

# KEWANEE HORIZONS VOL. 57





# KEWANEE HORIZONS VOLUME. 57 PG. 2



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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.





# STATE WIDE CALLOUT

To all writers, poets and artists, this is for you. No matter what your pronouns may be, he/him, she/her, they/them or whatever you identify as, whatever your orientation may be the KH wants to provide you a platform to 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, 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.

Please know all submissions are subject to edit due to spelling and grammatical issues. Your story will be conveyed in the best manner and we will keep your voice intact. We thank you for your submission and look forward to reading your stories.

# FIGHTING ILLINI





## MY CIRCLE EXPERIENCE @ KLSRC

By: Elbert Conway



Recently, I was blessed with an amazing opportunity to participate in a Circle Training along with 16 other individuals. Thirteen of us in the training are IICs and the other three participants were Sister Janet Ryan, Eric Anderson from Restore Justice and Nik Kuster from the Mental Health Department here at KLSRC. To be honest with you, Peace Circles can be life changing if you're open to the experience.

Back in March, when I arrived at KLSRC, I heard people conversing about an up and coming event called a Peace Circle and a lady named Sister Janet, but honestly I wasn't all that interested. Granted, I was new to the facility so I was still trying to figure everything out.

After the first Peace Circle had ended, I heard so many amazing things about Sister Janet and the impact of the Circle that I thought it was all cap, but my curiosity did get the best of me, so when I was approached about participating in the next Circle I agreed to it. I can't lie y'all, everything these brothers said about the Circle and Sister Janet was true. She has an amazing and gracious spirit and she brought a sense of humanity that I





have not experienced in a very long time. Sister Janet came as an open book with smiles, laughter and pure generosity.

For all of you who aren't familiar with what a Peace Circle is let me give you a little insight. It's a peacemaking practice that draws on the ancient Native American tradition of a talking piece and combines that with concepts of democracy and inclusivity. Peace Circles allow for you to unburden yourself, form relationships built on trust and shared experiences as well as receive support and guidance. During the Peace Circle I attended we did just that. The sixteen of us spent 32 hours together learning and bonding by sharing intimate details of our lives and experiences. If you would had told me 20 years ago, when I first came to prison, that I would one day participate in something like this I would had laughed in your face and said that you were off your meds. Now today, I'm advocating and hoping for everyone in IDOC to experience a Circle.

These Circle offer the space for us to come to the realization that the anger, frustration, fear and insecurities that we personally deal with internally every day is a result of the trauma we experienced growing up. These unresolved issues have had a major impact on our life and are the reasons most of us are in prison today. This is why I personally believe that Peace Circles should be offered in every Correctional facility in the State. It's time for us to start healing so that we can truly give, embrace love, support/inspire one another, give back to the communities and the people whose lives we have negatively impacted.

What is trauma? **Therapist Aid.com** define trauma as: **“A powerful emotional response to a distressing event, such as war, an accident, the unexpected loss of a**





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loved one, or abuse. Trauma can continue to cause both emotional and physical symptoms for many years after the event has concluded.” Once we begin to address these issues and start being honest with ourselves, then and only then, will we reach true freedom.



In closing, I just want to say thank you to Warden Carothers, AW Jones, Sister Janet, the Sisters at the Mother House, Nic Kuster, Eric, Restore Justice and everyone who played a part in this Peace Circle taking place. This experience will be with me for the rest of my life and I truly look forward to being a part of more Circles in the future. To the brothers who participated in the Circle with me, I’m forever grateful for the opportunity to build with you all and I appreciate the experience.



**“IN THE MIDDLE OF DIFFICULTY LIES OPPORTUNITY.”**  
- ALBERT EINSTEIN







## PEACE CIRCLE TRAINING

By: Adisa Wheeler

I felt like I was already a person that knew how to deal with issues far as knowing how to bring people together and talk things out. I've been doing it my entire life with family, friends and even in that old lifestyle I use to live. I even done it twice in my current living environment. And my whole thing was 'consideration.' If you are considerate towards the next man/woman it can keep a lot of the chaos down and it's a great compromising tool. In the Peace Circle training I learned that I was right but I was wrong. You see, consideration is a great tool but it is so much more to it.

The training was taught by Sister Janet Ryan from Precious Blood Ministry of Reconciliation. I believe this was my the first time meeting a real nun. I had this idea of what a nun was, boy was I wrong. Don't get it twisted. She still live by their morals and principles. But she do not force them on you, she was very welcoming, immediate since of trust, has a great sense of humor, has a strong stance in who she is and just an overall amazing human being. I am very thankful and blessed to have met Sister Janet. No doubt that she is doing great things for us (individuals in custody), our communities in the free world and I hope to one day be blessed to assist her in her fight with volunteer work or joining a Peace Circle with her.





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to the process to get the full learning experience from it. I truly believe it was worth it and I advise you to do the same if you decide to attend the Peace Circle training or if you just attend a Peace Circle.

The Peace Circle training was very informational filled with tools you can apply to your everyday life. Sister Janet and Eric are very knowledgeable on the information and tools that we learned. I already benefited from the training. I applied some of it on the phone with my people and it was a success. They didn't know what I was doing until now. ☺

I am very grateful for the Peace Circle coming to KLSRC. Thank you Warden Carothers, KLSRC administration and all those who had a hand in bringing the Peace Circle training here. Thanks to Kuster for being the lead staff member to get it here. Thanks to Sister Janet for taking the time and believing in us to want to come here. And much thanks to my brother/our brother Eric, for reaching back, being a man of his word and standing strong in the fight.

**“DEVELOP SUCCESS FROM FAILURES. DISCOURAGEMENT AND FAILURE ARE TWO OF THE SUREST STEPPING STONES TO SUCCESS.” – DALE CARNEGIE**





# BECOMING A CIRCLE KEEPER

By: Eric 'Mentor' Henderson



Upon entering my training to become a mentor my mind was everywhere trying to anticipate what to expect in this training. I've heard whispers from the previous graduates about what to expect. Some of them said, "don't let Miss Janet make you cry." So, as I begin my circle training I was very much guarded with the intentions of not allowing myself to be too vulnerable and completely open. I've always been somewhat of an introvert person who prefers isolation most times. But I didn't know that I had to be the total opposite of what I was comfortable at being. This training helped me face some of the things that I've suppressed and bottled up for years. it was like a group therapy session in which you had to be comfortable being uncomfortable with yourself, and everyone else in the circle. This circle training was 4 days long. And each day it became a little easier to process and open up more. Sister Janet is the single most greatest person next to my mom that I've had the privilege of knowing. Her energy and humanitarian support is contagious and inspiring. She allowed this training to flow through her spirit and manifest itself in us. It removed some walls I had built around myself that allowed me to see a cleav-





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er path. There are a lot of things that I will take from my circle training and apply it to my life going forward. I highly recommend anyone that if given the chance to do the circle training. You should if you are honest with the circle, the circle will honestly be true to you - introspectively, we as incarcerated beings have been continuously carrying baggage for so long we need to sit those bags down and rest our souls. We need to know it's okay not being okay as Sister Janet echo's. I'm less weighed down. Now, I have the transparency to go out there and help our juveniles who desperately need our guidance and help restructuring their lives.



In closing I would like to thank all of my brothers that participated in that walk with me, for being open, raw and real in the process. I appreciate y'all. What I know is who I am, what I don't know is who I'll be.



