.....55
F.L.I.P. Class of 20023.....25	
Congratulations F.L.I.P.....29	
13 Virtues.....32	
Surrogate Dads.....35	
The Market Corner.....36	
JuneTenth Facts.....39	



RESTORATIVE JUSTICE

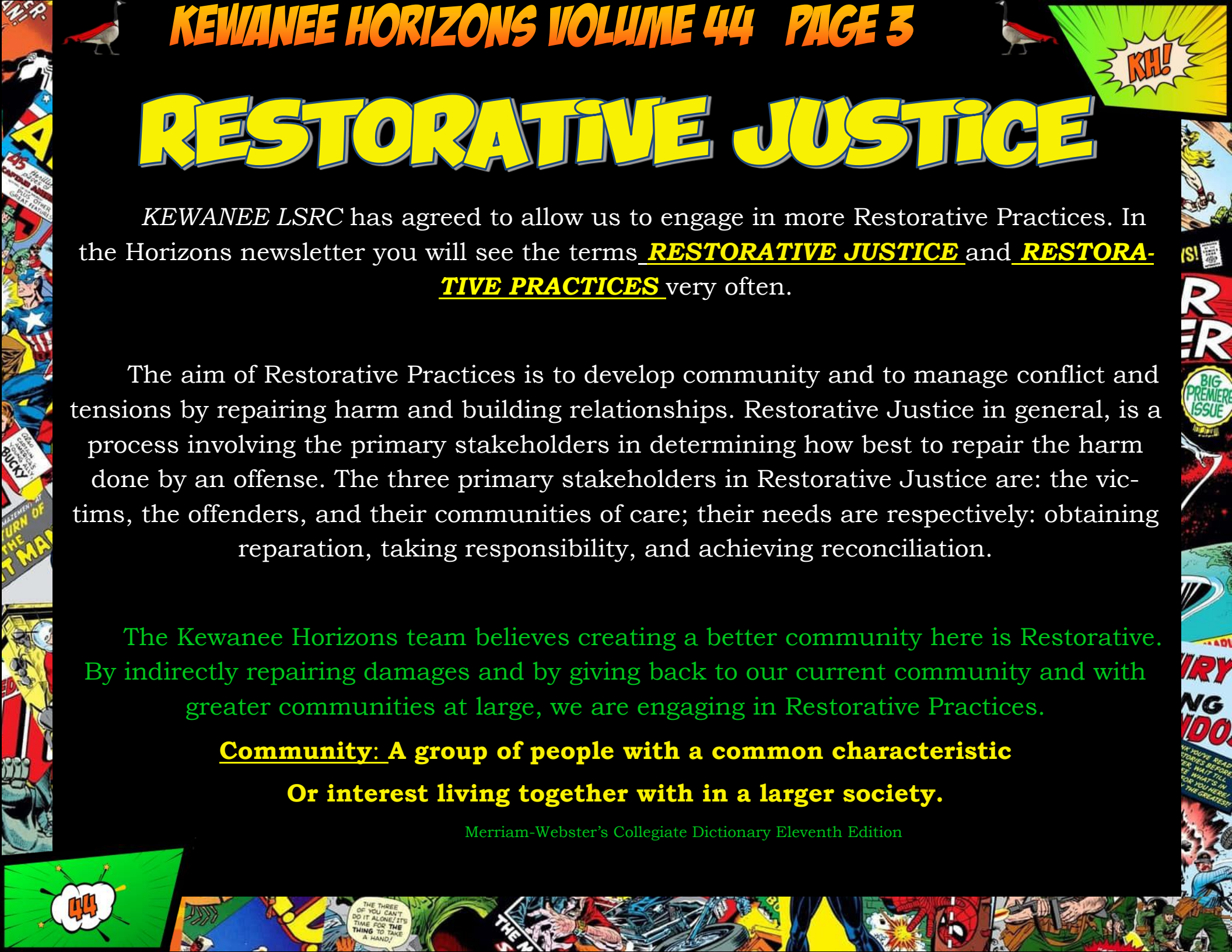
KEWANEE LSRC has agreed to allow us to engage in more Restorative Practices. In the Horizons newsletter you will see the terms RESTORATIVE JUSTICE and RESTORATIVE PRACTICES very often.

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

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

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

Merriam-Webster's Collegiate Dictionary Eleventh Edition



MISSION STATEMENT

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

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

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



By: Demetrius Jackson @ Restore Justice

Hello brothers and sisters.

Since being an apprentice at Restore Justice. I've learned a lot from the staff around me about everything nonprofit. Building relationships plays a very important role in what I've learned being here at RJ .The more I learned about building relationships, and traveling down to Springfield speaking to legislators and speaking with other organizations. I realized that building relationships is not just great for whom you work for, it's also great for you personally as well. Because, at the end of the day, you are your own brand. Others must view you as someone they can put their trust in. Meaning, a person that is dependable, and true to their word. As a person that was incarcerated, being dependable and true to my word, came easy to me. In the department of corrections, all you have is your word, and your word

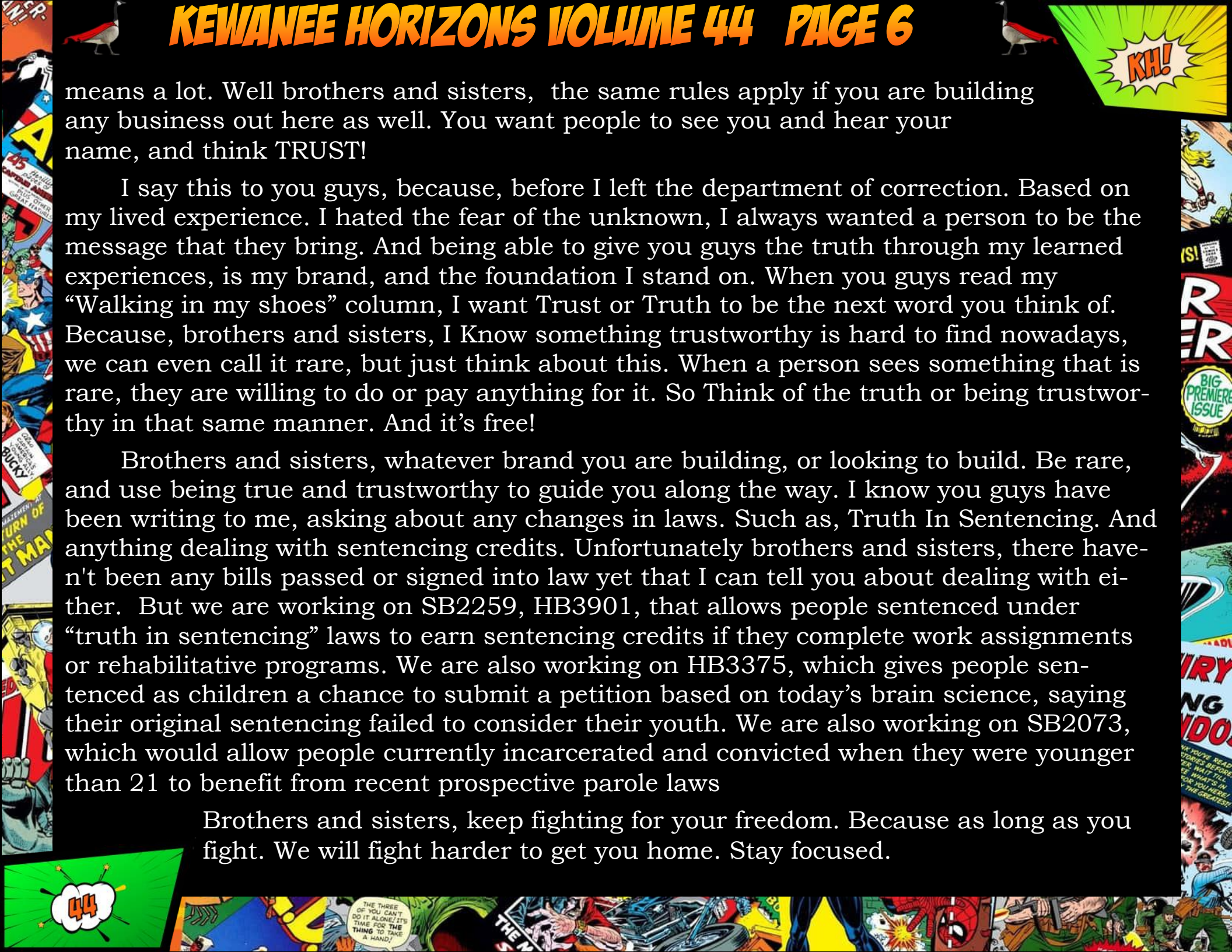


means a lot. Well brothers and sisters, the same rules apply if you are building any business out here as well. You want people to see you and hear your name, and think TRUST!

I say this to you guys, because, before I left the department of correction. Based on my lived experience. I hated the fear of the unknown, I always wanted a person to be the message that they bring. And being able to give you guys the truth through my learned experiences, is my brand, and the foundation I stand on. When you guys read my "Walking in my shoes" column, I want Trust or Truth to be the next word you think of. Because, brothers and sisters, I Know something trustworthy is hard to find nowadays, we can even call it rare, but just think about this. When a person sees something that is rare, they are willing to do or pay anything for it. So Think of the truth or being trustworthy in that same manner. And it's free!

Brothers and sisters, whatever brand you are building, or looking to build. Be rare, and use being true and trustworthy to guide you along the way. I know you guys have been writing to me, asking about any changes in laws. Such as, Truth In Sentencing. And anything dealing with sentencing credits. Unfortunately brothers and sisters, there haven't been any bills passed or signed into law yet that I can tell you about dealing with either. But we are working on SB2259, HB3901, that allows people sentenced under "truth in sentencing" laws to earn sentencing credits if they complete work assignments or rehabilitative programs. We are also working on HB3375, which gives people sentenced as children a chance to submit a petition based on today's brain science, saying their original sentencing failed to consider their youth. We are also working on SB2073, which would allow people currently incarcerated and convicted when they were younger than 21 to benefit from recent prospective parole laws

Brothers and sisters, keep fighting for your freedom. Because as long as you fight. We will fight harder to get you home. Stay focused.





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.



CDL!

PEER-LED GROUP

Hot Shot, Box, and Sprinter Van Trucking
www.Trucker.com

Hot Shot, Box trucking, and Sprinter Vans involves hauling smaller, more time-sensitive LTL loads within a specific timeframe, and usually to a single customer or location. LTL means 'Less Than Load', where you are paid to haul an empty trailer to pick up a load. Hot Shots are usually delivered using medium-duty trucks that pull flatbed trailers.

Hot Shot trucking is different from **expedited shipping**, which usually involves vans, box trucks, tractor-trailers, or even pickup trucks waiting on standby to get the job done. Instead of keeping expedited shipping vehicles on standby, hot shot hauling jobs are distributed to various drivers through load boards. Hot Shot truckers, Box Truck and Sprinter Van drivers are experts at delivering small, time-sensitive loads that need to be delivered within a





specific timeframe. Most are **freelance owner-operators (O/O)** who own their vehicles (or lease their vehicles) and find their loads on load boards. But company drivers sometimes take on Hot Shot or Sprinter Van jobs, too. Box Truck drivers tend to be more local, but do travel regional routes as well.

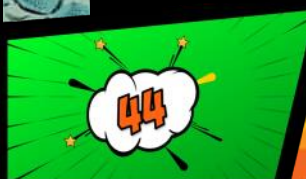
Truck types

There aren't many requirements for Hot Shot trucking. You can use a variety of truck types, but the most common are one-ton pickup trucks classified as "medium-duty" by the Federal Highway Administration (FHWA). These are generally classified as non-commercial vehicles, but you can use them for hot shot trucking if you have your Operating Authority, a USDOT number (if you're hauling over state lines), liability insurance, and proof that you own a business. These requirements go for Box trucks and Sprinter Vans also. Hot Shot trucks typically fall under Class 3, 4, or 5.

Class 3 medium-duty trucks have a weight limit of 10,001-14,000 pounds. Some of the most common types are the Chevrolet Silverado 3500, the GMC Sierra 3500, the Ford F-350, and the Ram 3500. These are your basic heavy-duty pickup trucks.

