

KEWANGEE HORIZONS



STAR WARS VOL.55

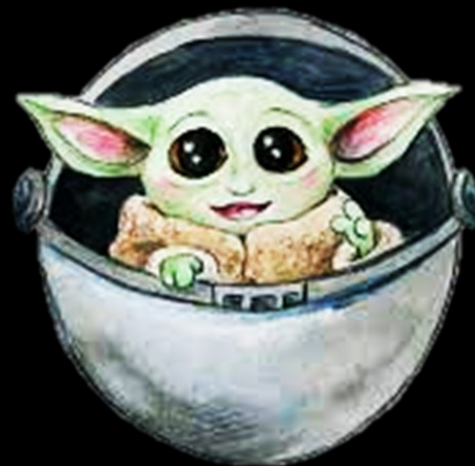


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OUTSIDE CONTRIBUTORS



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.

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.

DIXON CC PERFORMING ARTS

These individuals are with the Performance Arts and Dixon Writing Team. They have teamed up and created the "Returning Citizens Project" Spring Training which takes place prior to the yearly Reentry Summit scheduled at Dixon. The objective is to have a several mini-summits prior to the main Summit to hopefully generate greater interest, knowledge, and to mentally prepare individuals who will soon to be released this coming year. Thus far, we have had two meetings with over 40 individuals attending. Our third gathering is schedule soon.

In photo from left to right: Apolinar Sernas - Jacobo, Delandis Adams, Reentry Counselor III M. Kempthorne, Brian Beals, and Jesse Martinez.



RECIPE CALL OUT

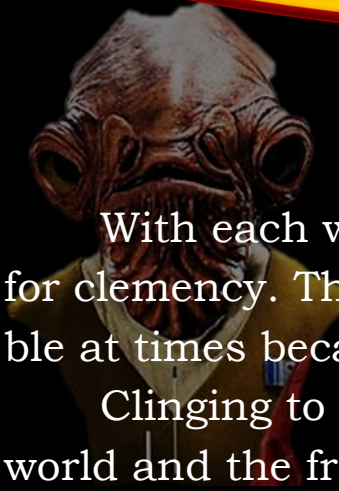


To all the cooks, chefs, and HOT POT LOVERS within the state of Illinois we want to know what you are eating, cooking and sharing. Tell us about your culinary delights, tasty concoctions, and surprise delicacies. It can be made in a hot pot, or with a microwave or whatever way you think works. Send your tastiest recipes to the Kewanee Horizons; so we can share your gourmet PRISON creations with the world. Allow us to provide a spotlight for your unique culinary skills. We hope that through your submissions it provides inspiration to others to eat better .


SEND US YOUR SUBMISSIONS.



ANTICIPATORY FREEDOM



By: Lonnie Smith



With each waking day, many of us in the I.D.O.C. are waiting to hear back on our petitions for clemency. These are the hardest days of our incarceration, as the emotional toll is unbearable at times because our bodies and souls are held in a state of purgatory.

Clinging to a renewed hope and attempting to live in two places mentally – the un-free world and the free world, the incarcerated manage traumatic events, as we are reliving the horrors of being on trial again and fighting for our freedom. Our bodies feel the stress, anxiety, and helplessness, then knowing that our family is being affected by the vicarious trauma of longing to have us back home. We're all handcuffed together in the most vulnerable way. We're preparing to be a present father or mother to our children, they are preparing to have their father or mother present in their lives. For those of us who still have living parents, we long to spend time with them and be there for them during their final days. We long to take care of them as they took care of us during our incarceration.

Most of us who are waiting to hear back on our petition for clemency have been locked up for 20, 30, and 40 years. Sadly, when one has endured prison environmental stress for 40 something years they have reached their expiration date. You are virtually like a dead man



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walking on death row; this is the consequences and reality of mass incarceration. The toxic and oppressive prison atmosphere adversely impacts and accelerates the mortality and morbidity rates of those housed until death.

Some of us who are waiting to hear back on our petitions for clemency have in the process earned bachelor's degrees and master's degrees. Jennifer Lackey, a Professor at Northwestern University and Director of the Northwestern Prison Program, testified that students that earn a bachelor's degree while in prison have a 5.6% recidivism rate; national recidivism rates are a 76.6%, and for those that earn a master's degree, the rate drops down to 0%.

The Illinois Resentencing Task Force Final Report 2022 determined "age is the strongest predictor of the likelihood of reoffending, thus the term aging out of crime. People who committed serious crimes decades ago are not at high risk of doing so again and are less likely to recidivate at all."

The collaborative trauma of waiting to hear back on our petitions for clemency continues to do harm. The incarcerated know in our hearts of hearts that we, the redeemed, are rehabilitated. The data and statistics are most favorable for mercy to be granted... and we wait with hard hope. We wait while we deal with the loss of many of our friends that we have been doing time with for decades. Due to cancer, COVID, old age etc., we deal with the loss of family members. We grieve heavily in a place where we have to remain strong to keep our sanity. We all have the anxiety of waiting; we all have unspeakable hope, but the uncertainty is a pain worse than death. But our hope is hope likened to death. Because we either go home with the remedy of clemency or compassionate release, or the polarizing option of being delivered home in a box due to death-by-incarceration and leaving an excessive medical bill which is justice for no one.

MEET ME AT THE CROSSROADS

By: Jaime "J-Dawg" Hernandez

After receiving some final well wishes from both the Kewanee Wardens, we jumped on the highway in the plain white corrections van and began and journey to Crossroads.

The ride to work release was smooth. I sat quietly, did some much needed reflecting and did my best to take in the moment. I started to realize we were getting closer to the city when the traffic began to build up, then the radio stations changed and B96 came over the speakers and then there it was in the distance - the beautiful skyline. We were officially in Chicago.

Seeing the cars zooming by, all the people going about their daily business, the houses being so close to me another had me trippin! We even drove by the stinkin County! UGH! We finally made it to our destination, I won't lie the area looks sketchy and it definitely made me question my decision. But I was just being dramatic, we had only been here an hour. LOL After filling out the



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tons of orientation paperwork we were assigned rooms and shown our way. I quickly ran into several guys I've been doing time with throughout the years and little by little I was being put to ease. One of them (Mikosz) gave me a couple of dollars for the machines that I quickly stuffed in my pockets as if it was contraband. LOL

The Kewanee guys are represented well here and are all doing good. After what felt like the longest day, I was beat and fell asleep to the sounds of cars driving by playing loud music and sirens in the distance. Sweet home Chicago right?

The days are getting easier and I'm finding my way around here. I'm on permanent party so they got me cleaning the whole place. My day starts at 5am (up at 4) and I'm kinda like a doctor (always on call). I get paid \$50 a week and a little extra phone time, I guess it's an okay consolation prize considering I'm stuck in the center until January. Oh yeah, they hold you to that 6 month contract you signed. So if it takes you 3 months to get here and you're thinking you're getting off when your time comes for "regular Party, THINK AGAIN.

