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RESTORATIVE JUSTICE

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

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

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

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

Merriam-Webster's Collegiate Dictionary Eleventh Edition





MISSION STATEMENT

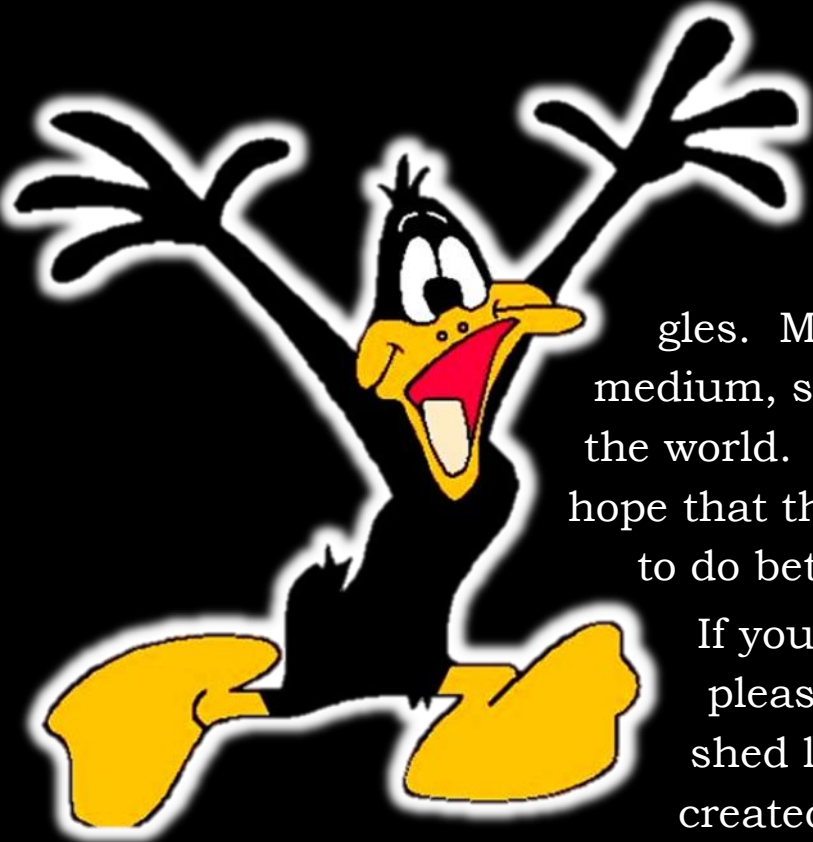
Kewanee Horizons has adopted the **Restorative Justice** and community theme. Partly because this has been the fight of our lives, those of us who have sought not only freedom in its many forms, but, also a way to give back, rebuild, and uplift our communities.

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.



STATE WIDE CALLOUT



To all the writers, poets and artists within the state of Illinois we want to know what you are going through, what you are thinking and what you are feeling. Tell us about your accomplishments, successes and your struggles. May it be in written word-essay form, poetic verse, or visual medium, share with us, the Kewanee Horizons; so we can share with the world. Allow us to provide a spotlight for your unique voice. We hope that through your submissions it provides inspiration to others to do better and be better.

If you have any suggestions on what we should showcase, please let us know. Enlighten us and we will do our best to shed light on the topics you want to read about. This platform is created by us and for us. So in order for it to work we need to hear your voice. Especially all you power builders.





FLY, BUTTERFLY

By: Latyra Morgan @ Decatur C.C.

There's this iconic saying that you have to crawl before you walk and there's an insane truth to this. That much is true for any inmate who is the butterfly starting his or her journey. But everyone forgets the unimaginable strength it takes to get on your hands and knees to push yourself...and crawl. And that's where the inmate's or butterfly's journey begins.

The amazing thing about butterflies is that they start off as insignificant caterpillars. They don't just come into the world as a butterfly, that's a transformation they fight for. And no one really notices you as a caterpillar, but they stop to admire this creature with beautiful wings. We come her, to county jails and prisons (not voluntarily) as caterpillars and depending on how strong our will and motivation we can still choose to evolve for better. Imagine how caterpillars





feel watching butterflies soar. Envious. Inspired. Happy and hopeful, thinking, “someday that’ll be me’. Or desperation, thinking ‘how can I get to that point?”

It will and you can. Give yourself credit for the small things. Not every caterpillar succeeded or survived on the journey to becoming a butterfly. You are still here.

A caterpillar is born doing and learning things it was never taught. There was no blueprint or specific instructions for its life. And every bump, every bruise, every setback and failed attempt, it continued. It continued with the thought of “I don’t know where I’m going but I’m getting there.” Your life can be six years of: repeat. Tweak. Fail. Repeat. Tweak again. Fail Repeat. Almost got it. Failed. Dang. But on year seven, after 2,555 days of trying it was: Repeat. Boom. Success! Now how does the sound of the word “success” make you feel?

Every individual life is different. The things you’ve went through, I wouldn’t survive. For the person that negatively tells you “That couldn’t be me” or “I would never”, they are right! It really couldn’t be them and they really would never, because the things you’ve been through; 10 times out of 10 that person wouldn’t make it. The book you are writing called “Your Life” begins with this truthful sentence: “God gives the toughest battles to His strongest soldiers.” Make sure at the end of the book you tell the people judging your story that after braving all the battles, you area built for war.

Come with it.

Take credit. Pull on that strength in knowing that whatever adversity comes your way, you’ll get through it. You are still here. Still trying. Is that not amazing?

From rape, molestation, drug addiction, physical abuse at the hands of those supposed to protect you, emotional abuse from those supposed to love you, and mental abuse from those who said they would never hurt or leave you, would support you. You are still here stronger



now then you've ever been. Realize all that it's ever been was you.

When the walls closed in, suicide called, and darkness acted like comfort – others said give up, they had lost faith in you, tried to break you – but you pushed through. This is that unimaginable strength it takes to get on your hands and knees to push yourself... and crawl.

This is where the caterpillar builds its cocoon. Nobody taught it to do this, somewhere inside the caterpillar said it was time. It's time I start working on me. Time I start building my life and myself for the better and stop only expecting the worst. A slow, steady, achingly meticulous transformation takes place. Now look at you, doing things you've never done before, skills you never knew you had. An artist is born an author, a designer, a chef, jailhouse lawyer, an advocate, builder, real estate agent or businessman (or woman). You get my meaning. You took the time to build cocoon for protections from the outside while you rebuild yourself on the inside. Notice how I constantly use the word "you". Because nobody brought food to your mouth every day, spoon-feeding you. Nobody bathed you every day. Nobody in this world is controlling your breathing right now. Only God.

In this life, I heard that the only thing guaranteed to us is failure. When we give up, we are 100% GUARANTEED TO FAIL. To give up is to lay down, stop eating, drinking and breathing. You are still standing, walking, breathing, eating, living. You are a success story in the making. I can't wait to see you out of that cocoon and fly.





The Workshop

By: Anthony Olivieri @ Danville C.C.

Hello K.H. readers, please allow me to introduce myself, “My name is Humpty...” Actually it’s Tony, also known as Anthony Milo Olivieri, and I do have a big nose. I had a lot of nicknames, which we will keep private for now. I’ve experienced an interesting 23 ½ years of incarceration - I’ve been an artist, student and last but not least, a Peer Educator. I have been working on myself for long time now and I’ve learned from my mistakes. My plan is to apply the lessons I’ve learned to what I write about in this series of articles called The Workshop.

In short, the Workshop is going to be a series for articles, in no particular order, where I attempt to share and apply the knowledge learned in actual academic workshops to bettering oneself in a self-reflective manner. By conducting a brutally honest self-analysis, coupled with academic knowledge, I hope to help readers to not only educate themselves but discover who they actually are. And, more importantly, how to become who they want to be. Read on if you’re interested – it’s going to be sketchy.

As I stated above I’m A Peer Educator but I’m also a student; always have been, always will



be. It's important to never stop learning. Many of spent our early years in the streets either flat-out surviving or just having fun. Others have mental problems, whatever the case may be, schooling and self-introspection was put on the back burner for most of us. The simple truth of the matter is this, there is probably someone on your unit that can't read this article. I have been through tutor training here at Danville Correctional Center (DCC) and have witnessed it firsthand. I'm not getting down on anyone here, that statement is just true. As a Peer Educator I have to not only be able to deal with these potentially serious situations in real time. Those of us that struggle with mental problems, or aren't able to read are at a severe disadvantage. Most haven't, or don't even know how to self-evaluate and analyze the self. Furthermore, many of us suffer from childhood traumas that have never been dealt with which affect how we conduct ourselves as adults. We are emotionally damaged/influenced.

The thing about prison is that you have the opportunity to self-evaluate and apply yourself toward becoming the best you. When I step into a room I want to be the smartest person in it (that will never happen). Seriously though, I want to be capable, I don't want to feel incompetent because I don't know how to do something. I want to be the person people come to for advice. That is true **RESPECT**, not fear. What your rather be, feared or respected? Ask yourself that question. It was posed by a fellow Peer Educator one day in a group outside my door. The guys had a productive discussion that day. People old and young learned life lessons. Personally, I don't want to come back to prison so I'm taking necessary steps to achieve that goal. In my opinion, earning respect, as opposed to fear, is necessary. People who respect you usually don't cause problems; they do offer constructive criticism though. I'm inviting you, the reader, to come along for the ride.



Here's how I plan for this to go down. I'm going to attend a bunch of workshops and summer readers here at the DCC which will be supplied by the Education Justice Project (EJP), an extension of the university of Illinois. Workshops are usually one shot seminars type deals that meet for a few hours. Some can span a couple of session. A summer reader meets multiple times over the summer break.