Class 4 medium-duty trucks have a weight limit of 14,001-16,000 pounds. The Chevrolet Silverado 4500, Ford F-450, and the Ram 4500 are common examples. These are heavier trucks, but they're still classified as non-commercial. If you anticipate hauling larger hot shot loads, you may want to invest in a Class 4 truck.

Class 5 medium-duty trucks have a weight limit of 16,001-19,500 pounds. Common models: Chevrolet Silverado 5500, Ford F-550, and the Ram 5500. Class 5 is also where some of the lightest commercial trucks are categorized. The Kenworth T170, Peterbilt 325, and International TerraStar fall into this category.



Trailer types for Hot Shots

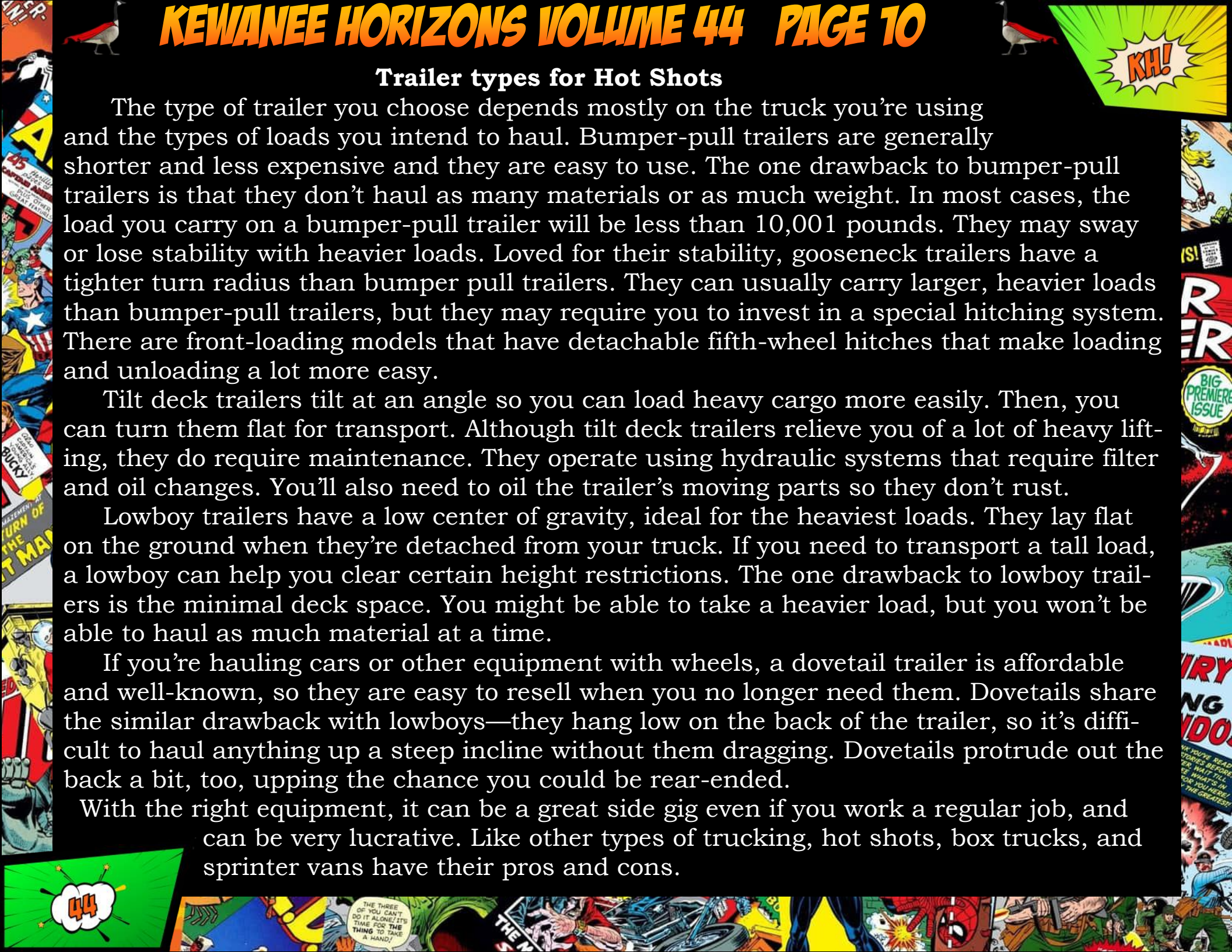
The type of trailer you choose depends mostly on the truck you're using and the types of loads you intend to haul. Bumper-pull trailers are generally shorter and less expensive and they are easy to use. The one drawback to bumper-pull trailers is that they don't haul as many materials or as much weight. In most cases, the load you carry on a bumper-pull trailer will be less than 10,001 pounds. They may sway or lose stability with heavier loads. Loved for their stability, gooseneck trailers have a tighter turn radius than bumper pull trailers. They can usually carry larger, heavier loads than bumper-pull trailers, but they may require you to invest in a special hitching system. There are front-loading models that have detachable fifth-wheel hitches that make loading and unloading a lot more easy.

Tilt deck trailers tilt at an angle so you can load heavy cargo more easily. Then, you can turn them flat for transport. Although tilt deck trailers relieve you of a lot of heavy lifting, they do require maintenance. They operate using hydraulic systems that require filter and oil changes. You'll also need to oil the trailer's moving parts so they don't rust.

Lowboy trailers have a low center of gravity, ideal for the heaviest loads. They lay flat on the ground when they're detached from your truck. If you need to transport a tall load, a lowboy can help you clear certain height restrictions. The one drawback to lowboy trailers is the minimal deck space. You might be able to take a heavier load, but you won't be able to haul as much material at a time.

If you're hauling cars or other equipment with wheels, a dovetail trailer is affordable and well-known, so they are easy to resell when you no longer need them. Dovetails share the similar drawback with lowboys—they hang low on the back of the trailer, so it's difficult to haul anything up a steep incline without them dragging. Dovetails protrude out the back a bit, too, upping the chance you could be rear-ended.

With the right equipment, it can be a great side gig even if you work a regular job, and can be very lucrative. Like other types of trucking, hot shots, box trucks, and sprinter vans have their pros and cons.



Pros

It doesn't take as large of an investment to get started with hot shots, box trucks or sprinter vans. Class 3 trucks are much less expensive than class 8 long-haul trucks, and they're cheaper to insure. The low startup costs are attractive to drivers who want to strike it out on their own but don't want to haul large loads. All three lanes require tight turnarounds, so you can usually get premium rates for each job. You decide which loads to take and when you drive. You can even set your own rates, and you don't have to worry as much about downtime.

Cons

Work can be unstable if you're driving hot shot, boxes or sprinter van loads exclusively. Hot shot trucking pays per mile, while box trucks and sprinter vans usually have set rates per mile, so you can't expect a regular owner operator salary. You may also need to be ready at a moment's notice to take on loads, and you will spend some time deadheading (hauling an empty trailer or truck/van, traveling miles without pay) to get each job done.

You also have to maintain your vehicle yourself and comply with most of the same regulations as other carriers, including insurance laws, hours of service (HOS) logging, and drug and alcohol testing.

Hotshot drivers can make as much as **\$100,000** a year or more, but that's on the high end. The median yearly owner-operator salary of hotshot truck drivers is between **\$49,000** and **\$75,000**. Box truckers and Sprinter Van drivers can earn upwards of **\$60,000**, depending upon their costs.

The amount you can make as a hot shot, box truck, or sprinter van driver depends on several factors:

- The amount of time you're devoting to trucking in the chosen lane
- The equipment you're using to haul loads
- The region in which you operate
- The number of loads available
- The types of loads you carry

- Years of experience
- Your rates

- Fuel prices
- Your costs

You can sometimes find loads through your network, but most hot shot drivers turn to load boards. Some new O/O drivers turn to free load boards to avoid a monthly fee. But you get what you pay for. Free load boards aren't always up to date or reliable, and they don't always have enough well-paying loads.

When you search for loads on paid-for load boards, like Truckstop.com, you get valuable rate information right at your fingertips and a high volume of well-paying loads. More importantly, the brokers on paid-for load boards are vetted and approved, so you can be confident you're getting the best loads from the most trustworthy sources.

You can search for loads by origin and destination, but pay close attention to your trailer selection. Be sure to enter your maximum weight as per the restrictions of your vehicle. If you're just starting, setting an average rate of \$1.50 per mile is a good goal. You could go as low as \$1 depending on your driving costs and what you're willing to work for. Eventually, you'll want to set your rates in the \$2-\$3 range. These rates can go for Box Trucks as well.



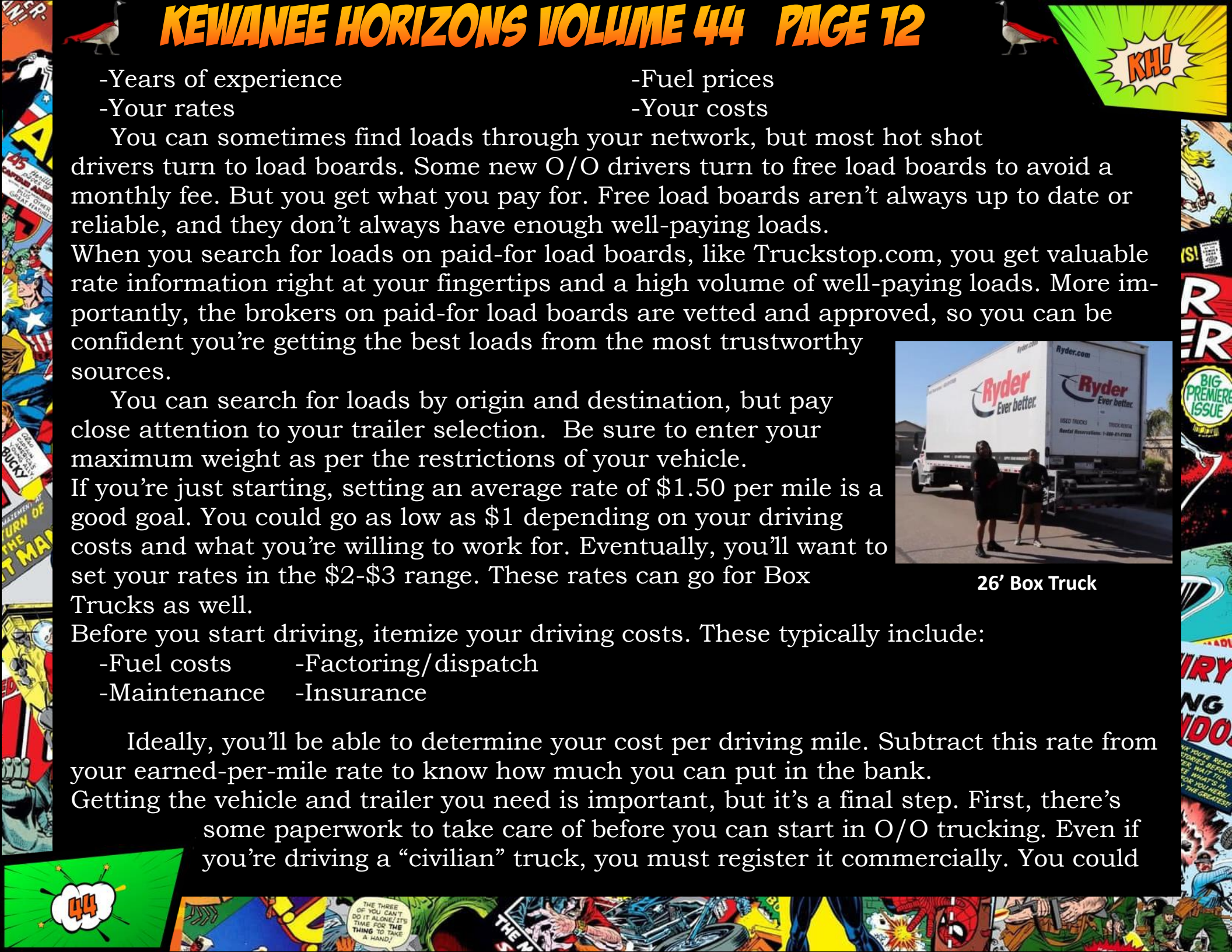
26' Box Truck

Before you start driving, itemize your driving costs. These typically include:

- Fuel costs
- Factoring/dispatch
- Maintenance
- Insurance

Ideally, you'll be able to determine your cost per driving mile. Subtract this rate from your earned-per-mile rate to know how much you can put in the bank.