SUCCESS IS PEACE OF MIND IN KNOWING  
YOU DID YOUR BEST  
—JOHN WOODEN





# CIRCLE KEEPERS

By: Jesse Meyers

I really enjoyed sister Janet's passion for circle keeping. But even more than that she has a passion for people and you can see that in the way that she so readily and joyfully shared her life and experience with us. She made the process of learning to be a circle keeper very enjoyable and humbling. I could see that passion in Eric Anderson as well. What a n inspiration ! Seeing Eric walk back through those doors as a free man by his own choice. Showed me what it meant to have strength and passion for what he is doing. Many people talk the talk but the second they leave they want to forget all about these walls and fences. Not Eric he walked in four days in a row with a smile on his face and joy in his heart and left the same way. He is walking the walk and giving it to others.

The circle process was humbling. I was able to feel trust with all the others in circle. The circle is meant to be a safe space and that is exactly what it was. I was able to share my experience, thoughts, feelings, and emotions with a room full of others in a new way. And I was able to relate to others in ways I never thought of. I learned many new things about each person in the circle. Another groundbreaking thing for me was having a staff member there. MHP Kuster was in our circle and it was if he was one of us. I have always



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been aware that in IDOC there exist an Us verse Them mentality between individuals in custody and staff. I've been one that has been able to displace those prejudice. Many of the IDOC staff still live in the Us vs. Them mentality state of mind. But many of them through -out my sentence have shown me that we are all capable of compassion, empathy, love and the ability to put our prejudice to the side and look at others as simply humans struggling through life. MHP Kuster is one of those people along with others here at Kewanee LSRC he truly cares about people and finds joy in helping others.

I'll continue to pass on the power of the circle by sharing this process. I would like to Thank the people in the circle and circle it self for allowing me to share my perspective and experience and giving me the power of others experience and even more perspective to carry throughout my life. Thanks, for confirming that I am on the right path and entrusting me to be a circle keeper, it is truly an honor.

Jesse Myers...

SATISFACTION LIES IN THE EFFORT, NOT IN THE ATTAINMENT. FULL EFFORT IS FULL VICTORY.

—MAHATMA GANDHI





# A DAY OF REMEMBRANCE

Juan 'Juanito' Figueroa

A day of remembrance on August 22 thru Friday the 25th. I experienced something incredible. I joined Mr. Kuster, Mr. Anderson, Sister Janet and a group of brothers who today I consider friends that acme from this circle training. This circle training was a place of peace and one where we all got a chance to express grief, shame, guilt, happiness, honesty and most important of all trauma. As human beings we tend to hold things deep down within our hearts and never have the chance to decompress those emotions. The reasons very.

My experience while in the circle allowed me the opportunity to share my emotions, pain and trauma with other human beings. Who did not judge me nor interrupt me while speaking my heart. They also shared their stories. The experience was invigorating and one that I recommend to any human being who may be experiencing any trauma in life. Whatever your situation may be please consider getting involved. The benefits are life changing. I promise that you will walk out of the circle feeling relieved and wanting to be a circle keeper yourself. This training helps alleviate stress, anger, depression, anxiety and allows you to move on in life. We are all Gods masterpiece and have a story to tell. Your story can possibly help another human being open up and tell their story. We all need healing. In closing I want to say God bless and give a special thank you to Mr. Kuster, Mr. Anderson and Sister Janet. Peace and Love.





# A CIRCLE EXPERIENCE

By: Darren B. Anderson

On or about the 27th of August, 2023 we the CMMP group finished our last day in “The Circle” and it was the most emotional, fun time I’ve had in a lot of years. during our four days together, we all shared life experiences, intimate secrets, time of incarceration and our crimes that got us here. We cried together, laughed together, and it was tremendous. I must admit, I didn’t cry this much during my sentencing, after the judge gave me 14 years at 85%. I learned a great deal about my fellow IIC’s, things I would have never imagined. I also shared my own fears, loves, safe places, and feelings I had locked up inside me for many-many years, even before my incarceration. I learned a lot about myself and it was very relieving and uplifting. I look forward to conducting my own circle in the near future. Because I must tell you, “The Circle” is very sacred, and it gives you a chance to relieve yourself of all the hurt, turmoil, anger and frustration you have built up inside you. “WHAT IS SAID AND DONE IN THE CIRCLE, STAYS IN THE CIRCLE!”

Thank You!





# Peace in the Circle

By: Steven Ford



I was given the opportunity to attend a Peace Circle that was facilitated by Sister Janet, who has a loving desire to see people free and whole, and her co-facilitator, Eric Anderson.

This experience was the first for me, but it was awesome and one of a kind. The four-day journey combing through my thoughts, feelings, internal values, and patterns of thinking that doesn't support positive growth was an exercise.

The Circle provided me with a safe place where I was able to share my fears, insecurities, scars, sacred memories, and mountains conquered. I took off my mask and became vulnerable which in jail is a no-no. But, without the fear and concern that someone was going to use this knowledge (of my history) as a weapon against me in the future gave me allowance to express my thoughts.

Change requires hard work and it's a process that takes time, heart, prayer, and good



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people to help you through the difficult parts of tearing down self while preparing for the rebuild.

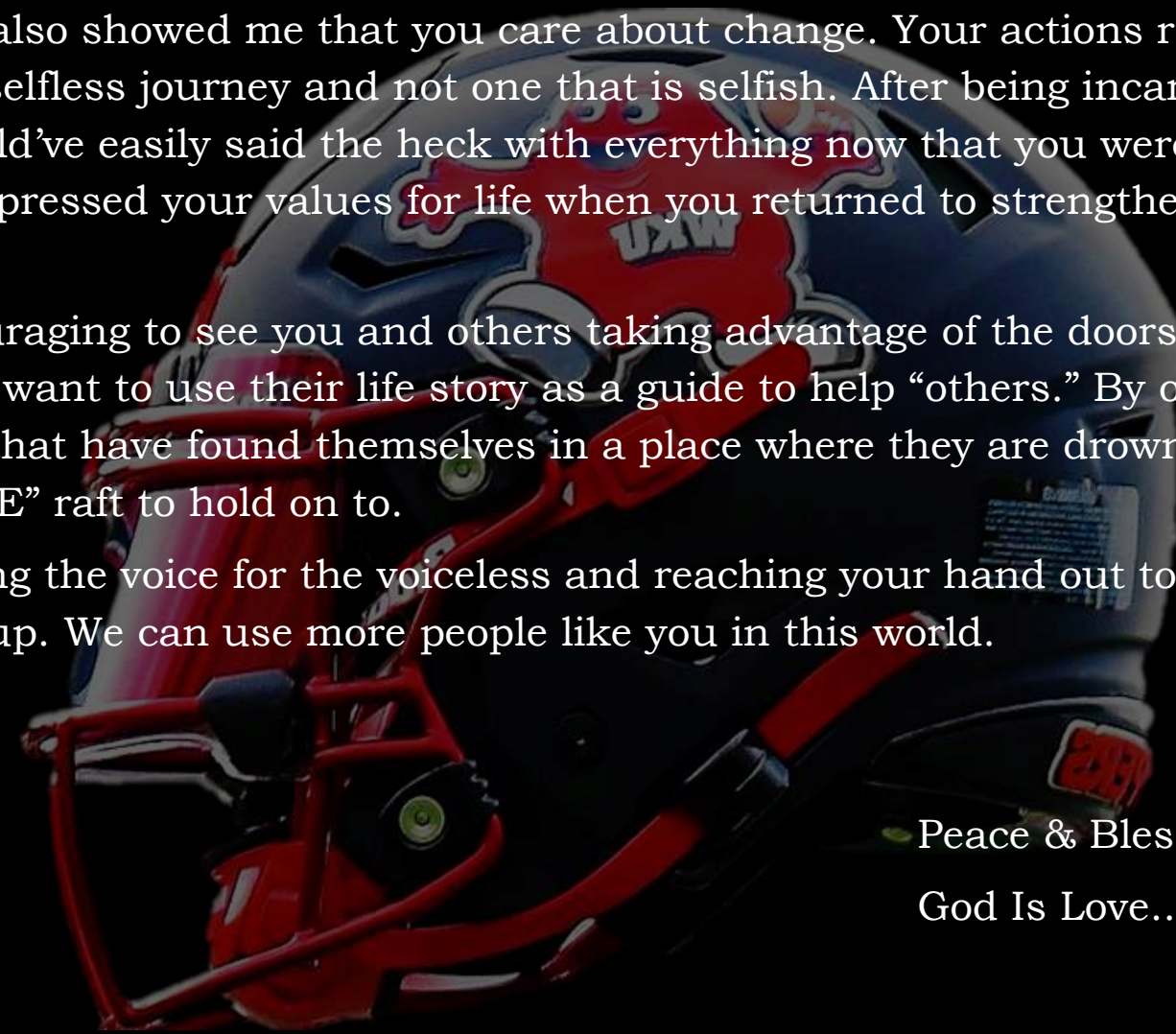
Eric, having you in the Circle was big because it gave me something to model. Your participation also showed me that you care about change. Your actions reflected that you are on a selfless journey and not one that is selfish. After being incarcerated for decades, you could've easily said the heck with everything now that you were free, but you didn't. You expressed your values for life when you returned to strengthen your brothers.

