

BEHIND HORIZONS UBA



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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 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.

"NASHVILLE RECORDING ARTIST"

By: Ronnie Carrasquillo



Nashville Recording Artist, Michael Tetrick, Jr., blessed the Kewanee community Church with his music, Singing, and Ministering.

He wrote his songs and they expressed his life's experiences. He has thirteen albums out of original music, and told us the fourteenth album is coming out soon.

Michael Tetrick Jr., is a very passionate in his faith and family. He represents this in his songs about living the hard way – it can surely be heard in his lyrics.

His Ministering words stood on the fact that there is no reason to hide things; that God already knows them.

Speaking to Jeff & Lois Hepner about the event and their thoughts of the night and Jeff said "He loves being able to be part of this church of great men."

As I complimented our Chaplain York for bringing Michael in; he humbly stated that it was all Jeff Hepner.

It is a spiritual blessing not only to be a participant of the church events; but to then hear the buzzing of the community for the next days, hearing all the compliments about our guest – Nashville Recording Artist; Michael Tetrick, Jr.

Thank you to all who made the event possible. **AMEN**



Does Jesus Play Softball?

By Andrew Suh

On a stormy Saturday morning the members of the Saints Prison Ministry made their way out to the Kewanee Life Skills Reentry Center to compete with the best of the best Kewanee Life Skill Reentry Center, had to offer. In a heads up no holds barred super competitive series of softball games both sides gave it their all.

The **Saints Prison Ministry** (P.O. Box 681 Moorestown, NJ. 08057 saintsprisonministry.org) is a national ministry that was founded in 1986 by Dale, a man who wanted to share the word of Jesus Christ for those that were locked up. Dale wanted to use sports as his vehicle to reach these men and realize his quest of fellowship. Utilizing his passion for competitive sports he formed *Saints Prison Ministry* to allow members of free society to volunteer their time and play softball with the incarcerated while allowing Jesus Christ's message of Love to be heard by those who were trapped behind the concrete walls of incarceration.

Tom was just your average guy who wanted to make a difference. He was inspired into action to spread the Good Word of Jesus and he wanted to do so with sports. Tom reached out to the National *Saints Prison Ministry* organization several years ago and got the proverbial softball rolling when he reached out to his friend Brent, and asked, "Do you want to play softball in prison with a bunch of inmates? Brent, a professional engineer by trade, happily married father of 5, initially responded, "Are you crazy?" But as the story unfolded Brent looked within himself, prayed and asked for guidance. Through his prayers he recognized the brilliance of this novel idea of incorporating competitive sports, the love of Jesus Christ and fellowship in Prison. The idea to go into a prison and to be able to spread

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the word of Jesus Christ and make a difference in the lives of many through sports was amazing. The stars aligned perfectly and the Illinois chapter of the *Saints Prison Ministry* was born in 2012. Several ups and downs later, the challenges of Covid protocols and now over a decade later these Christian athletes made their way to Kewanee Life Skills Reentry Center to share the Word of God and compete on the softball field.

As the first game came to a close, Brent the Co-Captain gathered all the volunteers and the individuals in custody into a large circle. In a moment of sportsmanship, camaraderie, and fellowship he spoke these words of inspiration. "When you play softball, baseball, football, or any sport; there are lines. As with all things in life there are lines. This applies to Jesus Christ also. Are you in or out, with Jesus? There are choices you make with your life, and choosing not to choose is a choice!" As these worlds trailed off everyone present on that field bowed their heads in reflection and prayer.

Along with the members of the Saints Softball Roster, Head Pastor Brock Winkler from, "**THE JOURNEY**" church in East Peoria, which is a proud supporter of the *Saints Prison Ministry* program, was present. Pastor Brock was in the stands providing moral support for the *Saints* and sharing the word of God with the individuals in custody. Handing out, "***A True Home Run***" a pamphlet which includes the Gospel of John; Pastor Brock made it his mission to share the good word with all the IICs. Then for anybody who was interested, response cards were passed out to become a member of the *Saints Prison Ministry's Birthday Card Program*. Each year the *Saints* send out over 32K handwritten Birthday cards to every inmate within its database. For some of the individuals on this list, this precious birthday card is the only piece of mail they will receive all year long. For those who are lost in this world of incarceration the *Saints Prison Ministry* makes a difference in their lives. Pastor Brock made it a point to say, "It is a blessing to watch all these men competing, on this field as equals. --- This is my first trip inside a correctional facility but it will definitely not be my last. I truly appreciate the hospitality of the Kewanee Life Skills Reentry Center. "

As an individual in custody, I am grateful for the opportunities presented to us at the KLSRC. With interactions like these with members from free society, it feels as though we the individuals at the KLSRC can be the ambassadors of change. We will slowly and steadily change the pejorative narrative attached to us, the incarcerated. Through precious moments like these, we prepare for real life interac-

tions on our road towards reentry. I looked upon this field of athletes and I instantly recognized the fact that the state issued prison uniforms were absent. I could only see a group of men; of all ages, and ethnicities competing against one another. On that field, on this day, the men of Kewanee were free and enjoying the blessing of competition. Last but not least I wanted to answer the question, I do believe Jesus plays softball because He was on the field hitting home runs!

The final scores of the games were irrelevant because today's mission was not to see who won or lost; instead it was a time of fellowship and camaraderie for our fellow man and to praise GOD. (However, just in case if anybody was curious and strictly for record keeping purposes, the home team of *Kewanee's Best* crushed the visiting team. 3-0 **Kewanee Wins!**)

Saints Prison Ministry Roster

- Brent – Captain
- Kurt –Captain
- Chris – Pitcher
- John – 3rd baseman
- Nick - Right Center
- Tommy – Right Field
- Kyle 2nd Base
- Hunter –Left Center
- Ryne – Catcher
- *Tom Captain
- *Kris - Shortstop
- *Papa Ray

Kewanee Life Skills Reentry Center Softball Roster

- Ronnie Carrasquillo – Coach
- Paul Bosanko – Coach
- Milo Fox – Catcher
- Bradley Adams – Pitcher
- Miguel Perez – 1st base
- Joe Godinert – 2nd base
- Pedro Baez – shortstop
- Michael Lee – 3rd base
- Demario Bolden - Short Center
- Matthew Walls - Left Field
- Robert Downey - Center Field
- Max Aguilar – Right Field
- Brian Lehnert – Bench
- Marcus Harris - Bench
- Darren Anderson - Umpire



SPIRITED TEAMWORK

By: Ronnie Carrasquillo

It takes a loving spirit to travel many miles in the rain to a prison with the intent of playing baseball and Ministering to the Individuals in Custody; but this is what the “Saints Ministry” are about.

August 5th at 8:00 a.m. the Saints Ministry team entered Kewanee Life Skills Re-Entry Center to face off, on the baseball field, with the “Team” L.T.S. Supervisor Mike Louck and I collaborated to be the best that would give us the win. It was stated throughout the month of July how efficient and good this “Saints” team was able to play; yet we had our own game plan – to be the winners. By trash talk and naysayers of our community, we were clearly the underdog.

The exposition began at 9:00 a.m. while the drizzle was steady; but they said they came to play and that we did. Not to tell the story of the scores of the three games we played; but as one of their players whole bottom of his Nike spikes tore off, I can truly say – we beat the cleats off these guys.

They said they vow to return for redemption; but we offered them to come on in to our Christian Services to fellowship, being that they are a Ministry and during our day together

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they Ministered to everyone on the yard and gave out books to players on our team who they deemed most valuable player. Also, all the Umpires who assisted the game were given books.

The day was about two challenges; one was the baseball game; and the other was their challenge for those who don't have a relationship with God and don't know Jesus Christ – to learn about God and His grace for all of us.