I received all the stuff my family and friends got me the next day. You can get 3 drop-offs so don't over think it people, you'll be good. Oh yeah, for all ya'll Kewanee guys, there's no A/C! LOL

Playing with my phone has really been an adventure and can even be a bit overwhelming so for all ya'll that have been gone for decades, be patient you'll figure it out...eventually. Rome wasn't built in a day -right?

Today I went on my first store-run to Walmart. We're only given so much time to shop and Walmart is huge, so one of the guys



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made me a map (Yanni) so I wouldn't waste much time looking around. I definitely felt out of place and like Nicholas Crayton said in his documentary, I felt like the people around me knew I had just been release from prison. I bought 2 items and got out of there. With all that being said, It was a GREAT experience and I can't wait to next week to do it again.

I wanted to share my first week with ya'll because many of you will soon be experiencing these same situations and I wanted to give ya'll a little idea on what o expect. I want you guy (and Ladies) to try to enjoy your time in work release and not let the obstacles you might face discourage

you. It's gonna take time and you know what - that's okay, we are being given a great opportunity at a head start to a better life. Get a job, work hard, make smart decisions, stack your money and the possibilities to a successful and happy future are endless. You gave doing wrong a chance, for years, why not try doing right? Till next time....Jdawg out!!!!





GLOBAL LEADERSHIP SUMMIT

By: Parker Arrowsmith @Taylorville C.C.

This was my first GLS and I was amazed. The speakers this year focused on trust. Something we as individuals in custody must work on in society. I had two favorite speakers, Craig Groeschel and Dallas Jenkins.

Craig, is the founding and senior pastor of Life. Church, the innovator of the You Version Bible app. Which has more than half a billion downloads worldwide. He said in his opening remarks that “people are not going to give you the benefit of the doubt,” a phrase echoed in the a program in Taylorville C.C. He told us about the trust equation: transparency + empathy + consistency = trust. Transparency is a truth to share (both professionally and personally). Empathy is a heart to care. Consistency is a culture to trust. He left with this remark, “You may be disappointed if you trust too much, but you will not be a leader if you don’t trust enough.”

The second speaker was interviewed from the set of “The Chosen,” the largest fan supported entertainment project of all time and has generated over 520 million episode views world-

wide. Dallas Jenkins is the creator, director and co-writer of The Chosen. He spoke about how to be a leader in the film industry, something that I'm passionate about. His advice was , communicate, don't complain, say something before you're upset and tune out criticism. As a film maker myself, I understand how hard it is to lead a team to believe in your dream and to work together to bring it to life. But it is so rewarding when you apply faith and trust. Dallas said, "It's not your job to feed the 5,000 it's your job to apply the loaves and fishes." I am blessed and grateful for this experience. I can't wait for next year.



MY GLS EXPERIENCE



By: Zachary Zielinski@ Danville C.C.

This year was the first year I was able to attend the Global Leadership Summit (GLS). I found the experience as a whole, inspiring and enlighten. I left the meeting with a fire burning in me. a fire of ambition. A fire to be the best leader I can possibly be. A fire to accomplish all of my wildest dreams.

One leader I found particularly compelling was Mr. Ryan Leak. He asked the audience three questions which I would like to tackle here.

1) What's your definition of success?

My answer: For me , true success is having financial freedom. The type of financial freedom

where my family never has to stress out over paying bills. At the same time, I want to be able to delegate work in my business endeavors whenever I need to spend more time with my loved ones. Maintaining a balance between work life and family/social life is essential to success for me.

2) What's it like to be on the other side of you?

My answer: I am grateful towards Mr. Leak, for posing this question because I had not ever thought about how I am perceived by other people. I always knew I had good intentions and wanted people in my life to be better off for knowing me, but is that what I am translating to others through my actions and behavior. I feel like I will be much more conscious of the way I act and behave now because I noticed I may not always want to be on the other side of me.

3) What would you do if you knew you couldn't fail?

My answer: My biggest ambition in life is to organize a music festival. If I knew I would succeed in throwing a successful music festival my wildest dream would come true. Mr. Leak's speech made me realize that I may fail to accomplish this mountainous goal in countless ways but chasing failure will take me further than chasing success ever will.

“You'll never know if you're an exception to the rule unless you're doing something exceptional,” -Ryan Leak

Thank you to everyone who makes the Global Leadership Summit possible. You are actively making a positive impact on the world.



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.

How Much Do Truck Drivers Really Make?

[facebook.com/gill22truckingllc](https://www.facebook.com/gill22truckingllc)
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[gill22@youtube.com](https://www.youtube.com/gill22)

As a company, we have delivered millions of dollars in loads in just the past few years, but what does that actually mean? How much money can you actually make as a truck driver? Hi everyone, I'm Gill22. Most of you [reading] this are truck drivers, or are considering becoming a truck driver. Either way you may be asking yourself "how much should I, or can I, be making as a truck driver?" If you're a fan of my channel you know that I believe in complete transparency which is why I have no problem showing you how much our drivers make in a year. I know I pay them well, so I have no need to lie and set false expectations for all of you [reading] and might be considering becoming a truck driver for Gill22 LLC. By the way, new positions are always open so feel free to apply at www.gill22.com/careers. However, every time I post a video sharing that type of stuff, I can almost guarantee that someone will leave a comment claiming to make six figures in their first year of trucking, and sadly, they are not the only ones claiming

that.

If you look online at any job-board, you'll see almost every trucking company advertising pay of \$80,000, \$90,000, or even \$100,000 for truck drivers, but if you look at the average pay for truck drivers in 2020, you'll see that they made a little over **\$47,000** (\$47,130 per year, \$22.66 per hour—2020 Median pay). This is exactly why I'm making this [article], to give all of you thinking of getting into this business a little clarity because, in my opinion, transportation is the best business in the world. And until A.I. and autonomous trucks take over the world—we still have *a long* to go before that happens—we will need truck drivers to move loads and keep the economy running.

Now, let me just start off by stating the obvious, being a truck driver is not a 9 to 5. You don't go into work, clock in, get a lunch break, and clock out. That just doesn't happen. There might be some local trucking jobs that operate that way, but the vast majority of jobs that you'll work in trucking will not be as structured. Now some days you'll be on the road driving, and waiting to get loaded and unloaded, and other days where you'll be at home, wrapped up in a blanket watching *Keeping up with the Kardashians*. Listen, what you do on your own time is none of my business. Anyways, what I'm trying to say is as a truck driver you usually end up working more than 40 hours a week even though it may not feel like it. And this is really important to make a note of, especially when we start talking about how much drivers are actually getting paid. Now, in order to figure this number out, we need to know three things: **1) Your annual gross income**, **2) Your effective hourly pay**, and **3) Your real hourly pay**.