It's encouraging to see you and others taking advantage of the doors that are open for those who want to use their life story as a guide to help "others." By others I'm referring to those that have found themselves in a place where they are drowning and in need of a "LIFE" raft to hold on to.

Keep being the voice for the voiceless and reaching your hand out to those who want a hand up. We can use more people like you in this world.

Peace & Blessings

God Is Love...



# 2nd Peace Circle Training

By: Tyrone 'T.Y.' Delaney

Every day, thousands of people report that someone wrongfully obtain their personal data, and use it for their own personal gain. In the wrong hands, our personal information can be terribly abused... This is better known as identity theft.

On August 22nd thru the 25th, I had the privilege and pleasure to participate in the 2nd cohort of circle keeper training, and as usual, I was profoundly how these individuals reclaimed their identity, that had been hijacked by an invisible enemy - self... selfishness and pride camouflage the real person. It is obscured by culture, repackaged by the deception of the streets, warped by the cares of the world, the deceitfulness of riches.

Exposing the essence of who you are, and more important, who you can really become through shared issue(s) and the challenge to be honest with self. I saw these brothers shed pounds and pounds of pain, grief, regret and loss. That's the power of the circle, and I'll like to personally thank each one for taking the challenge, while being open to the process. Our community has the propensity to be a blessing and/or a curse, and in this instant I am thankful for the former, and not the latter.

The power of these circles not only transform lives, but build relationships beyond boundaries without measures. Without action upon an idea, theres no manifestation, no results, and no reward.





# DA PEACE CIRCLE

By: Victor "Dyrok" Ramos



Peace Circle, what can I say. The thought of it brings so many emotions. I participated in a Peace Circle in Kewanee a few weeks after I arrived. So I was still in awe of Kewanee. In saying that. I didn't know what to expect because I came with an open mind. I knew that having that Peace Circle training was needed for myself and the community that I return to one day heal.. What was amazing is how the Peace Circle brought everyone's walls down so effortlessly. I didn't understand how that happens, but it did. It allow me to understand more of myself and to heal in a nurturing and compassionate way. It gave me a different perspective in seeing people. We as humans carry a lot of trauma and as a human beings we just push it away and continue to move forward and deal with it until we reach that bridge. Until we have a mental breakdown and wonder why act the way we do.

Every wound I have; I healed it with duct tape and continued on my path. But in the Peace Circle, the duct tape was ripped out of every wound, VERY HARD!!! It was tough and emotional in that circle. In return I was given the proper medicine to heal with lov-





ing—compassion. It showed me that I didn't have to heal alone, but with everyone in the circle. I am not saying that it solves everything, but it is the first step of healing along with the community. I created a profound kinship with every person in that circle on different levels.

Meeting Sister Janet was breath of fresh air. She made me feel like we were friends for a long time. I remember sitting in the circle and I said to myself, are people outside (society) just like her. (I hope so!) She left a deep impression on my life. At the end of the training I left with a sister. She definitely brought joy in my life. Having Sister Janet and Eric to train and guide us in the Peace Circle was amazing, it was because of them that we were able to become vulnerable. It was like a domino effect. One by one everyone became vulnerable.

I believe this Peace Circle Training is needed, not only in environments of this nature, but should be part of everyone's lives, like our ancestors did. I am grateful for the training for the experience.



ACQUIRE NEW KNOWLEDGE WHILST THINKING  
OVER THE OLD, AND YOU MAY BECOME A TEACHER  
OF OTHERS -CONFUCIUS



# BACK TO BACK

By: Ronnie Carrasquillo

Seeing the supernatural come into the natural is an amazing event to be part of. The KLSRC facility was highly favored and highly blessed to facilitate a unique Circle Training event. Sister Janet Ryan-OSF, and Eric Anderson; were Keeper and Co-Keeper of the Circle. The Circle conversations are confidential, but I can say participating in a Circle, you will witness life transformation before your eyes.

It can be titled Peace Circle; speaking about Peace. It can be Complex Trauma Circles; or even healing Circles. Nonetheless, we are at a point in time to create tension throughout the state for the need of opening dialogue to help us focus on a better future. We need to unlock the hard-core attitude, unlock the reputations, and build better communities, whether prison communities and/or Social communities.

The supernatural was seeing Eric come back into the facility to host the event with Sister Janet under the Restorative Justice beliefs. Restorative says by definition that something was wrong and needs to be made back to its original form. The Circle events are doing just that. It was an honor to participate August 22nd thru August 25th, eight hours a day to break through barriers of all sorts; pain, hidden emotions, hate, anger, disbelief, etc.

We thank sister Janet Ryan; Eric Anderson for being the beginning of these events and Precious Blood Ministry of Reconciliation that they provide these opportunities for this community and working to spread within other facilities.

But that's not all; recognize that these events would not happen if not for Warden Carothers and Warden Jones who amplified the 22nd to the 25th by Bringing **Back-to-Back** events; that on August 30th Sister Janet Ryan and Eric Anderson



blessed us by a return which was truly enriching.

I can disclose that the Circle of the 30th was within the banner of Community Building and for the purpose – to remove barriers of communication. Present were powerful men of Legislative authority; our Warden Carothers and other Officials who shared the Circle experience. My take away would be that a foundational cornerstone was set that day and now to communicate more in that the a,b,c's can be built upon.

The highlight in spirit was the question by a Legislature who represented with a Restorative Justice spirit because Restorative Justice interests have never been a personal entity but one concerned for all Individuals in Custody and the Legislature mirrored that spirit to ask how do we bring this to the 28,000 or so incarcerated and not just KLSRC.

Have to cut this short because there are proposals to type and conversations to take place; community building for the whole is a task, but scripture says we can do all things through Christ Jesus and the Prophet Habakkuk says to write the vision.