Summer Readers are usually led by an individual in custody with an outside EJP member as support. Summer Readers were originally conceived to help students learn and practice analytical study skill-critical thinking. These workshops and summer readers cover a diverse range of topics from computer programming to sports and civil rights. I's going to attend some; then I'm going to attempt to apply some of the information garnered to life itself in process called transfer learning.

Transfer learning is applying the skills learned in an area of study to a completely different discipline. An example of this process is to become a math major and then applying the skills form that field to a career in social work. Or, an English major applying his/her learned skill set to computer programming. This process allows you to think outside of the box enabling you to discover new and interesting ways to solve/resolve problems and conflict.

“Do not let what you cannot do interfere with what you can do.”

-John Wooden



Quantum Realm of Nostalgia

By: Antonio Aguirre



On July 14, 2023, a Classical Venue called “*Music Through The Ages*” by the “Ostrega Uhl Project”, which took place in the Law Library at the Kewanee Life Skills Reentry Center, located in Kewanee, IL. Where soon to be, “Returning Citizens” are being prepped and educated for a successful reentry back into society.

This phenomenal “Core Duo” performance by Violinist Brian Ostrega and Pianist Stephen Uhl, brought their Philharmonic melodies to a place where harmonies of that stature and beauty are rarely ever heard, making it, an unprecedented and wonderful experience for all who attended.

The eclectic sounds of the Violin playing alongside the Piano affected me on such a personal level, intensely heightening my bio-senses catapulting my soul into a quantum realm of nostalgia. It was like watching a movie in a theater, one that you could not physically see; but could deeply feel and envision. A “Sonic Drama” of Angelic chords and tones; passionately orchestrated with Nano-precision and execution; as if, being in the midst of an apocalyptic battle and hearing for the first time, the celestial war cries of the gods.



What was even more impressive was how informative and enjoyable the interactions went, between the Individuals in Custody and the Musicians, during the Q&A segment, after their set. We learned a lot about them, like how they love traveling the world and studying abroad. They especially love to perform at Libraries of low-income neighborhoods, allowing it to be an affordable experience for all people, from every demographic, to partake in. They said, “No one should be denied the privilege”. I was even more astonished when I found out that the Violinist Ostrega was teaching a growing studio of Violin Students at the Blue Island Music Center, located in Blue Island, IL. A city, I used to frequent a lot with friends and family while indulging in backyard BBQ’s, while “cutting the rug” at the local Music Festival.

Moreover, on the next day, I had fellow peers who literally just arrived to KLSRC, just two days prior, who were positively smitten, to say the least. They shared their thoughts and gratitude having never experienced a live performance by classical musicians before. They were like, hey Antonio, sign me up for the next concert, “Cuz dat was lit”! I told them sure; I put you down as RSVP. LOL!

Lastly, I would like to say thanks to our esteemed Librarian Ms. Coulter, for hosting and facilitating the event and her extraordinarily intelligent Law Clerks: Mr. Shardon Gay, Mr. Christopher Walker and last but not least me, Promotions Guru, Antonio Aguirre.

Also, a “Great Big Special Thanks” goes out to Mellissa, (Correctional Library Support Program), Maria, (Adult Education/



With support from  Correctional LIBRARY SUPPORT PROGRAM And Your Local Library!

Kewanee Life Skills Re-Entry Center Presents:

MUSIC THROUGH THE AGES

A Performance with Ostrega Uhl Project



Friday, July 14, 2023
11:30am-12:15pm
and
12:30pm-1:15pm
In the Library

Brian Ostrega, Violin
Stephen Uhl, Piano

Join us for a mid-day performance of popular classical and film-based selections of music for violin and piano on Friday, July 14 in the Library

FEATURED WORKS:
Brahms: Sonata in A Major for Violin and Piano
Monti: Czardas for Violin and Piano
Morricone: 'Love Theme' from Cinema Paradiso

Sign up in the library to attend one of these performances!

There will be a Q & A session at each concert, so you are welcome to come with questions for the professional musicians! Learn a little about classical music and see the set list in the library!



Vocational Services) and Librarian Kate Nadolski, our Sponsor for the event and Advocate for the “Greater Good of Humankind”. Thanks, once again, for your continuing support by enriching our lives through education, music, books and with incredibly cool events like these.

I, myself, will always be grateful for the special consideration and privilege of experiencing these types of events that are forever memorable, Vivimus Vivamus!



"Always remember, if you love the music, the music will love you back!"
-Seymon Bychkov



MUSIC THROUGH THE AGES

By: Andrew Suh



Through the generous support of The Correctional Library Support Program and the Kewanee Life Skills Re-entry center, the individuals in custody were given an opportunity to listen to the talents of the classically trained performers from the Ostrega Uhl Project. Brian Ostrega, on violin and Stephen Uhl on piano. For our listening pleasures the IICs were treated to the following classical music program:

- * A Little Bit of Night Music I. Allegro & II. Romance by Wolfgang Amadeus Mozart
- * Sonata No.2 In A major, Op.100 for Violin and Piano - I. Allegro amabile by Johannes Brahms
- * *Much Ado About Nothing* Suite, Op II -
I. The Maiden in the Bridal Chamber & IV. Masquerade: Hornpipe by Enrich Wolfgang Korngold



- * Love's Greeting for Violin and Piano by Edward Elgar
- * Edelweiss' from *The Sound of Music* by Rogers and Hammerstein
- * Theme from *Cinema Paradiso* by Ennio Morricone
- * Por Una Cabeza for Violin and Piano by Carlos Gardel
- * Czardas by Vittorio Monti



The aforementioned program allowed the IIC's at the KLSRC to have an opportunity to share in a private live performance from the Ostrega Uhl Project. Titled Music through the Ages, the choices for this day's musical program was a combination of recognizable pieces that has transcended the ages and is a part of the mainstream culture. For most, this opportunity to listen to a live performance would be an improbability, and it grows exponentially worse for anyone who is incarcerated. Yet through the pioneering progressive paradigm of rehabilitation set forth by the Kewanee Life Skills Reentry Center and open mindset of Warden Carothers and Warden Jones focused on rehabilitation. The individuals were given the opportunity to have exposure to a different type of culture and with this opportunity we were blessed with a newfound appreciation for fine arts.

We send out a heartfelt thank you to Kate Nadolski, the Executive Director of **THE CORRECTIONAL LIBRARY SUPPORT PRO-**



GRAM (CLSP), who allowed this day of classical music and culture to find its way within the walls of Kewanee. The **CLSP** is a nonprofit organization with the grassroots beginning of bringing “Book Groups” and literature to the pretrial detainees at the Cook County Jail, since its inception in 2016. The CLSP has since grown and expanded its reach making its way into IDOC across the state. The CLSP’s mission is to engage incarcerated individuals in enrichment opportunities and to support correctional libraries within the IDOC.



Moving forward, Executive Director Nadloski has plans to bring opportunities for programs of this nature that expand the cultural palate for individuals to flourish across other facilities within the state.

As we parted ways I asked the esteemed Ostrega Uhl Project for a recommendation for us who have novice ears and have the desire to delve into the arena of classical music. Enthusiastically they their faces lit up as they recommended, Rachmaninoff’s Piano Concerto #2 and David Oistrakh Bach Double Violin Concerto (both are available for listening on our tablets.) for our listening pleasure.



MY APPRECIATION

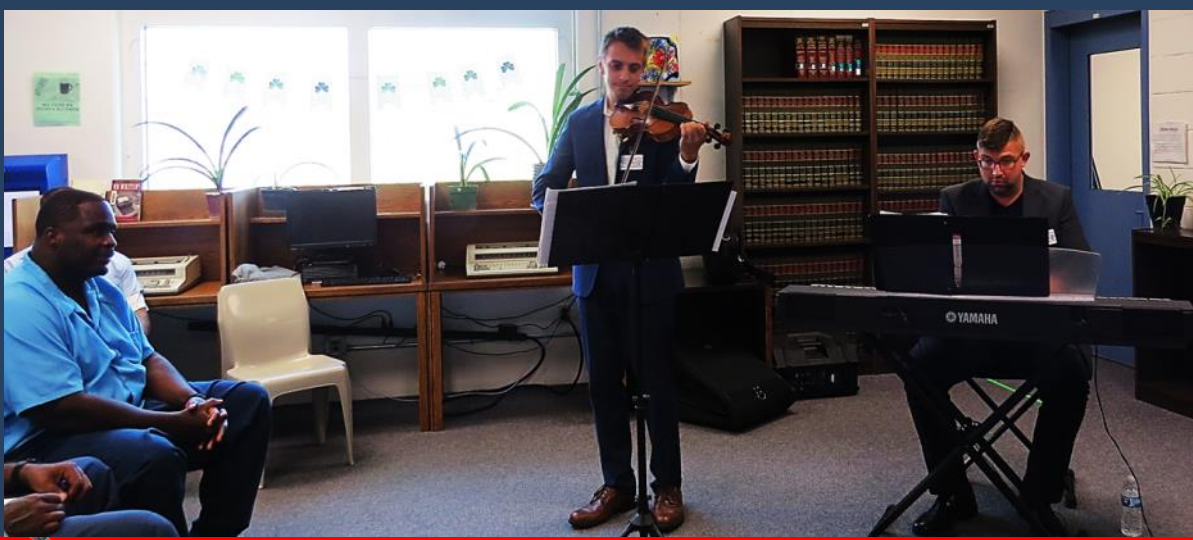
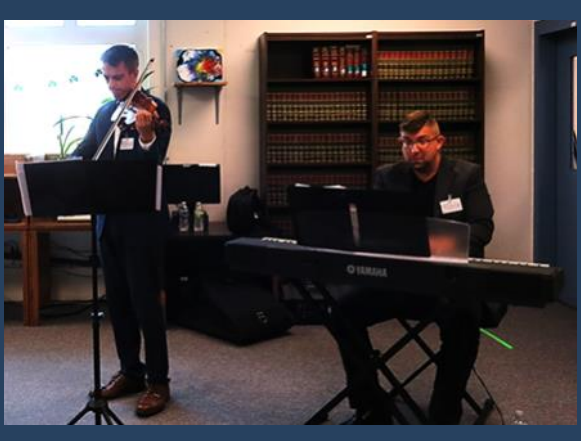
By: Chris Walker



I would like to take this opportunity to extend my appreciation for having been blessed to enjoy the Classical Music Concert that was orchestrated by our very own Ms. Coulter of the library department. Being artist for 45 of my 50 years on this earth, I have always used Classical Music as my means of concentration. Though, some people may not feel as enthused about it as others, I have discovered an even greater appreciation from seeing it being demonstrated live.