This was clearly a showing of Spiritual Teamwork; thank you Saints Ministry and the KLSRC Administrators who allowed this privilege of interaction.



The staff of Kewanee Horizons would like to apologize if there was any one we missed, it was not done intentionally. Also, if there was any misspelling of names PLEASE excuse us, blame it on our heads not our hearts.





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.



East Moline Murals



East Moline started a creative arts program, taught and mentored by Jack Sellers in our LTA Department, who is an accomplished artist. The program started on their tablets and has been in-person with monthly challenges to teach different aspects of drawing and other art concepts. Jack and Kevin “Kirby” Kirkbride, CLAS IV, bring lots of traditional and newer leisure time activities to our individuals in custody, 7 days a week. Traditional tournaments like softball, basketball, NEW kickball (very popular), along with band that features our Rock Band, Spanish Band and “Hidden Talent” Hip-Hop band. Several concert performances have been put on both facility-wide and in their department for all to enjoy. Winter months bring tournaments in ping-pong, chess and pinochle, along with a very active yoga room year-round. LTA is a





big part of our DEI committee by assisting with special programming on the facility channel or concerts to celebrate what unites us amid our diversity. LTA Department also helped in the planning and management of our



annual GLS (Global Leadership Summit) on Individuals TVs ensuring accessibility throughout the facility in addition to our in-person format.

Under the design and guidance of our CLAS II Jack Sellers, artists Juan Delgado, M34161 and Benjamin Manning, Y31525 created our Welcome Mural at East Moline Correctional Center. Jack took design ideas from our staff that was reflected in the new I-74 bridge, United Township Panthers (see the pawprint with the orange and black school colors,) Hero Street in downtown Silvis, and the John Deere Classic annual professional golf outing.

Hero Street was the name given by the Department of Defense to honor the Mexican American families that lived on a small street in Silvis, Illinois, that sent 57 of their children to fight in World War II and Korea, more than any location of that size in the entire United States. Eight of the soldiers never returned home.





The John Deere Classic is a professional golf tournament on the PGA tour that has been in existence since 1971. It is played annually at TPC Deere Run in the Quad Cities. John Deere is a company that manufactures agricultural, construction and forestry machinery with headquarters in Moline, Illinois.

United Township High School serves East Moline, Silvis, Hampton, Carbon Cliff-Barstow and Colona school districts. It is a member of the Western Big 6 and its mascot is Pete the Panther.

The new I-74 bridge opened to traffic December 3, 2021 that bridged Moline's Avenue of the Cities, to Bettendorf's Middle Road in Iowa. It was a 4-year project from its groundbreaking and is a work of art to behold while providing reliable transportation across six lanes of traffic linking the Iowa-Illinois corridor.

LTA has more mural projects planned throughout the facility. Outside of our armory and roll call areas are completed smaller murals depicting the 6 branches of the military with their iconic emblems, and our flag and bald eagle with a saluting soldier as a nod to our past and present serving veterans both for staff and individuals in custody. Our next mural project is to honor our two fallen staff members, Correctional Officer Brandon Gehn and Maintenance Craftsman Christopher James, whose end of service came while on duty.



The Freedom to Be Yourself



By: Antonio Aguirre

Since my arrival here at Kewanee Life Skills Reentry Center, back in June of 2021. I've had the opportunity to meet many positive and influential "Individuals in Custody." One in particular was Patrick Klein, who for a short time, was my cellmate, until he was fortunate enough to move to another cell with access to a bottom bunk; which if you knew the hassles of jumping up and down, off the bunk each day, you'll understand the significance of it all.

Moreover, in that short time, as cellmates, Patrick and I had developed a sophisticated camaraderie, bouncing ideas and beliefs off one another, without the threat of being offensive or disrespectful to one another. A common practice of precautionary measure taken, when in other institutions; however, not in this case, and for the first time, in a long time, it felt safe to verbalize and express thoughts without judgment or prejudices.

This scenario freed our minds from past stigmas and complexities that would normally cause someone to shut down or to be unreceptive or incommunicable. This friendly atmosphere of acceptance provided us with the much-needed safe haven to grow not only as men but also as civilized human beings.

PK, short for Patrick Klein, knowing that I am a Christian who believes in the all mighty and powerful God, “Creator of the Universe”. Nonchalantly, asked me to read a book called Biocentrism, by Author Robert Lanza, M.D. He said the book was about scientific theories or what not, and I said, cool man, I grew up on Spector Man, Lost in Space, Star Wars, Buck Rogers, Battle Star Galactica and of course Star Trek, and I quote; “Beam Me Up, Scotty”, and “Live Long And Prosper!”, and exclaimed ; I love Sci-Fi, Broski! PK, being un-amused replied, in “Albert Einstein” sort of way, saying Ah yah, NO, far from it, not even close, Typical, PK.

Being a considerate extraordinary cellmate that I am, I read it, and to my surprise, it was a good read. The book posed questions that many of us would dismiss as being SCI-FI, but warranted investigation due to its scientific data, which held merit. I did not quite understand all of it intricacies, having only rudimentary knowledge of the sciences at best. Yet, I found it to be a refreshing reprieve from the mind numbing distractions of TV shows /movies and the common area, banter which many of us do religiously just to pass the time away.

Author Robert Lanza’s theory of how “Time, Space, and consciousness are inextricably intertwined” is remarkably convincing, nevertheless, each is own, especially, when coming into newfound knowledge, it is always best to find out for yourselves. Here are the guiding principles that Biocentrism is based on: Yet, of course, I recommend reading the book.

Here are the basic (7) Principle of Biocentrism: (Food for Thought)

- What we perceive as reality, is a process that involves our consciousness. Our external and internal perceptions are inextricably intertwined
They are different sides of the same coin and cannot be separated.
- The behavior of subatomic particles-indeed all particles & object-is inextricably linked

to the presence of an observer.

Without the presence of a conscious observer, they at best exist in an undetermined state of probability waves.

- Without consciousness, “Matter” dwells in an undetermined state of probability. Any Universe that could have preceded consciousness only existed in a “State of Probability”.
- The very structure of the universe is explainable only thru Bio-Centrism. The Universe is finely tuned for life, which makes perfect sense, for it is life that creates the universe, and not the other way around. The universe is simply, “the Complete Spatio-Temporal Logic of the Self”.
- Time does not have a real existence outside of animal-sense perception. It is the process, by which, we perceive changes in the universe.
- Finally, Space, like time, is not an object or a thing. Space is another form of our animal understanding and does not have an independent reality. We carry space and time around with us, like turtles with shells. Thus, there is no absolute self-existing matrix; in which, physical events occur independent of life!

In conclusion; I would like to thank the Individuals in Custody at KLSRC for creating an environment where the Freedom Of Speech, Freedom Of Movement, Freedom Of Judgment, Freedom of Growth And Progress are a reality.

Guys Getting It Done at Menard

These three individuals recently earned their High School Diploma at Menard Correctional Center's Medium Security Unit. Left to right: Marcell Stokes, Daniel Mills, Lebert Black





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!