Getting the vehicle and trailer you need is important, but it's a final step. First, there's some paperwork to take care of before you can start in O/O trucking. Even if you're driving a "civilian" truck, you must register it commercially. You could



be fined if your vehicle isn't licensed properly.

As an owner-operator, you're in charge of your driving logs. Use these to mark timing, distance, and the weight of your hauls under hours of service (HOS) regulations. If hauling over state lines, stay aware of each state's regulations and how to document hour hauls for interstate transport.

Extended body length Standard body length

High roof
Vehicle height: 110.1"
Interior cargo height: 81.5"

Medium roof
Vehicle height: 100.8"
Interior cargo height: 72.0"

Low roof
Vehicle height: 83.6"
Interior cargo height: 56.9"

Regular wheelbase 130"
Long wheelbase 148"

Sprinter Van Types

Transit is available in two wheelbases, three body lengths, three roof heights, and in chassis cab, cutaway and wagon configurations.

110.1" 100.8" 83.6"

BUILT Ford TOUGH

To get a U.S. Department of Transportation (DOT) number, apply using FMCSA's **Unified Registration System**. FMCSA also lists the insurance requirements you need to operate.

A CDL is not always required for box trucks, sprinter vans, or hot shot trucking, but it is highly recommended. If your box truck or hot shot trailer has a gross vehicle weight rating (GVWR) of 10,001 pounds or more and the gross combined weight rating (GCWR) of the truck and trailer is 26,001 pounds or more, a CDL is required.

Whatever lane you may choose to pursue, the earnings potential can be well worth the time and effort you put into it. The CDL Study Group will continue to keep you informed on the latest in the transportation industry! Upcoming articles include Things to Consider before choosing a CDL Training School, Some things to be mindful of with *some* Mega & Smaller Carriers, and Calculating REAL Trucker Pay!



SPRINTER VAN RATES:

UNDER 100 MILES - \$250+

150 MILES - \$300+

200 MILES - \$325+

250 MILES - \$350+

300 MILES - \$400+

400 MILES - \$450+

500 MILES - \$550+

600 MILES - \$600+

700 MILES - \$700+

800 MILES - \$800+

OVER 1000 MILES - \$950+



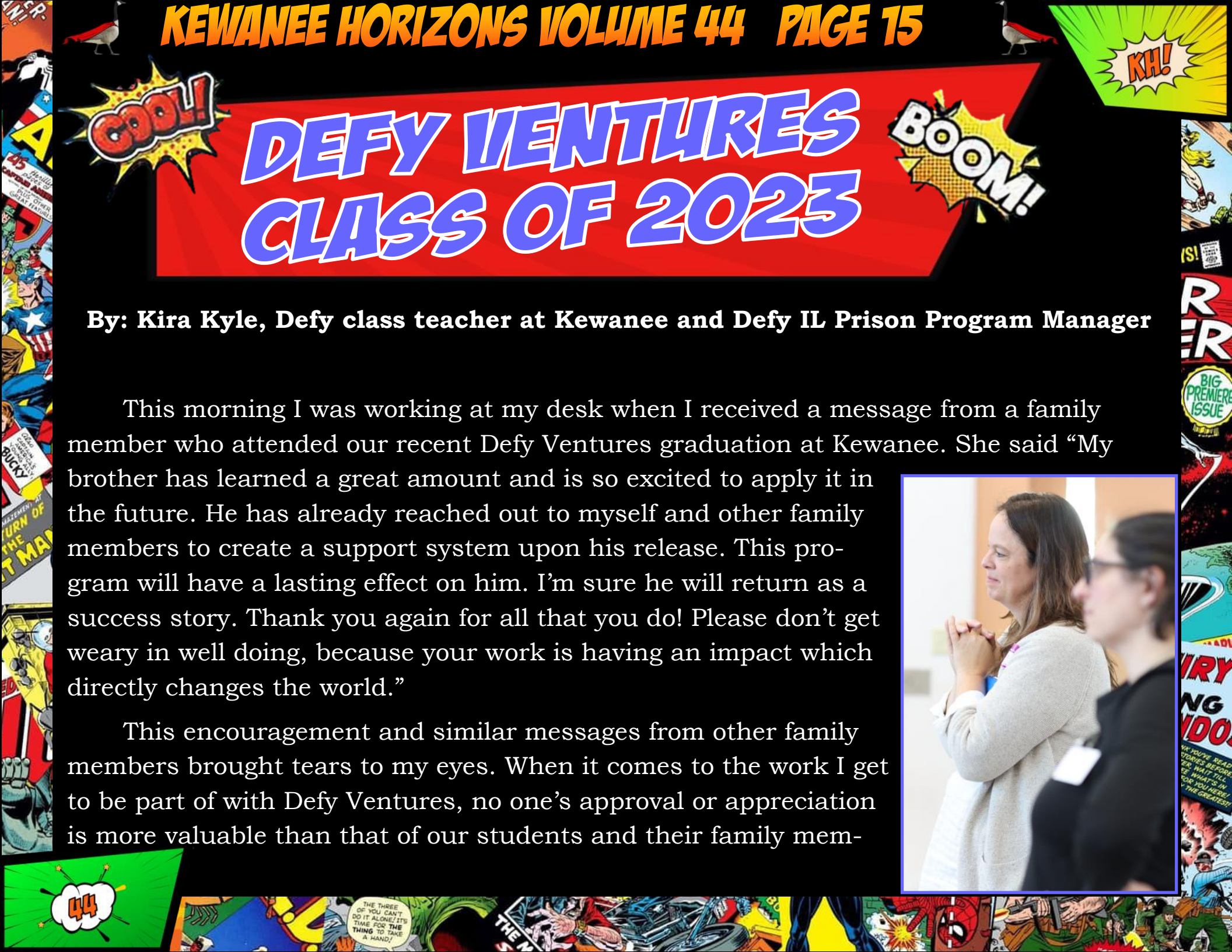
DEFY VENTURES CLASS OF 2023



By: Kira Kyle, Defy class teacher at Kewanee and Defy IL Prison Program Manager

This morning I was working at my desk when I received a message from a family member who attended our recent Defy Ventures graduation at Kewanee. She said “My brother has learned a great amount and is so excited to apply it in the future. He has already reached out to myself and other family members to create a support system upon his release. This program will have a lasting effect on him. I’m sure he will return as a success story. Thank you again for all that you do! Please don’t get weary in well doing, because your work is having an impact which directly changes the world.”

This encouragement and similar messages from other family members brought tears to my eyes. When it comes to the work I get to be part of with Defy Ventures, no one’s approval or appreciation is more valuable than that of our students and their family mem-





bers. Of course, it is very important that we continue to build authentic relationships with people in the IDOC and also with members of the community who come inside to volunteer and will invite others to do the same. Those same community members and other local/national organizations give donations to make our work possible, and I'm grateful for that every day. As it grows, we can continue to expand to other facilities across Illinois, and provide this program to more people before they go home. Still, the impact it is having on our students and their loved ones is the greatest evidence for me that the work matters and can make a difference in individual lives, and in the communities they return to.

I have said repeatedly this past year, and it will be true as long as I live, the best days of my life are spent in prison. When I am here, I meet people in all roles and situations that have experienced immense challenges, and many are learning to grow and give back in profound ways. Creating successful reentry for those who are currently incarcerated requires a partnership between all the people on the inside and all the people on the outside. I often hear it said, "people don't





change.” I understand the discouraging experiences that can lead to that self-limiting belief. I’ve experienced those things myself also. But I have also seen that people do change here, that steps can be taken forward, and that change can be maintained. I see that it matters: it matters how we treat one another; it matters that we believe that better is possible; it matters that we see the potential and support the change that IS happening and will continue to happen on an even greater level

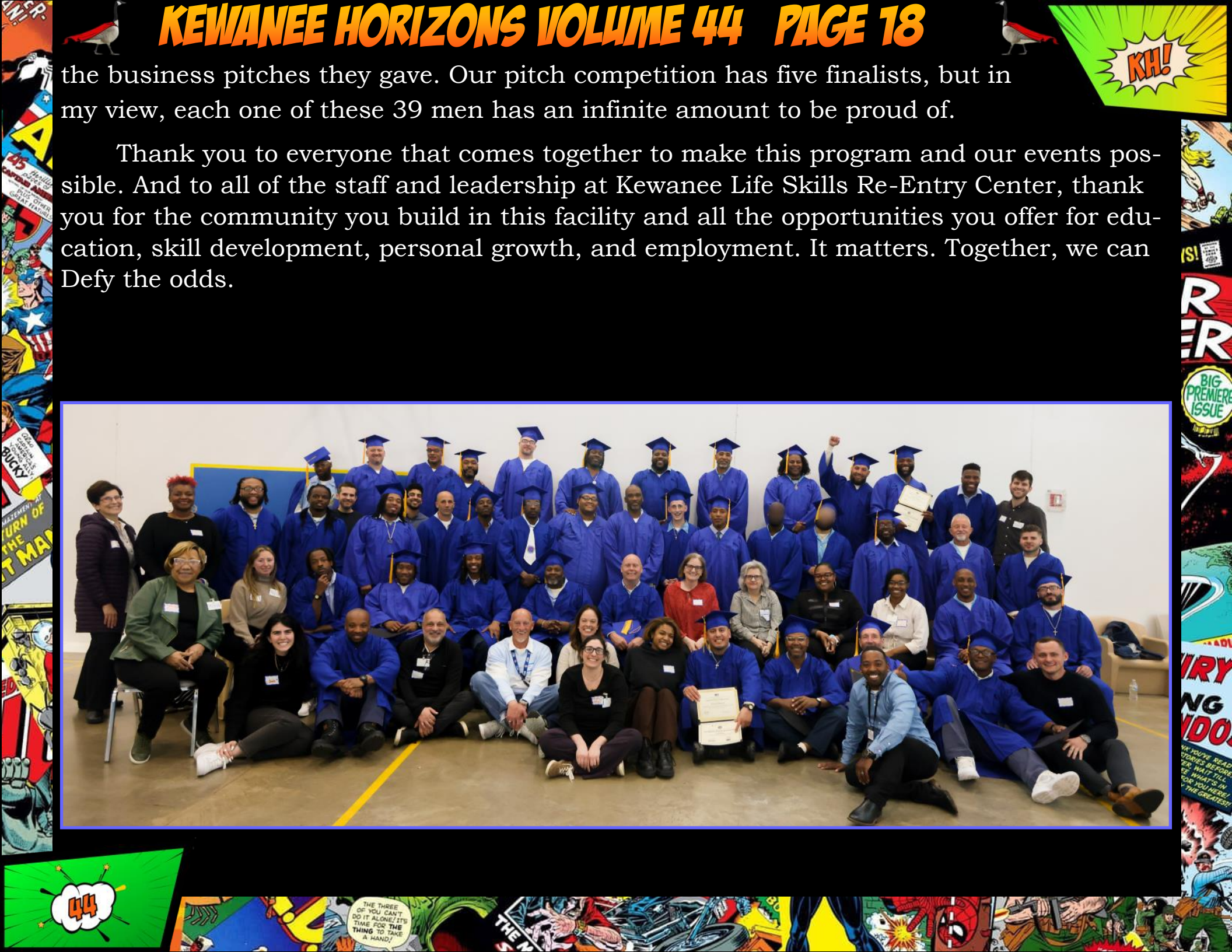
as we all work to show it is possible.

Last year, two Defy Ventures classes graduated in Illinois with 17 men from Kewanee and 15 women from Logan. So far in 2023, 46 EITs graduated from Pontiac in February (our largest class ever in IL) and 39 EITs (entrepreneurs in training) just graduated from Kewanee. We also now have a class at Logan with around 40 students. I am so proud of the work these students do throughout the eight month program and



the business pitches they gave. Our pitch competition has five finalists, but in my view, each one of these 39 men has an infinite amount to be proud of.