So, this is my **Thank You** to the gentlemen that made their voyage here to share their musical gifts with us here at Kewanee, and also a **Thank You** to Ms. Coulter and staff for making it possible.







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.



BIG ROB'S ROOFING



By: Chad "Cartoon" Combs



Hello friends out there reading this ! This is Cartoon writing... Big Rob is off Doing Bigger and Better things. Jesse and I wish him well. We hope he does good and makes us all proud.

Today we are going to be talking about Valley Rafters and how to lay them out. Laying out Valley Rafters with A Speed Square. Layout of Valley Rafters is almost identical to the layout of hip rafters. The Hip-Val scale on the speed square is used to lay out proper Angle based on the unit rise. The side cut angles for valley rafters are the same as the Angles for hip rafters. The only difference in layout occurs at the seat and tail cuts of the valley rafters . Side cuts are angled back at the second heel plumb cut line to allow the rafters to drop down into the inside corners of the building. (see figure 49-10)



Side cuts may also be required at the tail of the overhang so the corner formed by the valley will align with the rest of the roof overhang. If side cuts



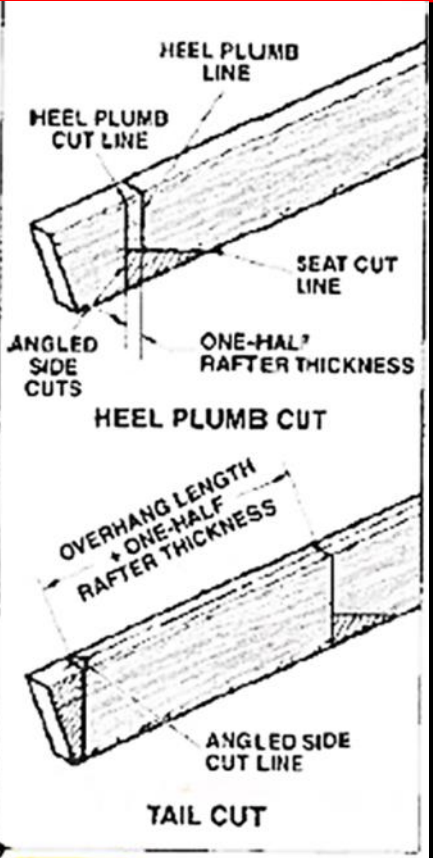


Figure 49-10. Angled side cuts are required at the heel plumb line. Angled tail cuts may also be needed.

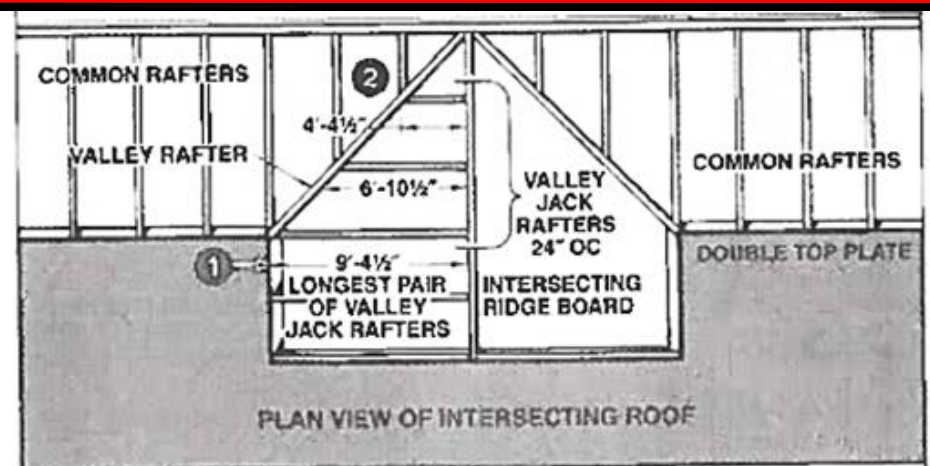
are used one-half of the rafter thickness will need to be added to the overhang length to allow for the side cuts.

VALLEY JACK RAFTERS

Valley Jack Rafters bridge the area between valley rafters and the ridges of an intersecting roof. Spacing of valley jack rafters is the same as the spacing of common roof rafters.

Calculating Valley Jack Rafter Length

Valley jack rafter decrease in length as they get closer to the top of the roof.



1 The length of first pair of valley jack rafters (9'-4 1/2") is the same as the length of common rafters. To determine length of second pair of valley jack rafters, subtract common length difference of 2'-8" (line 4 of framing square rafter tables) from 9'-4 1/2".

$$\begin{array}{r}
 9'-4\frac{1}{2}" \text{ Length of first pair of valley jack rafters} \\
 - 2'-8" \text{ Common length difference} \\
 \hline
 6'-10\frac{1}{2}" \text{ Length of second pair of valley jack rafters}
 \end{array}$$

2 To determine length of remaining valley jack rafters, continue to subtract common length difference from each succeeding pair.

Figure 49-11. Valley jack rafter lengths can be calculated from the longest jack rafter at the inside corner of the building. In this example, the roof has a 9" unit rise and the rafter spacing is 24" OC.

Valley jack rafters have a common length difference if they are spaced apart. The common length differences are the same as those for hip jack rafters. The third line of a framing square rafter table provides the common length differences for jack rafters spaced 16 inches on center. The fourth line provides the common length difference for jack rafters spaced 24 inches on center.

The chosen procedure for calculating valley jack rafter length depends on how the rafters are positioned on the roof. (see figure 49-11). This figure shows the procedure to use when the



valley jack rafter spacing begins from the inside corners of the building.

See figure 49-12. This figure illustrates the procedure to use when valley jack rafter spacing begins from a common rafter positioned away from the inside corner:

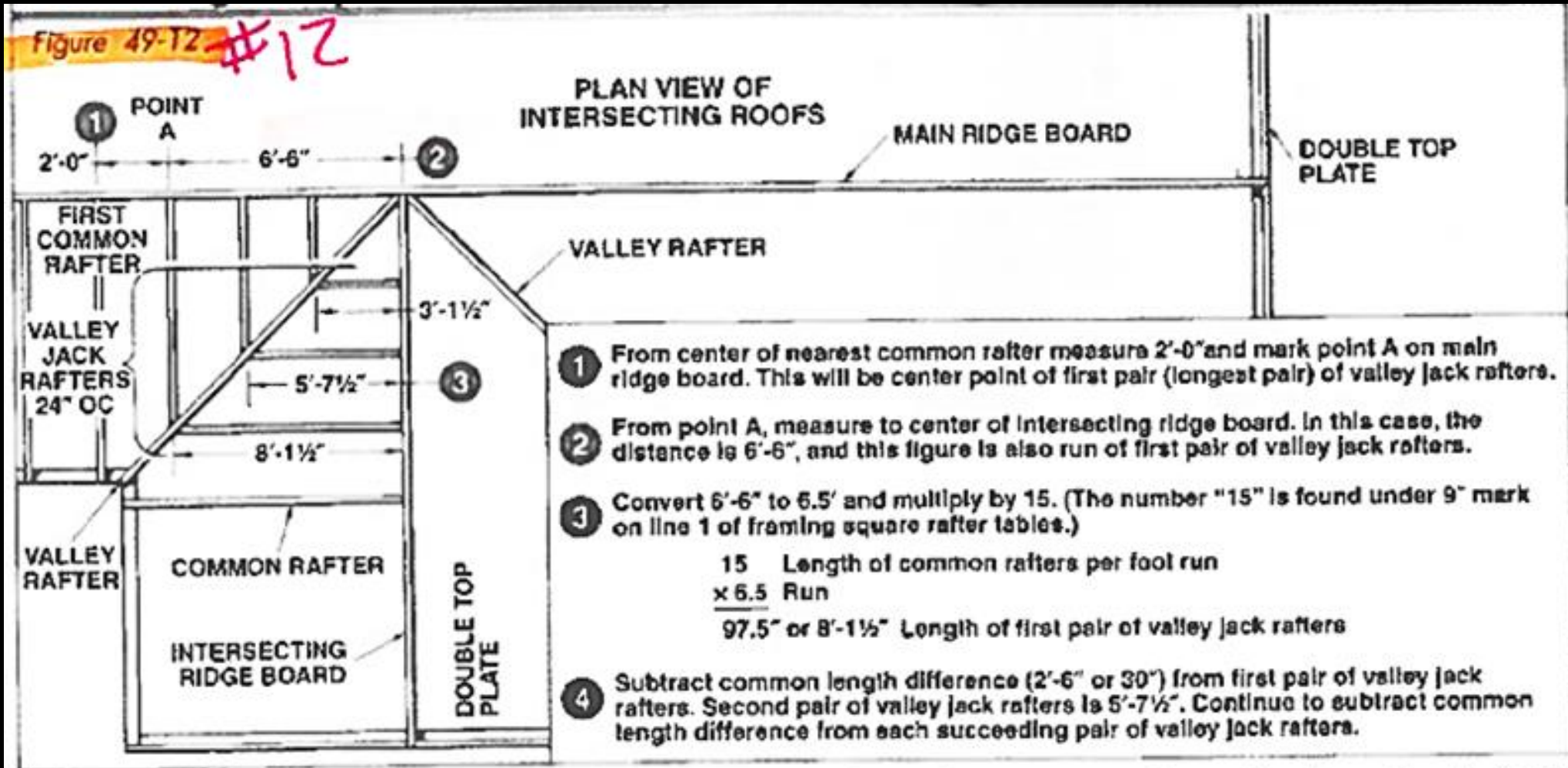


Figure 49-12. Valley jack rafter lengths can be calculated when spacing begins from a common rafter positioned away from the inside corner. In this example, the roof has a 9" unit rise and the rafter spacing is 24" OC.