**So let it be written!**









Rotary



# Service above Self

By: Antonio Aguirre



The National Tube Supply (NTS) Employment Seminar held on August 31, 2023, at the Kewanee Life Skills Re-Entry Center (KLSRC) was a magnificent success for everyone who attended and a significant “Win” for all *Restorative Justice* and *2<sup>nd</sup> Chance* advocates and enthusiasts. In short, “Veni, Vidi, Vici; (Latin for “We Came, We Saw, We Conquered!”) The event facilitated by our KLSRC Rotary Community Corps was hosted by NTS’s Most Valued Players the “GOATs” - *Human Resource Director* Mr. Kraig Kistingner and *Human Resource*

*Generalist* Ms. Courtney Anderson. For those who couldn’t attend, that’s too bad, because I assure you, this wasn’t your “typical” *Job Fair* where one solely talks about how great their company is, and about how lucky we’d be to work there, Nah, not this time.

What distinguished Mr. Kistingner from other speakers who’ve come before him was his authenticity and transparency. His speech resonated with every person there: “Individuals in Custody”, volunteers and staff alike! His poise and passion while sharing his own personal struggles with ADHD, school, family, work and surviving a near-death





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routines.

I took it upon myself to Network as much as I possibly could; to get some practice and exposure to sharpen my skills for public speaking, and I won't lie, it was mentally exhausting, but also, very gratifying to be able to speak with professionals of all walks of life who are passionate "Samaritans For Humanity". This brings me to a very special shout-out, and a "Big ol' Atta Boy" to Mr. Mike Massie, Our Founder/Executive Chair who used his stature and influences in creating a historically unprecedented, first ever "Rotary Community Corps" established in a "Correctional Center". Mike, you "Da Man" and I speak for everyone, when I say, We "Luv Ya Bruh!" I would also like to thank the following person(s) and/or organization(s) for coming to assist and contribute: Tim Black - Galva Rotarian, Kate Kimmer and Ryan Leonhardt -TRANFR, INC., Kira Kyle - DEFY VENTURES, Mark Lohman - Galva Rotarian, Cliff Parrish - FREEDOM FROM WITHIN, Paola Velasquez - IMEC, Jamie Livingston - AJC, Amanda Burrell and Jessica Mayhew - IDOC Re-Entry, and of course, Kraig Kistingner and Courtney Anderson - NTS for making it a very special and memorable day.

All in all, the Rotary Community Corps Members would like to say thanks to the all the KLSRC's faculty, security and administrative staff for giving us the tools and confidence in becoming career driven, Returning Citizens who wish nothing more to be of service to others, while reaching greater heights of success, for our communities, our families and ourselves.

I would also, like to thank Warden Carothers and Warden Jones for their continuing support and belief that it is not our mistakes that define us, but our dedication and diligence towards redemption and victory!





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Corps connected with Kraig Kisting, Director of Human Resources and Courtney Anderson Human Resources Generalist from National Tube Supply. National Tube Supply is a national distributor of mechanical tubes which has one of the largest inventories of carbon and alloy tubing and Standard and Induction Harden Chrome Plated Bar. Mechanical tubes are used in all things rotational; these tubes are implemented in every facet of the manufacturing process, and if it involves some type of tube more than likely it can be created at NTS. With facilities in University Park, IL, Beaver WV, Moreno Valley CA, Baytown, TX, and Mississauga, ON. NTS has a massive footprint in this market sector. True to their mantra, “NTS is the Right Supply, Right on Time” [nationaltubesupply.com](http://nationaltubesupply.com) 800.229.6872 (NTS starts its employees at \$17 an hour with incremental step-ups to \$20, within a year and yearly raises thereafter.)



Kraig Kisting came to Kewanee to provide the individuals or as he likes to refer to them, the **RESIDENTS**, an opportunity to participate in a workshop which entailed; an inspiring presentation of the real life challenges for returning citizens, what to do and not to do in a job interview, an intensive high pressure how to elevator pitch tutorial, one on one professional resume critiques from members of the business community and last but not least an opportunity to use an actual VR machine. To say that I was taken aback would be an understatement.

Kraig Kisting presented us with his 3 B's of success. **1) Believe in you, 2) Be Authentic and 3) Bias for Action** and he left us with his proven successful interviewing processes and insight so we could incorporate them into our lives





## RESPECT YOURSELF

- Dress for Success
- Just say No
- Make good decisions
- Have a plan



## RESPECT OTHERS

- Show up on time
- Speak respectfully
- Hygiene/Fragrance
- Be ready

## BELIEVE IN YOURSELF

- Be confident, not cocky
- Listening is a skill
- Tell your story
- Enjoy your moment



My first station was the resume critique, with **Paola Velasquez**, the DEI Director of IMEC. IMEC is Illinois Manufacturing Excellence Center, an organization with chapters in all 50 states and Puerto Rico. One of IMEC's missions is to bridge the gap between manufacturers in the state and the untapped workforces (individuals in custody). For me, I was confident that my resume was strong but I was mistaken. She dissected it, tweaked it, offered critical pointers and crucial insight on how to make my resume stronger. In a matter of minutes, her professional insight taught me that there was much more I needed to do and I heeded her advice. Life lesson learned.



The next station was called the **BREAKOUT SESSION**, which was the high pressure elevator pitch workshop conducted by Kraig Kistinger, from NTS. Once again, I thought I was prepared for all things but I was mistaken; talk about a reality check. Going through this intense rapid fire interaction with real world professionals was overwhelming. In this "Mock" high pressure setting; I literally had 30 seconds to sell myself, the only thing that popped in my head was, "Where did the time go?" Then I was smacked in the face with 30



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seconds of professional critiques, which left me with my head spinning. Pushed passed the limits of my comfort zone I was forced to think on my feet. I was required to pivot and evolve. In a few short minutes, amid the drill sergeant like barks from Kraig, accompanied by the pressures of trying to market yourself in 30 seconds and processing the critiques, I was thrown into the deep end of the “mock interview” pool; sink or swim. Fortunately for me I was able to tread water and learned how to swim rather quickly. Kraig said, “This was just a few minutes and you learn so much about yourself. If you keep doing this, it will become second nature. Just keep at it.” This will be an experience I will take with me forever. Like a sponge I soaked in the information and by the end of the workshop my understanding of how to engage in a professional setting was turned around 180 degrees.



My next station was another resume critique with **Jamie Livingston** the Career Planner for American Job Center. This time around, with the information I learned from my previous stations I was prepared to tackle the difficult questions posed. In addition to this new critique of my resume; I learned about the countless opportunities available to us, the justice impacted. (This information is available in your Reentry Room in your respective facilities). Ultimately, it is our responsibility to take advantage of these opportunities. The old adage rings true in this instance. You can lead a horse to water but you cannot force it to drink. Well I will say this, I am thirsty as heck and I will be drinking.

Last but not the least the final station on this amazing day was **TRANSFR's** VR booth. I was introduced to Business owner for Special Populations, Manufacturing, and Construction - **Kate Kimmer** and **Ryan Leonhard** - State Workforce Manager from





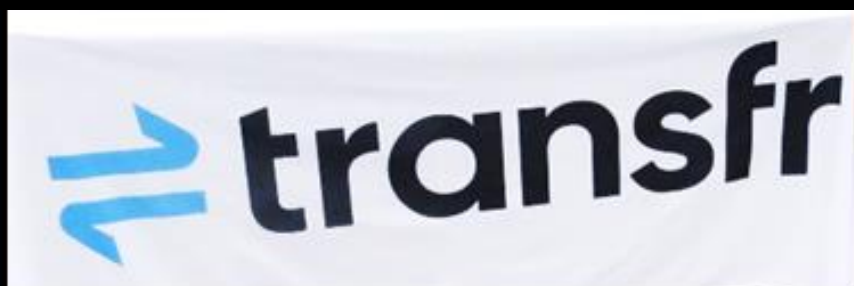


TRANSFR. TRANSFR is a national company that produces VIRTUAL REALITY equipment and software for oculus career exploration for many industries, spanning the expanses from information technology, manufacturing, construction, public safety, health science, etc....



