



**KEWANEE
HORIZONS
VOLUME. 59**



TABLE OF CONTENTS

COVER PAGE.....	1
TABLE OF CONTENTS.....	2
RESTORATIVE JUSTICE.....	3
MISSION STATEMENT.....	4
STATEWIDE CALL OUT.....	5
WOKE vs. WAKE.....	6
SHAWNEE'S SOFTBALL CHAMPS.....	8
A TALE CALLED PEER PRESSURE.....	9
THINK FIRST.....	10
THE BEGINNING.....	11
HHC-WINNERS SHOUT OUT.....	15
THE TIME HAS COME.....	18
PEER LED SHOWCASE.....	28
RESTORATION.....	29
BE ON TIME.....	30
F.L.I.P.....	32
SHARK TANK.....	38
THE DAY OF THE SHARK TANK.....	41
ADAPTATION.....	45
DEATHROW TO KEWANEE.....	46
STRONGER THAN YESTERDAY.....	49
CHANGE AGENTS PODCAST.....	53

MOTIVATIONAL SPEECH.....	57
DAYS of DYROK.....	59
BRAIN FACTS.....	60
KH MEME.....	65
HOROSCOPES.....	66
SENDING SUBMISSIONS.....	69
SOCIAL MEDIA PAGE.....	70

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.

STATE WIDE CALL OUT



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

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

Send us your submissions. We want to hear from you.



Woke vs. Wake

By: Kurtis M. Williams

Looking and pining, that words defining, in my
dictionary the past tense of wake,
wake meaning & finding, the Act of Refraining, from sleep while alert on the take.

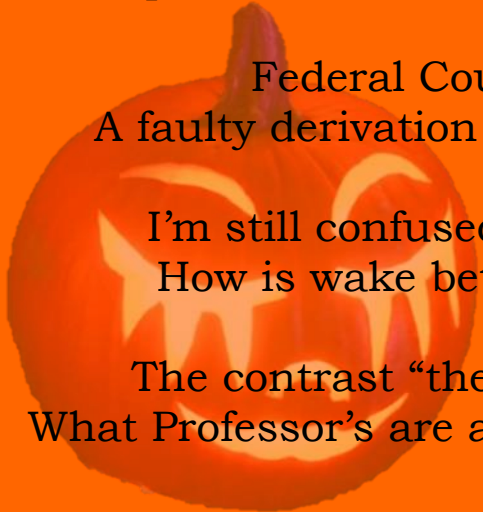
Alert after being inactive, dormant, or sleep captive, wake is not sleeping on the job.
While woke being past tense, not a wall or fence, while politics is beginning to rob.

Steal & configure, pulling 2 trigger, to a context of a word or a phrase,
“Stop Woke Act Censoring”, a phrase in measuring, while creating a constitutional maze.

Federal Courts are saying, They are relaying, that woke is a dystopian,
A faulty derivation or place, it's efficiency a waste, in context of the “wake” draconian.

I'm still confused, word misused, about past tense of a word that “woke” passed,
How is wake better, in words or by letter, if “woke” was there first with the last?

The contrast “their” saying, what is delaying, is the truth of what's said in speech,
What Professor's are allowed, to say in “the cloud”, In their class to the students they teach.





“Woke” is saying, “teach what’s true”, while “wake” dissuades you, to a textbook upon your shelf,

While negating news information, about the real plantation, of race and life and health.

Negating free speech defined, first amendment refined, to eliminate a class of life,
Transgender and gay or black, divisions under attack, but why at the base of a knife?

To “cut” divisions from left, from right in which they’ve kept since Lincoln did what he did,
The Letter of Emancipation, a freedom proclamation, from 1863 is being hid.

Hidden behind phrases, unconstitutional mazes, it’s meaning in freedom and ways,
Attacking the human condition, the human transition, as America grows in our days.

Compassion for “woke” and “wake”, for what’s real, not fake, lives they really do matter they do,
As America progresses, politics digresses the meaning of America for you.

Man against man, digression of growth a plan, of the enemy for his sake,
The truth being revealed, this political field, of the contrast of woke versus wake.

This poem by Kurtis is from his book “Poems From Within” (pgs. 261-263)





Shawnee's Softball Champs

Kewanee Horizons would like to send a shout out to Shawnee's Softball Champs. There was a total of 40 teams but in the end this is the team that got the "W". Congratulations !