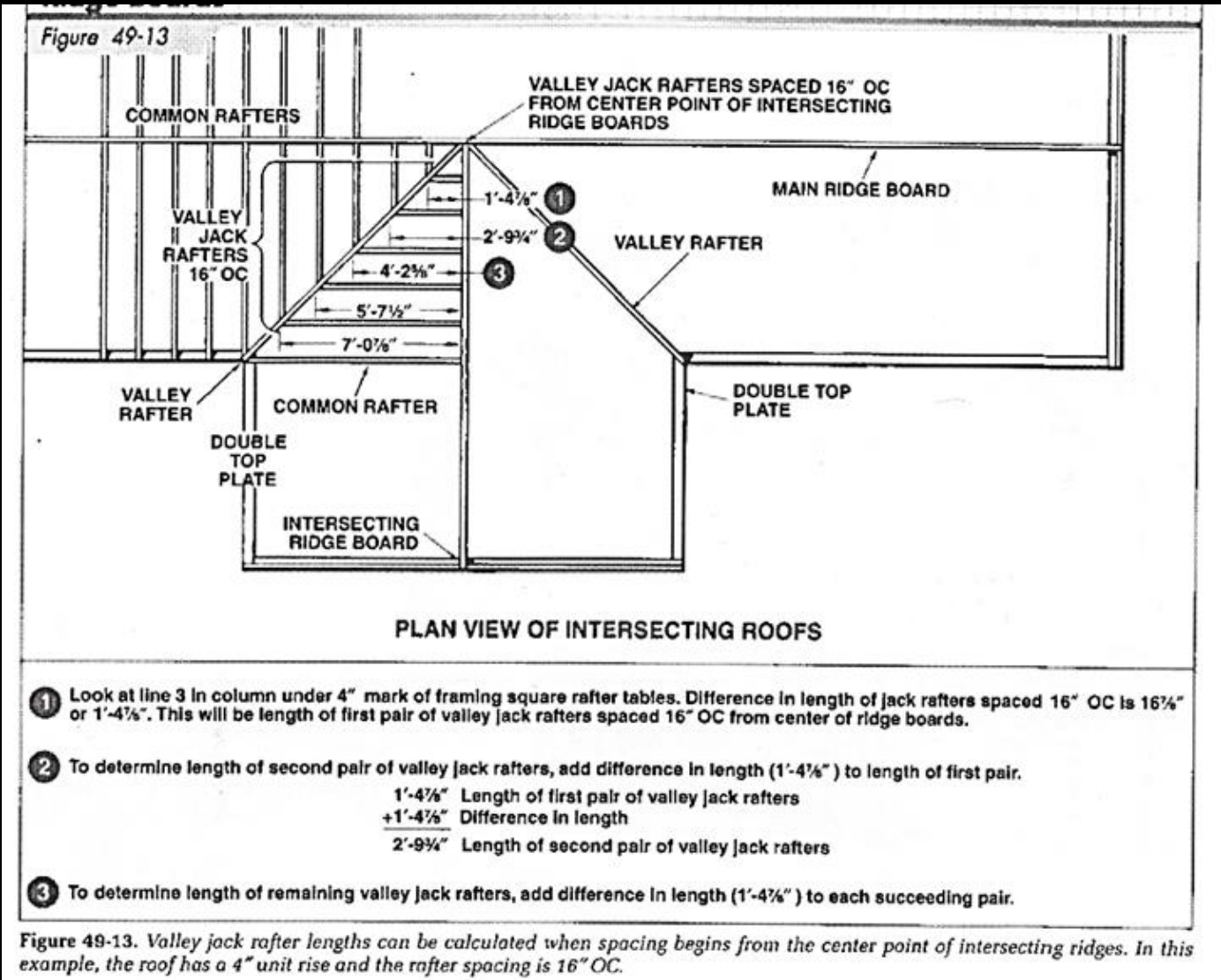
When viewing our next (figure 49-13) it shows the procedure to use when valley jack rafter spacing begins from the center point of the intersecting ridges.

That's all for today... here is a couple tips for you. The quality of the wood products and design of wood load-bearing members must conform to the National Design Specification (N.D.S) for wood construction.

In the winter put hip and ridge cap shingles in your truck with the heater blasting for 20 minutes so the caps don't crack when formed.

If you don't want to hit your thumb with a hammer twice in the same day, take the rest of the day off after you hit it the first!

Again, Big Rob, we wish you well and hope to hear from you. All you out there in virtual world thanks for reading you will hear from Jesse next time. Remember if you think it is hot in the cell, imagine how hot it is on A Roof!



A.T.C. INFO CENTER



Disclaimer: The information that we are providing comes from an orientation manual from Crossroads Adult Transition Center. With that in mind, things are subject to change. We are in the process of trying to obtain relevant information from the other Centers, North Lawndale & Peoria. We value and appreciate your patience.

GENERAL INFORMATION

1) What is expected of a resident concerning employment/programming?

Crossroads ATC is designed to assist men (Crossroads residents) by promoting successful re-entry into the community through the establishment of a viable financial base. The financial base is to be developed through full-time employment/programming. All individuals who reside at Crossroads ATC are assumed eager to obtain and maintain a full-time job, and/or enrollment



in school, a training program, counseling, or combination of any of the above, which shouldn't exceed 60 hours per week.

2) What is the facility like?

There are single, double and quad rooms to accommodate 380 residents. The facility is located on the West Side of Chicago at the intersection of Kedzie and Arthington, with the main entrance being accessible from Arthington Street. The facility is accessible by public transportation. This locale allows easy access to the area's restaurants, shopping, employment, and recreation. Residents are encouraged to utilize the area's commercial business and industrial center.

Residents are allowed to decorate their rooms utilizing reasonably good taste. **Nails, screws, and hooks are not to be utilized on the walls or ceilings. Residents may not hang pictures on the walls of their rooms.** Wire hangers are not allowed. It must be remembered that Crossroads receives a large number of visitors from the general public. If there is a question as to what is reasonable and in good taste, the final authority will rest with the Center Supervisor or Designee.

Residents are not allowed to sit on tables or place their feet on tables or chairs, or hang/yell out of the windows.

There is no protective custody at the facility, if the need arises for a resident to be protected from harm, he will be returned to secure custody and/or transferred to another ATC facility.

Involvement in security threat groups and or gang activity is strictly prohibited at the facility, any resident engaged in gang activity while at the center will be returned to secure custody. Security Threat Group (STG) is considered– Individuals or groups of individuals, both within and outside of the Department, who pose a threat to the safety of the public , staff, and offenders and to the security and orderly management of a correctional facility.



3) Residents' Room Key Policy

It is the policy that residents who share a room will have separate keys to their assigned room. The key will be issued during the orientation process. The following procedure has been established for the identification, distribution, and safeguarding of keys to resident rooms:

- a. During the first day of orientation, key rings will be issued. The key ring will have a brass tag that will have a permanent identifying code to ensure positive identification in the issuance of resident room keys. If a resident changes rooms, he must turn in the key for the old room. The brass tag may not be distributed to others for their use.
- b. Each resident shall be responsible for the safety and protection of his key ring. Loss of a key ring shall result in the issuance of a Resident Disciplinary Report. Additionally, a charge of \$10.00 shall be assessed to the resident. In the case in which multiple residents (roommates) are responsible for loss of the key, the \$10.00 fee will be evenly divided and charged to the responsible parties.
- c. Tampered and/or damage to the lock or key shall be reported by the resident to the staff at the Shift Office immediately upon discovery. Upon review of the cause of damage, staff may prepare a Resident Disciplinary Report. A charge of \$10.00 shall be assessed to the resident for the key and up to \$30.00 for the cost of the core.

4) Cell Phone Boxes

All residents on level 2, 3, and 4 will be allowed to have a cell phone to use while outside of the facility. The cell boxes will be issued after you reach level II, completed 30 days of employment and purchase a phone. **You may store your cellphone in the lockers provided at your own risk.** Crossroads ATC will not be responsible for the theft, loss or anything that is placed in the locker. You may not store anything in the locker that would be considered illegal.



Upon your return to the facility your cell phone will be stored in the locked box located in the main hallway at the entrance of the facility. You will have the key to lock the box in your possession while in the building. There is a \$35.00 charge for replacement keys. You will only have access to your locker when exiting or entering the facility while on an authorized pass. Phones must be turned off prior to placing them in the locker. Cell boxes can't be shared with other residents. The cell box key should be given to your case manager when you parole. If you receive discipline for 30 days or more, you must turn over your phone to the Chief of Security until completion. The phone will be returned at the end of your discipline when a cell box becomes available.