Your annual gross income is pretty obvious, it's just the amount of money you actually receive every single year before you take into account tax, interest, or any other expense. Your effective hourly pay is how much you get paid while **“on duty & driving”**. Now, in trucking there are Hours of Service rules that are put into play by the FMCSA that limit how much truck drivers can drive every single week. There are a bunch of rules that you have to put together like a

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puzzle & it can all get really confusing so we won't go over it in this [article]. All you need to know right now is that as a truck driver, you only get paid for the hours you spend **on duty and driving**. Most people will look at their gross income, and their effective hourly pay, and just call it a day. But what about the time you spend on duty (technically on work) but not driving? What happens when you're waiting at a dock for two to three hours a day? Or when you're doing a pre-trip & post-trip inspection, or when you're fueling your truck? What do you get paid when you're doing all of that? Oddly enough, most carriers won't pay anything when you're **"on duty, not driving"**.

PAY: \$0.55/MILE

**WORK: 7 HRS/DAY
6 DAYS/WEEK**

DRIVE: 450 MILES/DAY

MISC: 3 HRS/DAY

WEEKLY STATS

DRIVE: 2,700 MILES

TOTAL WORK: 60 HRS

PAID WORK: 42 HRS

\$1,485

GROSS INCOME:

\$77,220

EFFECTIVE HOURLY PAY:

\$35.36/HR

REAL HOURLY PAY:

\$24.75/HR

Now when you only take all of your on duty hours into account can you figure out your real hourly pay. Let's just put all of this together and run it through a realistic example together. Let's assume you become a truck driver and you start working for a trucking company. At this company you make \$0.55 per mile, you drive seven hours a day for 6 days a week, you cover 450 miles every single day, and you spend three hours a day loading/unloading, fueling, etc. That means if you do the math, every single week you'll drive 2,700 miles, you'll work a total of 60 hours a week, but you're only going to get paid for the 42 hours that you spend driving for a total weekly paycheck **\$1,485**. Now that doesn't sound bad at all considering that your yearly gross income comes out to around **\$77,220**. And even when you look at your effective hourly pay, you're making a little over \$35.00 an hour which is again, really good. However, when you take into account the amount of hours you actually spend **"at work"** working, because again, you're actually working 60 hours a week, your real hourly pay is around **\$24.75** per hour.

Now, \$24.75 is nothing to laugh at, it's pretty decent income, but making

around \$25.00 an hour sounds a lot different than making \$77,000 per year. And the reason for that is our own assumptions. When you're looking at a salary, we automatically assume a 40 hour work week. But again, in trucking you can expect to drive somewhere around 40 hours a week while the other 20 are spent doing work-related activities that don't include driving, such as waiting at a dock, getting fuel, doing pre & post-trip inspections, etc. Some of you may get a little scared when you hear about 60 to 70 hour work weeks, I know it sounds crazy and extremely difficult to do week after week, but it only sounds crazy because again, you're comparing it to the effort and energy it takes to work an office job for 40 hours a week. But here's the thing, it's not the same at all.

When you're working an office job for 40 hours a week, you're expected to work about 37 of those hours if you take into account, like, 30 minute lunch breaks every single day. In other words, you're going to spend 37 hrs. /week producing income for your company. As a truck driver, the time spent driving, which is what produces income for [the] carriers, is about 42 hrs./week. It's almost as if you're working an extra hour a day in comparison to a normal 9 to 5. A 60 hour work week in trucking doesn't feel like a 60 hour work week in a typical office job. Even though you're on duty for 60 hours a week, 15 to 20 of those hours are spent waiting, and you can use that time to watch Netflix®, read a book, work out, literally anything you want to do. This is why many truckers never really think of calculating their real hourly rate because to them, it doesn't feel like they're working those extra 15 to 20 hours beyond the 42 that it takes to drive, if that makes sense.

We've made a lot of assumptions in our example, but in the real world you're not always going to get paid \$0.55 per mile, you may not be able to drive 2,700 miles per week. In fact, on average, you can expect to make around \$18.00 to \$20.00 an hour for your real hourly wage. Now, why is all this important? Why am I putting such an emphasis on your real & effective hourly pay? The main reason I want you to pay attention to this is because figuring this num-



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ber out will show you how much your time is being valued by your company. Gross income is just a number that's used to deceive drivers. It's very easy to do so because just look at all the job posts claiming you can potentially make \$80,000 to \$90,000 a year. Little do you know that, you will literal be out on the road driving for 300 days out of the year. You could be making \$90,000 per year at that company, but if another driver can make \$70,000 while having a higher per mile pay, working less hours, having more home time and weekends off—in my opinion they have a much, much better job.

And it's not just my opinion, but if you were to look at their real and effective hourly pay for both positions, the company offering **\$70,000** has a *much, much higher* hourly pay rate than the \$90,000 company. Not only is the second job objectively better if you take into account the time you spent working, but it's also healthier for the driver, and they're much more likely to stay with the company and continue being a truck driver. Personally speaking, this is kinda the approach that I like to follow at Gill22llc. Our drivers start at \$0.62 per mile, they work 5 to 10 hours less per week than the average driver does, they get weekends off, they're home every other day, and they still end up making \$68,000 to \$70,000 per year. Also, not to mention our drivers are also paid for some of their **“on duty, not driving work”**. And they get performance bonuses on top of all that.

I actually calculated out our drivers' real per hour pay and on average, they made about \$27.00 to \$30.00 an hour. Again, that's their real hourly pay. The industry average if you remember, is somewhere around \$18.00 to \$20.00 an hour. So the next time you're scrolling through Facebook® [or someone is looking for you] and you see an ad for a new position, spend some time figuring out how much you're really gonna get paid for your time. Trucking is a great industry to be a part of if you're thinking about joining and you can make a lot of money, but you just need to find the right company to work with. Thanks so much for [reading].



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—This article was transcribed from a YouTube® video made by gill22truckingllc based in Chicago, IL and retransmitted with permission.

Continuing to bring you the latest in the transportation industry!





ROTARY FENCE BUILD

By: Jesse Myers

I've discovered many things throughout years of self-reflection. One of those is that I left behind me a wake of hurt and pain. I have taken so much from the world and the people in it. The only attempt I have made at mending the injustices I've brought upon the world is to continue on a path of correction and growth, and to continually give back through acts of kindness and service to others. Being a participant of the Kewanee Life Skills Rotary Corps has been another great outlet which allows me to be of service to this community. When the opportunity came for me to join this venture I was immediately on board. The essay we wrote was integrity, fellowship, adversity, and leadership. Knowing that I would be involved with people concerned with these subjects sparked my interest.