A TALE CALLED PEER PRESSURE

By: Yusef K. Brown @

I couldn't keep up and temptation kept punching me in the face. Often I was looked at by society as the sly, slick and very misunderstood. They deemed me wicked. However wisdom is the best teacher. Yes I felt the peer pressure of the devil. High off drugs and trapped with doubt. As a youth I was lacking knowledge. I had no patience to learn anything. Life was moving to fast for my young mind. I had no patience for my parents wisdom, nor did I understand the severity of their warnings. Thus I preferred the illusions of the dressed up lies of the devil. I ignored the truth of my parents wisdom. It is often in the bellies of the dragon when we see the truth to be. Yeah I'm still locked up but, very inspired as an adult. I seek true wisdom daily by reading the Bible and Quran. See I know about peer pressure only after being consumed by the flames of the system that I developed patience for those words spoken so long ago by my parents. I hope my words are being understood.

Often times it is not the fruits that's nourishing to the body, but the words spoken before you consume the fruit. We got to begin to look at the true essence of the struggles we face daily in prison and on the outside. The bond becomes more about a common struggle and the desire to liberate ourselves towards wisdom. Now that's peer pressure for you. I know about the destruction of the dressed up lies of our enemies who want to keep you down. Thus is my reason for writing you so often and sharing my story. Yeah, my story of peer pressure, trauma, depression, grief and grace. I love writing about my new love too.

Be stable, keep peace within your heart and please don't give up. Yeah I still have chains on, but I don't let that define who I've become over the past 16 years in this place. Be first to listen to great wisdom within. My soul feels so free right now. I advise to talk about the peer pressure's of the world. Much love/respect



THINK FIRST

By: Melvin King

The question has been asked so many times for so many years, what needs to be done to stop the violence that's disrupting our communities? I say THINK BEFORE YOU ACT, we all are born with this organ called a brain that is used for all sorts of things concerning our bodies, but also it is supposed to be used for thinking. Positive thinking brings positive results. If people who are out using their brain for negative things turn that around and use it for positive things, this world be a whole lot better. Imagine this, if someone who is about to commit an act of violence stopped in his/her tracks and thought about what it is he/she were about to do, there would not be so much pain in most communities today. Stop and think about the families they are about to destroy, the victims and theirs, stop and think about the children they are about to hurt, the victims and theirs, stop and think about friends that will be affected by this act of violence, the victims and theirs, stop and think about the communities that will be affected, the victims and theirs. People who commit acts of violence have loved ones who think that they would never do such a thing, but with world we live in today you cannot put anything past anyone. You have children out there playing with guns and most of the guns they have are coming from their homes, from under the bed where someone thought it would never be found, because someone was not thinking. It's crazy how a simple accident can lead to shots fired and someone down, and most times it's an innocent bystanders, that's because someone was not thinking. Can we do better? Yes we can, mothers and fathers raise yours children right, children listen to your parents, stay out the streets and in school, and most important, THINK FIRST, life would be so much easier if we just THINK FIRST.



THE BEGINNING TO MY KEWANEE JOURNEY

By: Nick 'P-Town' Wotton



The Beginning To My Kewanee Journey. First off I would like to take a moment to thank everyone who put their time and effort into reviewing my submission letter. And those who ultimately accepted me into this amazing program and opportunity that I once thought would never happen for me. My last few years being in IDOC custody never ever happens to me in a positive way while in their facilities.

So, here goes... I was sentenced to a 15 year 50% prison sentence. In march of 22, being held with no bail due to a parole hold for violating parole, I was shipped to NRC on April 1, 2022 Saturday Stayed in Stateville NRC for 58 days. May 27th I get that famous brown bag with K-25 written on it. Then I realized I'd better get situated and settle in.

Long story short. It took 9 months to finally get into the dietary dept. and start knocking this time I had to do, down. I filled out the Kewanee KLSRC form in early October of 22. I got a letter stating if I had more than 3 years and less than 7 years I would be put on a list. Not a waiting list but a list. I got this letter on October 28, 2022. Being surrounded by so much negativity still, I thought again. IDOC always denies me, never picks me, or over looks me. Thinking for sure I would never be one of those few people out of the approx. 28,000 people in IDOC. So, I did what I could and just dealt with day in and day out of a "disciplinary" prison. Until Aug. 14, 2023 my life changed.