Objective: To help you meet your weight loss goal

- Weigh-in Once a Week
- Sign Up in East Gym With First Weigh-in
- Get Motivated With Competition!
- Final Weigh-in July 24th
- Can Get Involved With HIIT Boot Camp If You Wish
- Winner Decided by Loss Percentage
- Contact J. Miller for Questions

SHOUTOUT TO THE BIGGEST LOSER CONTESTANTS



Y'ALL ARE A REAL INSPIRATION

BUILDING MENTALLY AND PHYSICALLY

By: Ojo Webb



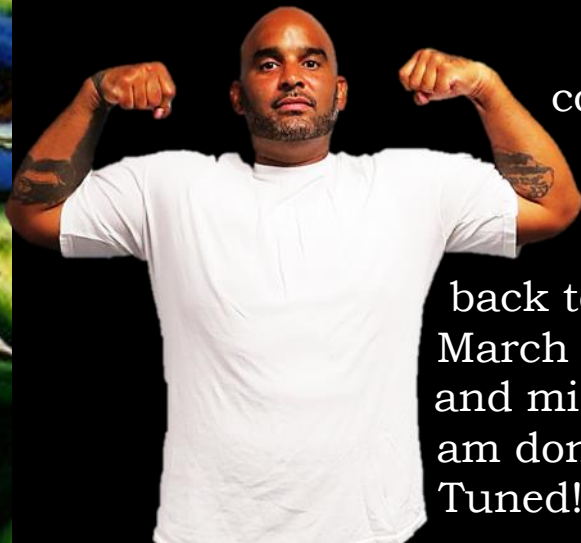
When I first came to Kewanee just like for everybody else in I.D.O.C. Covid was still a real thing effecting our everyday lives. For 3yrs not being able to really workout consist basis my weight ballooned to 351lbs, the heaviest I have ever been. Getting off the bus, while going through orientation, the administration talked about having a clean slate (starting over) here at Kewanee and making the best out of the opportunities they provide. Taking that thought to heart, I said to myself I will have no excuses with having unlimited access to the gym and yard from 8am to 7pm. With the addition of having classes like health and nutrition (shout out to Ms. Draper) where I learned about Calories, good fat, bad fat, how to read food labels and how to properly diet, I got to it.

I will also like to add thanks for the encouragement from my peers in and out of the 'Biggest Losers Competition.' My weight now is 310lbs that's 41lbs down and still going. Thanks to Kewanee for not just focusing on the mental side of re-entry because they go hand and hand. Peace OJO

CHASING HEALTH GOALS



By: William Anaya



The reason that I decided to join “Kewanee’s BIGGEST Loser” competition is simple—my daughter and grandson. I need to get healthy to live a long life for them. When we started on 4/28/23, I was 262 lbs. and today 7/31/23 I am 240 lbs. One year ago today I was 280 lbs. (thanks Covid). My goal is to get back to my pre-Covid weight of 215 lbs. which is what I weighed in March of 2020. My goal is to accomplish that between late September and mid October. Just because the competition is over doesn't mean I am done. This was just the beginning of my weight lost journey...Stay Tuned!

"There is nothing impossible to they who will try."

— Alexander the Great



ATC INFO CENTER

Disclaimer: The information that we are providing comes from a 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.

LEVEL SYSTEM

Adult Transition Centers have a five (5) stage level system, which will allow a resident to advance at a rate relative to his overall performance and behavior in developing responsibilities in the community at large.

1. Orientation Level - First seven (7) days

2. Promotion to Level I requires:

- a. The completion of seven (7) days Initial Orientation. A resident is eligible for Level I promotion on the eighth (8th) day in the Center.
- b. No documented major rule infractions.

3. Promotion to Level II requires:

- a. Completed twenty-three (23) days Level I and seven (7) days of Initial Orientation. A resident is eligible for Level II promotion on the thirty-first (31st) day in the Center.
- b. Completion of all orientation activities, including modules and Safer Intake.
- c. Currently involved in a minimum of 35 hours programming per week.
- d. Enrollment/participation in work, school (including Adult Basic Skills/GED), and/or counseling as noted in IPC (Individual Program Contract).
- e. No documented major rule infraction within thirty (30) days.
- f. Satisfactory progress in programming.
- g. Fulfilled Individual Program Contract goals.

4. Promotion to Level III requires:

- a. Completed ninety (90) days at the Center and at least sixty (60) days Level II.
- b. Currently involved in a minimum of 35 hours of programming per week.
- c. Fulfilled Individual Program Contract (IPC) goals.
- d. No documented disciplinary infraction for at least forty-five (45) days.

* Permanent Party - refer to DR 455

Privileges: The committed person may be allowed

- a. A maximum of 6 hours of independent release time (IRT¹) per week. Time increments shall be determined by the Correctional Counselor and the Chief Administrative Officer.
- b. One ACTL leave per month for up to 48 hours.

5. Promotion to Level IV requires:

- a. Completion of one hundred twenty (120) days at the Center and at least thirty (30) days in Level III.
- b. Must maintain minimum of 35 hours programming per week, with at least forty-five (45) days of consecutive programming completed while in Levels II and III.
- c. Fulfilled Individual Program Contract (IPC) goals.
- d. No documented disciplinary infractions for at least forty-five (45) days.
- e. Contributed at least four (4) hours to one (1) special volunteer project.

Privileges: The committed person may be allowed

- a. A maximum of one twelve (12) hour IRT per week or two (2) 6 hour passes per week.
- b. A maximum of four leaves per month (one pass per week). From 48 hours and will increase to 72 hours when you are within 60 days of MSR date. This depends on work schedule and 90 days perfect attendance on the job.
- c. Residents must be in the Center 24 hours before going on second privilege pass.

Note: Promotions are sometimes delayed due to weekends, holidays and staffing issues.

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.

Kewanee Sports Corner

By: Kevin Liszka

Sunday started with another upsetting loss for the Bears. Losing 17-27 against the Tampa Bay Bucs. The Bears have now lost 12 in a row with their last win dating back to October 24, 2022 at New England. Justin Fields has lost 10 straight and the Bears defense didn't look any better, allowing Baker Mayfield to throw 26-34, 317 yards, TD. It's looking like an ugly start to what looked like a promising set of off season roster changes. The 0-2 Bears are now headed to Arrowhead to faceoff against Patrick Mahomes and the Kansas City Chiefs.



The rest of the afternoon had a set of **GIANT** comebacks. The N.Y. Giants overcame a 21 point deficit against the Arizona Cardinals, the largest in franchise history. The Giants were down 7-28 at Arizona in the 3rd quarter. Daniel Jones put the G-Men on his back, throwing for 26-37, 321 yards, 2TD, 1 rush TD, 1 Int. The downside to this stunning 31-28 comeback win was the loss of star running back Saquon Barkley going down in the 4th quarter with an ankle injury, he will miss approximately 3 weeks.

The other turnaround game in the afternoon was the Washington Commanders coming back from being down 3-21 in Denver. Sam Howell threw 27-39, 299 yards, 2TDs, 0 int, to give the Commanders a 35-27 lead. Russell Wilson threw a Hail Mary with seconds on the clock, which was grabbed by Brandon Johnson amid a sea of bobbling defenders to put the game on the line with a 2 point conversion. The 2 point at-



tempt was Wilson to Courtland Sutton, which was knocked loose by cornerback Benjamin St-Juste. No call was made on the early contact allowing Washington to hang on to win 35-33.

For the second week in a row New England falls short once again on its final drive in Sunday night's game against Miami. Miami holds onto to a win with their defense stopping New England inches shy of a 1st down late in the fourth quarter with only seconds remaining in the game, for the 24-27

victory. With Miami moving to 2-0 and leaving N.E. 0-2 the question is being raised. Is Miami the best in the AFC? The eye test is appealing.

Monday night ESPN hosted a double header of division rivals games. The New Orleans Saints went to Carolina where their defense led them to a 20-17 win. They were able to hold Bryce Young to 22-37, 153 yds, 1 fumble, 4 sacks,. The rookie is averaging 4.2 yds per att. Derek Carr admitted in a post game interview, the Saints' offense clearly has some "kinks that need to be ironed out". The 2-0 Saints head to Green Bay next week while the 0-2 Panthers head to Se-



attle.