During the past few months we have met with some amazing, kind, and caring people. They have continually offered us their services and a plethora of applicable information relevant to our re-entry. The great thing about it is that we are able to serve our community by connecting these people with our population. At other times, we have been able to share the knowledge given us with our community. The potential service project I am most excited about is Bishop Hill—a Swedish settlement not far from Kewanee. It was founded in the early 19th century by

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Swedish immigrants searching for a place of refuge from religious persecution. The town of Bishop Hill is taught in Sweden's history books.

People have spent years to ensure that most of Bishop Hill has been preserved to honor its founders and its historical importance to Sweden, Swedish Americans, and Illinois. We as a community may get the chance to help with the ongoing preservation of Bishop Hill. For us, that would promote diversity, culture, ethnicity, and service. The project presented to us is a complete restoration of a quarter mile length of fence around Bishop Hill Park. The park and the fence have a great historical significance. The park is very important to the success of Bishop Hill, promoting tourism through natural splendor and events such as hosting the Queen of Sweden and concerts.

I was humbled and honored when our team of Rotary Corps participants asked me to take the lead on building the fence panels, and design a system so our community could build the panels proficiently. We met with the following group of individuals and received the necessary information as well as a set of blueprints:

- Mike Massie (Executive Chairman)
- Todd DeDecker (Bishop Hill Administrator)



- Bryan Engelbrecht (Illinois Department of Natural Resources Site Service Specialist)
- Darwin Stahl (EB Buildings & Lumber Company)

Mr. Stahl sent us a package of lumber and screws and along with the guidance of our supervisors, Jon Moraski and Tom Ryan, we built a mock-section of the fence to present to those charged with funding the project. With the help of my brother and co-worker, Kevin Robinson, we made light work of the mock-up...we even built a jig for the chamfers on top of the spindles. We enjoyed every second of our work.

As of now, we are awaiting the funding and administrative approval to do the full project. This will present an opportunity to teach some of our fellows a few skills. It may even allow for a select few men to go out to Bishop Hill and install the fence panels. Interacting with those outside these walls will give individuals a chance to socialize; showing society our humanness and love. Most importantly, with “*Service Above Self*” as our motto, we look forward to giving back. As we have on previous occasions, Kewanee Life Skills Re-entry Center’s community **LOVES** helping others.

Hopefully, we’ll get to share more on this project in the future as well as more about Rotary Corps. Until then, I pray you all the best, continue lifting each other up, investing in one another, and investing in this world freely. We’d also like to take this time to thank Mike Massie and our wardens, Warden Carothers and Warden Jones, for making Rotary Club possible. We are grateful to be part of something so positive—THANK YOU!!!



By: Antonio Aguirre

Our RCC/CDL guest speaker Michael Wilson A/K/A Duffy is a CDL-Owner Operator, owning a trucking business called Alton Delivery Service, out of Mattoon, IL. Duffy displayed poise, wisdom, and “The Grit” of having over (4) million miles on the road and (30) plus years of experience, making him a Super-Trucker. He is also an “Honorably Discharged” Marine Veteran, which in my opinion makes him an extraordinary individual, as well. When Duffy speaks about the pros and cons of the trucking industry, his strait to the point, no-nonsense approach, to me, was quite refreshing. Duffy also understood that “Justice Impacted Individuals” might encounter difficulties upon reentry and catered his material to best answer our questions. Duffy said, and I quote, “becoming a CDL Semi-trucker just might be one of the best opportunities that a “Returning Citizen” has, to earn a “Good Living.” Duffy informed us how the Secretary of State made some significant changes to the law pertaining to the IDOT Rules and Regulations this year in 2023, and how it affects laws concerning truck drivers. He spoke about the necessi-

ty of having an (ELDT)-Entry Level Driver Training tablet, (DES)-Diesel Exhaust System, (GPS) Global Positioning Satellite, and the importance of learning how to read a (Paper) map. Duffy shared his trick of the trade and “Do’s and Don’ts” when working for an employer versus being an owner/operator. He also expressed the benefits of hiring a CPA to do his taxes to avoid bumping heads with the IRS. Most importantly, Duffy warned us to do our due diligence when signing contracts with trucking companies that are willing to pay for your CDL training. Know what you are getting into, “Read the fine Print”! As for me, I found Duffy to be someone who could literally write a book on the subject, with all the knowledge and experience he possess. I greatly appreciated his candor and passion when speaking about Trucking and how he believed that every one of us deserved a 2nd chance to live life abundantly. Thanks, Duffy!

“Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential.”—John Maxwell



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.

EMPLOYMENT, TRAINING, AND EDUCATION

Employment - Residents are allowed to work a diverse variety of jobs. The types of jobs that are acceptable to the Center have to be respectful to the residents and to the program.

1. Residents will not be allowed to work “high risk” jobs, which would result in mental and/or physical impairment to the residents.
2. Residents will only be allowed to work jobs that guarantee at least minimum wage per hour of employment to be in compliance with the United States Fair Employment Practice

law. Residents will not be allowed to work for “commission only” nor will they be allowed to work “day labor” or manpower types of work without permission from the Chief Administrative Officer.

3. Permanent Party Residents are prohibited from holding outside employment or attending school outside of the Center until completion of their contract or prior approval by the Chief Administrative Officer. However, if they are 24 months from their parole date, they may be allowed to attend an educational program or substance abuse counseling with permission from the Chief Administrative Officer.
4. Upon promotion to level three (3), residents may accept part-time employment in addition to full-time employment with the agreement of his case manager. **However, a resident may not work more than sixty (60) hours per week without prior approval from the Program Manager or Center Supervisor.** Residents aren't allowed work programming more than six days a week. No resident will be allowed to work multiple full-time jobs. A resident can't be out of the facility for more than 16 hours for work or school.
5. Residents will be expected to accept reasonable job offers, as determined by the Center Supervisor. All employment is subject to review and approval by the Program Manager or Center Supervisor.
6. No resident may work for family members.
7. No resident may voluntarily terminate employment, vocational, or educational programming without the prior consent of his assigned Case Manager. Unapproved voluntary termination will result in a Resident Disciplinary Report.
8. The loss of a job through careless, or misbehavior (being late, leaving early), will be considered a major incident, which will result in a Resident Disciplinary Report.

9. If for any reason, the resident must leave the work program site at any time other than the regularly scheduled time, he must advise the Adult Transition Center staff as early as possible and receive permission to do so, prior to leaving. Leaving the site without permission will result in a Resident Disciplinary Report.
10. Staff will confirm any deviation of regularly scheduled hours. The resident must notify the security staff or Case Manager, and all deviations must be verified and approved by the employer/program.
11. It will be the responsibility of the resident to notify the employer/program and the staff or Case Managers of Crossroads Adult Transition Center if he will not be reporting to work/program at least one hour prior to the beginning of his shift. Residents must report to work/program as scheduled during their leaves from the Center. At any time, if the resident fails to report to his work/program site as scheduled, without the permission from the center staff, a Resident Disciplinary Report will be issued. The resident *must* notify the Center of any changes in his work schedule while on Center leaves.
12. Residents will be covered by the employer's and/or Workmen's Compensation Insurance available as provided by law. A resident's participation in union activities shall be in accordance with the law.
13. A resident needing to be bonded and unable to get bonding from a regular bonding agency may be bonded up to \$10,000 through the local Illinois State Employment Service Office. The employer or resident's Case Manager shall contact the closest ISES (or ISJJC - Illinois State Job Service in some areas) office to arrange for this service.