Slipping the white VR goggles over my head, I was instantly vaulted into a futuristic VR realm that I was not ready to handle. It was reminiscent of the scene in the movie **Matrix** when *NEO* realized he was the *ONE* and he

saw everything in a binary code of 0's and 1's. Wow! I was impressed. The experience was magical. In a split second I was teleported from the confines of the KLSRC's west gym onto the floor of a manufacturing plant in virtual reality. I pressed the buttons on the handheld controllers in my real-life grasp and my computerized avatar hands in VR came to life. I was shaking as my mind tried to make sense of the technological sensory overload that was going on in my brain. I could hear the voice permeating my brain giving me directions as I was trying to navigate the green ether that is virtual reality. I was immersed into a digital world, I could never have possibly imagined. For someone like me, who is technologically challenged, I will never forget this experience, my very first foray into the 21<sup>st</sup> century of Virtual Reality and the future of the industrial workforce. This experience was surreal and so very impressive. I can only hope that this program will become a part of the IDOC's curriculum for all returning citizens. I truly be-



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lieve if people of my ilk were allowed to spend more than a few minutes on this application it will drastically alter the way we will reenter the workforce. The anxiety and trepidation would disappear. Instead of fear of the unknown we would have the knowhow to navigate this brave new technological world.

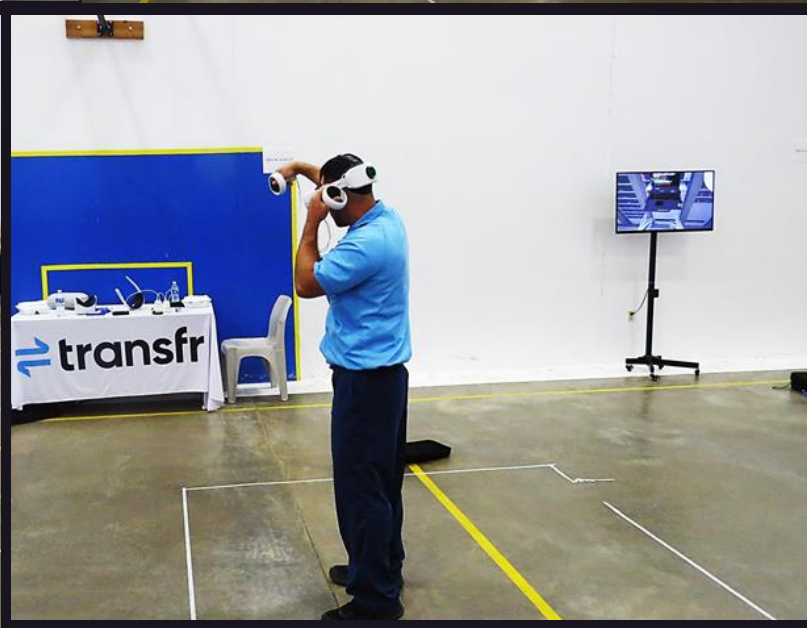
After this very compelling day I am a changed man. I will savor these experiences and replay them over and over in my mind. I will take what I have learned and implement this into my future reentry plan. I have gained invaluable insight that will prepare me for my better tomorrow. For this opportunity I am truly grateful and I say it again.

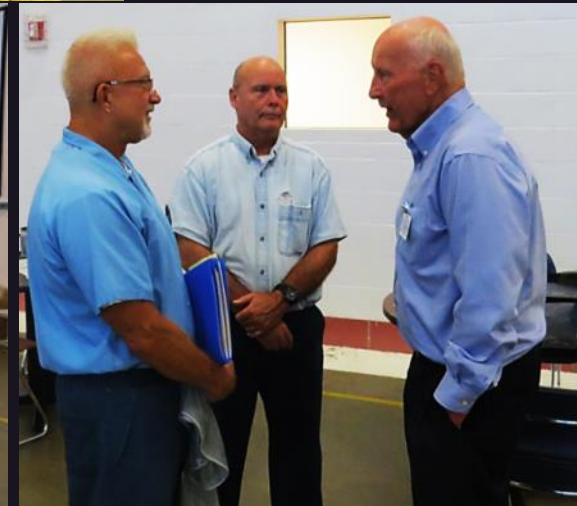
#Kewanee Strong.

I want to thank all the people involved in making this event a reality, the list is long and illustrious. For the outside professional volunteers who gave their precious time: Kraig Kistingner Director of Human Relations and Courtney Anderson Human Relations Generalist - National Tube Supply, Jaime Livingston - Career Planner from American Job Center, Paola Velasquez - Director of DEI at IMEC (Illinois Manufacturing Excellence Center), Kate Kimmer – Business owner for Special Populations, Manufacturing, and Construction and Ryan Leonhardt State Workforce Manager from TRANSFR, Mike Massie ESQ from the Law Offices of Massie & Quick, Tim Black retired Education Facility Administrator from East Moline, Cliff Parrish President of Freedom from Within, and Mark Lohman Chairperson for Justice Impacted Employment Work Group. We would also like to thank the IDOC staff that facilitated this very eventful day, Warden Carothers, Assistant Warden Jones from Kewanee Life Skills Reentry Center, Reentry Administrator Angela Mecagni, Amanda Burrell Northern Region Reentry Manager, Jessica Mayhew Southern Region Reentry Manager. Last but not least I want to thank the IICs members











# PEER LED SHOWCASE

The Lady and Gentlemen that you see pictured above are the very people that help make our vision come to life. These individuals dedicate their time and effort to help teach our fellow peers things that are much needed in their personal development in life, which we anticipate will inspire us all to step up and do the same. We are beyond appreciative for the submissions we've received from other facilities, and other peer educators, and it's truly a wonderful thing to see. We all lead by example, and the example that we've set with these peer-led classes show that we are more than determined to prove our worth. We are all leaving behind a roadmap to success, and for all of those that are involved, to everyone that makes this possible, our gratitude cannot be expressed in simple words.

However, thank you to **Everyone**, and please, keep up the good work!

**Trust me, it's not going unnoticed.**





# A Bachelor's Degree Opportunity Part 3

**From: Augustana College**

**By: Jeff Kennedy**



The Augustana College Prison Education Program (APEP) at East Moline Correctional Center, is a full time liberal arts college program that culminates into a Bachelor of Arts (BA) degree. Enrollment in APEP is a genuine opportunity to transform the meaning of your incarceration. It's also an opportunity to join a rich and challenging learning community.

**Mission statement:** Augustana College, deeply rooted in the liberal arts and sciences; and an inclusive expression of Lutheran higher education, is committed to offering a challenging education that develops the qualities of mind, spirit, and body necessary for students to discern their life's calling of leadership and service in a diverse and changing world.

The basic theme of the previous APEP articles I've written is the disappointing but realistic fact that; only individuals residing at East Moline C.C. are eligible to apply. Aspiring students who seek higher education are encouraged to contact their EFA and/or counselor to begin the process. Unfortunately, you must transfer to EMCC without the surety of acceptance. Admission to APEP is not guaranteed, but is a selective process in-







# KEWANEE HORIZONS VOLUME. 57 PG. 41

**Prof. Donna Hare:** “The APEP programs has a deep impact on many levels. Students are not only having to navigate and digest complex texts, but they are being asked to immediately apply these concepts in other classes and in their personal lives. It’s not uncommon for students to have psychological breakthroughs about their mindsets, how they view others, how they view themselves, and the impact they want their lives to have on others. Oftentimes, I’ve been told that classes are a kind if therapy for them—a place where they are treated like a whole person and respected for what they bring to the table.”