The Pittsburgh Steelers managed to stun the Cleveland Browns with a 4th quarter, 16 yds fumble return by T.J. Watt to give the Steelers the 22-26 victory. The tone of the game was set early with Deshaun Watson throwing a pk-6 on the 1st play of the game. Watson had 235 yds, TD, 2 fumbles lost. However the biggest loss of the of the night was Nick Chubb going down with a knee injury. Shortly there after it was announced that Chubb is **"DONE FOR THE SEASON!"** Nick Chubb has been a focal point for this Cleveland offense; last year rushing for 1525 yds, avg 5.0 ypc and 12 TDs. Both teams are now 1-1. The Browns go on to host the Tennessee Titans at home next week, while the Steelers head to Las Vegas to face the Raiders.



FINANCIAL LITERACY

By: Kenji "Truck" Haley

RECAP: What Type Of Business Structure Do You Want??

Hujambo!! It has been a while and I want to make sure that you have the information needed to make a determination as to what business you are trying to pursue. It is interesting, but there are many individuals who would like to have their own when they are released. This is an important part of the process, and I hope that you will continue to pursue your endeavors. Here is your recap of the businesses structure that you can create.

- Sole proprietorship
- General partnership
- Limited partnerships
- Limited liability company (LLC)
- C-corporation
- S-corporation
- **Sole proprietorship** (Business is one and the same as the owner)

Advantages and Disadvantages

- Owner has unlimited personal liability



- Pass-through taxes – personal tax return
- Owner controls business
- Simplest form of organization
- Lowest cost to form
- Appropriate for small start-up

General Partnership
Business association of two or more people

Advantages and Disadvantages

- Owners have personal liability
- Pass-through taxation
- Shared risk and costs
- Simple to form, low cost

Limited Partnerships and Limited Liability Partnerships

Advantages and Disadvantages

- General and limited partners – general partner runs business
- Pass-through taxation
- **Requires** a partnership agreement
- Liability will depend on the type of partner (general or limited)

Unlike a general partnership, the creation of a limited partnership or limited liability partnership requires a filing, possibly including the written partnership agreement, with the state. A limited partnership will likely also be required to include “limited partnership” or “LP” as part of its name, just as limited liability partnerships will be required to include that phrase or LLP in their name.

Limited Liability Company (LLC)

Unincorporated hybrid entity, with traits of corporation & gen. partnership (or sole proprietor)

Advantages and Disadvantages

- Greater flexibility than sole proprietorship and partnership in distributing profits (less restrictive than S-corporation .
- Limited liability – like corporation
- Pass-through taxation – like sole proprietorship or partnership

Owners of an LLC are called members. Since Illinois do not restrict ownership, members may include *individuals, corporations, other LLCs, and foreign entities*. An LLC can have any number of members. Most states permit an LLC with only one owner, called a “single member LLC”. To form an LLC, you file paper work, usually called “*articles of organization*”, with a state agency (Secretary Of State), pay a filing fee, and create an LLC operating agreement which sets out the rights and responsibilities of LLC members.

C-Corporation

Also called “regular corporation” (most common for larger companies)

Advantages and Disadvantages

- Limited liability
- Company is taxed (double taxation an issue)
- Complex to form
- Complex ownership and management
- Appropriate for a few specific reasons—otherwise, choose another organizational type

S-Corporation

Owner has limited liability of a corporate shareholder but pays income tax like a sole proprietor or partner

Advantages and Disadvantages

- Same as C-corporation except for pass-through taxation

One disadvantage of forming an LLC, instead of a partnership or a sole proprietorship, is that you pay a filing fee (*ranging from \$100 to \$800*) when you submit your articles of organization. On the positive side, articles of organization are short, simple documents. You may be able to quickly prepare articles of organization on your own using a form provided by your state's filing office. Even though an operating agreement may not be required by your state law, you should create one anyway. (This was on KH #48 – which is still on the tablet –btw!)

Five Key Points to Remember

- The organization type impacts how you own and run your business.
- Most common small business type: Sole Proprietorship is same as the owner.
- A Partnership includes pass through taxation and personal liability.
- A business plan is the best way to determine the organizational structure right for your business.

Next Time:

We were asked about banks, so we will talk about banks. Traditional vs. FinTech. Advantages and disadvantages and how to establish an account in Prison!! Nuff said

ASK AWAY!!!

If there is a question that you have regarding financial literacy (on topic please), read the information on how to contact Kewanee Horizons (on the last page) and I will do my best to show them and respond to your question. Remember, there is strength in numbers!!

*(**DISCLAIMER:** I AM IN NO WAY A PROFESSIONAL!! I am just an Individual In Custody like you giving you the tools that I have grown to learn over time. I will do my best to give you a peace of mind: but **YOU** will be responsible for your actions. Thank you!!)*

ART FESTIVAL

By: J. Miller



The City of Kewanee holds an annual Art Festival which is called the “The Prairie Chicken Art Festival”. It is held at a local business in the Kewanee community. Each participant is allowed to submit up to 4 pieces. There were total of 133 entries in a variety of categories, 7 dudes from Kewanee LSRC participated and two placed Jose (Fester) Leal got 2nd place in acrylic paint and yours truly (me) J. Miller got 2nd in graphic art/drawing.

Contrary to what many people believe, the ability to create art is not always a natural ability or talent, it is a skill. It can be learned. Bob Ross’ whole philosophy was that anyone can learn to paint and that’s why he was dedicated to teaching his craft. Even to this day they still show his tutorials and techniques on PBS and his painting school still thrives.

I am far from the title of “Artist” but I enjoy drawing and painting as often as I can. I especial like to do portraits. I’ve tried my hand at painting a few and will always strive to be better.

When I first heard of the Art Festival I really just thought it was a cool idea. I definitely did not think I had a chance at placing. There are a lot of really good artist out there. I thank God for helping me grow at getting better. A BIG SHOUT OUT to Ms. Draper for making it possible and giving honest feedback and criticism. She has a great eye for art work and is candid when it comes to critiquing a piece. Also, thanks to you the City of Kewanee for allowing the Individual’s In Custody at Kewanee LSRC to participate.

“How can a mortal be innocent before God? Can anyone born of a woman be pure?”

I don't remember a time when I wasn't fascinated with art. At a very early age I remember going to the bookstore with my mom and asking her to buy me art books. As I grew older, my fascination grew with me.

I started with graphite drawing then moved on to acrylic paint. From there, I went to oil paint and on to pastels. I had the desire and the passion but the skill didn't follow for some time. I enjoy one line contour drawings, charcoal still life, impressionism, and abstract but I've always been partial to portrait work. When I got locked up I really started to study guys' portrait work and learned from some really great artists. I asked a lot of questions, got a lot of feedback and my work constantly evolved. After years of drawing portraits, I progressed on to portraits in other mechanisms.

As an artist, I've learned that inspiration comes and goes. The quality of work always seems to show while it's there and I take full advantage and push out as much work as I can. I appreciate the muse I have before me.

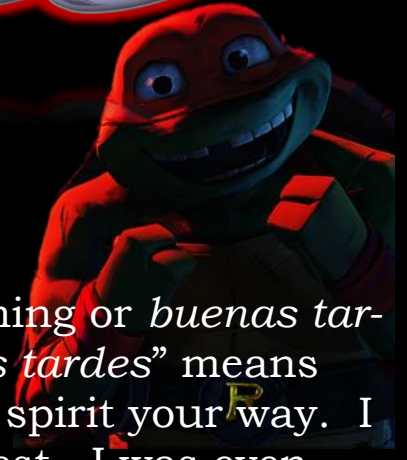
My favorite artists are Vincent Van Gough and Alex Pardee.