Resident Business Ventures

Residents are prohibited from operating and/or running a business while at the facility. All business issues related to a resident owned business should be transferred to another party to

handle while the resident is housed at the Crossroads ATC.

Education

Residents may choose to become involved in an education program at the remedial, secondary or higher education level. Residents may be enrolled full-time or part-time in educational activities. Residents involved in higher education will be expected to pay their own tuition and other expenses. Residents are not eligible to receive educational loans while living in the Center. No resident may attend Chicago Public Schools. Permission may be granted by the CAO for an alternative school.

GED

Residents who do not have a GED must participate in Safer's ABE program. Note: Safer Foundation has an Adult Basic Education (ABE/GED) program, to which the resident's Case Manager will refer the resident to prior to attending a City College program. Safer's (ABE/GED) program will last approximately six weeks per cycle. Interested residents should inform their Case Manager for further information regarding enrollment. Additionally, in a resident's best interest, the assigned Case Manager can determine that the resident should attend an Adult Basic Education program and mandate the resident to do so. Refusal to attend such programming will result in a Resident Disciplinary Report. Repeated refusals will result in additional Resident Disciplinary Reports and ultimately revocation, as the resident will have demonstrated refusal to participate in required programming.

Employment/Education Outings

Are approved absences from the Center during specified hours to go to specific places regarding employment or education. They are arranged in advance with the resident's Case Manager or an employment specialist. When a resident return from one of these outings, he must produce written verification including time, date, and signatures of the person he met with. He must

discuss this process with the Case Manager.

Vocational Programs

Are reviewed on an individual case by case basis by the resident's Case Manager and the resident.

Status Definitions

1. Programmed/Program active

Employed - working full-time* (32 hours or more a week and paid at least minimum wage).

*Does not include public works projects, nor projects completed around the Center, unless approved by the CAO.

Education/Training - Enrolled and participating in an education/training program a minimum of twenty actual hours per week or the equivalent of 12.0 credit hours (H.S. or college). Educational training should have a specific occupational objective unless it is an ABE, GED, or formal degree program. Residents are encouraged to actively seek and secure part-time employment.

*A combination of education, training, counseling and part-time employment which meets or exceeds a total involvement of 32 hours.

*Enrollment in employment training or a job operated by a community service organization can be counted if the hours of involvement meet or exceed 35 hours per week. For example, (Goodwill Industries, etc.)

2. Part-time Programmed

Residents who are employed or participating in the programming mentioned above but are not completing a minimum of 35 hours per week, are considered part-time programmed. Such resi-



dents cannot be promoted within the Level System until full-time program active.

3. **Un-programmed or Non-program Active**

Those who do not meet the criteria mentioned above are considered non-program active and cannot be promoted within the Level System.

*No resident will be allowed to engage in more than 60 hours of program activity per week or engage in programming seven days a week.

Obtaining program activity

A resident eligible to seek programming upon completion of the 30-day orientation program. Though the Center may assist the resident in his attempt to become program active by referring the resident for school and/or employment placement, it is ultimately the responsibility of the resident to secure programming. Residents may accept leads from friends and/or significant others and submit the information to the Center staff for verification. More specifically, the resident may complete a job development pass request form.

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.

HORIZONS SPORTS CORNER

By: Kevin Liszka

Well here we are again. It's that magical time of year. ARE YOU READY FOR SOME FOOTBALL?

Once again let's hope the Bears off-season changes and moves work out for them. Coming off losing the last 10 straight to end the season finishing with a 3-14 record; which earned them the #1 pick in the draft. The Bears decided to create better draft capital, for a struggling team, by staying with Justin Fields under center and passed on top QB picks, Bryce Young (ALA) and CJ Stroud (OSU).

The Bears were 32nd last year in points allowed and 29th in sacks. Seven (7) defensive players were drafted with 1st Rd pick (10th overall) Tackle, Darnell Wright (Tenn.) added to the arsenal. The Bears finished 1st in rushing offense with Fields rushing for 1143 yards, leading the league among QBs, with help from his dual threat back(s), David Montgomery and Khalil Herbert, who had a breakout season. David Montgomery's departure to Detroit will give the keys to Herbert for the #1 slot. A lot of pressure is going to fall on Fields' passing game. The Bears finished last in passing offense, but new addition DJ Moore from Carolina and already existing receiving threats Cole Kmet, Darnell Mooney and Chase Claypool, are the perfect weapons for a turnaround season for **"DA BEARS!"**



SCHEDULE FOR 2023

9/10	*GREEN BAY	3:25	12/10	*DETROIT	12:00
9/17	at Tampa Bay	12:00	12/16-17	at Cleveland	TBD
9/24	at Kansas City	3:25	12/24	*ARIZONA	3:25
10/1	*DENVER	12:00	12/31	*ATLANTA	12:00
10/5	at Washington	7:15	TBD	at Green Bay	TBD
10/15	*MINNESOTA	12:00			
10/22	*LAS VEGAS	12:00			
10/29	at L.A. Chargers	7:20			
11/5	at New Orleans	12:00			
11/9	*CAROLINA	7:15			
11/19	at Detroit	12:00			
11/27	at Minnesota	7:15			
BYE					

*** Home Games**



THE SEVEN DECISIONS PERPETUAL CALENDAR

Decision 3: The Active Decision

I Am a Person of Action.

Beginning today, I will create a new future by creating a new me. No longer will I dwell in a pit of despair, moaning over squandered time and lost opportunity. I can do nothing about the past. My future is immediate. I will grasp it in both hands and carry it with running feet. When I am faced with the choice if doing nothing or doing something, I will always choose to act! I seize this moment. I choose now.

I am a person of action. I am energetic. I move quickly. Knowing that laziness is a sin, I will create a habit of lively behavior. I will walk with a spring in my step and a smile on my face. The lifeblood rushing through my veins is urging me upward and forward into activity and accomplishment. Wealth and prosperity hide from the sluggard, but rich rewards come to the person who moves quickly.

I am a person of action. I inspire others with my activity. I am a leader. Leading is doing.

To lead, I must move forward. Many people move out of the way for a person on the run; others are caught up in his wake. My activity will create a wave of success for the people who follow. My activity will be consistent. This will instill confidence in my leadership. As a leader, I have the ability to encourage and inspire others to greatness. It is true: An army of sheep led by a lion would defeat an army of lions led by a sheep!