**Dr. Kirsten Day:** “Teaching with APEP has been transformational for me. I am proud to be participating in a program that helps reduce recidivism and offers incarcerated individuals a chance to improve not only their own lives, but those of their families and communities as well. But at the same time, I’m enormously grateful for this opportunity, as the experience has brought new meaning to my teaching more broadly, given me insight into problems with the criminal justice system, and helped me become a more reflective, empathetic, and compassionate person. Working with APEP has made me a better human being.”

**Dr. Sharon Varallo:** “The liberal arts education, which is rooted in freeing the mind, is unusual due to the study of many subject areas, subsequently learning how to learn. Our students all have an absolute dedication to learning. They come to class prepared and eager to discuss even the most challenging of texts. They thank us nearly everyday, we thank them in return, because teaching them is highly rewarding.”

**Jorge Herrejon** (individual in custody): “APEP is a challenging and rewarding experience. The statistics about recidivism and how education lowers it, are reason enough to



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enroll!! EMCC is optically better and you have many programs available to you. I encourage you to sign up.”

**Cornelius Young** (individual in custody): “APEP has changed my life in so many ways. I have dealt with issues of trauma, race, and intelligence while becoming literally educated. I have taken what I’ve learned and I apply it everyday in my life.

**Caleb Cates** (individual in custody): “APEP is an inspirational, life changing education. I have learned new things and consider a direction in my life I never thought of before. I am motivated to make a change in my life. I hope one day to be a part of Criminal Justice Reform.”

**Michael York** (individual in custody): “APEP has been a game changer and my self-esteem has reached a high point. After 17 years in prison, something finally came along that turned my nightmare into a dream.”

**Disclaimer:** Portions of this information were received from Dr. Varallo, APEP faculty and students.





# The Seven Decisions Perpetual Calendar

## Decision 4: The Certain Decision

I Have a Decided Heart.

A wise man once said, "A journey of a thousand miles begins with a single step." Knowing this to be true, I am taking my first step today. For too long my feet have been tentative, shuffling left and right, more backward than forward as my heart gauged the direction of the wind. Criticism, condemnation, and complaint are creatures of the wind. They come and go on the wasted breath of lesser beings and have no power over me. The power to control direction belongs to me. Today I will begin to exercise that power. My course has been charted. My destiny is assured.

I have a decided heart. I am passionate about my vision for the future. I will awaken every morning with an excitement about the new day and its opportunity for growth and change. My thoughts and actions will work in a forward motion, never sliding into the dark forest of doubt or the muddy quicksand of self-pity. I will freely give my vision for the future to others, and as they see the belief in my eyes, they will follow me.



# KEWANEE HORIZONS VOLUME. 57 PG. 44

I will lay my head on my pillow at night happily exhausted, knowing that I have done everything within my power to move the mountains in my path. As I sleep, the same dream that dominates my waking hours will be with me in the dark. Yes, I have a dream. It is a great dream, and I will never apologize for it. Neither will I ever let go, for if I did, my life would be finished. My hopes, my passions, my vision for the future is my very existence. A person without a dream never had a dream come true.

I have a decided heart. I will not wait.

I know that the purpose of analysis is to come to a conclusion. I have tested the angles. I have measured the probabilities. And now I have made a decision with my heart. I am not timid. I will move now and not look back. What I put off until tomorrow, I will put off until the next day as well. I do not procrastinate. All my problems become smaller when I confront them. If I touch a thistle with caution, it will prick me, but if I grasp it boldly, its spines crumble into dust.

I will not wait. I am passionate about my vision for the future. My course has been charted. My destiny is assured.

**I HAVE A DECIDED HEART.**





# ORGANIZATIONAL INTEGRITY GRADUATES

By: Ronnie Carrasquillo

Almost there, one more step to have accomplished and walked through the whole course called Organizational Integrity. Eleven men graduated the course September 6, 2023 and received certificates that represent that they have acquired the knowledge to be an Entrepreneur or an Intrapreneur.

The next step is present by the freedom from within organization who offer the graduates an opportunity to present their business ideas in front of a Shark Tank who will critique and/or offer business advice after hearing presentations.

- 1) Foundations for Life
- 2) Taking the Lead
- 3) Thriving Teams
- 4) Organizational Integrity

It is optional to participate in the Shark Tank experience, but any businessman should want advice from Professional Successful Entrepreneurs.

After feasting in celebration, the certificate ceremony went well as the eleven graduates spoke about their experience to have graduated the 4-tier program.

Congratulations to the eleven graduates that went the long haul; even though the majority of the programs went through a newly created "Turbo Version," the attained knowledge transforms lives and ads focus to the seriousness of life and the need of bal-



# KEWANEE HORIZONS VOLUME. 57 PG. 46



ance.

The eleven men are:

Shondell Walker

Paul Bosanko

Cody James

Jeremy Miller

Ralfie Pollack

Antonio Aquirre

Evegan Marcos

Chad Combs

Juan Figueroa

Michael Lee

Ronnie Carrasquillo

The graduates thank Chaplain York, Warden Carothers and Warden Jones for making the program possible. A special thanks to Warden Jones for his presence to witness the graduation ceremony; plus, Cliff & Sue Parrish for their concern, energy and time in their service to help transform lives.





# REENTRY CORNER

By: Andrew Suh

In the chill of the dark abyss, imagine a large pickle jar filled with warm, sweet, sticky, honey slowly oozing down the length of your entire body; covering every square inch of your flesh from head to toe. Euphoria is all you can say. This is the sweet intoxicating elixir of heroin that sucks you in, but at what cost? The cost is years of your life locked away deep inside of a metal cage or maybe worse.

**Matthew Eisenhower** (33), a self-proclaimed rehabilitated drug addict, KLSRC IIC graduate and current Peoria ATC resident provides us with a glimpse of his journey towards rehabilitation and redemption.

Matthew, an only child of loving and caring parents, grew up in the quiet suburbs of Pekin, a mid-sized town smack in the center of Illinois.

Recounting his life, he stated, “I had a misspent youth shrouded in alcohol and drugs”. Introduced to his first hit of weed and a bottle of beer at the age of 9, by an irresponsible baby sitter, Matthew has struggled with substance abuse for the majority of his life. That





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fateful decision many years ago placed Matthew on a trajectory fraught with trials and tribulations. Matthew has quite literally been to hell and back. Through his struggle with drugs he has felt the cold grasp of the grim reaper on many occasions. He has officially overdosed over 27 times. He was legally dead for over 7 minutes, placed on a respirator, intubated and kept alive for 5 days with no brain activity. Then through a miracle the universe dictated it was not his time to leave this realm and brought him back from the darkness of death. His lifeless body was thrown into tub of ice water and he was literally ice shocked back to life. The road of physical and mental rehabilitation was a difficult one, lasting months. Learning how to walk, talk, and relearn every basic skill was a challenge but somehow he managed to fight through it.



Despite this struggle, the vise like grip of heroin addiction was too powerful to overcome. Heroin beckoned and he succumbed. He was an addict and this was his reality. He continued on this downward trajectory but this time around his companion on his dangerous addiction was the lifesaving drug of NARCAN, the vial that would bring him back from the brink, every single time. Traversing this dangerous lifestyle, it was inevitable; Matthew found himself on the inside of a locked metal cage.