I was getting ready for my daily routine. I hear "Wotton, pack your s*** and go to B of I,



clothing and property.” I’m thinking ‘WTF’ where am I transferring to I haven’t put in for a transfer. I was upset being it took so long to start getting good time, where was I going? I had forgot about the submission form for Kewanee. After a few minutes of confusion it came to me. I said, “cellie I’m going to Kewanee.” I instantly got emotional.

I packed my things, went to those few places and then went onto work. Worked my normal shift. Then went back to 1 house and was told to go to receiving. That was a Monday so Tuesday comes. I was supposed to have yard @ 7:45am. I woke up and they never called yard. The facility was on lock down. So, here I’m , waiting, trying to sleep. Couldn’t sleep @ all day or night. I felt as if I was waiting on MSR.

The next day. Wednesday finally comes and I close that chapter, and Mt. Sterling was in the rear view mirror. We stopped in Jacksonville to pick up a few people and then we headed to Lincoln to get on another bus. I was told to get on the East Moline bus. After a few hours we leave. Stop and drop off two @ The Hill. Then we were KLSRC bound, finally.

An hour later we were pulling in to KLSRC. Automatically I see fences and barbed wire. Thinking d*** they (inmate twitter) lied, I heard there were no fences. Then we exit the bus, still feeling some type of way another individual says, “What I was thinking. ‘WTF. They told us there wasn’t any fences and where are the inmates?” so, I looked around and didn’t see anyone but a couple of officers. My negative thoughts instantly thought, “damn they tricked me again. This place isn’t what the tablet talked it up to be nor what I have seen.” Man was I wrong.

We entered a door that said intake and there were a handful of guys that welcomed us and shook our hands. First one was T.Y. (Mr. Delaney) and he handed me a real ink pen. I been doing all my writing for the past 15 months with a seg-pen. Real ink pens were forbidden and taken where I just came from. He then said something like, “Welcome to Kewanee I’m T.Y.” Next Poke/Diesel said the same thing so on and so on. They were all super polite and kind. I thought to myself, “what the hell another individual in custody being nice to me, let alone one



but four of them.” These guys got to be getting paid (They are not, it is all volunteer) or something to act like this. But it continued on with the C.Os, Sergeants, and Lieutenants. We all sat in a bull pen, got checked out by a nurse then was told the Warden wanted to talk to us. Again, I thought, “Oh crap! He is going to tell us or me there was a mistake to get back on the bus and this place wasn’t for me and IDOC made a mistake.” was I ever wrong again. He took us to a court yard and we all stood against the building then he laid it all out there– what KLSRC was all about. That we would have free movement from 5:30am to 9:30pm. That the food was hot, tasted excellent. That they have cookouts, baseball tournaments, daddy daughter dances, days w/ dad for sons, and 90 for 90 good time. That we could go to the dinning room freely during open hours, commissary Monday thru Friday, and that the yard/gym are open almost all day. That we leave our cell doors open and no one will steal our belongings. That we could use the telephone whenever we have time. That we can take our tablets any and every where in the facility. Just cannot have them on during classes and things like that. We can go almost anywhere without our blues on except for health care, school, chow and things like that. There’s a program where guys leave the facility daily to go to work in the public. All that he ask were a small few things not to do. Small things to a giant. Meaning all this freedom just do these few things. It overwhelmed me to be honest. I wanted to breakdown and cry like a little boy right there. Warden Carothers said, “You 16 guys got the Willy Wonka's ticket. Now it’s your choice what to do with it.” I was still skeptical. Here it is 13 days later and he wasn’t lying. Everything he said was true. And I yet to meet anyone that hasn’t been anything but caring and eager to help me. It seem to still amaze me and blow my mind on how kind and thoughtful everyone is. Just for example; My b-day was on Tuesday August 27th, last Sunday. I seen Mrs. Scott, Friday leaving lunch she said, “Hey, Mr. Wotton have a nice 40th birthday Sunday.” Totally took me by surprise and blew my mind that she knew my b-day for one, that



she knew how old I was turning to and that she took time out of her day to come find me and wish me happy birthday. From that moment on I had absolutely no doubt in my mind that I was in the right place. These people care, they make it a priority to know each and every one of us by name and they bend over backwards to make sure we get all we can out of the program here. I'm so very grateful that I'm finally able to learn skills to be able to become a productive member of society again. And they (individuals in custody and staff) are so eager to help/push me to become that person.