Thank you to everyone that comes together to make this program and our events possible. And to all of the staff and leadership at Kewanee Life Skills Re-Entry Center, thank you for the community you build in this facility and all the opportunities you offer for education, skill development, personal growth, and employment. It matters. Together, we can Defy the odds.



CONVICT CREATIONS

By: Jaime “J-Dawg” Hernandez

Thinking back to the Defy Kickoff as I sat with a group of guys, none of us knowing what to expect. I thought to myself, is this class for me? Everybody was saying how hard it was, the sign-up packet was an intimidating 15 pages long, the first book was huge and who the hell is this little lady all pumped up running back and forth yelling? (shout out Melissa)

Guess I was sold on Melissa and Kira’s pitch, I signed up, became an E.I.T. (entrepreneur in training) and began the seven month entrepreneurial journey with Defy Ventures. Very happy with the decision I made. I really enjoyed this class and learned so much, not only about being an entrepreneur and starting a small business, but I learned a lot about myself. Defy has given me more confidence and the growth mindset one needs to succeed once released. Many have asked me if the class was hard, it can





be. It will be harder for some than others, but everything in life worth anything is hard. But don't worry too much, this is where Ms. Kira comes in. She'll be your instructor and she is AMAZING! Ms. Kira is a great teacher with a big heart, she's extremely patient and she genuinely cares about your success. So future E.I.T.'s , treat her with the RESPECT she deserves.

Just in case you didn't know....**BREAKING NEWS!!!**....I won the

business pitch competition!!! Winning the competition was such a fulfilling feeling, being acknowledged for your hard work and creativity is so rewarding. This journey with Defy was more than just learning about business or the certificates I was given, this journey gave me purpose and the belief that my business is worth pursuing. I've been given the tools to succeed in any aspect of life with what I learned in this program, it is what you put in it and I put in a lot and I believe many of you will as well.

Winning was great! But honestly, my whole cohort were winners. We all survived the many months of class, finishing packets, coming up with business ideas, writing and rewriting business pitches and of course each other and accomplished the common goal of graduating. In the process of all the chaos a brotherhood was formed, I'll never forget anyone from this class and I'm happy to

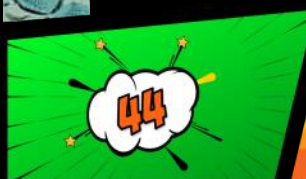




have shared the experience with them, especially my battle buddy Alvin. (Thanks for help homie) Graduation was awesome and emotionally exhausting; I might've shed a tear or two. Okay, I'm lying! I straight up cried, once it started I couldn't stop, don't judge me! LoL! Seriously though, being an incarcerated individual we'll be defying the odds the rest of our lives, so why not start Defying those Odds with the ever-growing Defy Ventures family.

Defy's assistance doesn't stop with this program while incarcerated; they have much more to offer once released, but you'll have to join the family to find out the rest. Man, I'm selling this Defy stuff hard! I wonder if they're hiring. I

Hope to see you at the next Kickoff, maybe I can be the push you need to take the journey. Who better to take advice from than the 2023 Business Pitch Competition winner, Jaime Hernandez, founder and C.E.O. of Convict Creations! J-dawg Out.....



KEWANEE'S FIELD OF DREAMS

KH

If you build it, it will happen!

Inning	1	2	3	4	5	6	7	8	9	R	H	E	Balls	●●●●
Visitor	0	0	0	0	0	0	0	0	0	0	3	1	Strikes	●●●
KLSRC	0	0	0	0	0	0	0	0	0	0	7	0	Outs	●●●

By: Evigan “Happy” Marcos

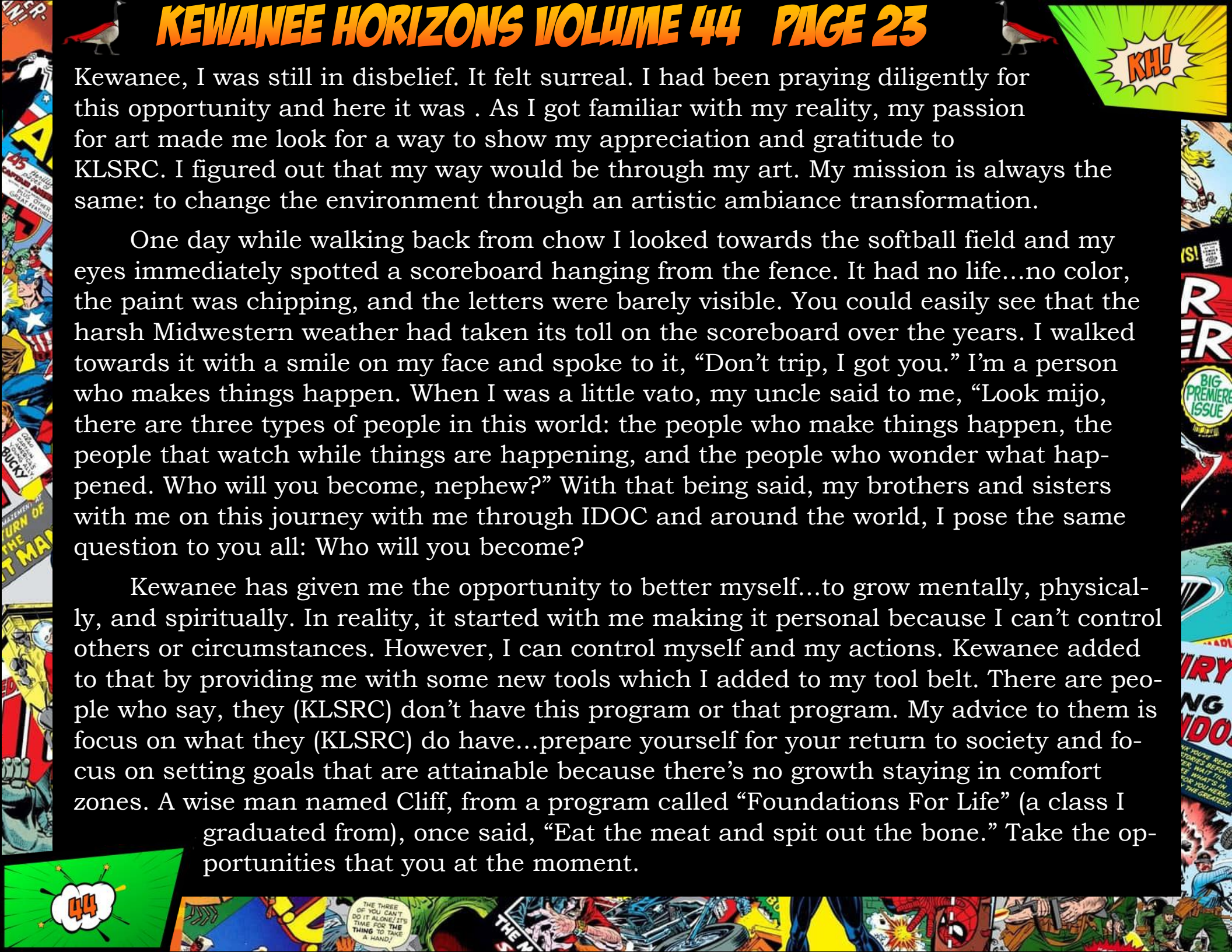
It’s April 18, 2023, early morning, 8:01am. As I sit here by my favorite window and the rays of sunlight brighten up my day. I reflect on yesterday’s memory. A great celebration for 39 fellow brothers here in Kewanee. The day we graduated from Defy Ventures. An entrepreneurial journey which provided the tools necessary to one day become the CEO of your own business—not just for your business but for your new life as well. We worked hard for eight long months and, finally, all of that great effort paid off. The smiles, tears, and joy we experienced with not only our peers but our families was truly a blessing and amazing. I’m very proud of us all. The point here is the feeling of accomplishment. It had been a dream for me for a long time, to one day build my own legit business. Well, God, Kewanee LSRC, and Defy Ventures made that possible for me.

Look behind me, you see that scoreboard? When I first got here to

Kewanee, I was still in disbelief. It felt surreal. I had been praying diligently for this opportunity and here it was. As I got familiar with my reality, my passion for art made me look for a way to show my appreciation and gratitude to KLSRC. I figured out that my way would be through my art. My mission is always the same: to change the environment through an artistic ambiance transformation.

One day while walking back from chow I looked towards the softball field and my eyes immediately spotted a scoreboard hanging from the fence. It had no life...no color, the paint was chipping, and the letters were barely visible. You could easily see that the harsh Midwestern weather had taken its toll on the scoreboard over the years. I walked towards it with a smile on my face and spoke to it, "Don't trip, I got you." I'm a person who makes things happen. When I was a little vato, my uncle said to me, "Look mijo, there are three types of people in this world: the people who make things happen, the people that watch while things are happening, and the people who wonder what happened. Who will you become, nephew?" With that being said, my brothers and sisters with me on this journey with me through IDOC and around the world, I pose the same question to you all: Who will you become?

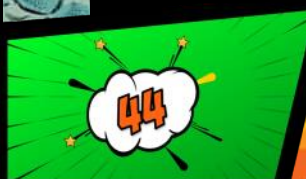
Kewanee has given me the opportunity to better myself...to grow mentally, physically, and spiritually. In reality, it started with me making it personal because I can't control others or circumstances. However, I can control myself and my actions. Kewanee added to that by providing me with some new tools which I added to my tool belt. There are people who say, they (KLSRC) don't have this program or that program. My advice to them is focus on what they (KLSRC) do have...prepare yourself for your return to society and focus on setting goals that are attainable because there's no growth staying in comfort zones. A wise man named Cliff, from a program called "Foundations For Life" (a class I graduated from), once said, "Eat the meat and spit out the bone." Take the opportunities that you at the moment.





In closing, I leave you with some wise words of my own: Find your passion. Seek the tools you'll need to make your dreams a reality. Plot and follow the steps to accomplish your goals. Be grateful. Last but not least, thank God for life itself. I'd like to thank my homies and the staff that made this possible, their help was vital: my brother Jesse Tokich, C.T. Bashaw, "Big Mike" Kirkhart, and our LTS Supervisor, Mr. Louck, who believed in my vision for this project. He's always ready to help out. You know I can't forget about the administration...THANK YOU and blessings to you all.