Matthew's story is unique. For almost all of the individuals in custody here at KLSRC, you are afforded one chance to step foot on this campus; make **ONE MISTAKE** and you're gone. However, in a previous incarnation many years ago Kewanee housed juvenile offenders. In a different life, when Matthew was juvenile he was a resident of this place. He walked the same hallways, and lived in some of the very same cells he walks past everyday. He commented that this incarnation of Kewanee is a stark contrast from days of yesteryear. The privileges afforded us today, does not compare to the old days. He smiled







# KEWANEE HORIZONS VOLUME. 57 PG. 50



30, 40 years in prison are placed here, right before they are allowed to go home, instead of people like me. Kewanee has countless reentry opportunities for these men who have been damaged by incarceration. These men need to have their issues of institutionalization addressed and reconciled before they reentry society; Kewanee will allow them to decompress, and gradually step down and ultimately succeed.” With this altruistic clarity he closed out with two words that epitomizes his new found philosophy regarding his rehabilitation and redemption. **Patience and Acceptance.**

THE QUALITY OF AN INDIVIDUAL IS REFLECTED IN THE STANDARDS  
THEY SET FOR THEMSELVES.

-RAY KROC





By: Tinothy "Timzale" Alexander

Greetings Everyone: Today we will be talking about **Municipal Bonds**, in our bond series, and the difference between investors. There is really only two type of investors in the market, they are Pro-Active and Re-Active investors. We will attempt to find out what type of investor you are by the way these two investors prepare themselves to invest. First we will give you the **Market Report**: As of the print of the issue, The market is moving slower than we would like it to, the Dow has been seeing some down days in the last two weeks due to earnings reports from the consumer side of the market. These brands had lackluster numbers, **Target, Dicks Sporting Goods, Foot Locker, and Macy**, just to name a few, on the other hand **Wal-Mart, Nordstrom's, T.J Maxx**, had good numbers for the quarter. The Nasdaq has found some footing and is growing once again, the S&P was starting to stall but the Jackson Hole speech came and gave investors the confidence they were looking for, and the Russell is growing slowly





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with sentiment coming in that the consumer has a lot of debt as well. Giving us a reason to budget and save even more.



Here are your numbers as of the week:

**DOW: 34.890.24**



**S&P: 4.514.13**



**Nasdaq: 14.019.31**

**Russell: 1.903.21**



Everyone who has been investing for some time has been caught off guard by something coming out of nowhere to us, but others have known about this certain investing opportunity for some time, they are benefiting from this investment with better profits and sound investments. This person was on point with everything they did to be in the position to see gains from the information they gather at the researching stage. Even when you have done your homework, they let you know they are invested in the same stock as you have invested, but at a much cheaper price. Giving them the extra incentive they are doing everything in a affective manner causing an effective outcome working for them in the correct way.



The reason this person is able to benefit in ways that keeps them on top of everything is they are, Pro-active investors. They always do the work of reading, researching, and networking, while keeping contact with the right people giving and receiving information at times when things are just being talked about or about to come out, I know a guy like this Mr. Kenji Haley, I have to give respect where it's deserved. I find myself in this position at times, but I never try to do too much or seem as if I knew something was about to go on with a company. I just keep my cool and listen to other people celebrate a win they just got from their investments, I sometimes see reports on T.V, about a stock I have





owned for some time that is running up in a big way, this is do to being a Pro-Active investor. **Pro-active means: to take charge, energetic, driven, bold, dynamic, motivated, go-ahead.** Now knowing this should make you a much better investor, one who takes the time to read magazines, books like **How to Make Money in Stocks** by **William J. O'Neil**, Newspapers such as **Barron's** and **Wall Street Journal**, along with watching TV shows that are full of investors information for you to get a lot of intelligent understanding from. Not your usual reading source, look at **Bloomberg, Entrepreneur, Business Week, Popular Mechanics** , and **Wired** magazines, also look at shows that talk about innovations along with the **History Ch.** it's a show on there **Business That Built America.** Why?, This gives you the upper hand and more info for your investing outcome, if you just look at CNBC you will get the same understanding as everyone who watch these shows they offer and invest from that one source provider, if you take the time to read a magazine every two or three days also if you look at everything as a investing opportunity instead of something to buy, you will see the differences in no time. This is how you become a pro-active investor, you must keep up the studying, I guarantee you will get to love what you do, and love doing the work when you start seeing better returns come in along with being in the know on so many investing opportunities.

The other side of the coin is being a re-active investor, this people are always running to get in at the last minute, paying to much, or hearing others enjoying the profits they just made, **if this is you it has to stop now**, your loosing at a game where knowledge is profits, the more you know the more your profits grow. **React means: To change in responses to a stimulus, To move or tend in a reverse direction.** Every time we don't get in on something at it's lowest or find out late we are being reactive, not just to the investment but also to the facts related to the investments. Most investments come with a few other companies working on something like the latest big breakout product to put invest-

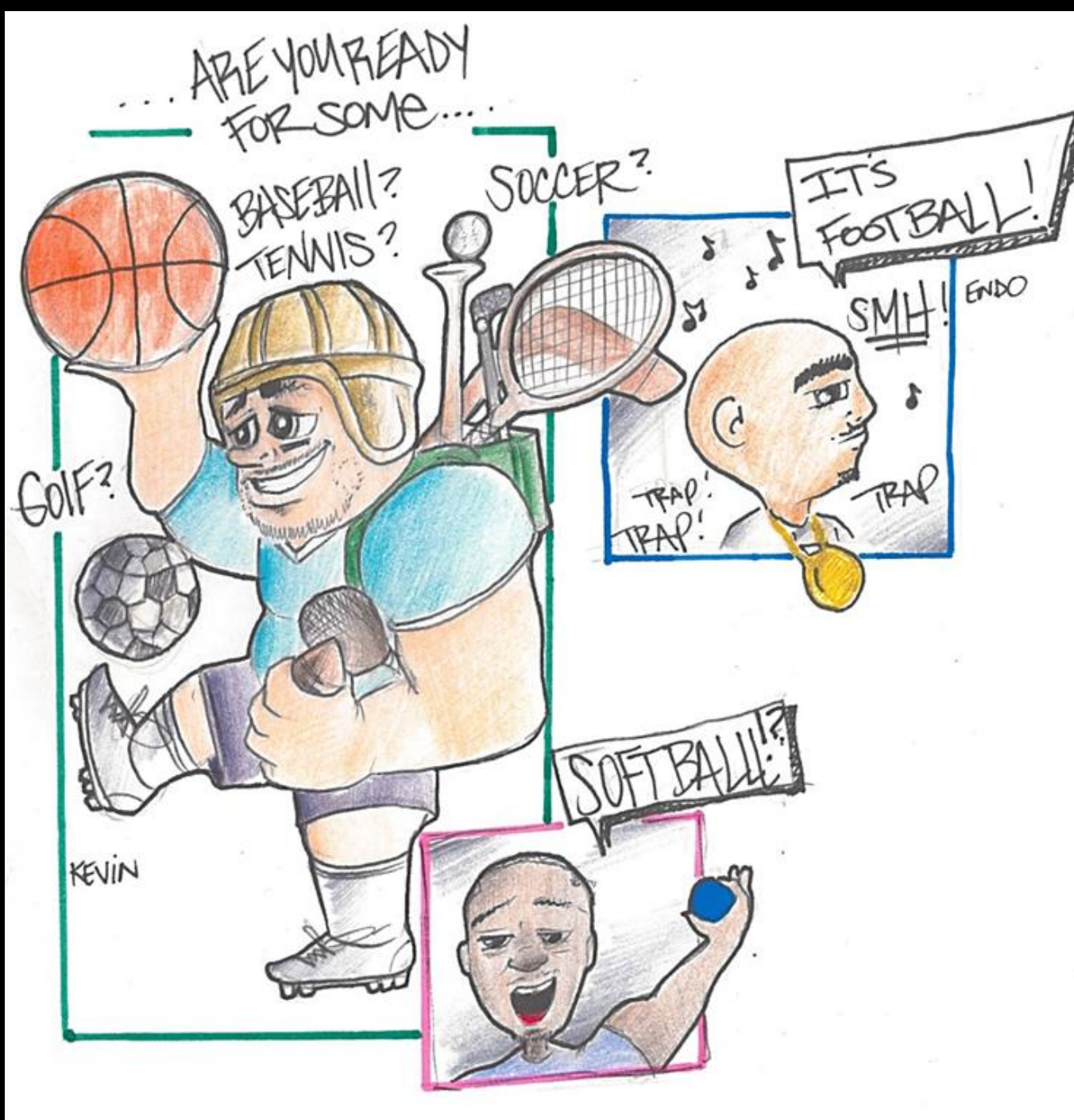








DOG DAYZ OF DYROK



DOG DAYZ OF DYROK







# BRAIN FACTS

## Anxiety and Sleep



Things you should know about...