Again thank you to all that has helped me and allowed me to enter this program. I am going to make it my own personal mission to pay it forward and help anyone anyway I can while I'm here. So, those of you read my this thinking, "It never happen to me, they won't pick me." Please don't let those thoughts discourage you. Talk to your IDOC counselor and see if you're eligible and submit a form. This place is truly a life saving/life changing opportunity that I wish every other brother and sister in the IDOC would be given the opportunity.

"SOMETIMES WE NEED TO GIVE OURSELVES REMINDERS THAT
WE'RE DOING A GOOD JOB WITH OUR TRANSFORMATION."

'I DESERVE THE RIGHT TO REWARD MYSELF'

- ANONYMOUS

Running in Recognition

On September 24, 2023, KLSRC held “The Speedy Gonzalez Challenges” which consisted of two events; a 40-yard dash and a relay race. Kewanee Horizons would like to send a shout to all of the participants that competed as well as the volunteers that took their time to make sure that everything was accurate:

VOLUNTEERS

Darren Anderson	(Y21962)	(Stat Official)
Andrew Maxwell	(B04031)	(Lane Official)
William Anaya	(R24747)	(Time Official)

During the 40-Yard Dash Challenge, each of the contestants were given three (3) chances to run their fastest and post their best time. The contestants and their times are as follows:

Well, as you can see from the times posted, Mr. Ware was número “Uno,” **CONGRATULATIONS!!!**

CONTESTANTS	1ST ROUND	2ND ROUND	3RD ROUND	BEST
Jeremy Miller	7.28sec	7.28sec	7.16sec	7.16sec
Joshua Hernandez	9.24sec	7.07sec	7.16sec	7.07sec
Juan Figueroa	6.90sec	6.72sec	6.83sec	6.72sec
Matthew Wall	7.02sec	7.00sec	6.94sec	6.94sec
Luther Ware	6.84sec	6.69sec	6.84sec	6.69sec

The KLSRC community would also like to thank all of the participants that competed in the Speedy Gonzalez Relay Race. There were even some guys that participated in both events which showed their grit. These were the two (2) teams that competed:

- **Team Ram Rod:** Jeremy Miller, Joshua Boxdorfer, and Trino Osorio
- **Team 2 Fast & 2 Furious:** Max Aguilar, Juan Figueroa, and Joshua Hernandez

This was a race where each team member would be running one (1) lap around the yard in relay style...meaning that after an individual's lap, they would pass the baton to their teammate. This process would continue until each member has completed their lap, with each team completing a total of three (3) laps. The team with the fastest time would be crowned champions, with bragging rights until next year. Wonder how things ended when everyone crossed the finish line?

Well, **Team 2 Fast & 2 Furious** ran a great time of 4:44:64. However, they were ousted by **Team Ram Rod** who bested them by almost five seconds with a time of 4:39:96. Wow! **CONGRATS TO TEAM RAM ROD!!!!**



***RUN
YOU DELICIOUS
LITTLE MOUSE
RUN.....;
GRRRRRR.....***



HISPANIC HERITAGE MONTH WINNERS



SOCCER WINNERS



**3PT. CONTEST
WINNER**



**BEAT DA JAM 2
WINNERS**

**Handball
Champs**



SPEED CHARADES WINNERS



**Spades
Champs**



FAMILY FEUD WINNERS



**HOMERUN DERBY
WINNER**



**40-YARD DASH
WINNER**



"The time has come"

By: Tiiyon T. Byrd

It seems like yesterday that I was just sitting in the county jail trying to figure out how I was going to serve a 34 year sentence behind bars at the age of 18. I can recall having continuous dreams of being released from prison, and while having those dreams, I'd be fighting with myself in my sleep telling myself that it isn't real, but somehow my brain figured out ways to make it seem real. Waking up after having those dreams used to be tough, I'd often find myself in a state of depression, but eventually I'd get back to normal. Throughout all of the years that I've been incarcerated, never had I imagined me being where I am today. As we all do, (those of us that are doing time), we go through a lot and have to deal with a lot. Prison pretty much teaches you to numb yourself and also handle things head-on versus trying to ignore them. Doing time also teaches you a lot about yourself, your strengths, your weaknesses, your capabilities, your faults, etc. Thinking back to the person I was prior to being incarcerated, it's crazy to say, but I don't and can't relate to that person what-so-ever. I've grown so much and have accomplished more than I could've ever dreamed of. That's definitely not meant to say that "prison works", because I don't feel that way at all.