“The worst evil which can befall the artist is that his work should appear good in his own eyes.” –Leonardo DaVinci.



Artístico

By: Evigan "Happy" Marcos



Brothers and sisters of IDOC. *Buenos dias*, this means good morning or *buenas tardes* for those who are reading this in the evening. That's what "*buenas tardes*" means good evening. Like always sending blessing of great health , mind and spirit your way. I was excited when I was told about the Prairie Chicken festival art contest. I was even more excited when I was told we as individuals in custody would be able to participate.

Art has always been my passion for as long as I can remember. When I was a little *vato* I would draw for my mother and it carried on into my adult life as well. Here in prison I perfected my talent and learned new mediums and techniques. But painting is now my favorite one of them all, it has allowed me to express myself through my memories feeling and emotions. It helped me with stress, depression and anxiety, especially through the Covid years. I encourage everyone to try it out and enjoy some mental respite.

I entered 4 paintings into the contest and did not win but my motive was never to win but to have exposure of my artistic flare and creativity behind these fences. I rejoiced when I found out some my brothers here in Kewanee, LSRC won. Knowing they've won we all won! They have represented for us here and that's the blessing for me. I's truly



blessed to be surrounded by great artists, there are so many I wouldn't have enough space to name them all, but if I could name one that has truly helped me to keep learning more about painting it would have to be my brother Leal known as Fester, he has a gift that needs to be recognized from coast to coast. The painting I displayed had titles one, was called "The Blast from the Past" of Kewanee's old water tower, "The strength of a woman", reminding us the value of women in our lives, "The Redeemed Weeping Woman", That everyone deserves a change and chance in life and last, "An Artistic Ambiance" creation of mine reminding the world that art is freeing and it helps with stressors of life if you try it for yourself. Reminding everyone that we are all a form of Art, a masterpiece. There is none other on this planet earth that's you. Remember your worth. Art will forever be a part of my life and my generations to come.



In closing, Thank you to Mrs. Draper for allowing us the privilege to be a part of the content and Thank you to the administration, Kewanee LSRC is grateful. Thank you to the Kewanee Horizons for all the hard work you all do to make this platform available . May God Bless everyone and give art a try.

Respectfully Evigan Marcos your brother Happy

Testimony of a COUNTRY SINGER

Hola, brothers and sisters. If you're wondering what *hola* means ? It means hi or hello in Spanish. Please receive blessing of great health, mind and spirit. On July 31, 2023, we had the honor and privilege of meeting a great country singer, his name is Michael Tetrick Jr. His songs told his life journey. All his songs were full of emotion and memory. They were heart touching which had some of us including myself teared up. Mr. Michael

Tetrick Jr. is an actual recording country music singer he's the real deal, he travels around the country sharing his life's journey through his awesome music. One of his songs made me think of my daughter. In his lyrics he said "when she holds my hands I feel life superman." Another song I enjoyed was fireball whiskey. After he sang he took time to share his testimony. His testimony was very inspiring he had a rough life and his desire to change was not an easy road, but through the Grace and Love of God he endured and became a new creation. He said that seeking change and God first was transformative and freeing. His message or motto is "You're worth dying for". It means we are worth it in God's eyes. He said Jesus died for you and me. I believe it. All I will say is that it was a blessing to witness an awesome human being and his testimony was powerful and authentic. He has now become one of my favorite country singers and his love for others was felt here at Kewanee LSRC. If you would like to check him out, he is on YouTube or here is his website. tdrmusic@yahoo.com Check my brother out and hear great country music.

In closing thank you to Chaplain York the administration and Kewanee Horizons may God Bless you all and keep you all safe.

Respectfully Evigan Marcos your brother Happy.

Coming together is a beginning;
keeping together is progress; working together is success.
-Henry Ford

JESSE MEYERS



A man with a tremendous amount of passion for art. Jesse turned to painting and artistic creations little over 15 years ago. His three entries were titled; “Duality, Whitey’s Cabin, and Thunder the Cat”.

Jesse turned to art as a coping mechanism for the difficult times in life. He suggests to any struggling artist to study color theory values and tones of color. When he speaks of the people that will view his work, Jesse smiled and said, “if they can have a moment of joy from my work, it is all worth it for me.”



Victor "DyRok" Ramos

the truth of her uncertainty. There is no future, there is no past, there is only the here and now. The representation of water is manifestation of constant change while having everything remaining the same.



Entitled "WAVES", this is a visual representation of a woman's quest to discover her true peace of mind. She is engulfed in the crashing waves and exists only in the moment. She is safe with

the truth of her uncertainty. There is no future, there is no past, there is only the here and now. The representation of water is manifestation of constant change while having everything remaining the same.

Victor found his desire to draw and sketch, growing up with a older brother who was a street artist. As a 9 year old child he watched adoration as his big brother and his friends; practiced their craft as they tagged and drew in their black sketch books. These powerful moments were the genesis of Dyrok's journey as an artist.

As DyRok reflects upon his creation he wants his audience to feel the emotions of his work and he hopes the imagery will evoke a sense of nostalgia for one and all.



JOSE "FESTER" LEAL

In the Spanish language ROOSTER is translated to "El Gallo". Jose "Fester" Leal decided to undertake this artistic endeavor to represent his struggles and perseverance thorough the difficult times in his life and arduous journey of his incarceration.

Picking up the paint brush less than a decade ago Fester is a relative novice compared to life long artists, but his mastery of the paint brush is apparent with his Second Place Showing in the acrylics category, "The Prairie Chicken Art Festival".

Fester smiled proudly as he wanted to make sure he imparted his true feelings. He wanted to convey to this audience that "El Gallo" is a symbol of strength, power, and the fighting spirit: which should be an inspiration to anyone facing a rough times. This imagery should allow for the enduring spirit to live on in the strength of, El Gallo".



KEVIN SIMMONS

Titled “**SELF**”, the image of the stoic panda is representative of the artist, Kevin Simmons. A man of few words, the artist searched for that special image that would convey his thought and feelings of “**SELF**” and came up with the solitary panda as his muse.

Self taught he has spent the most of his life honing his craft in multiple mediums. He has settled on the paint brush for his latest creation. For the novice artist who dabbles in the craft. Kevin reminds you to, “ Never let anyone tell you cannot do it. Do not be afraid to find your own quiet place and create. This is your vision and this is your passion.” Lastly, the humble artist expresses gratitude to KLSRC and the have the opportunity to show case his work in the City of Kewanee Prairie Chicken Art Festival. His final words of wisdom were, “**Keep your brush wet!**”





HORIZONS MONEY TEAM

By: Timothy "Timzale" Alexander
Featuring Kenji Haley

Greetings Everyone: The Horizons Money Team-(HMT) will allow others to come on and give all of us at the (HMT), a interview in the form of Q&A, This gives all of us the opportunity to learn from you about how to invest and succeed at all levels.

We also want to know more about and from our readers on investing in alternative ways, it is important for all of us on this team to learn, as well as teach each other about finances in full. The questions that we will only ask will be in the next article, if you don't want to answer a question don't, we also want to answer your questions if you have any, we will not post your name just your questions with a short and simple answer or where to look for the answers to your questions, As always we greatly appreciate your comments. Thank you from the HMT.

First off, I would like to introduce Mr. Kenji Haley. He is the Editor-in-Chief for TWO

ROADS E-zine, and also a contributor for the Financial Literacy articles in Kewanee Horizons. Mr. Haley is also an investor and has been for some time. Thank you for your support, not just for this interview, but also for your help with giving great advice when I come to you for your insight on investing, and also understanding of why the market is going in certain directions and what it means when I don't intrepid the language. I know I don't say it much but I appreciate your help from the sidelines.