I am a person of action. I can make a decision. I can make it now. A person who moves neither left or right is destined for mediocrity. When faced with a decision, many people say they are waiting on God. But I understand, in most cases, God is waiting on me! He has given me a healthy mind to gather and sort information and the courage to come to a conclusion. I am not a quivering dog, indecisive and fearful. My constitution is strong and my pathway clear. Successful people make their decisions quickly and change their mind slowly. Failures make their decisions slowly and change their mind quickly. My decisions come quickly, and they lead to victory.

I am a person of action. I am daring. I am courageous. Fear no longer has a place in my life. For too long, fear has outweighed my desire to make things better for my family. Never again! I have exposed fear as a vapor, an imposter who never had any power over me in the first place! I do not fear opinion, gossip, or the idle chatter of monkeys for all are the same to me. I do not fear failure, for in my life, failure is a myth. Failure only exists for the person who quits. I do not quit. I am courageous. I am a leader. I seize this moment. I choose now.

I AM A PERSON OF ACTION.



Greetings Everyone: Today we have a guest with us who continues to do so much for everyone who reads Kewanee Horizons material, along with pushing The Money Team (HMT) to review and get better for the readers to understand our content with ease. Mr. Warnsing nudges everyone in the same way here at Kewanee Re-entry Center with a relaxed tone and few words like: “You can do it” giving you the assurance that you are more than capable for the task at hand. I would like to give a warm welcome to Mr. Warnsing for giving all of the readers this opportunity to obtain some understanding about how he perceives investing. His approach for investing, and a brief interpretation of his over all view of the market as it is today.

Q; What do you look for when you’re investing - growth, value, or both?

A: When I’m looking at stocks to invest in my strategy has changed over the last few years.

Early in my investing and prior to COVID, I would take a gamble on smaller companies that I was “hoping” would make it big. With this strategy the goal was always to have one of the companies to make it big and have those gains cover any of the possible losses. I have become more conservative in my investing. Now I look for more stable stocks that pay out a dividend. I see dividend investing as being a safe way to have my money work for me.

Q: Why do you invest? And how long have you been investing?

A: I started investing on my own in 2016. I started to have conversations with friends and coworkers and became interested in the market. My first thoughts on investing was setting myself up for retirement so that I would have an extra income beyond just retirement accounts. I love the idea of having passive income during my retirement without have to dig into the principle of what I have invested, which is where the dividends come in. I’ve now shifted slightly to start to think about the possibility of generational wealth that I’ll be able to pass to my kids and grandkids.

Q: What is your strategy when you’re investing.

A: I started my investing with an online platform and tried a number of different companies. I’ve found that I prefer M1 Finance. With M1, I’ve been able to run with my current strategy with ease. In M1 you set up “pies” of stocks and ETFs that you want to invest in. The “pie” is just a group of stocks that you are investing in. You can have multiple pies and decide how much weight you want in each of your pies. So I have my pies set up with the dividends from the stocks. For example all of the stocks that pay a dividend in October are in the same pie. In order to maximize the strategy I have all my investments from mid-August to mid-

September go into this pie so that I can catch those dividends. So my stocks are invested in right before they are scheduled to pay their dividend.

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

A: Kevin O'Leary (From Shark Tank) always talks about his mom's investment strategy. She says to never have more than 5% of your portfolio in one investment and never more than 20% in the same sectors. I like how his mom thinks. If you follow those two rules it does a great job of diversifying your portfolio.

Q: Can you tell us how do you break down your table of investments?

A: Breaking down my portfolio I would say I have mostly stocks that would be considered blue chip companies. Most of them would be S&P 500 or the DOW that pay dividends. Probably around 70%, Then I have a couple of REITs but I have residential, commercial and industrial REITs at about 10 to 15 percent, then about another 10% in bonds. And then to round out my portfolio I have a little invested in international ETFs.

The nature of my strategy is to invest often and consistently over time, so that leads to a lot of dollar cost averaging.

Q: How will you reach your full financial potential?

A: Honestly I don't believe I will ever reach my full financial potential. My hope is that my dividend portfolio will continue to grow until the day I die. My goal is to use as little of the monthly revenue as I need as I retire but continue to reinvest the dividends to one day pass



the stocks and the strategy on to my kids and grandkids.

Q: It's best to invest for ? I started investing and still invest because?

A: Investing gives me the opportunity to retire early, pay for college for my grandkids and reinvest. I would say investing gives me the opportunity to reinvest and prepare my grandkids for a life of financial freedom. I started investing because I wanted the challenge of doing something new. I saw the market as a “game” that could be figured out and taken advantage of. Over a couple of years of “playing” the market, I read many articles, books and watched too many videos that I've now gained some knowledge to take it a little deeper. I see investing as an opportunity to be financially free. For myself I would take a big investment and some risk to achieve that task at a younger age but with a proper strategy is see my investing as setting myself up later in life to have a little more wiggle room financially.

Q: What books would you suggest to everyone reading this and why?

A: The one book I would suggest everyone read in regards to finance is Unshakable by Tony Robbins. It is a fairly easy read and has a lot of common sense in it that can help anyone with investing and money management.

Q: Can you give us a overall view of the market as you see it today with you giving a market report?

A: My overall view of the market is that it is always on the moves. The market is always moving up or down and trying to time it just right to get out at a high and then back in at a low, can be profitable but extremely risky. I don't see any day as being a bad day to invest. By investing in small increments over a longer period of time you dollar cost average your buy in points on



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your stocks and then just be consistently buying in to the market helps keep things regulated. There is a lot to learn about the market I wouldn't suggest jumping in with a lot of money without doing your homework first. This are your numbers for the market as of the week this interview was given.