Not all of us are afforded the same opportunities as others which plays a major role on where we end up during, and after serving time. There are many of us that wake up in toxic and hostile environments every morning, which is never good for anyone's mental state. Having to be on edge 24/7 doesn't really give you time to think straight or focus on the things that are important when it comes to truly rehabilitating yourself while serving time. I say that to say



that I feel for everyone that has gone through that, and is currently still going through that. At the end of the day though, each and every one of us has it in our power to be better than we were the day prior and work on correcting our thoughts and behaviors. One of the things that I hope to accomplish when I get out is to make sure that there's more programs and resources for those of us that are doing time so that we're not just sitting in a cell waiting for the days to pass.

I feel more connected to everyone that's doing time because we're all going through the same struggles daily. Though there are some facilities that are better than others, we're still all doing time and away from our loved ones. The number one thing that I want to stress to everyone, and I said this before many times, if you want better, you have to do better, you have to think better, and you most definitely have to prove to others that you want better. Nothing in life ever comes easy, and quite honestly, you shouldn't want it to. I believe that you appreciate things more when you have to work for, and earn them...again, that's just my opinion. Nevertheless, when it comes to doing time, I hope that everyone has reached their breaking point, that no one wants to return to their old ways of living life. I remember at the beginning of my incarceration, I would occasionally go on court writs because I was still fighting my case, and year after year there would be so many things that have changed in the outside world that it almost became unrecognizable. Surely after these last 13 years that I've done, the world has changed drastically, although there are some people that claim that it hasn't changed too much. I laugh at that because they have no idea what our reality is behind these bars. Some of us are stuck in time, whichever time it was that we became incarcerated.

Of course being in a facility where you're locked down all day everyday with no schooling or programs definitely makes it hard to advance yourself in many ways. With that though, there are many agencies all around Illinois and outside of Illinois that are working on changing that. Those that have been doing time for a while know all too well that things definitely move a little slower when it comes to those kinds of things. What I can tell you though is that



the more people that get out and join the fight for change, the better the chances of things moving along will be. It's not just about those of us that are released from prison that need to help with supporting change, its also finding people to buy-in to the ideal that the prison system needs to change. There are a lot of people that have no idea what goes on behind these walls. It's not always about trashing IDOC either, its about enlightening people of the simple things that are pertinent to our rehabilitation, which is the fact that we need more programs and educational opportunities and to be better aware of resources that are out there for the incarcerated population. That's exactly what I plan to do when I'm released, fight for every single one of you, and I hope that when the day comes for you to be released, you do the same. I have been so blessed during my journey through prison, despite the many times that I've slipped up.

I've always been a firm believer in "everything happens for a reason". There were many times that I'd battle with myself about that belief, but at the end of the day, that's what I believe. We go through the things we go through in life for a reason. Sometimes we're able to learn from those things, and sometimes we have no idea (at that moment) why something happened. I can assure you that one day you will understand why, or at least be able to draw your own conclusion as to why it happened. That's human nature isn't it? We all have to have a reason as to why something is, or why something happened. Whatever the case may be, we're all in prison for something, and we know that reason. We can either choose to make excuses, or come up with solutions to whatever it was that our problems are/were. Believe it or not, there are many people inside these prison walls that want to see us succeed. I can attest to that because there have been countless people that have gone to bat for me many times.

I just want you all to know that it's important to keep hope alive, and to be patient, because without a doubt, things will get better. Don't expect things to get better if you're not putting in the work to make it happen though. There is no magic tricks in IDOC, meaning don't expect things to just fall in your lap. Don't compare yourself to others either. Don't as-



sume or think that just because someone was able to do something you weren't, or got something that you didn't, that you're entitled to the same, because that's not the case at all. I've seen it happen too many times where people get caught up in worrying about what "other" people have, or have been able to do. Focus on yourself, bettering yourself, helping others, and doing everything in your power to ensure that you'll never be in a position that'll land you in prison again.

Coming to Kewanee was an absolute blessing for me, nothing short of one. Since I've been here, staff has been kind, welcoming, helpful, and very understanding. That's something that I wish I would've been able to experience the entirety of these last 13 years, but I'm grateful that I made it hear regardless. Being around people that actually care about you and want you to succeed is a feeling that is beyond appreciated. I've had the benefit of being able to witness staff and the Warden's literally change people's lives by simply delivering good news to them, and each time I see that, I smile from ear to ear. These are simple things that their jobs require them to do, but it's life changing for those of us that are receiving the "good news". I wish that everyone can get the Kewanee experience, because it's beautiful, and it's very much needed. I'm very grateful that I had the opportunity to meet everyone that I've met here, and to also be a part of everything that I've been blessed to be a part of.