Q: What do you look for when you invest?

A: First, I look for companies of growth, not value. Personally, what is value these days? Post COVID, companies have suffered from everything (shipping, shrink, sales, etc.) and this causes the numbers to drop regardless of the EPS and Revs (Earnings Per Share and Revenues). So I look for growth stocks, mainly in technology (Apple, Meta, Tesla, etc.) and in ETNs (exchange traded notes, commodities), which have excellent short-term growth. Everyone is wanting the new hotness (A.I., iPhones, Game chips, etc.). I treat my growths as long terms for now.

Q: Why do you invest? How long have you've been investing?

A: I invest because it's smart! Now, you must learn the tricks of the trade or you'll be broke as a joke. I wasn't taught financial literacy in high school and none during the beginning of my incarceration. I found myself wanting to have more than a menial job post release AND I wanted the opportunity to achieve greater things and this is why I invest. I have been studying and investing for the last seven years.

Q:What is your strategy when your investing?

A: I look for patterns in the market. I am what they call a **Technicals** (follow the trends, charts and patterns) trader, although in here, it pays to be a **Fundamentals** (data, numbers, quarterly earnings, etc.) trader. All I have to go off of is TV (CNBC, Fox Business),

newspapers (Wall Street Journal, Barron's, Investment Business Daily) and the occasional magazines (The New Yorker, Bloomberg and TIME). I also read 10-K's and 10-Q's for the companies I own and/or interested in. There is a saying "*to be aware is to be alive*" and that knowledge is very helpful for being in the market. Every bit of news is needed to make sound decisions.

Q:How do you do your best to diversify your investments to maximize your returns while minimizing your risk?

A: In here? That's hard to do, because you are depending on others to execute these transactions. You could always use the mail-in companies, but then you are limited to what you can order and if its in a jam, you will not get the rate that you saw on TV. Another thing is that you're not in front of a computer like others are, so, it's a process of getting on the phone and placing that order or other things like sending out an emails and hoping the person that sends them is working. So, as far as diversifying, I stick to long-term stocks, META, AMZN, AAPL and let them ride, while I invest in small time leveraged companies like Pro Shares and DireXion to make daily gains and other transactions. ETF's are cool, but I lack the data that gives me the insight to invest in them. (and this is why I never invested in ARKK, Timzale).

Q:Can you tell us how do you breakdown your table of investments? Examples are: 45%Stocks, 15% Bonds, 10% REITs, 10% Commodities,10%Internations Stocks,10% Emerging Markets, How do your implement your strategy do you buy your shares at market price or do you buy over months, years, at a dollar cost average

A: Having multiple brokerage accounts, I can't, but the one that I'm active on is 75% stocks, 20% Crypto currency and 5% ETN's, but with all of them, the numbers could change, but I'm sure that stocks are in the majority. I have a few REITS like MFA Mort-

gage and Empire State Mortgage, but that's all. NO MORE FREEBIES, do your own work!! j/k

Q:Investing gives me the opportunity to retire early, pay for collage for my Grand-kids, and reinvest or?

A: To live comfortably. The economy has raise pay and it has raised EVERYTHING ELSE. To have the things you need (and want) you must supply extra income, and for me, investing is the way to do it. My grandkids better learn this discipline, because when their older, the economy will be that more expensive. Retire?? When there's money to be made, NO DAYS OFF!!!

Q:What books would you suggest the readers to read and why?

A: I wouldn't suggest any specific books because everybody has different opinions. I've read tons of books and have looked at many charts, but a person must find their own lane. I could say, "Hey go buy '*How To Make Money In Stocks*'" (William O'Neill), but you may want to just invest in index funds or a money market. Or I could say "*check out this FOREX (foreign exchange) book*", and you're like 'what is FOREX?' So do the work, find you any **Mad Money** book by Jim Cramer, or go to your library and see what you can find. I have been very surprised on the information that is available in the prison libraries. If you can, get a newspaper subscription, its worth the knowledge.

Q:How do you do it?

A: This is a dedication game. It will be boring at times. You will have to get up early in the morning to see the opening bell. Read tons of numbers that may never make since in the long run and see information that will repeat itself over and over again, but, if you want something, anything, you must work for it. I watch CNBC Monday-Friday, 5AM til 7PM (when I'm not doing TWO ROADS work or I'm in class), chat with you or Mr. Kenne-

dy (The Market Corner Creator), debate with Mr. Price and I listen to the Bloomberg Business Radio Network on the weekends to hear the transactions around the world. This my friend is a wonderful opportunity to create some passive income, but you must do the work.

Q:Any last words on the state of the economy? The market?

As far as the state of the economy....who knows? One minute the market is flourishing and the next minute it's in panic. As of this writing (8/23/23), all of the great gains in the NASDAQ and the DOW are giving back, the AI craze is settling and NVIDIA is leveling out (which was jumping towards \$500/share.) At this point, the market is flexing without any real reason, and that makes me (I can't speak for you) choosing to start cashing out and watching from the balcony. Having "dry powder" is more important than losing my current 35% YTD gains and so far, so good! I can always get back in when I think it's clear.

We would like to thank you once again, Mr. Haley, for all your support in every way, be sure to read our next interview that on will be from one the great staff members here at Kewanee Re-entry Center.

The Horizon Money Team: We will never ask or tell you to invest in any of the information that we give. We are only giving information on investing for everyone to research; our only attempt is to provide information to guide us in our quest for financial success. Please never take our word as being correct. Always seek the knowledge for yourself first.