With much love and respect,
Your boy,
Happy

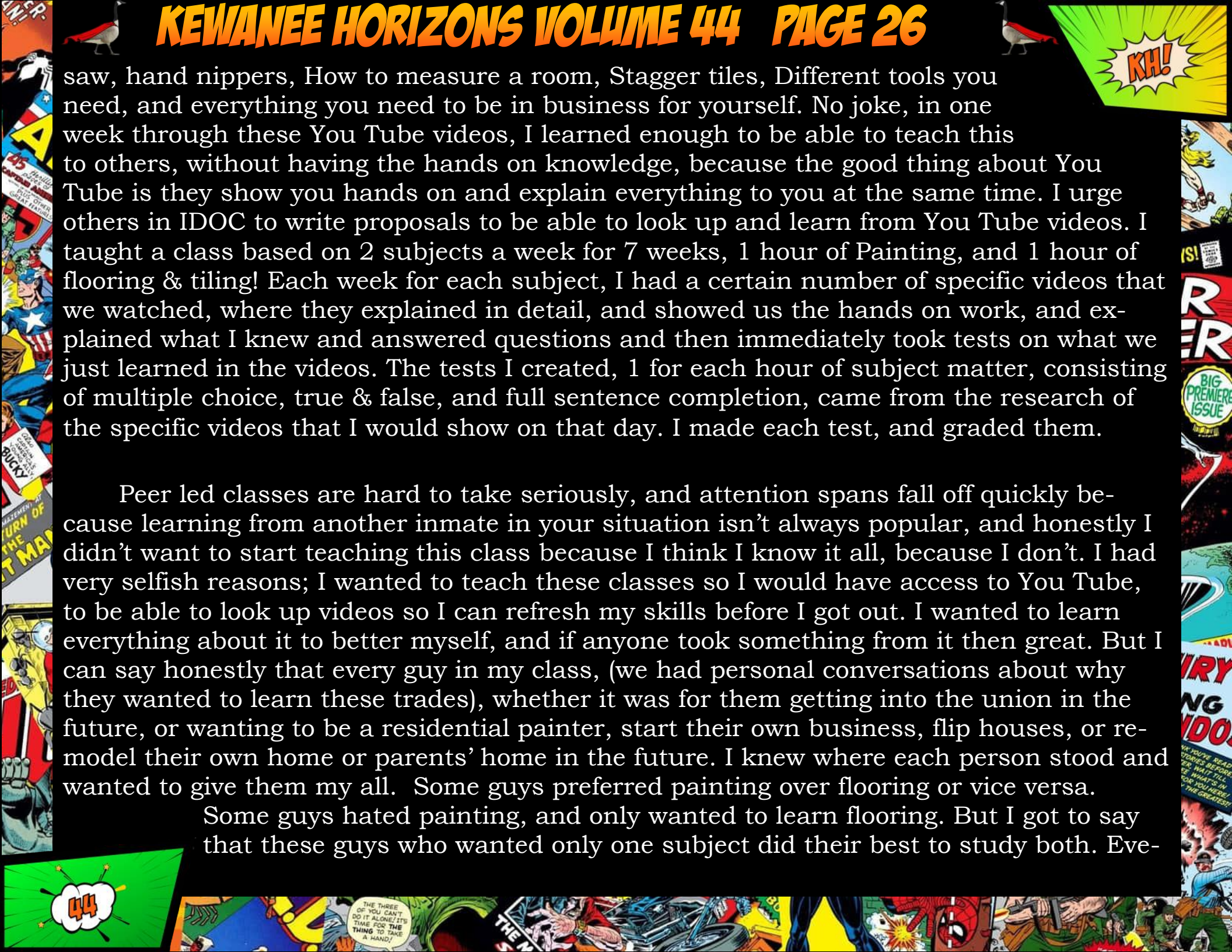


F.L.I.P.

By: Brian Lehnart



The day I arrived at Kewanee, I met a dude, and we had an idea to start a new peer led class. We didn't have a name for it yet, but he was a Flooring guy, and I was a painting guy, and we were to combine these, and teach how to flip houses. We developed syllabuses, got videos from You Tube, and created tests. Where are you able to do this at? No other prison would let you do this, especially your own creation, without being told what to do and what to say. 5 months of planning, and a week before class starts, He gets kicked out and sent back to a regular joint. At this point I knew nothing about flooring & Tiling. I start looking for a new guy to help me with it. But nobody can step up. It should have been dead on arrival. So I studied You Tube videos, non-stop for a week, all about Installing Hardwood and Vinyl floors, How tiles are made, Ceramic Vs. Porcelain, What is Mosaic Tiles, Backsplash, Tiling Showers, How to mix Thin Set, Grout, laying underlayment, Cement backer board, How to cut tiles with a wet tile



saw, hand nippers, How to measure a room, Stagger tiles, Different tools you need, and everything you need to be in business for yourself. No joke, in one week through these You Tube videos, I learned enough to be able to teach this to others, without having the hands on knowledge, because the good thing about You Tube is they show you hands on and explain everything to you at the same time. I urge others in IDOC to write proposals to be able to look up and learn from You Tube videos. I taught a class based on 2 subjects a week for 7 weeks, 1 hour of Painting, and 1 hour of flooring & tiling! Each week for each subject, I had a certain number of specific videos that we watched, where they explained in detail, and showed us the hands on work, and explained what I knew and answered questions and then immediately took tests on what we just learned in the videos. The tests I created, 1 for each hour of subject matter, consisting of multiple choice, true & false, and full sentence completion, came from the research of the specific videos that I would show on that day. I made each test, and graded them.

Peer led classes are hard to take seriously, and attention spans fall off quickly because learning from another inmate in your situation isn't always popular, and honestly I didn't want to start teaching this class because I think I know it all, because I don't. I had very selfish reasons; I wanted to teach these classes so I would have access to You Tube, to be able to look up videos so I can refresh my skills before I got out. I wanted to learn everything about it to better myself, and if anyone took something from it then great. But I can say honestly that every guy in my class, (we had personal conversations about why they wanted to learn these trades), whether it was for them getting into the union in the future, or wanting to be a residential painter, start their own business, flip houses, or remodel their own home or parents' home in the future. I knew where each person stood and wanted to give them my all. Some guys preferred painting over flooring or vice versa.

Some guys hated painting, and only wanted to learn flooring. But I got to say that these guys who wanted only one subject did their best to study both. Eve-

ry person who took this class, paid attention, were quiet during videos, respectful to others, took each test seriously, and really wanted to learn because they know these trades can really help them in the future. Graduation was great too, we had a little ceremony, hosted by my boy Montana, and we made pizzas, and got some pretty nice certificates. Shout out to Ms. Rowan, Mrs. Cambron, Mr. Warnsing, Wardens Carothers and Jones, and Chaplain York, and everyone else involved in letting me create and fulfill this vision I had.



By: Marcos Rojas

The concept behind F.L.I.P and the class is what Kewanee is all about. Allowing you to gain knowledge & prepare for your release, with a positive mentality & skill set to become an asset to your community. Not only did I enjoy F.L.I.P, but I gained knowledge on how to paint, lay flooring, and the prep work needed. I also learned about all the equipment I will need to do both of those jobs right. Whether it is to obtain a job or do some painting & flooring work to show your appreciation to someone that has been there for you during your time locked up, is just 1 of the reasons I recommend this class for anyone coming to Kewanee. I also noticed the instructor really cares.

I took F.L.I.P pretty much just for the knowledge of interior painting and I learned a lot, but I also learned a lot about laying tile & Flooring too. The material was broken down well, with clear explanation and easily understood. I believe anyone with a business mindset would greatly benefit from taking F.L.I.P. it broadened my horizons on interior painting, laying tile, and the business side in general.



By: J. Miller





For those of you who are reading this article about F.L.I.P, understand this one thing first; FLIP your way of thinking, you can do anything. Once you've done that, then you can begin to apply all that you learned in FLIP. Starting a business is easy! Just get out there and learn and apply the skills and knowledge from this class and you will be good. Don't worry about your 20 yr. competitors, start local with family and friends then grow. For those who haven't taken FLIP yet, get ready for one of the best skill, trade & Business classes Kewanee has to offer.

By: Joshua "Versace" Scott





CONGRATULATIONS F.L.I.P

By: Andrew Suh

Brian Lehnert (IIC) who is the CEO of Quality Remodeling Enterprises arrived at Kewanee several months ago and was inspired to create a Peer Led Group utilizing his wealth of home renovation knowledge. Through a joint venture with a fellow IIC, who is no longer at Kewanee, they created F.L.I.P. (FLOOR LAYING INTERIOR PAINTING). **F.L.I.P** is a peer led group dedicated to instruct and educate IIC's on the ins and outs of home renovations with a focus on floor laying and interior painting. Lehnert created a full curriculum including seven weeks of quizzes, tests, You Tube Tutorials, and in person open discussions surrounding all aspects of the home renovation business. Through a tremendous amount of hard work and dedication from the facilitators and participants this program has become a resounding success.

The first cohort of KLSRC graduates were presented with a certificate from





Quality Remodeling Enterprises, in recognition of their hard work, mastery of the subject matter and commitment to the Peer Led Group Initiative. With the music of Pomp and Circumstances playing in the backdrop, each graduate was presented a certificate and firm congratulatory handshakes from the creator, Lehnert and the facilitators; Leo Navar and Joshua Scott.

The graduates of the inaugural F.L.I.P. Peer Led Group-Class of 2023 were: Adisa Wheeler, Dwight E. Woodard, Pedro Scott, William Anaya, Chad Combs, Juan O. Figueroa , Bobby Crawford, Steven Dixon, Demilo Fox, Quetntin Fox, Owen Hakins, Jonathann Hurst, Tyrone Jones, Jose Leal, Michael R. Lee, Bradley Masters, Cody McGuire, J. Miller, Ryan M. Molck, Darryl W. Nelson, Ralph Pollock, Earl Proper, Marcos Rojas a notable mention to Joshua Scott, Leo Navar who acted both as students and facilitators of the program and special thanks to Ms. P. Rowan, the staff Liaison, who provided critical logistical and technical support for the program. The inaugural group of candidates graduated on May 19, 2023.

The graduation ceremony concluded with an amazing “PRISON PIZZA” feast (made from all things commissary), refreshments, an unending stream of Home Renovation You Tube videos playing on the big screen while the soundtrack of our lives played out on the speakers in the background. As with all things Kewanee, a true sense of camaraderie and community



was palpable as the graduates reveled in the realization that they were able to accomplish one more step on their overall journey towards rehabilitation and reentry. **This was so worth it!**

FLOOR - LAYING - INTERIOR - PAINTING



F.L.I.P.