### ANXIETY AND SLEEP

- If you are a 'worrier' you are at greater risk of having insomnia.
- Worrying about your sleep can make it worse. This may create a vicious cycle of poor sleep and worrying.
- Worrying may disturb your sleep even if you are not an anxious person.
- If you have a regular pattern of poor sleep and feeling tired during the day, you may feel less sure of your ability to ever sleep well again.
- Insomnia that began in a time of high stress might not go away, even after the stress has been dealt with.
- To treat insomnia, focus on being more relaxed and drowsy before going to bed.
- Using alcohol for relaxation may lead to worse sleep.

Being incarcerated can weigh heavy not only on those inside, it can also have a negative impact on our family members mentally and physically as well. Knowing that anxiety can cause all sorts of ailments to our body and mind we decided to share some facts relating to anxiety and sleep which we hope you find informative. The holidays are coming around, so a lot of us may be under a lot of pressure. Take the time to learn how to cope with stress and anxiety so that you won't end up in bad situations that will only elevate your anxiety and stress.

### The Most Important Things to Know About Anxiety and Sleep

If you are a "worrier", you are at greater risk of having insomnia. Worrying about your sleep can make it worse. This may create a vicious cycle of poor sleep and worrying. Worrying may disturb your sleep even if you are not an anxious person. If you have a regular pattern of poor sleep and feeling tired during the day, you may feel less sure of





your ability to ever sleep well again. Insomnia that began in a time of high stress might not go away, even after the stress has been dealt with. To treat insomnia, one of the main things you should focus on is being more relaxed and drowsy before going to bed using alcohol and nonprescription medication for relaxation may lead to worse sleep. It is a popular myth that alcohol nonprescription drugs improves sleep.

## How do I stop feeling anxious about my sleep?

It is important to understand that waking up at night is normal. Everyone does it to a greater or lesser extent. Some people remember waking up and may worry about it. Others do not remember waking up. Worrying about sleep usually makes the sleep worse. Do not think “I won’t be able to function tomorrow unless I get back to sleep”. Instead try: “I’ve been able to function on less sleep before and I will get by OK again tomorrow”. Relaxation exercises before going to bed may help. If sleep anxiety continues, a doctor should be consulted. A referral to a specialist sleep psychologist may also be needed.

## I haven’t slept well for years but don’t think I have anxiety.

You do not need to have general anxiety for an overactive mind to get in the way of a good night's sleep. It is true that some people do not sleep well due to stress in their lives. But others have mostly stress free lives, except that they worry about their sleep. By itself, this can disrupt the quality of sleep. You must aim to lower overall levels of worry or ‘stress’. Being fit and having a healthy diet also play a part in how well you sleep.

## Can alcohol help with sleep? Should I give up caffeine altogether?

Caffeine and alcohol can be bad for sleep. It is important to only have caffeine and alcohol in moderation. This will result in better sleep quality. Caffeine should be avoided for at least 3 to 7 hours before going to bed. Using alcohol to relax and de-stress before going to bed will not help your sleep. It may help to get you off to sleep, but will interrupt





# KEWANEE HORIZONS VOLUME. 57 PG. 59



your sleep during the night. Too much caffeine will make you too alert to sleep well.



## Can medication help make me worry less about sleep?



Medicines (e.g. sleeping tablets or anti-anxiety drugs) will not always work. Their effectiveness decreases with time and they can be habit forming which makes it difficult to stop taking them. The best way to lower anxiety about sleep is to try to alter how you think about sleep. For instance, you can learn new ways of dealing with being awake or with being nervous about the night falling. There are many methods to learn new ways to think about your sleep, or lack of it. These include Cognitive Behavioral Therapy (CBT) and Mindfulness. These have been proven to be effective.



## What can be done about a mind that doesn't seem to shut down?



I'm not worrying, just thinking a lot, often about mundane things. There are many things you can try if your mind seems overactive e.g. CBT for insomnia and Mindfulness. If you learn to notice when your mind is racing you can use methods to relax and aim not to feel too alert or worried. These can work across the whole day. Most importantly, don't do the thinking or worrying in bed. Many people find that setting aside a 'worry time' during the day is helpful. Choose a time during the day when you are usually free and do your worrying, thinking and planning at that time. Bed is for sleep, so if you are not asleep or likely to fall asleep, it's not where you should be. Aim to gently let go of the thoughts and not let them distract you. This is just like people living next to railway lines learn to not notice the train noise after a while. It takes time and practice but can be done.



## Can some people suffer from anxiety but sleep well?

Yes. If you suffer from anxiety it does not mean you won't sleep well. Very anxious people can still sleep well and not feel too tired or sleepy. But if the person with anxiety









# KEWANEE HORIZONS VOLUME. 57 PG. 63



**Leo:** To ensure everything is up to code, monitor investments and expenses. A partnership is only as good as the people involved. Get in sync with anyone with whom you share your money, space or time.

**Translation:** Make sure all your paperwork is in order. If you have a partner stay in communication about all aspects of y'all thang.



**Virgo:** Call on experts to fill in any missing pieces you cannot do yourself, and run a tight ship that will help you gain respect and chance to expand your interests and gain momentum.

**Translation:** It's okay to call in a professional to help get things done but stay on top of things.



**Libra:** Do what you can for a friend, even if it means spending more time or diminishing your plans. A reunion or event will give you access to someone of value. Use your charm to extract information.

**Translation:** Show up for a friend. Reconnect with a friend you might get something from it.



**Scorpio:** Don't share your feelings prematurely. Find out where others stand and process the consequences of your actions before you act. Choose your words wisely and counter negativity with opportunity.

**Translation:** Don't be too quick to open up. See where their loyalties lie. Counter that ill energy with positive energy.







# 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](mailto: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



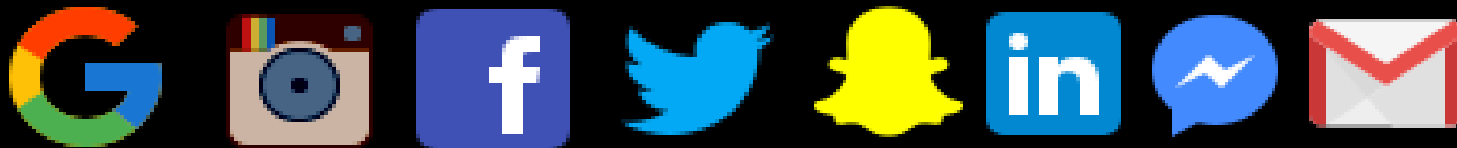
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