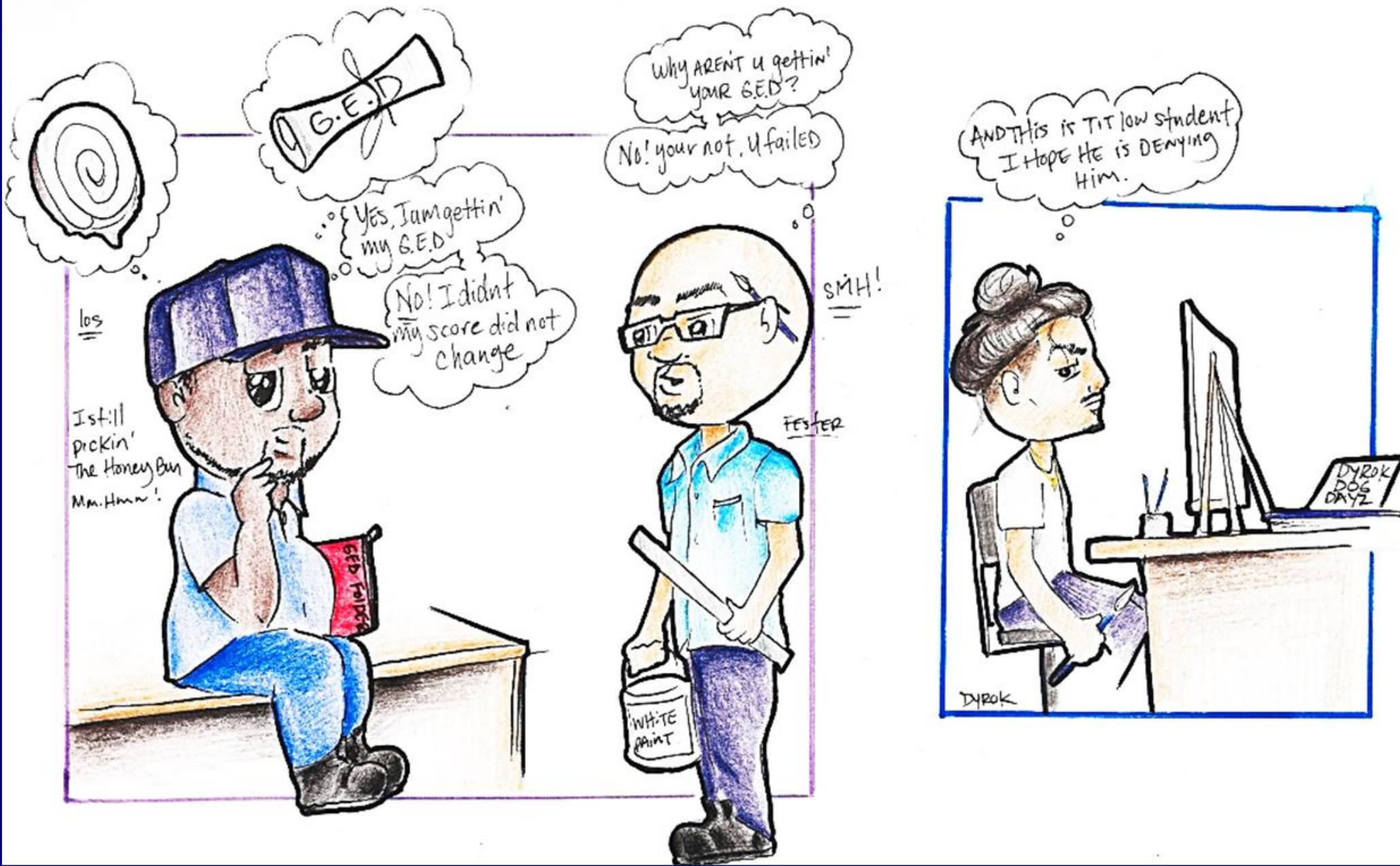
NON-STOP MOVIES

MEMBER



When you find out you can't get movies sent in anymore.

DOG DAYZ OF DYROK



MENTAL HEALTH

The ability to resolve conflicts positively and with confidence is the fifth of five essential emotional intelligence skills. Together, the five skills of emotional intelligence help you build strong relationships, overcome challenges, and succeed at work and in life. To instill within ourselves these skills now would be beneficial for us upon our re-entry.

The Five Skills of Emotional Intelligence

Skill 1: Quick Stress Relief

Skill 2: Emotional Awareness

Skill 3: Nonverbal Communication

Skill 4: Playful Communication

Skill 5: Conflict Resolution

The ability to resolve conflicts positively and with confidence is the fifth of five essential emotional intelligence skills. Together, the five skills of emotional intelligence help you build strong relationships, overcome challenges, and succeed at work and in life.

MANAGING AND RESOLVING CONFLICT IN A POSITIVE WAY

Conflict is a normal, and even healthy, part of relationships. After all, two people can't be expected to agree on everything at all times. Since relationship conflicts are inevitable, learning to deal with them in a healthy way is crucial. When conflict is mismanaged, it can harm the relationship. But when handled in a respectful and positive way, conflict provides an opportunity for growth, ultimately strengthening the bond between two people. By

learning the skills you need for successful conflict resolution, you can keep your personal and professional relationships strong and growing.

The fundamentals of conflict resolution

Conflict arises from differences. It occurs whenever people disagree over their values, motivations, perceptions, ideas, or desires. Sometimes these differences look trivial, but when a conflict triggers strong feelings, a deep personal and relational need is at the core of the problem—a need to feel safe and secure, a need to feel respected and valued, or a need for greater closeness and intimacy.

Recognizing and resolving conflicting needs

If you are out of touch with your feelings or so stressed that you can only pay attention to a limited number of emotions, you won't be able to understand your own needs. If you don't understand your deep-seated needs, you will have a hard time communicating with others and staying in touch with what is really troubling you. For example, couples often argue about petty differences—the way she hangs the towels, the way he parts his hair—rather than what is really bothering them.

In personal relationships, a lack of understanding about differing needs can result in distance, arguments, and breakups. In workplace conflicts, differing needs are often at the heart of bitter disputes. When you can recognize the legitimacy of conflicting needs and become willing to examine them in an environment of compassionate understanding, it opens pathways to creative problem solving, team building, and improved relationships. When you resolve conflict and disagreement quickly and painlessly, mutual trust will flourish.

Successful conflict resolution depends on your ability to:

- Manage stress while remaining alert and calm. By staying calm, you can accurately read and interpret verbal and nonverbal communication.

- Control your emotions and behavior. When you're in control of your emotions, you can communicate your needs without threatening, frightening, or punishing others.
- Pay attention to the feelings being expressed as well as the spoken words of others.
- Be aware of and respectful of differences. By avoiding disrespectful words and actions, you can resolve the problem faster.

HEALTHY AND UNHEALTHY WAYS OF MANAGING AND RESOLVING CONFLICT

Conflict triggers strong emotions and can lead to hurt feelings, disappointment, and discomfort. When handled in an unhealthy manner, it can cause irreparable rifts, resentments, and breakups. But when conflict is resolved in a healthy way, it increases our understanding of one another, builds trust, and strengthens our relationship bonds.

Unhealthy responses to conflict are characterized by:

- An inability to recognize and respond to matters of great importance to the other person
- Explosive, angry, hurtful, and resentful reactions
- The withdrawal of love, resulting in rejection, isolation, shaming, and fear of abandonment
- The expectation of bad outcomes
- The fear and avoidance of conflict

Healthy responses to conflict are characterized by:

- The capacity to recognize and respond to important matters
- A readiness to forgive and forget
- The ability to seek compromise and avoid punishing
- A belief that resolution can support the interests and needs of both parties

FOUR KEY CONFLICT RESOLUTION SKILLS

The ability to successfully manage and resolve conflict depends on four key skills. Together, these four skills form a fifth skill that is greater than the sum of its parts: the ability to take conflict in stride and resolve differences in ways that build trust and confidence.

Conflict Resolution Skill 1: *Quickly relieve stress*

The capacity to remain relaxed and focused in tense situations is a vital aspect of conflict resolution. If you don't know how to stay centered and in control of yourself, you may become emotionally overwhelmed in challenging situations. The best way to rapidly and reliably relieve stress is through the senses: sight, sound, touch, taste, and smell. But each person responds differently to sensory input, so you need to find things that are soothing to you.

Conflict Resolution Skill 2: *Recognize and manage your emotions.*

Emotional awareness is the key to understanding yourself and others. If you don't know how you feel or why you feel that way, you won't be able to communicate effectively or smooth over disagreements. Although knowing your own feelings may seem simple, many people ignore or try to sedate strong emotions like anger, sadness, and fear. But your ability to handle conflict depends on being connected to these feelings. If you're afraid of strong emotions or if you insist on finding solutions that are strictly rational, your ability to face and resolve differences will be impaired.

Conflict Resolution Skill 3: *Improve your nonverbal communication skills*

The most important information exchanged during conflicts and arguments is often communicated nonverbally. Nonverbal communication includes eye contact, facial expression, tone of voice, posture, touch, and gestures. When you're in the middle of a conflict, paying close attention to the other person's nonverbal signals may help you figure

out what the other person is really saying, respond in a way that builds trust, and get to the root of the problem. Simply nonverbal signals such as a calm tone of voice, a reassuring touch, or a concerned facial expression can go a long way toward defusing a heated exchange.

Conflict Resolution Skill 4: Use humor and play to deal with challenges

You can avoid many confrontations and resolve arguments and disagreements by communicating in a playful or humorous way. Humor can help you say things that might otherwise be difficult to express without creating a flap. However, it's important that you laugh *with* the other person, not *at* them. When humor and play are used to reduce tension and anger, reframe problems, and put the situation into perspective, the conflict can actually become an opportunity for greater connection and intimacy.