If you fail to store your cell phone in the assigned lockbox before being searched in the lobby area, the said phone will be taken as contraband and disposed of in accordance with AD/LP 05.01.112 Storage and Disposal of Contraband. In addition, you will be issued a disciplinary ticket and you will be subject to revocation and privileges cancelled.

5) Resident's Identification (I.D.)

All residents are required to wear their inmate I.D. on the upper portion of their body at all times. Loss of an I.D. should be reported immediately to a case manager. Residents found not wearing their I.D.'s will be issued a Resident Disciplinary Report. Residents are also required to carry their inmate I.D. when leaving the building. Though the resident is not required to wear his inmate I.D. when in public (outside the building), he must have his inmate I.D. on his person at all times.

Residents who lose, willfully destroy, mutilate or otherwise damage their identification card, will be assessed a \$5.00 fee from the Center for the replacement of the I.D. Residents will also be required to obtain a ne I.D. should their appearance change (i.e., growing, shaving any facial hair, or drastic changes in hair-style or length). Upon parole from the Center, all residents shall



turn in their identification card to their Case Manager during their exit interview.

6) Library services and legal material

Residents will be allowed access to the facility library as well as the local libraries as needed for legal matters. Residents are encouraged to schedule movement to the library as needed on their approved movement passes if eligible (Level III and IV). Residents not eligible for free movement will be staff escorted and/or may be issued a pass as needed for legal matters at the library (Level II).

7) Chaplaincy services and religious practices

All residents are encouraged and allowed to practice their own religion, the facility does not have a Chaplain, all religious services offered at the facility is through Religious Volunteers. All residents eligible for free movement are allowed to attend the church of their choice.

8) Transfers to another facility

All requests for transfers will be handled in accordance with Administrative Directive 05.06.126 Transfers from Adult Transition Centers.

9) Early Determined Sentence Credit (EDSC)

All offenders are reviewed for (EDSC) through the use of an automated data system which generates a list of offender candidates. This initial screening tool is used for identifying offenders meeting basic eligibilities and discretionary considerations authorized under Administrative Rule. Those meeting those factors will be given further review. Please trust that the Department carefully considers a vast amount of information concerning an offender, pursuant to Administrative Rule and Illinois statute, when examining an offender for an award of EDSC. An offender considered for an award of EDSC is subject to multiple stages of balanced and holistic review before an award of EDSC is granted. There is no specific time frame in the EDSC process, but



potentially eligible inmates are reviewed closer to the time of their projected parole date. Please know that inmates are advised that they should not have any preconceived notions that they will automatically receive an award. Inquiries and recommendations by members of the general public, friends and family are not forwarded to reviewing staff and taken into consideration.

Information is also featured under the FAQs regarding EDSC at www.illinois.gov/idoc/aboutus

Because of the many factors the Department intends to consider for each potentially eligible offender, it is impossible for the Department to project whether or when any specific offender will receive an award of EDSC credit. It is also not possible for the Department to respond to inquiries concerning an offender's likelihood of receiving an award of EDSC due to the Department's policy that prevents the disclosure of confidential master record file information and criminal history. If an offender is projected to have a revised parole date as a result of an award of EDSC, the inmate will be notified, and his or her time adjustment will be reflected on the IDOC website under the offender's profile in the Offender Search link.

(Offenders with questions can contact their correctional counselor.)

10) Store and bank runs

At least once every two weeks, staff will escort residents who are in Orientation, Level I, and/or Permanent Party residents who are ineligible for privilege passes to the store and bank. During these staff escorted outings, residents are not allowed to visit with members of the community, friends, family, or engage in horseplay. The procedures for store and bank runs are as follows:

- a. A center wide announcement will be made over the intercom for residents to sign up at the Control Area. Residents who are on restriction cannot participate in this outing unless given prior permission for inclusion in the restriction outing.





- b. Residents will be signed off the floor and escorted to the gym or a designated area of departure to receive instructions regarding the expectations and procedures to be adhered to during the outings. Some items are **not** allowed in the center in attempt to prevent pest/rodent infestation.
- c. Residents are to pay attention and follow all instructions given by staff during this outing. A Resident Disciplinary Report will be written as necessary for violations. Any resident who leaves staff's sight during any outing is considered on Escape and a Warrant will be issued immediately.
- d. Residents are to pay for all items selected before exiting the store.
- e. Residents should be searched/checked by staff who escorted them to the store/bank.
- f. Any attempt to conceal unauthorized items or purchases, such as extra snacks or perishables will result in Resident Disciplinary Report and disposal of items in accordance with contra-band procedures.
- g. Residents can have a combination of snacks not to exceed a total of 15 individually wrapped items in their room at any time.
- h. Residents in Levels II, III, and IV will not be staff escorted to the store and/or bank. Instead, these residents are expected to purchase snacks and personal hygiene items while out of the center on store and free movement passes only, unless given permission by their case manager to bring items into the center when returning from work.

APPROVED ITEMS FOR RESIDENTS

- It is now mandatory for residents bringing food into the building to have a clear 30 to 50 quart tote container in their room to place food in.



- Residents can bring in up to 15 food items if they have a clear tote container. Products of regular size (no jumbo, deluxe or economy packs).
- Any item found in the room outside of the container will be considered contraband except can pop.
- Residents may bring in hygiene products in addition to the food items. Toilet paper up to 4-roll pack.
- All juice, bottled water and pop in 12oz and 16oz bottles up to 12 or one case of 16 (considered 1 item)
- Large bags of chips or one 24-pack of small bags (considered 1 item) only one 24-pack allowed.
- One box of 12 snack cakes, honey buns or nutty bars (considered 1 item) only one box allowed.
- One package of cookies up to 50 in a pack (considered 1 item) must be in resealable package. One pack allowed.
- Pop tarts
- Beef stew, cup of noodles, soup or ready to go meals in 8 or 10oz plastic microwave containers.
- Kool-Aid, coffee or tea (sugar in individual packets).
- Breakfast cereal only in serve packages.
- Snack cups of fruit (a package of 4 is 1 item) only 2 four packs allowed.
- Small sausage sticks (finger size up to 12 in a pack), beef jerky, popcorn, nuts and seeds (without shells only).



- Candy bars
- Condiments: hot sauce, ketchup, mustard, bbq sauce and seasoning.
- Bread
- Taco shells
- Powdered milk

RESTRICTED ITEMS (NOT ALLOWED)

- **No items that need to be refrigerated, such as mayonnaise.**
- **Any dietary supplements should be kept in your phone locker.**
- **Any item that needs to be places in a container to be cooked in the microwave.**
- **Nuts in shells.**
- **Ramen Noodles in packages**
- **Pringles**
- **Tuna**
- **Energy drinks or protein powder**
- **Products in aluminum foil**
- **no products in glass**
- **A resident can't bring in more food then he can reasonably eat in a week.**
- **No fresh fruit**
- **Dirty dishes will be confiscated.**



- Food can't be dropped off by friends and relatives.
- Residents are only allowed to bring in food once a week. This includes bringing in food when you return from work, IRT, CCCL, and Community Service.
- No food can be brought into the facility from restaurants.

Again, the information that we are providing comes from a orientation manual from Crossroads Adult Transition Center and things may be different when you arrive.

PLEASE REMEMBER: that we are only providing you with the information that we have at our disposal. If and when things change, and we become aware of said change, we will provide you with that information in the very next volume.