I will never forget the people that have been good to me, and I hope you all know who you are. To name a few, Warden Carothers, Warden Jones, Mr. Warnsing, Mrs. Scott, Mrs. Mead, Ms. Rowan, Mr. Price, Mr. Afolabi, Mr. Lindstrom, Lt. Barnes, Mr. DeGroot, Lt. Nolan, Lt. Ramage, Lt. DeCoster, Mr. Berenger, Mrs. Trigg, Lt. Martinez, Major Haime, Mr. & Mrs. Kostman, Mr. McKenna, Mr. Kitterman, Mrs. Baker, Mr. Kuster, Mr. Ross, and Lt. Schueneman. I may have missed a few, but you all know who you are. For everyone that I just named, please know that I truly appreciate you all. I'm going out to the world to give as much as I can, and to teach people to love one another and quit being so damn judgmental and hateful. We all have one life to live, there's no reason to live it being mad all the time, or wasting energy disliking



people for no reason.

For those of us that incarcerated, if we want people to give us a second chance, and to view us differently, we have to be the ones to lead by example. We can't want something that we're not giving ourselves...just remember that. This isn't a goodbye, simply a see you again soon! To everyone, please keep your head up, breathe easy and take care of yourself. Know that you now have someone else out there fighting for you, I hope that brings you some kind of peace. As always, I leave you all with love and well wishes!













*Be more concerned
with your charac-
ter than with your
reputation.*



*Your character is
what you really are
while your reputa-
tion is merely what
others think you are.*

-John Wooden



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.



RESTORATION THROUGH TRANSPORTATION

By: Keith "Aquil" Talley

The Kewanee CDL Group®, a 12-week peer-led CDL study group at Kewanee Life Skills Re-entry center hosted an empowering event for the entire campus. The outside guest speaker for the event was a formerly incarcerated citizen who had been confined for 26 years in IDOC. Since his release, he has not only successfully navigated the inherent challenges of reentry, but with GOD-centered determination, he has demonstrated resoundingly that those impacted by the criminal legal system not only have worth, but are a value added to the community at large. In seven short years, Rolando Araujo has obtained certification as a welder, driven over-the-road as a commercial truck driver, founded a transportation company, all the while volunteering with social service agencies specializing in prison re-entry.

The collective enthusiasm and synergy in the auditorium could be felt by all. The extended and robust Q&A period revealed that this event was just what the doctor ordered, as everyone departed just a little bit more informed, inspired and inspired.

As the senior study group facilitator and event co-organizer (w/Ronnie Carrasquillo), I was almost moved to tears by the restorative display of **PEER POWER!** Make no mistakes, we have the capability, responsibility and duty to motivate, educate and nurture each other. Shout out to the powers that be for helping us— to help ourselves— that we may help others.





BE ON TIME

By: Ronnie Carrasquillo

A special guest speaker Rolando Araujo; a Professional Truck Driver, Hospice Volunteer, Certified Welder, Company Owner, Community Activists – Service Volunteer and Man of Faith came to spend an afternoon at the KLSRC in order to enlighten the population about the ins & outs of the Trucking Industry.

The event was brought forth by the CDL Group and its Peer Led Facilitator Keith Talley. There was a vast amount of diversified knowledge given to the attentive audience. Rolando spoke of the many different aspects of trucking. He spoke of all the things he had to go through to get in the Trucking Industry, due to him having spent 26 years incarcerated. One staple statement he emphasized on was; if you don't get your load to its destiny on time – you won't do good in trucking.

It was interesting to hear his strategy of planning, from having a good Accountant, to having money set aside for maintaining the truck, to counting and monitoring the fuel cost per year, down to the dollar per mile that he demanded as his rate to move loads from place to place.

The facts of how much revenue is involved in Trucking peaked many interests. Sounds like a business venture to pursue.

The CDL Group thanks Warden Carothers and Warden Jones for approving the event which may have changed someone's life plan.

APPRECIATION





By: Brian Lehnert

When re-modeling or flipping a house, it is important to re-tile the floors, showers, bathrooms, backsplash, patio, countertops, walls, and whatever else needs tiling. So it is important that you know and get familiar with different tiles, what their made of, and their purpose. There are so many styles and designs, knowing where and what type to use is vital.