FLOOR - LAYING - INTERIOR - PAINTING





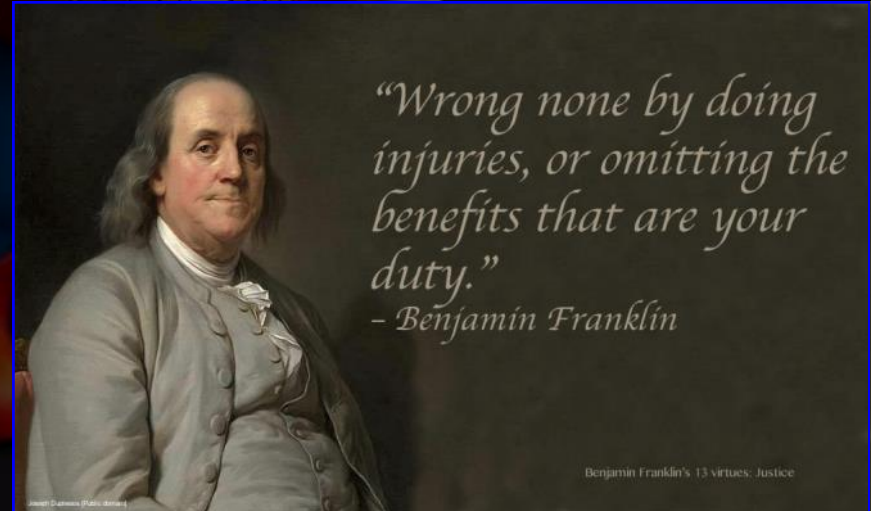
13 VIRTUES



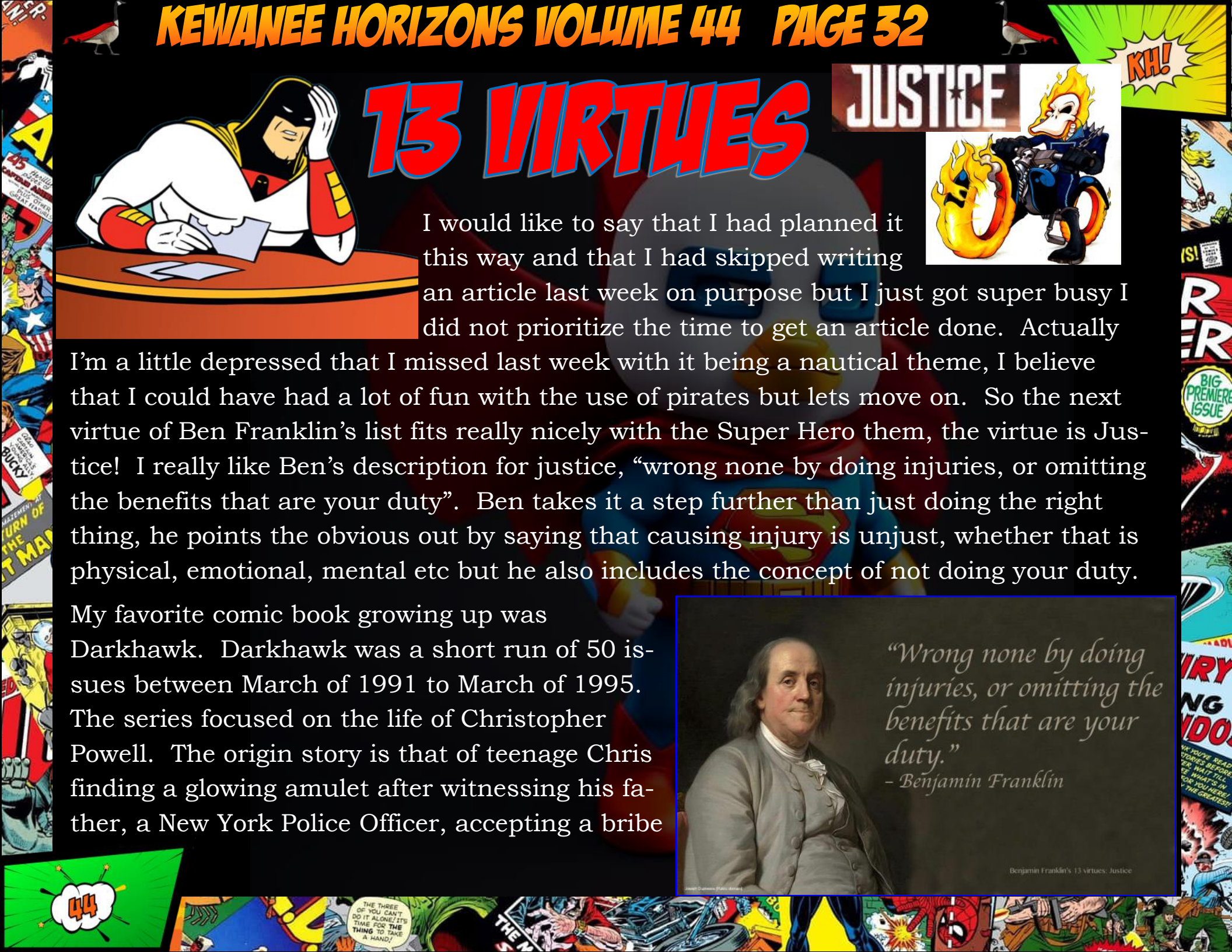
I would like to say that I had planned it this way and that I had skipped writing an article last week on purpose but I just got super busy I did not prioritize the time to get an article done. Actually

I'm a little depressed that I missed last week with it being a nautical theme, I believe that I could have had a lot of fun with the use of pirates but lets move on. So the next virtue of Ben Franklin's list fits really nicely with the Super Hero them, the virtue is Justice! I really like Ben's description for justice, "wrong none by doing injuries, or omitting the benefits that are your duty". Ben takes it a step further than just doing the right thing, he points the obvious out by saying that causing injury is unjust, whether that is physical, emotional, mental etc but he also includes the concept of not doing your duty.

My favorite comic book growing up was Darkhawk. Darkhawk was a short run of 50 issues between March of 1991 to March of 1995. The series focused on the life of Christopher Powell. The origin story is that of teenage Chris finding a glowing amulet after witnessing his father, a New York Police Officer, accepting a bribe



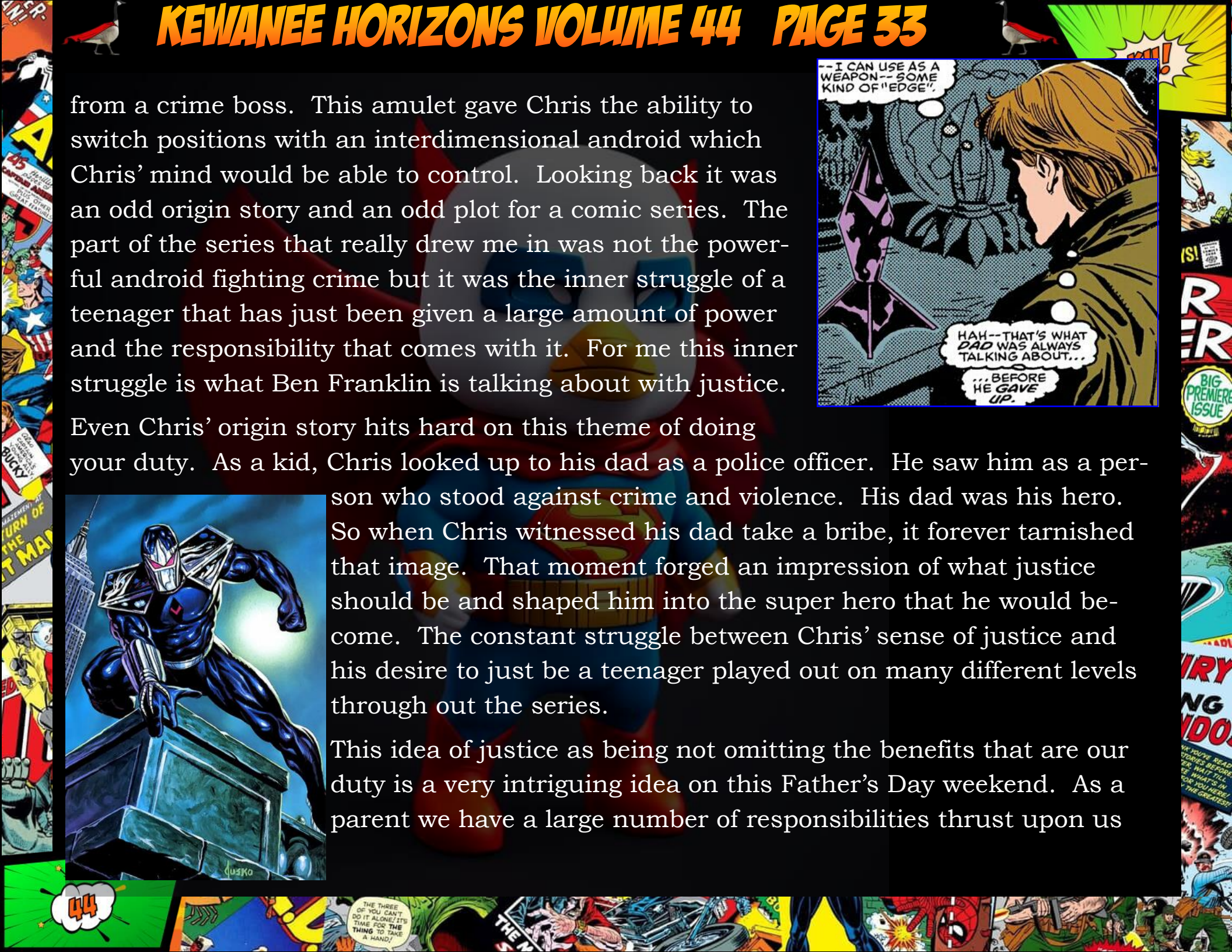
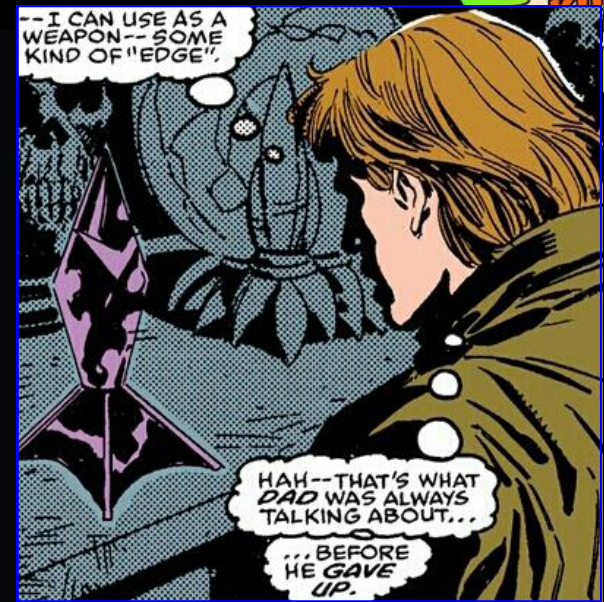
Benjamin Franklin's 13 virtues: Justice



from a crime boss. This amulet gave Chris the ability to switch positions with an interdimensional android which Chris' mind would be able to control. Looking back it was an odd origin story and an odd plot for a comic series. The part of the series that really drew me in was not the powerful android fighting crime but it was the inner struggle of a teenager that has just been given a large amount of power and the responsibility that comes with it. For me this inner struggle is what Ben Franklin is talking about with justice.

Even Chris' origin story hits hard on this theme of doing your duty. As a kid, Chris looked up to his dad as a police officer. He saw him as a person who stood against crime and violence. His dad was his hero. So when Chris witnessed his dad take a bribe, it forever tarnished that image. That moment forged an impression of what justice should be and shaped him into the super hero that he would become. The constant struggle between Chris' sense of justice and his desire to just be a teenager played out on many different levels through out the series.

This idea of justice as being not omitting the benefits that are our duty is a very intriguing idea on this Father's Day weekend. As a parent we have a large number of responsibilities thrust upon us





and one of those is giving our children justice. What exactly does that mean? For me this is all about giving “justice” to the time and attention that we spend and give to our children. We have all seen or possibly been in a situation where there are people having a conversation, dinner, just spending time together and someone is on their phone, watching TV, or something else is serving as a distraction and they are not giving the other people all of their attention. I’ve had on many occasions been in a spot where I’m watching tv or on my phone and one of my kids will start a conversation with and I’ll just began saying “yep”, “ok”, “you don’t say” and having no real idea as to what they are saying or I’m agreeing to. So in these moments I make an effort to stop what ever else I’m doing and give my full attention and the “justice” they deserve.

So on this Father’s Day weekend, as an act of the virtue of justice, conduct yourself is such a way that it bring no harm to those around you and also the delivery of the good that brings benefit to those you care about. So if we were to do a Horoscope like translation to that last sentence: Reach out to your parents, kids or loved ones and give them your full attention!



SURROGATE DADS



STEVE HANSERD

Some of us have fathers, but then there's the majority of guys that I know, that never had the opportunity of those fathers having a hand in raising them. My generation and the ones after have been cursed as well as blessed to have Surrogate Dads. Being brought up in either the streets or becoming an adult male behind prison walls; we were blessed to have father figures or big brothers in our lives to lead, guide, fuss, correct and give us correction when needed.

For me myself, it was a matter of life or death to adhere, heed and try to wrap my terrible core beliefs around some of the things they were trying to tell me. An immature mind always told me, that older brothers were just trying to tell me what to do, or trying to control my actions and behaviors. But, as I grew older and started recognizing the lives of the men and women that had no one in their ear, telling them what to do fell off; I realized that these surrogate fathers were actually making an attempt, to make me a better man than what they turned out to be.

Over the course of my life and only by god's grace, that the surrogate dad, big brother & uncle became me. I now try my best to give the wisdom, knowledge and understanding that I received from life, to those young men the spirit leads my way, to share with them what I have been given. All in all, one way or the other, the importance of having a positive male figure in our lives leads me to say, Happy Father's Day! To all the men behind the scenes, who go unrecognized and unappreciated for their patience, guidance and love. I would not be here today, if it were not for you.

THE MARKET CORNER

By: Timothy “Timzale” Alexander

Investing 101

Greetings to all of the readers of “The Market Corner” by Robert “Bulldog” Kennedy. I would first like to thank Bulldog for his insight and time in helping to give understanding to all of us about the stock market in its totality. Thank you very much, Bulldog, once again.

As we all know all good lessons will continue, we will keep submitting information on investing, as we have been doing. Investing is a subject that will forever be expanding. Investing is a matter that goes far beyond stocks, bonds, Reits, ETFs, commodities, and crypto, but we must learn and talk about other ways to invest. We also need to talk about investing money with our families because our families need to be a part of the subject. I will also ask that we read up in books and other forms of

messaging to get informed on how the market is moving and also become better at understanding other forms of investing.

My first ask is that everyone find a way to get understanding of the stock market and the terms that are used to explain what is being said about the happenings within the market. For this, I will give names of books to read or study which will help us all become familiar with the language of the pros that you see on TV or when reading the newspapers, magazines or a page such as this one. If you can't buy these books, here's a place you can write that can possibly provide them for you: **"Books 2 Prisoners" at P.O. Box 515, Urbana Il, 61803**. When you write them, include a list of three books you would like them to send you. They will either send you the book you requested or something close to it. There are books listed in this article that you can request, however, if they are not available they will send you something on the related topic. In this case, it would be on the topic of economics. If you can afford to purchase your own, I ask that you share the real wealth (the books) with each other. I personally allow brothers to read all of my newspapers, books, and magazines.