THE LAST MILE

By: Patrick "PK" Klein

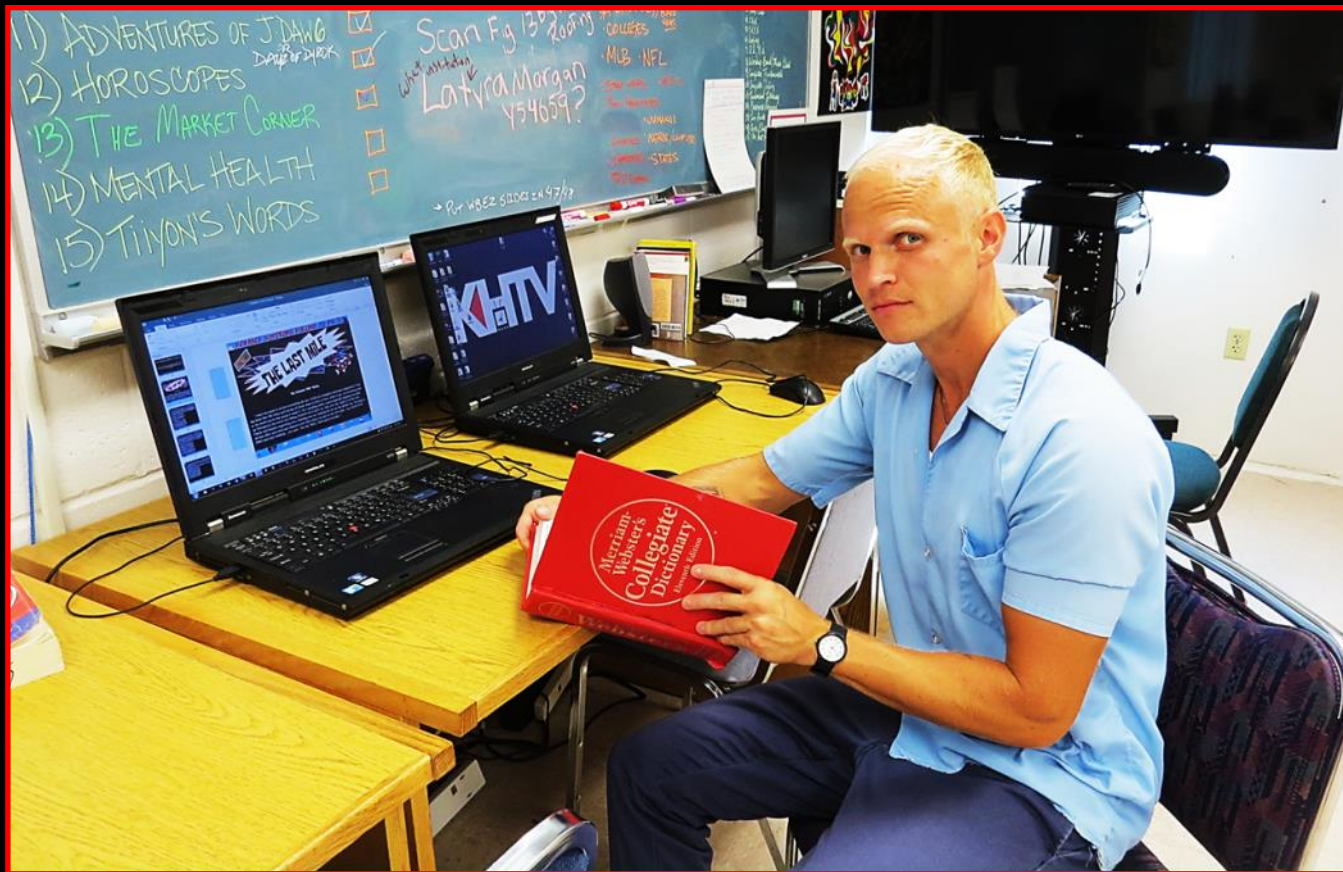
I want you guys to picture something for me. Could you imagine running a marathon? Taking those first few steps and having all those steps in front of you, miles to go, not knowing how in the world you're ever going to make it. 26.2 grueling miles, psychologically amping yourself up throughout the entire run telling yourself not to give up, that you can make it to the end. Family and friends supporting you, cheering you on, waiting for you at the finish line. Putting in all that effort and work and diligence and then when you get to the 25th mile.. You STOP RUNNING and start walking... you quit.. You say "Meh, that's good enough.."

Crazy, right? Who would do that? Well that's how I see this thing called "checking out." As I sit here and write this I have 9 days left before I go home and about a month or 2 ago I started



to realize something very disturbing that has now become quite a pet peeve of mine. So not to toot my own horn but in my 3 and half years of incarceration (yeah yeah I know, not an astronomical amount of time but long enough nonetheless, especially with COVID it felt like 6 and a half) I have done a lot, especially since being in Kewanee. Helping start-up and run KH, starting a peer led horticulture group, growing the gardens and flowers, and all the other media related things associated with KH, “patting” people down, etc. You get the point..

The thing that has become a pet peeve of mine is people “checking out.” As their outdate gets closer they use this as an excuse to quit everything and so as my outdate approached, they too assumed that I would just slowly start quitting all the things that I do. Not only is it accepted as an excuse to quit everything, it’s almost expected, encouraged even! People see me working on Horizons or out in the garden pulling weeds and they say things like “what are you doing bro? why are you doing that? You bout to go home!” I then bug



up on said person and say something along the lines of “Why wouldn’t I be doing these things? Why wouldn’t I finish strong? These are the things that I am passionate about, the things that keep me going and give me purpose. They are my “why.” You got 60 days left? That is 60 opportunities to make something happen, to be the best version of yourself. People get so caught up in their outdate that they think the space between now and that day is a bunch of dead time. Like when you walk out of these gates you’re walking through some magical portal where everything will fall into place simply because you are now out of prison. “Hoping for the best” is not a great strategy.

The days leading up to our release are the most important of our incarceration. I often hear people say “It’s almost over with!”.. that couldn’t be farther from the truth. Really, it’s all about to begin. Life comes at you fast and it all begins as soon as you walk out those gates. It begins with having a foundation of good habits. Getting up at the same time every day, reading, studying, staying fit, planning, preparing, having a solid routine. There is an ancient Greek paradox that exemplifies this. A philosopher asks his student “Can a single



coin make you rich?" Of course the student replies "No." But as the philosopher explains: Having 1 coin does not make you rich, having 100 coins does not make you rich but if you keep adding coins at a certain point a single coin will cross you over the threshold into being "rich". I believe the same can be said about our habits. A single good habit doesn't make a person great but with enough good habits eventually it will push you over the edge into greatness.

The habits you have now and the person you are now is the person you will be and the habits you will have when you walk out that gate. Nothing will magically change that day. So if we are slowly quitting and making excuses as we get down to our last few days, being dishonest, lacking integrity, cutting corners, finessing; then that's who we'll be when we leave. You can bet that the day before I leave I'll still be out watering the plants in the garden, in the Media Room working on Horizons, and picking up jolly rancher wrappers off the ground. Coming to Kewanee, meeting the people I met, and being a part of something bigger than myself changed my life and I can't thank my peers and the staff here enough. As the saying goes "The last mile is always the least crowded."





R.I.P. KLSRC SUNFLOWERS



GONE BUT NOT FORGOTTEN



HORIZONS MONEY TEAM

By: Timothy "Timzale" Alexander

Greetings Everyone: We really need to talk about a form of trading that a lot of individual's have been very inquisitive about of lately. Day Trading, this one of the hardest forms of trading. It is composed of things like calls, puts, or shorts. **We strongly suggest that you consider the responsibilities of Day Trading, once your in the free world for many reasons, but more importantly if you are not fully comfortable with investing in stocks as with anything else in life, there is a sizable risk!**

The most important being (Your in complete control of your trading decision) the others being, we can't control our movements right now, nor can we get to the phones when needed, along with the sum of funds that you may have to place upfront to be allowed to day trade.

Day Trading is one of riskiest trading attempts for even the most seasoned traders within the Money Team, as always the determining factor will always come down to your judgment call. Day Trading is done by placing a certain amount of funds upfront in your account to be able to trade in derivatives, trying to predict the outcome of the market before the *contract expires*.



Example: If Tesla (TSLA) is trading at \$811/share and I believe that it can go higher, I can purchase a *call* that TSLA will go to \$830/share for a premium of \$81.70/contract with an expiration date of 33 days. Now, I am not getting Tesla for a discount, but, I am able to buy a *contract* that allows me to get 100 (temporary) shares, for “x” amount of days (ranging from 1 to 365). 1 contract = 100 shares. That means that \$81.70 is multiplied by 100, so you are spending \$8,170 for 100 temporary shares (compared to buying TSLA outright at \$80,000!) to make money.

Do not be intimidated. Focus on what I highlight.

Expiration Date	Strike Price	Option Premium
May 15, 2020		
May 22, 2020		
May 29, 2020		
Jun 5, 2020		
Jun 12, 2020		
Jun 19, 2020	\$800	\$81.70

If I buy this call, I can buy 100 shares of TSLA at \$800/share by the expiration in June.

Option Price = \$81.70
Option "Premium" = \$8,170

If you are savvy and the stock goes up the next day to \$836, I could close out the trade and profit \$1,240! This is all because we caught a break in the market day trading.

In reality if you make a good or poor investment, the money will be on your account to cover you when you make these investments on stocks, commodities, or anything that you see includ-



ing crypto, whatever you think will run-up for a certain amount of time during the trading day. You can start trading at 8:30AM-3PM (CST) in the US, or keep these until after hours trading is over, but the best time to pull out is before the end of the day. Just to be fair, one could day trade ANYTIME, but because of high volatility, it's not recommended.

TSLA Day 1		TSLA Day 2	
Stock Price = \$811	+\$25	\$836	I could simply sell the call for \$9,410.
June 800 Call Price = \$81.70		\$94.10	Profit = \$1,240
Call Cost/Premium = \$8,170	+\$1,240	\$9,410	

If you're a seasoned Day Trader you will make unbelievable amounts of money, then there's the other side of Day Trading. 98.9% of retail investors lose huge amounts of much needed money on a daily basis, thinking the next day will be better or your luck will turn around soon. Day Trading is no place to work off luck, you need skill and intelligence to be a success in this area of trading.

This is where knowledge and understanding comes into play for you. I strongly suggest that everyone who wants to Day Trade do the necessary studying before entering this type of investing. ***(Remember what happen when Game Stop (GME) shot up and Robinhood [the platform] was shut down for a while to stop the Hedge Funds from losing massive amounts of money, because they were short selling.)***



That was not all do to Day Trading. Short selling is what sparked this phenomenal situation that expose how these institutions can make us retail investors take the lost, even when we think we are winning. Please read up on everything concerning Day Trading everything that you can get your hands on. Also, make sure your research is open-minded. We always ask that you do your studying and research before you jump into this type or any investing while you're in this situations.

You should start studying on this when you have time to do your due-diligent by reading all the books you can get your hands on and do some made up day trades with real companies on the TV or in the newspapers if you can get them to be more familiar with what you're doing. You could also read the book, ***Day Trading 101*** by *David Borman* before you start day trading and if you are close to the door, use the tools on TD Ameritrade (thinkorswim) that allows you to practice trading, with real time stocks without losing or using your money.

There are many other sites that provide these same tools, so don't think that there is only one. Allowing you a sound amount of know how knowledge that will allow you the opportunity to benefit in this type of investing. We can't go into Day Trading trying to profit while learning at the same time, we must do our due-diligent with studying before we get into this type of trading, this will allow us to be part of the 1.2% that has succeed at Day Trading.