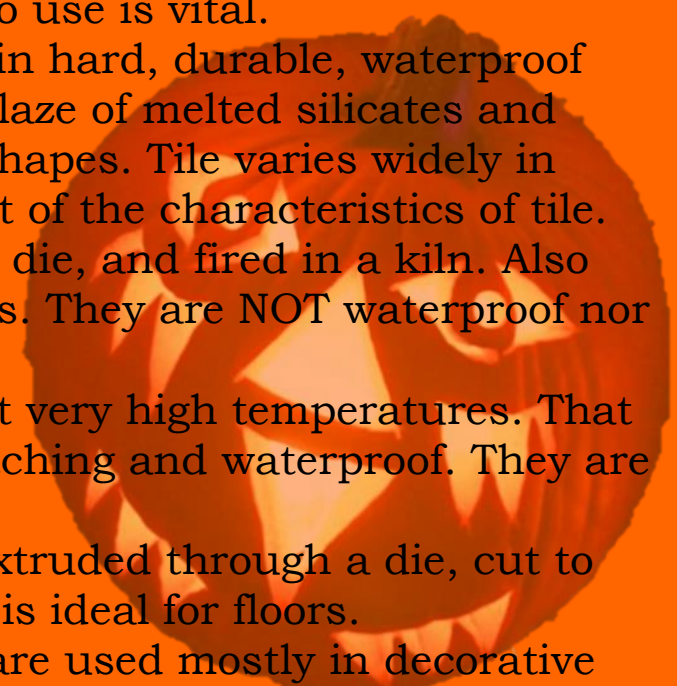
Tile was originally clay fired at high temperature, resulting in hard, durable, waterproof building materials. Tile was plain or finished with a decorative glaze of melted silicates and dyes. Today, tile includes cut and polished stone and concrete shapes. Tile varies widely in physical properties and in its suitability to projects. Here is a list of the characteristics of tile.

• **Glazed tiles**- Are generally machine made of clay, pressed in a die, and fired in a kiln. Also have a decorative surface coating of fused glass and metal oxides. They are NOT waterproof nor tough enough for traffic, so they are intended for walls.

• **Porcelain tiles**- are made of highly refined clay and are fired at very high temperatures. That makes them dense and hard, and highly resistant to wear, scratching and waterproof. They are not very colorful though, so not good for decoration.

• **Quarry tile**- originally was quarried stone, but today its clay extruded through a die, cut to size, and fired in a kiln. It is a hard, unglazed, low-cost tile that is ideal for floors.

• **Terra-cotta tiles**- are water absorbent and not durable. They are used mostly in decorative





indoor applications.

• **Natural Stone**– includes granite, marble and slate, and is available in polished (glasslike), honed (matte), and tumbled (rough) finishes.

• **Cement –bodied tiles**– are made of mortar, not clay, and cured, not fired. They are durable and waterproof, and can be used outdoors.

• **Ceramic Mosaic tile**– is clay-based tile 2 inches square or smaller. Small tiles are held together in sheets to facilitate setting.

• **Decorative tiles**– are generally glazed and decorated by hand; characteristics are similar to those of wall tile.

• **Ceramic tiles**– Any tile made of clay or other nonmetallic minerals and fired at above 1,800 degrees F.

There are many tools you will need in order to complete a tile job, these include:

Measuring & Laying Out:

- Chalk Line
- Framing Square
- China Marker
- Tape Measure
- Combination Square
- 4-Foot Level

Cutting & Shaping:

- Carbide (Glass) Bit
- Carbide Hole Saw
- Carbide-Grit Rod Saw
- Rotary Grinding Tool
- Snap Cutter
- Tile Nippers

Clean-Up:

- Clean, Soft Cloth
- Round Corner Sponge
- Non-Abrasive Pad

Removal:

- Bricklayer's Chisel
- Claw Hammer
- Cold Chisel
- Grout Saw
- Point Punch

Protection:

- Ear Plugs
- Knee Pads



- Wet Tile Saw

Setting & Grouting:

- Caulking Gun
- 1/2-inch Drill
- Foam Paint Brushes
- Grout Bag
- Grout Float
- Margin Trowel
- Notched Trowel
- Mortar Mixing Paddle

- Rubber Gloves
- Safety Glasses

Trowel Size Guide:

- 3/16 V-Notch Mosaic Tile
- 1/4 V-Notch Wall Tile
- 1/4 Square-Notch Floor
Marble & Granite
- 1/4 x 3/8 Square-Notch
Lug Backed Tile
- 1/2 Square-Notch
Sattilo Tile/Cleft Stone

Adhesives, Grouts, and Sealers

Tile projects require three materials: Adhesive(generally thin set mortar, sometimes silicone) to adhere the tile to substrate, grout to fill the joints between the tiles, and sealant to prevent the tile grout from absorbing water or stains.