At the moment, I'm receiving the "Barron's" newspaper. My family reads them first and they send them to me when they're done. We need to always stay on the same page when dealing with our money and/or our savings. You can read the Wall Street Journal (WSJ) newspaper...this is the best in my opinion. You can also get informed from CNBC, Bloomberg, or Fox Business. We all need to take in this information to be able to make intelligent investments. The best in-

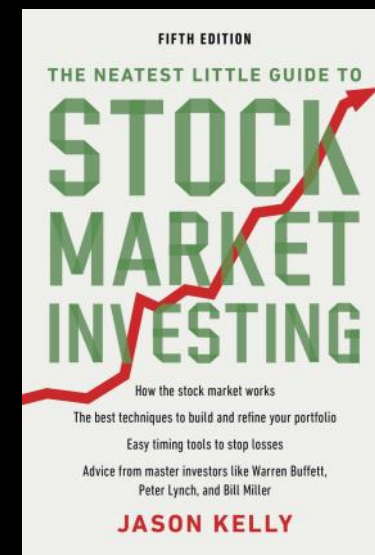
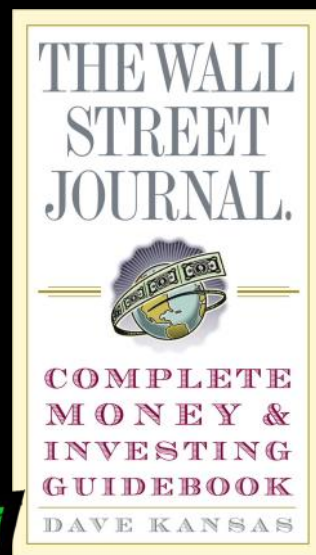


Investors always invest their time in getting knowledge and understanding. This is very powerful when you apply this knowledge in a productive way in the market. It helps us to gain profits for the long and short terms, it's up to you which route is best for you.

I look forward to giving and gaining knowledge and more understanding of the stock market as well as investing in all subjects. As Professor Cramer would say, "There is always a 'Bull Market' and we have to find these opportunities and study them, then make an intelligent investment." Thank you!

The first books I'd like for you to read are:

1. "Wall Street Journal Complete Money & Investing Guidebook" by Dave Kansas
2. "Wall Street Lingo" by Nora Peterson
3. "Neatest Little Guide to Stock Market Investing" by Jason Kelly



JUNE
TEENTH
FREEDOM DAY
JUNE 19

JUNETEENTH FACTS

1. Juneteenth was originally called Jubilee Day.
2. It was Federally recognized as a Holiday in 2021.
3. One of the largest celebration was held in Philadelphia Pennsylvania back in 2019 at the Johnson House of Historic sites.
4. Juneteenth flag colors are red, blue and white.
5. It was created in 1865
6. Texas was the first state to recognize Juneteenth as a holiday back in 1980.
7. In 1872, a group of former slaves pooled \$800 together to buy ten acres of land creating Emancipation Park to host Juneteenth celebration in Houston, TX.
8. Mississippi was the last state to abolish slavery in 1865.
9. Special field Order No. 15 would attempt to allocate 40 acres and a mule to Freedman following their emancipation.
10. The 13th Amendment was ratified on Dec. 6, 1865. This amendment abolished slavery in the United States.





By: Halik Williams

Eric Anderson and I had a continuous conversation prior to his release April 25th. It was continuous in the sense that we both had hectic schedules with work, programs, and classes, so we would always have to pick up where we left off. Let me backtrack, the inception of the conversation was me inquiring about Eric's Team mentality.

For those of you who never met Eric Anderson (recently released after serving 27yrs) his philosophy was that the name or logo on the front of the jersey, shirt etc. mattered more than the name on the back, the team is more important than one individual. Like many of you reading this I've heard the cliché there's no "I" in team, or the famous acronym for team: "Together Everyone Achieves More."

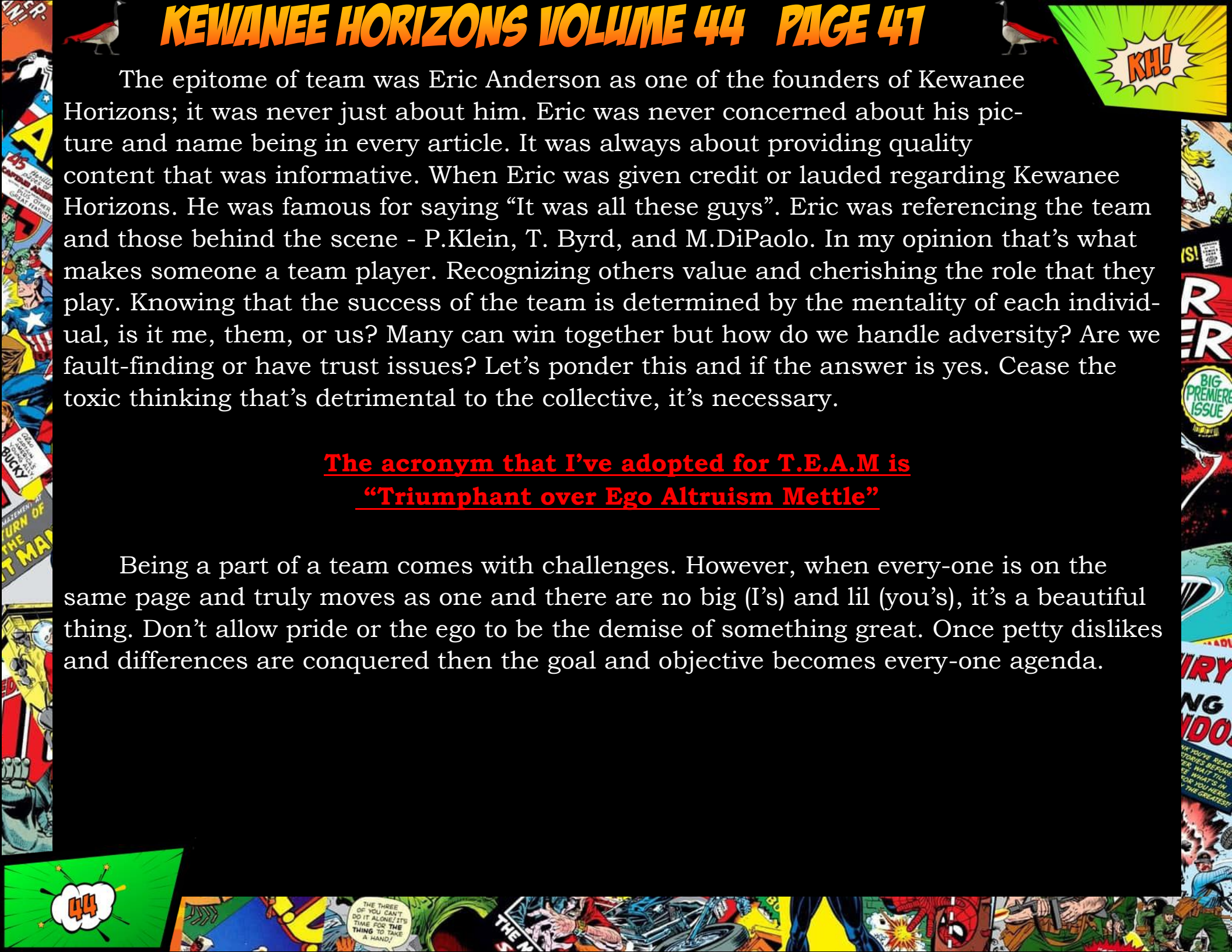
However, my experiences throughout life and 24 years in the penal system, I've heard many say it's about the team or that we move as one. Through reflection I've been able to discern that a true team player is a rare breed. In the pursuit of fame, fortune, and trinkets, many are blinded. I want for my brother what I want for myself gets drowned out by the ego. The personal stats and solo performances become paramount. In my opinion if the team loses regardless of personal accolades/records being broke, it's still an "L".



The epitome of team was Eric Anderson as one of the founders of Kewanee Horizons; it was never just about him. Eric was never concerned about his picture and name being in every article. It was always about providing quality content that was informative. When Eric was given credit or lauded regarding Kewanee Horizons. He was famous for saying “It was all these guys”. Eric was referencing the team and those behind the scene - P.Klein, T. Byrd, and M.DiPaolo. In my opinion that’s what makes someone a team player. Recognizing others value and cherishing the role that they play. Knowing that the success of the team is determined by the mentality of each individual, is it me, them, or us? Many can win together but how do we handle adversity? Are we fault-finding or have trust issues? Let’s ponder this and if the answer is yes. Cease the toxic thinking that’s detrimental to the collective, it’s necessary.

The acronym that I’ve adopted for T.E.A.M is
“Triumphant over Ego Altruism Mettle”

Being a part of a team comes with challenges. However, when every-one is on the same page and truly moves as one and there are no big (I’s) and lil (you’s), it’s a beautiful thing. Don’t allow pride or the ego to be the demise of something great. Once petty dislikes and differences are conquered then the goal and objective becomes every-one agenda.



MENTAL HEALTH BENEFITS OF YOGA

If you've done your "downward dog" yoga pose today, you're probably feeling more relaxed. Regardless of your level of yoga expertise, if you're practicing regularly, you can feel better from head to toe. Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing.

A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.

1. Yoga improves strength, balance and flexibility.

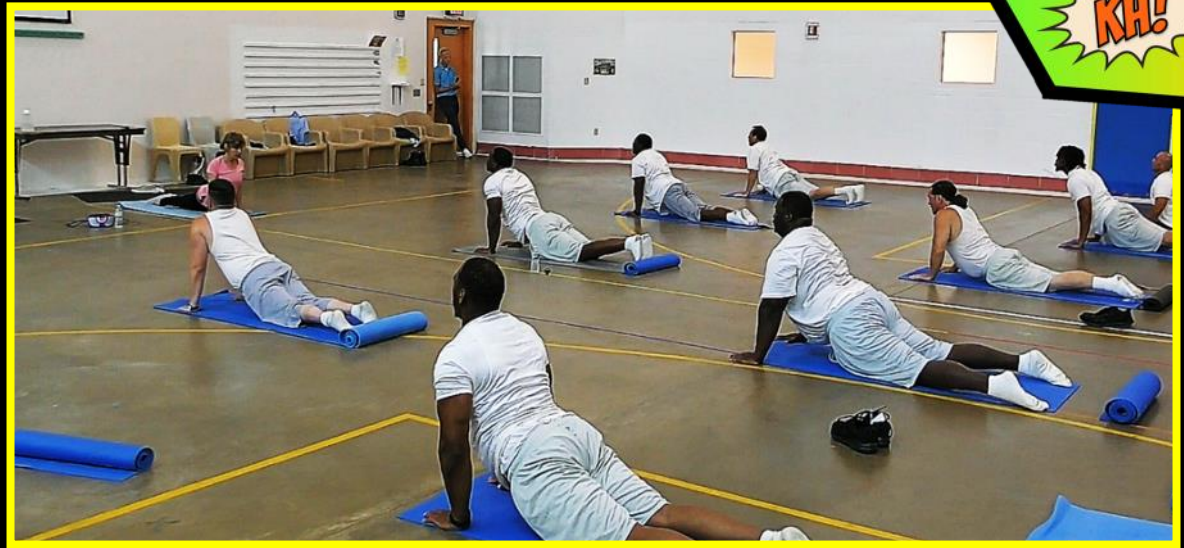
Slow movements and deep



breathing increase blood flow and warm up muscles, while holding a pose can build strength.

Try it: Tree Pose

Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. Try to focus on one spot in front of you, while you balance for one minute.



2. Yoga helps with back pain relief.

Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.