The market as of now is seeing momentum in almost every section as of July 27, 2023 is:

Dow : 35,390 (13 day winning streak. This last happen in 1987)

S&P: 4,565

NASDAQ: 14,235



With these numbers moving in an upward momentum, this only shows that the market will do as it needs to do in time and in tandem with what the investors are doing at some point.

Even the best investors will buy when the markets are HOT! Keep in mind that after the deals you've bought at a great price, then come the earnings numbers, showing how good the companies are doing while giving a guidance report this gives the stock better reasons to keep going up. The pros give their input on way they think the stock will run up further. Now other investors rush in to get a piece of the action.

As all of this is happening, you're enjoying the profits from both, the rise of your stocks, and the dividends coming from the company for owning their stock, as long as this happens, you're in a good place on your portfolio, but always keep an open mind. There will come a time when you will have to restructure your portfolio, to keep things going up or if it's a bear market, you'll have the opportunity to add to your portfolio while others are selling. This will be a great time for you to start buying for the future. In the great words of Warren Buffett, *"When others are being greedy, be cautious, and when others are being cautious, be greedy."*

For now, I see how so many investors are making big money off the investments they made when the markets was down years ago. This system works when you're using intelligence and patience, in the same way as the world's best investors always teach us all, we just have to remember to copy their moves, only in a smaller way. Let's try it to see what wonders will happen when we work our portfolios in the same way as the most successful investors work their own. Thank you for your time as always, please do your research and invest intelligently.



MENTAL HEALTH

We here at KH know the struggles of being incarcerated and dealing with anger very well, we've all been there, especially in this heat! Tempers flare easily and people are especially irritable, it can be really difficult to keep your anger and emotions in control when living in such close proximity to so many people in such difficult circumstances.. Add 110 degree heat on top of that and it can be a recipe for disaster. Controlling your anger and your emotions can make all the difference in your bit. We cannot control outside events, the only thing we can control is our reactions to them and emotional decisions are ALWAYS bad decisions. All too often we look back on how we handled a situation and wish we had handled it differently, our anger got the best of us. Whether it's with our cellie or on the phone with a loved one. We hope these techniques can be of some help, controlling your anger can mean the difference between living in peace and living in Seg.



Anger Management Techniques

1. Drain the Brain

WHEN to use:

When your temper begins to flare.

WHAT does it do:

Mentally challenge yourself before taking out your anger on others

HOW?

Ask yourself these questions:

WHAT is the source of my irritation?

- WHAT is the degree of my anger?
- What is the other person's actual role in the situation?

Turn the circumstances around to see how you would want to be treated if the other person felt as you do.

These mental gymnastics can help you regain control over runaway emotions before they escape and cause external damage.

2. Walk It Off

WHEN to use:

- In those moments when you feel the familiar rage start to rumble, excuse yourself if others are present and take a quick walk down the hall or outdoors, depending on whether you are at home or at work, and the weather conditions.
- Even a **5-10 minute stroll**, especially one that is fastpaced, will help to cool your irritation as you practice the **fight-or-flight** strategy by escaping the potential conflict, which is one of the more popular and useful anger management techniques.



Anger Management Techniques

1. Count to 20 before saying anything.
2. Leave the room for several minutes, or hours, if necessary, before discussing sensitive issues that may provoke your anger.
3. Write out a response to a problem before tackling it orally or in debate.
 - This will give you time to think about the best approach to a problem rather than responding with random anger.
4. Keeping a diary (journal) and writing about negative emotions to get them out of your system.
5. You may also want to keep a pet, since studies show that petting a dog or cat, for example, helps to reduce blood pressure levels and harmful substances in your system that can damage blood vessels if left unchecked.
6. Talking over situations with a trusted friend and venting to a therapist.

ANGER MANAGEMENT

The emotion of anger is **not always** a negative feeling to experience. In fact, being angry in some ways can be a positive outlet and something that should not be ignored. However, having rage inside that results in harmful tendencies towards yourself or other people, and from which the source is painful experience, is not healthy at all. This type of anger should be dealt with before it escalates into more negative experiences.

Designed for your protection and safety, anger/rage is ultimately your friend and close ally. But until you can accept this kind of feeling as a part of your being, you will tend to be at war with the emotion of anger as well as yourself. You must first understand that anger is a protective emotion and then consider the ways in which anger can be useful and positive to you.

Because anger or rage springs immediately from pain and fear, and then ultimately love, you must be careful that this anger is not disconnected from other basic emotions. This is when it becomes dangerous. Once you overstep that boundary of caring for your feelings or the feel-



ings of another person, your anger has the power to instill pain, either emotional or physical.

On the other hand, if you can connect love for every angry feeling you get, anger tends to dissolve and love and sense prevail. Below are four ways in which you can better understand your anger:

- 1. Learn to recognize the relationship that exists between the emotions of anger, rage, fear, pain, and love.** There is an inherent connection between all three and the mark of a healthy individual is one where that person can target the origin from which their emotions of anger and stemming from. Is it fear? Is it pain? Or is the root cause of the anger stemming from love?
- 2. Learn to identify the vast differences between the actions that are motivated by fear and the actions that are motivated by love.** Again, this is very similar to number one above. Your goal should be to immediately identify your feelings of anger and the feelings of anger from other people and where they come from.
- 3. Understand that having courage is a result of the anger-love connection.** Having courage to face a problem that has resulted from being anger with a loved one is a necessity in life, but only if that courage is connected with a positive intention.
- 4. Begin to consider how anger shows up when it is felt and expressed in conjunction with love.** Healthy couples and those that stay married for a long time have mastered this art. And it is the ability to decipher and communicate through anger when dealing with the person they are in love with. Learn to do this and you will find that you will attract more loving people into your life.

“We need never be hopeless because we can never be irreparably broken.”

-Albert Einstein





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SAYING GOOD-BYE

By: Jamie “ J-Dawg” Hernandez

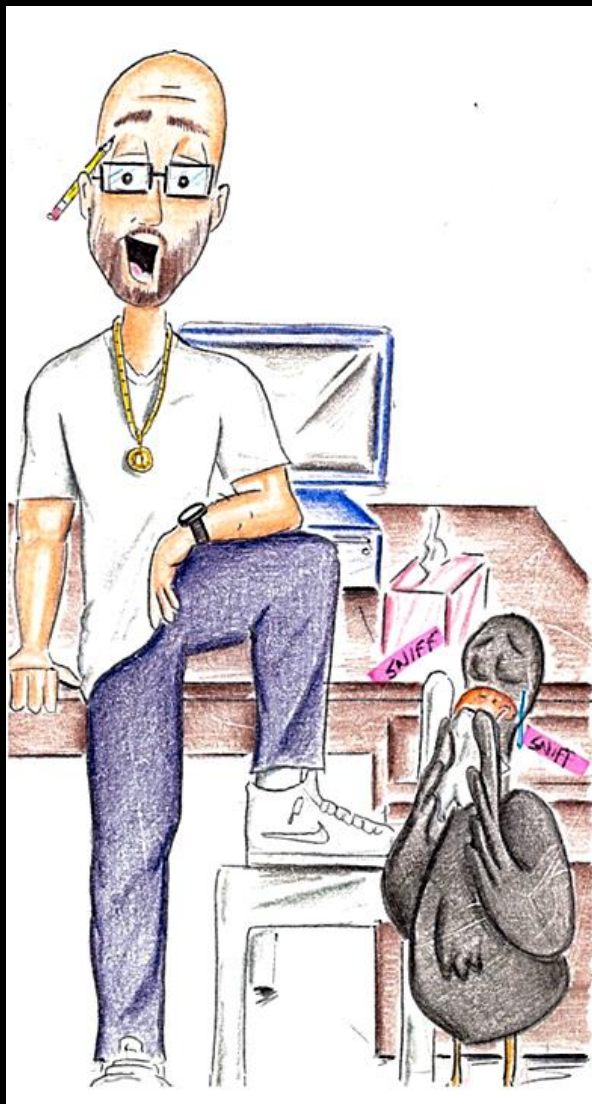
Well people, yo boy just got **APPROVED** for work release! So that means I’ll be taking my “Adventures” on the road. I hope ya’ll liked my drawings and they gave you a little laugh. I tried to make light of our current situation and even give those not here in Kewanee a little glimpse to what goes on down here.

I really enjoyed working for Horizons and I’m very grateful for the opportunity and platform I was given to express myself creatively. I came up with the idea for the “Adventures of J-dawg” years ago while I was in Danville, but then it was just that, an idea. Once I came to Kewanee the idea of creating a Prison Newsletter (Kewanee Horizons) was being talked about and I was asked by “the Erics” if I’d like to contribute. I jumped at the opportunity and that was the beginning of my adventures, and it went from just being shown on the tablets for guys here in Kewanee to the whole I.D.O.C to now our family and friends can see what we’re doing in here



out there. I'm definitely going to miss my little notoriety, I won't lie, I liked it when a new guy transfers in and says "Hey! You're J-dawg" and then tells me how much they like my cartoons. It won't be long after where those same guys come up to me later and be like "why don't you draw me in one of your adventures?" LoL They say **ALL GOOD THINGS COME TO AN END**, but who knows, you might see another drawing of mine in the near future. They'll definitely still be adventures of J-dawg on the outside.