Tips for managing and resolving conflict

Managing and resolving conflict requires emotional maturity, self-control, and empathy. It can be tricky, frustrating, and even frightening. You can ensure that the process is as positive as possible by sticking to the following conflict resolution guidelines:

- Make the relationship your priority. Maintaining and strengthening the relationship, rather than “winning” the argument, should always be your first priority. Be respectful of the other person and his or her viewpoint.
- Focus on the present. If you're holding on to old hurts and resentments, your ability to see the reality of the current situation will be impaired. Rather than looking to the past and assigning blame, focus on what you can do in the hereandnow to solve the problem.
- Pick your battles. Conflicts can be draining, so it's important to consider whether the is-

sue is really worthy of your time and energy. Maybe you don't want to surrender a parking space if you've been circling for 15 minutes. But if there are dozens of spots, arguing over a single space isn't worth it.

- Be willing to forgive. Resolving conflict is impossible if you're unwilling or unable to forgive. Resolution lies in releasing the urge to punish, which can never compensate for our losses and only adds to our injury by further depleting and draining our lives.
- Know when to let something go. If you can't come to an agreement, agree to disagree. It takes two people to keep an argument going. If a conflict is going nowhere, you can choose to disengage and move on.

Fair fighting: Ground rules

Remain calm. Try not to overreact to difficult situations. By remaining calm it will be more likely that others will consider your viewpoint.

2) **Express feelings in words, not actions.** Telling someone directly and honestly how you feel can be a very powerful form of communication. If you start to feel so angry or upset that you feel you may lose control, take a "time out" and do something to help yourself feel steadier.

3) **Be specific about what is bothering you.** Vague complaints are hard to work on.

4) **Deal with only one issue at a time.** Don't introduce other topics until each is fully discussed. This avoids the "kitchen sink" effect where people throw in all their complaints while not allowing anything to be resolved.

5) **No "hitting below the belt."** Attacking areas of personal sensitivity creates an atmosphere of distrust, anger, and vulnerability.

6) **Avoid accusations.** Accusations will cause others to defend themselves. Instead, talk about how someone's actions made you feel.

7) **Don't generalize.** Avoid words like "never" or "always." Such generalizations are usual-

ly
inaccurate and will heighten tensions.

8) **Avoid "make believe."** Exaggerating or inventing a complaint or your feelings about it will prevent the real issues from surfacing. Stick with the facts and your honest feelings.

9) **Don't stockpile.** Storing up lots of grievances and hurt feelings over time is counter-productive. It's almost impossible to deal with numerous old problems for which interpretations may differ. Try to deal with problems as they arise.

10) **Avoid clamming up.** When one person becomes silent and stops responding to the other, frustration and anger can result. Positive results can only be attained with two-way

communication.

(Source: The Counseling & Mental Health Center at The University of Texas at Austin)

MANAGING AND RESOLVING CONFLICT BY LEARNING HOW TO LISTEN

When people are upset, the words they use rarely convey the issues and needs at the heart of the problem. When we listen for what is felt as well as said, we connect more deeply to our own needs and emotions, and to those of other people. Listening in this way also strengthens us, informs us, and makes it easier for others to hear us.

Tips for being a better listener:

- Listen to the reasons the other person gives for being upset.
- Make sure you understand what the other person is telling you—from his or her point of view.
- Repeat the other person's words, and ask if you have understood correctly.
- Ask if anything remains unspoken, giving the person time to think before answering.
- Resist the temptation to interject your own point of view until the other person has said everything he or she wants to say and feels that you have listened to and understood his

or her message.

When listening to the other person's point of view, the following responses are often helpful:

- 1) Encourage the other person to share his or her issues as fully as possible.
 - "I want to understand what has upset you."
 - "I want to know what you are really hoping for."
- 2) Clarify the real issues, rather than making assumptions. Ask questions that allow you to gain this information, and which let the other person know you are trying to understand.
 - "Can you say more about that?"
 - "Is that the way it usually happens?"
- 3) Restate what you have heard, so you are both able to see what has been understood so far - it may be that the other person will then realize that additional information is needed.
 - "It sounds like you weren't expecting that to happen."
- 4) Reflect feelings be as clear as possible.
 - "I can imagine how upsetting that must have been."
- 5) Validate the concerns of the other person, even if a solution is elusive at this time. Expressing appreciation can be a very powerful message if it is conveyed with integrity and respect.
 - "I really appreciate that we are talking about this issue."
 - "I am glad we are trying to figure this out."

(Source: University of Wisconsin, Madison)

DISCLAIMER: This material is for information and support; not a substitute for professional advice.

HOROSCOPES



Aries: Make decisions based on cost. Don't go into debt; use your ingenuity to develop a plan to meet your demands. Take on a challenge that helps you master something important to you.

Translation: Bust out the color pencils, your pen pal is gonna love your handmade card, no matter it looks like.



Taurus: Control your emotions until you understand the dynamics of what you're up against. Partnerships will require patience and intuitive maneuvers to avoid discord. Choose peace over chaos.

Translation: Your cellie is trippin it ain't worth it; walk away and call it.



Gemini: Dig in and get things done. Put your energy where it counts, and make a lasting impression. Your determination will attract someone eager to help you.

Translation: Its time to step up to you're A-Game. The people are watchin and you need to show out.



Leo: Consider your options and ease into your next move. If you overreact or take on too much, you'll lose momentum and fall short of your target. Do what's right and best for everyone.

Translation: Sometimes you need to know when to say when. If its time to cut them loose, say good bye and start fresh.



Virgo: Initiate change, expand your interests and learn something new. Participating in events or challenges that require know-how and physical exertion will lead to exciting opportunities.

Translation: When the HIIT-Cardio Class kicks off, get your honeybun eatin, chip smashin lazy-self in that class. It's time for change.



Libra: Use your experience and skills to tackle your challenges. Don't let trends consume you when old-fashioned methods will work. Put your energy where it's appreciated, and work to make a difference.

Translation: I know the computer fonts looks cool but write it out. Pen and paper and get it in the mail.



Scorpio: Get into the groove and enjoy what life offers. Use your imagination to develop a trendy new look that fetches attention and compliments. An affectionate gesture will spark interest.

Translation: Yo, that painting on that shirt was looked dope. Keep at it and keep painting, your ideas are finna pop, be patient.



Sagittarius: Focus on what's important to you, and make your dreams come true. Don't trust someone to do things for you. Stay on top of what's required until you are satisfied with the results.

Translation: Only you know your case the best. Get to the law library and do the research. You need to file that POST, yesterday.



Capricorn: Look around and you'll devise a plan to add to your comfort and make your life easier. Discuss your plans with a loved one, and you'll find the best way to turn your dreams into a reality

Translation: That string remote on your flat screen works great. Just take it down before the next shakedown.



Aquarius: Avoid people who bring you down or treat you inappropriately. Put your effort into building confidence, honing your skills and heading in a direction that makes you feel good about yourself.

Translation: Look in the mirror. You are doing a great job. Who cares what buddy has to say, let the haters hate, it's all about you.



Pisces: Pay attention to what things cost. Unnecessary purchases will be a waste. Focus on free entertainment, like taking a hike in the forest or kicking back with friends. Romance is favored.

Translation: Quit asking what they got new at commissary, you don't need it, so stop wasting your money.



Cancer: Do things that are calming and reflect the lifestyle you want to live. Prioritize, physical improvements and love. Give yourself a chance to plan, and enjoy what life has to offer.

Translation: This is the week to chill out and read a book. Focus on that letter you meant to write and still haven't written. Get on it.

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:

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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.

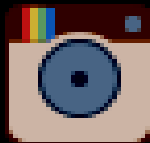
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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