DOW:35.352.88

S&P:4.475.67

NASDAQ:13.972.65

RUSSELL:1.926.55

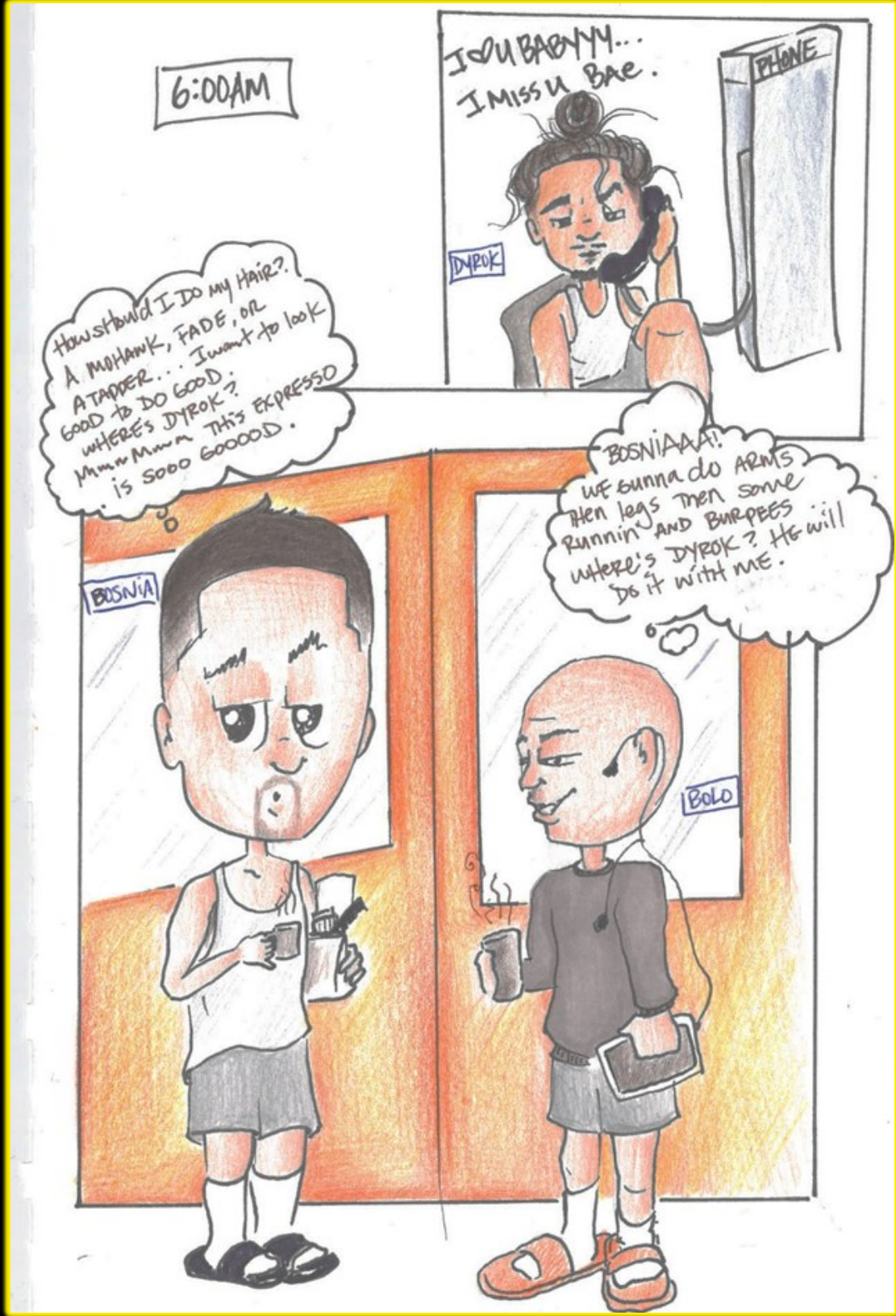
We at the HMT would like to Thank You Mr. Warnsing, for this interview as well as for everything you are doing for us on a daily basis here at, Kewanee Life Skills Re-entry Center. We will keep working to be better as you constantly enforce us to be. As always thank you for your time and please do your research as a intelligent investor.

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.

DOG DAYZ OF DYROK



DOG DAYZ OF DYROK



MENTAL HEALTH

We might not realize how much goes into forming an expression or how they impact our daily lives. So us here at Horizons would like to share some excerpts from the book 'How The Brain Works' to give an understanding to another aspect of the human brain. We hope that you find this information helpful in some way.

CONSCIOUS EMOTION: Emotions are felt consciously, and whether they are positive or negative, changeable or constant, they have major effects on our quality of life. Conscious feelings ceaselessly interact with the unconscious process that also shape our emotions.

Reflex facial expressions; Emotions generate facial expressions without our control. For example, when we hear good news, we automatically smile. The amygdala and other parts of the limbic system initiate these reflex actions.

FEELINGS Ongoing feelings are shaped by the senses, disposition, memories, body signals, and attention.

SIGNALS Bodily signals such as heart rate, sweating, muscle tension or relaxation, and trembling all help shape feelings.

EXPRESSIONS Facial expressions are both products and influencers of emotion-smiling, for example, elevates mood.

Conscious facial expressions; After we have started to experience an emotion, we can change our facial



expressions to hide or reinforce our true emotions. Such action involves conscious engagement of the motor cortex.

CONSCIOUS INTERVENTION Analysis of situations by the frontal cortex shapes expectations and adjusts emotional processing.

How emotions form Both reflex and conscious expressions are mediated by the motor cortex, but reflex ones are signaled to the motor area directly from the limbic system rather than via the frontal lobes. We can also consciously modify our physical responses to emotions.

Forming emotions Emotional responses are complex and dynamic. They arise when rapid innate responses to stimuli interact with detailed analysis. Innate responses evolved as the most beneficial reactions to key stimuli. Once such stimuli have caught a person's attention, reasoned assessment follows. Then, how a person's emotions change is shaped by their disposition, past experience, and how they assess multiple streams of information.

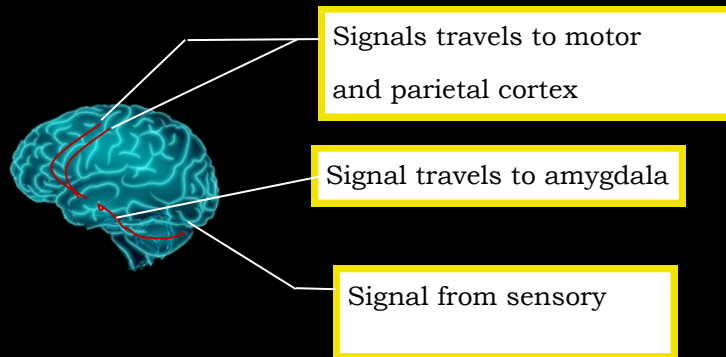
**“EMOTIONS ARE CONTAGIOUS
HUMANS MIMIC EACH OTHER’S EXPRESSIONS”-
BRAIN FACTS**

Emotional reactions Emotional responses evolve over time, from initial proactive responses to more considered responses. Imagine a friend leaping out on you: first, you feel shock or fear, but as the brain processes what is happening, you transition to calm.