Before I go I'll be passing the pencil to a very talented artist and good buddy of mine, his name is Dyrok and he'll be hitting you with the "**Dog Days of Dyrok**". Be on the look-out for that. I would like to give a **shout-out** to Kewanee L.S.R.C for accepting me from the many other applicants; I really enjoyed my time here and learned a lot of skills that will help me upon release. Shout-out the whole KH crew, new guys keep it going strong. Mr. Warnsing thanks for all your support and believing in my visions, I'd like to **THANK** all the staff here in Kewanee for all your support and for just treating me like a regular person and not some dude locked up, it means a lot. I'd shout you out personally, but if I missed someone I'd probably never hear the end of it. LoL and of course I'd like to THANK all of you! **All my Individuals in Custody**, without ya'll who would I be drawing for? Stay strong in the struggle that is incarceration and never give up. I pray better days are ahead. Thanks again for all your support, yall be good. **J-dawg Out!**





BY: HALIK WILLIAMS

Intelligent, Loyal, and Passionate those are the words that came to mind when I thought about how to best describe Jamie. I 'am sure those of you who know him will concur. I first met Jamie (J-Dawg) Hernandez in 1999 while in Cook County Jail. We both were teenagers and due to the seriousness of our cases had been placed in a max Division (9) and housed on a school wing. Fighting for our lives literally and figuratively, for our freedom in the court rooms and on the school wing it was always tension in the air and people getting injured. What I noticed immediately about Jamie was his precociousness. He was one of a few that were beyond their years. Also, Jamie was never the one to start or instigate a situation. Still he wouldn't fold and stood with his comrades.

Fast forward to 2014 I arrive at Danville C.C. and someone tells me that J-Dawg is on location. When I do see him its not the J-Dawg that I remember. The last time that we saw one



another we were teenagers. Now, he is twice my size and height, for real I could tell that he had been eating good and hitting the weights. After briefing me on the facility and catching up on the old and new. Also, making sure I didn't need anything. We would only see one another in passing. It would be that way until 2022.

Jamie, became my neighbor on the Re-Entry wing we both were Peer Educators/ facilitators. Our ritual on the weekend would be to set at a table and discuss how we could better assist the guys on the wing. As well as our personal plans for the future. Mainly, how given the chances and opportunities that others had fumbled, we would score. Not making those same poor choices and decisions. One thing about Jamie is that he always scores, there's never been a time when he hasn't made the most of an opportunity or made an opportunity where there wasn't one. Even on the occasions when he made ill-advised decisions, he learned from them. So, what would have been a lose for another was a lesson for J-Dawg.

It would be remiss of me if I didn't speak on J-Dawg's heart/generosity. There's nothing he won't do for friends and even strangers in need. He may not want to admit it but its hard for him to say No. That's why this is titled "Gentle Giant". Instead of being tough, aggressive, or a bully like other guys his size attempt to be. Jaime, is always smiling and having fun in the midst of being positive, progressive, and remaining productive.

I can say with certainty that though many are elated for Jamie going to ATC. His presence will be greatly missed. Jaime, I've know you for over two decades and what I appreciate most about you is how you remained humbled and authentic, never switching up. I know, that the next time we cross paths or I hear about you. It'll be how good you are doing and some great job you have or created. All I ask you to do is continue to score and remember we all rooting for you. From the bonds that's been built to the rapport you've established, you've made an impact on so many in ways you probably can't phantom. From my self and countless of others. Love Bro



WISHING YOU THE BEST OF LUCK ON YOUR NEW ADVENTURES, J-DAWG

By: Randy “Danville” Kagels

I’ve had the privilege of knowing Jaime “J-Dawg” Hernandez for nearly 10 years and as a celly for a whole 17 days before he decided that work release was so important that had to leave Kewanee for it! Seriously though, it’s rare that I’m able to say with such confidence and certainty that someone has a bright future ahead of them, but with J-Dawg, I know he has the intelligence, drive, and talent to do whatever he chooses to do and will be 100% successful at it. Everything he puts his mind to has potential and his willpower (especially when it comes to financial matters) is second to none. He has made everyone around him better by being a tried and true friend and confidant to those who are worthy of receiving it. As unfortunate as it is that Kewanee is losing such a positive influence and powerful presence, I’m truly looking forward to seeing how the next chapter of life plays out for you when you are able to put this place in your rearview mirror. I’m sure I speak for many people when I say that we’re all awaiting the next Adventures of J-Dawg!! Many Blessings and Best of Luck J-Dawg!!



ADVENTURES OF J-DAWG



FINALE!



SHUT UP!



Aries: Keep you feelings to yourself. Sharing too much information will put you in a vulnerable position and cause problems. Look at every angle before making a big move.

Translation: A fish only gets caught when it opens its mouth, so Shut up!



Taurus: Don't let anger take the reins when action is required. Use your connections to ensure you have backup plan to reach your target. Fixing your personal space will boost your morale.

Translation: Take a chill. Breathe n' have a Woo Sah moment, it ain't worth it. The honeybuns will be at store next time.



Gemini: Consider what's entailed before you offer help. Protect your reputation, position and key relationships. Refuse to let emotions interfere with your plans and decisions. Do things yourself.

Translation: When you want it done right, take care of your own biz.



Leo: You'll be prone to impulsive behavior today. Don't jump to conclusions. Listen to what others have to say. A change someone makes will give you insight into how to proceed.

Translation: Utilize what you learned in "group", ACTIVE LISTENING really works.





Virgo: Take care of your responsibilities before moving on to pleasurable pastimes. You'll enjoy yourself more if you don't have to worry about what you left unfinished.

Translation: Seriously, you need to finish your homework before you go out to the dayroom to hit the boat; and start smokin.



Libra: Be careful when dealing with others. Your actions or words will be misconstrued. Make your home or workspace functional. The better equipped you are, the more success you'll achieve.

Translation: Buddy is actin a fool so give them space and when your celly talks about, its your turn to clean the tip, just say, I got it and actually do it.



Scorpio: Don't expect smooth sailing. Take a positive attitude, regardless of how others are acting. Focus on self-improvement, educational pursuits and getting along with people who have something to offer.

Translation: Think happy thoughts and put that article you wrote for the Horizons in the mail bag. It's gonna get published.



Sagittarius: Pick up the pace, designate funds to cover your expenses and take a minimalist approach to whatever you do. It's time to please yourself and do what comes naturally.

Translation: Budget the money you got now cause, Work Release is gonna be thing, so clean out your box and quit bein a hoarder.





Capricorn: Spend more time improving your living arrangements. The changes you undertake will ease stress and give you hope for a brighter future. Focus on self-improvements.

Translation: Drop that request slip. Placement will make that cell move for you. Even they know your celly is trippin.



Aquarius: You'll encounter a challenge if you share too much information with a friend, relative or colleague. Don't giveaway your secrets or let someone stifle your dreams. Act on your own behalf.

Translation: When buddy starts hating on your idea, keep it movin. You will make it a reality sooner than later.



Pisces: Push aside negativity. A positive attitude will invite new opportunities and input from people who share your vision. Choose quality over quantity, and you'll be heading down a lucrative path.

Translation: Sometimes you need to cut a way the people that hold you back. (I 'm talking about that whack pen pal.)



Cancer: Establish what you want to do before you start. Map out your plan from beginning to end and approach the people you need on your team to be successful. Listen to supporters' suggestions.

Translation: 6 months, 1 year, and 5 year goal plan. Write it out and set things in motion. Make it happen.



STATEWIDE CALL OUT



Everyone here at Horizons would like to take the time to express our sincerest gratitude for all of the viewers, supporters, and participants of Kewanee Horizons. Our approach is different from other material that has been of benefit to us all, especially in regards to highlighting the successes of our fellow peer's, as well as highlighting the fact that we have an outstanding amount of friends, family, and loved ones that contribute to our overall success. Horizons is more than just a platform for us to use to spread content throughout I.D.O.C., it's also valuable to us all to show that we are indeed a community made up of "real" people, striving to make it through this journey. With Horizons, we are experiencing amazing things. Things that weren't the norm just a few years ago, and that's the evolution of "US", (the incarcerated individuals), and our desire to spark an already contagious thing, which is a change in the utmost positive direction. Change begins with us, and that's exactly what's been shown, as well as proven.



STATEWIDE CALL OUT



Being able to see some of the Peer led groups is something that is a blessing for us all. For so long, some of us didn't have the courage to teach what we knew, and quite possibly, the issue was that we didn't know what we knew would help anyone. Kewanee doesn't make Horizons, we "ALL" make Horizons. It's about all of us. The things we do during this incarceration not only impacts us, but our community as well. If we want people to believe in us, we first have to believe in ourselves. The entire Horizons team is honored to be able to be a voice for some of those that feel that you don't have one. Our focus is on positivity and how any occurrence that you've encountered since being incarcerated has impacted you in a positive way. Our driving force is positivity with a Restorative Justice mind-set. We don't look to focus on anything negative, we don't want anyone dwelling on yesterday's bad decisions, we want everyone focusing on tomorrow's goal of productivity, positivity, and finding ways to help one another in the best way possible. Please don't shy away from submitting your article to Horizons. **WE WANT TO HEAR FROM YOU!**



MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

Here is a quick list of Do's and Do-not's:

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



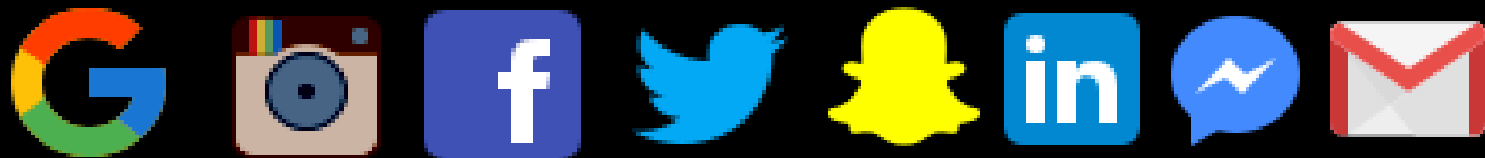
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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