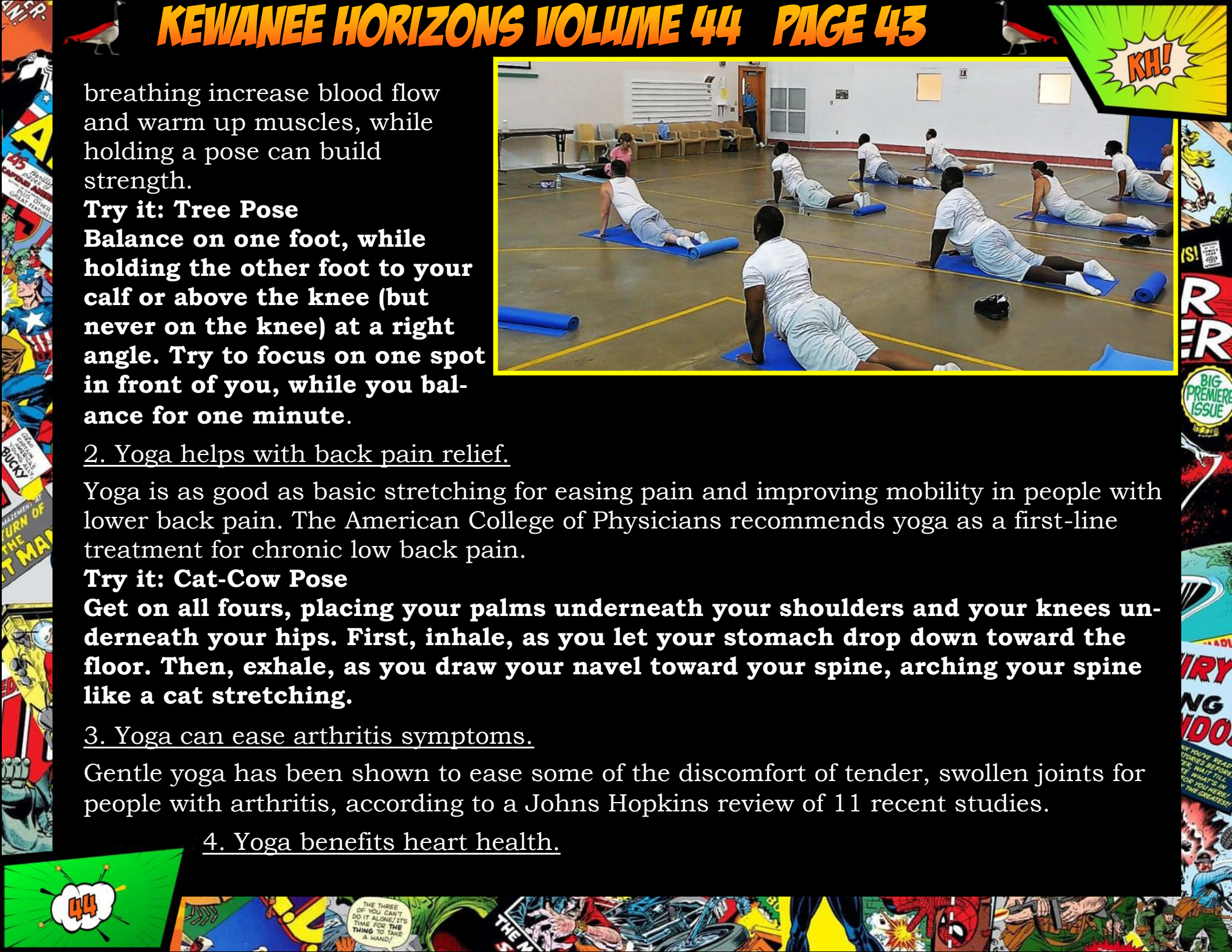
Try it: Cat-Cow Pose

Get on all fours, placing your palms underneath your shoulders and your knees underneath your hips. First, inhale, as you let your stomach drop down toward the floor. Then, exhale, as you draw your navel toward your spine, arching your spine like a cat stretching.

3. Yoga can ease arthritis symptoms.

Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis, according to a Johns Hopkins review of 11 recent studies.

4. Yoga benefits heart health.





Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.

Try it: Downward Dog Pose

Get on all fours, then tuck your toes under and bring your sitting bones up, so that you make a triangle shape. Keep a slight bend in your knees, while lengthening your spine and tailbone.

5. Yoga relaxes you, to help you sleep better.

Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

Try It: Legs-Up-the-Wall Pose

Sit with your left side against a wall, then gently turn right and lift your legs up to rest against the wall, keeping your back on the floor and your sitting bones close to the wall. You can remain in this position for 5 to 15 minutes.

6. Yoga can mean more energy and brighter moods.

You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga.



7. Yoga helps you manage stress.

According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

Try It: Corpse Pose (Savasana)

Lie down with your limbs gently stretched out, away from the body, with your palms facing up. Try to clear your mind while breathing deeply. You can hold this pose for 5 to 15 minutes.



8. Yoga connects you with a supportive community.

Participating in yoga classes can ease loneliness and provide an environment for group healing and support. Even during one-on-one sessions loneliness is reduced as one is acknowledged as a unique individual, being listened to and participating in the creation of a personalized yoga plan.

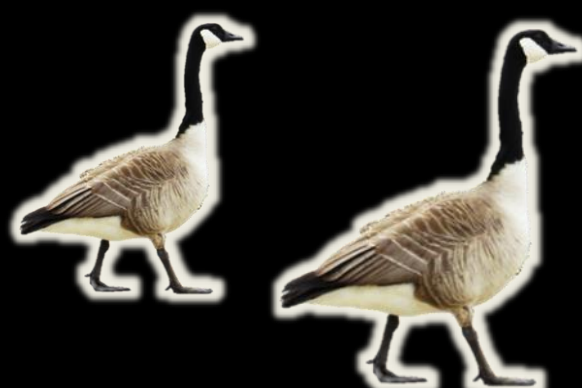
9. Yoga promotes better self-care.

Kewanee Yoga Class with Kristine is held every Wednesday at 2PM in the West Gym.

If you have knowledge and experience with yoga, talk to your LTS supervisor about starting a yoga class at your facility!



ADVENTURES OF J DAWG



THE THREE OF YOU CAN'T DO IT ALONE! IT'S TIME FOR THE THING TO TAKE A HAND!

Super Counselor!

I'M WORKING, I'M LEADING MY H.I.I.T CLASS, TEACHING NUTRITION, I'M WH....

SO WHAT ARE YOU UP TO MR. YANNI?

MS. W: WHAT'S UP WITH MY WORK RELEASE?



... YOU'RE APPROVED ON THIS LEVEL.

... YES! I CHECKED ON THAT.

MR. HERNANDEZ DONT GO FAR! I HAVENT CHAMP'D YOU THIS MONTH.

HUH?

HEY MS. W, DID YOU ...



KH MEME

PAYING \$40 FOR A
180 DAY GTL
NEWSFEED
SUBSCRIPTION



REALIZING ITS NOT
TUE, 18 APR 2023

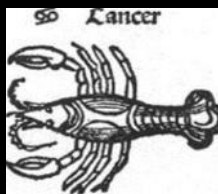


HOROSCOPES



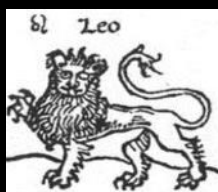
Gemini: Travel, education, and communication will lead you to your destination of choice. Stop analyzing and start doing what matters most to you. A change in how you handle money will pay off.

Translation: Educating and advocating for your self is important. Stop procrastinating there are things that only you can do for your self. Budgeting will payoff if and only when you start.



Cancer: Assisting others will help you put your life in perspective. Reach out to others and you'll discover suggestions and remedies. Learn as you go and practice what you learn. Love is on the rise.

Translation: By helping others we help our selves. Contacting others can allow you to put things in a different light, if you'll listen. Learning is growth and growth is evolving, without either your in the way. Mentally prepare for someone special.



Leo: Show interest in what others do, but do things your way. Being true to yourself will satisfy your ego and ensure you stay in control of the outcome. Maintain integrity and remain within budget.

Translation: Its not all about you. Being yourself and not looking to please others allows you to have a peace of mind. Integrity is not situational it should a constant.



Virgo: A change of plans will lead to valuable information. You can help others by using what you learn and incorporating it into your daily routine. Time is on your side. .

Translation: Altering your routine can put you in a position to gain some life changing knowledge. Those class's and programs will allow you to share and help others with their situations. When your moving correctly time is in your favor.



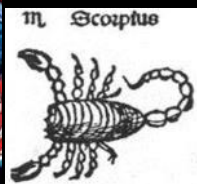


Libra: Keep your feelings and intentions to yourself. An open mind will help you find new ideas that encourage positive changes. Don't let your emotions prevent you from reaching your dreams.



Translation: You don't always have to say what your thinking, be tactful. Always be willing to learn those things that will assist with making a change. Emotional intelligence is significant when it comes to progress.

Scorpio: Positive change is up to you. Evaluate your situation and what will make you happy. The changes you implement will help you energize your creative spirit. Romance and travel are favored.



Translation: Some change for the better others for the worse, but eventually everyone changes. What gives you a peace of mind is it commissary, material things or growth/progress. Changes that you make today will affect you 5-10 years from now. Though, its been rough having a significant other isn't a bad idea. Traveling and seeing the world should be on your to do list.

Sagittarius: Put more thought into dealing with medical, financial or contractual issues, and you'll find a way to eliminate what is no longer beneficial. Consolidating debt will ease stress.

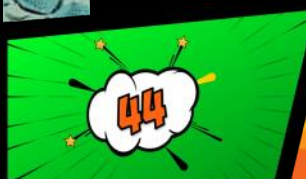


Translation: Making your health a priority and monitoring your funds will allow you to focus on the future.

Capricorn: Get busy checking off your to-do list. Free up time to do something with a loved one later in the day. Home improvements will make your downtime more enjoyable. Romance is favored.



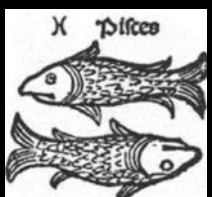
Translation: It's time to put action behind those words and thoughts. Make time to call those you love, send a card/letter, and have them set up that visit. Take time out to clean up the cell. It may be hard to believe but you'll be meeting someone special.





Aquarius: Think twice before you listen to someone. Choose to do what suits you best. Focus on home, health and happiness, and take the road that intrigues you the most. .

Translation: Don't just take advice from anyone, it could cost you. Do what makes you happy, don't be a people pleaser. What's important to you, that should be your focus. Your interest is the x factor.



Pisces: Accentuate what you know and do best, and you'll be happy with the results. Consider how you can use your skills to bring in additional cash. Updating your image will boost your confidence.

Translation: Do what you do best, others may be surprised, but it'll put you in a better place. How can that hobby, skill, or talent become lucrative. Re-branding your self will do wonders for your esteem.



Aries: Be aware of what happens at home. Discuss your concerns and figure out how to resolve domestic issues. Make it clear where you stand, what you want to do and how you intend to help others.

Translation: Don't wait in till your released to discuss your concerns and what your uncomfortable with. Your safety and comfortability should be a priority now before that day comes. Some may think that your only thinking about your self. Explain how you plan to help out once your affairs are in order.



Taurus: It's time for a change. Don't wait for things to fix themselves when it's up to you to initiate positive changes. Nurture relationships. Romance is favored.

Translation: Time to sign up for a new pen pal site! Get that picture updated.



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





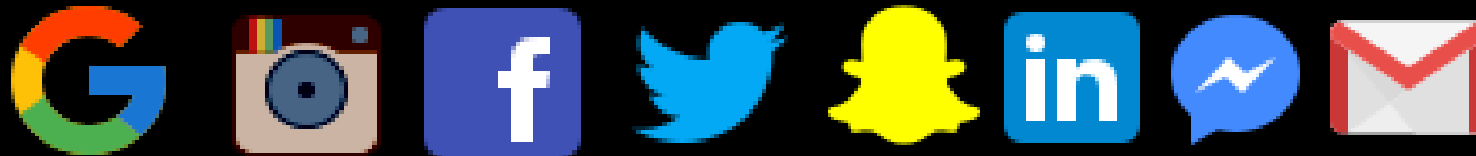
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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

#KEWANEEHORIZONS

THEN LIKE AND SHARE THE POST!



AND DON'T FORGET TO CHECK US OUT ON THE IDOC WEBSITE!

IDOC HOME PAGE → CLICK "ABOUT" → CLICK "NEWS"