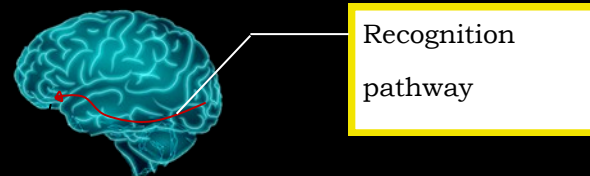
Less than 100 milliseconds

Sensory information goes to the amygdala, which sends signals to the parietal cortex and then to the motor cortex to produce fast reactions to emotional stimulus, such as when fleeing from



100-200 millisecond

The information then arrives in the frontal lobes, where it becomes conscious and appropriate

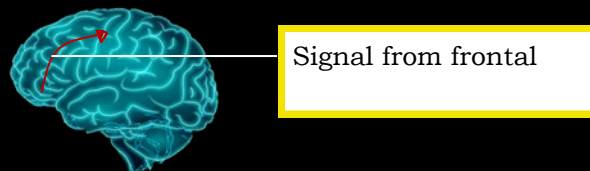


INFORMATION REGISTERS IN FRONTAL CORTEX



350 milliseconds

Considered reactions are then conveyed back to the motor cortex, which signals appropriate



SEROTININ

Alongside dopamine and norepinephrine, serotonin is a neurotransmitter that plays a key role in regulating mood. Although it is not as simple as high serotonin equals happiness and low equals sad, decreases in this molecule are associated with depression and anxiety. Many antidepressant medications act by increasing brain levels of serotonin. Exercise can help, too—for example, taking a brisk walk or dancing can raise serotonin levels.

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Emotions versus moods Emotions are usually transient-arising from thoughts, activities, or events that act as cues for adaptive behaviors. Moods last for hours, days, or even months. for example, emotion might be experiencing a sudden rush of joy at seeing a friend waiting to greet you compared to a lingering mood of sadness or worry after losing a job. Emotions tend to be expressed in the moment, while moods are not.

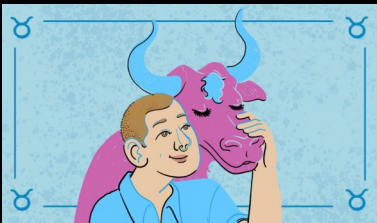
ADAPTIVE BEHAVIORS		
EMOTION	POSSIBLE STIMULUS	ADAPTIVE BEHAVIOR
Anger	Challenging behavior from another person	“Fight” reaction prompts dominant and threatening stance or action
Fear	Threat from stronger or dominant person	“Flight” to avoid threat; or act to socially appease the threatening person
Sadness	Loss of loved one	Backward-looking state of mind and passivity, to avoid additional challenge
Disgust	Unwholesome object (e.g., rotting food or unclean surroundings)	Aversion behavior-remove oneself from the unhealthy environment
Surprise	Novel or unexpected event	Attention on object of surprise maximizes sensory input that guides reaction

HOROSCOPES



Aries: Go out of your way to get things done. Clear your roster and refuse to take on too much. Turn your home into a place of comfort and convenience.

Translation: In a world of nothing but time, you need to learn how to manage your days. Quit being that person.



Taurus: Stick close to home and focus on what you can accomplish. A chance to do something constructive will inspire you.

Translation: You need to get out the cell and start signing up for them classes. It will go into your master file



Gemini: Uncertainly will develop. Consider the consequences before deciding to take a risk with your health or wealth. Look into different lifestyle choices, with a focus on paring down.

Translation: Clean your box and get rid of that, stop being a hoarder.



Cancer: Your ability to conform people will put you in demand. Speak with confidence and compassion, and you'll set standards for others to follow. Your contributions will open a door to a better future.

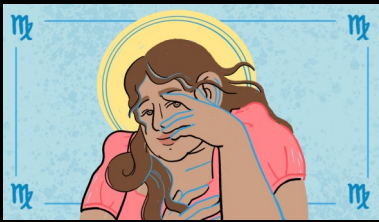
Translation: When you talk they will listen. Chose your words wisely.

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Leo: Be careful not to reveal sensitive information. You'll face scrutiny if you aren't transparent about your motives. Your hard work and dedication will result in new opportunities.

Translation: Don't share too much personal information though at the same time you want to be 100% about your agenda. By doing so doors will open for you.



Virgo: Visit someone you enjoy being around and share your ideas. A partnership will inspire creativity and the discipline to follow your plan through to the end. An offer will change how you live.

Translation: Find a person in your life that you trust and bounce your ideas off them. They might give you some ideas on how you can expand your brand and what you are trying to put together.



Libra: Added discipline will help you train for a physical challenge. Pay attention to what your body is telling you and nourish it with a healthy diet. The better you look and feel, the better you'll do.

Translation: You definitely got to put in work on the weight pile to get your body how you want it. Remember sometimes other factors play apart; like diets, cardio and your mental. To be your absolute best self.



Scorpio: An open mind and creative plan will encourage you to take on something unusual. Traveling for the purpose of discovery will feed your soul and help you gain insight.

Translation: Don't allow yourself to be stuck in a box. Get up outside

KEWANGEE HORIZONS v.55 p.50

that box. You might surprise yourself and discover some things about self that you did not know was there.



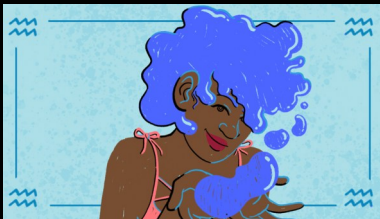
Sagittarius: Listen to what people are telling you, but verify what you hear before passing it along. Staying on the right path will require getting your facts straight and showing how they can help.

Translation: Always keep your ear to the streets. But before you spread some info you got from 'inmate twitter' check your facts. That prevent you from misleading the masses.



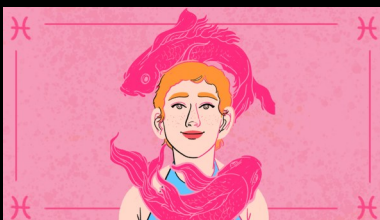
Capricorn: A financial plan or home investment will help you obtain financial freedom. Control your destiny by structuring how and where you end up.

Translation: Don't wait, start now and make a plan on what you want to do with your money. Any plan is better than no plan.



Aquarius: Be aware what everyone in your circle is doing and where they place their loyalty before you share your plans. A change at home or work won't sit well with you. Offer alternatives.

Translation: Not everyone is going to be for your ideas. Don't allow change to deter you, you know how to maneuver.



Pisces: Use your insight and imagination to boost your finances. Don't trust someone who can't give you a straight answer. Don't take a risk with your health or heart.

Translation: Be creative on how you get money. Don't go for no politician answers and take care yourself.

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.

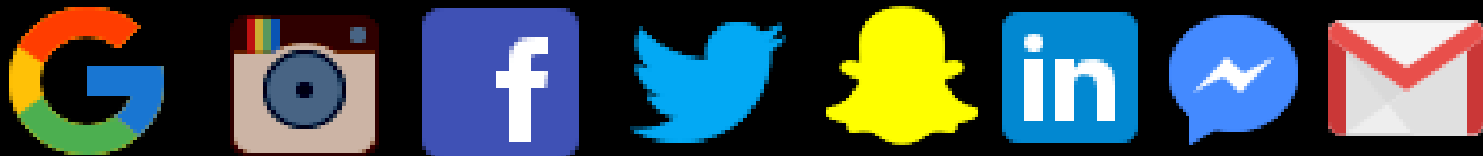
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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