Thin-set Mortars– Use as adhesive to set tile on cement backerboard or concrete. Mix with water or latex adhesive.

Latex additive– mix with thin-set mortar to increase flexibility, adhesion, and water resistance.

Sanded grout– is grout containing sand, which increases strength and decreases thermal expansion and contraction of the joint. It is used to fill tile joints over 1/8 inch wide.

Unsanded grout– a cement based dry powder, mixed with water or other liquid, to fill the joints between tile. Used to fill tile joints less than 1/8 inch.

Penetrating Sealer– penetrates grout and porous tile and stone to protect against water and stains. It also increases slip resistance.

Project Planning



Planning is the key for every project. Two factors make this especially true for tiling. First, when you start to spread the mortar, you have a limited time before the mortar sets up. Second, undoing a mistake is not a matter of pulling nails and refastening; it is a matter of destroying and throwing away tiles, and beginning all over again. planning your layout is the most important step before starting a new project.

Dry thin-set mortar is mixed with either water or a liquid-latex additive. The mortar is stiffer and heavier than paint, so use a mixing paddle designed for mortar or grout to mix it using the proportions recommended by the manufacturer.

Tips for setting tile:

• **Wipe down the backer board**– before spreading the mortar, wipe down the backer board with a damp sponge to remove any dust. Begin near the center of the room spreading enough mortar to cover the area bounded by the set of layout lines (8 to 12 square feet).

• **Pick up the mortar**– use the flat edge of a square-notch trowel and apply the mortar, pushing it into the face of the backer board to establish a good bond. Make a layer 3/8 to 1/2 inch thick.

• **Comb the adhesive into straight lines**– Hold the trowel at 45 degrees to the floor and push the teeth of the trowel to the backer board. The size of the trowel notches should be the same as the thickness of the tile.

• **Lay the first tile**– after applying and combing thin-set over the area within the set of chalk lines, lay the first tile at the intersection of two lines. Slightly twist the tile back and forth to embed it in the adhesive, and slide the tile into its final position. Some tilesetters then tap the tile lightly with the wood handle of the trowel.

• **Check the adhesive**– Remove the first tile to inspect the mortar on its back. The tile should be completely covered with mortar. If it has only parallel ridges, the bed is not thick enough; switch to a trowel with larger notches.

• **Keep the mortar sticky**– as you set the tiles, occasionally touch the mortar to see if it is sticky. If it doesn't stick to your finger, it won't stick to the tiles. Scrape it off the backerboard



and reapply a fresh batch of mortar. When the mortar bed is thick enough, butt the edge of the second tile against the edge of the first, rotate it down into position, twist it slightly back and forth, and insert the spacers.

•**Level the tiles**– after setting all the tiles in a section, lay a short piece of 2x4 on the tiles and tap lightly with a rubber mallet to level the tiles and to bed them firmly against the adhesive.

•**Remove excess adhesive**– Use a spacer to clean the joints and wipe the faces with a damp sponge to remove the excess.

Back-Buttering the tile:

A thin, combed adhesive bed requires that the back side of the tile is flat and fairly smooth. If the tile is warped or uneven, as is often the case with terra cotta or rough stone, you should back-butter the tile. Comb the adhesive on the setting surface with a square notched trowel as usual. Then spread and press a small amount of adhesive on the back of each tile with the flat side of the notched trowel. This accomplishes 2 things: first, it ensures maximum adhesion because both of the surfaces are wet completely. Second, it creates a thicker bed to fill irregularities.

Grouting

Grouting is the process of filling in spaces between the tiles. Grout comes in powder form in many pre-mixed colors. Grout that is different color than the tile emphasizes the design, while grout and tile the same color makes the design recede. If you need more than a single bag of dyed grout, premix all of the bags to assure a uniform grout color.

STEPS:

- 1) **Mix the grout**– with a margin trowel. Let the mixed grout slake (rest) for 10 min to let the dyes develop; then re-mix.
- 2) **Spread grout**– in sweeping arcs with a rubber grout float held at a shallow angle. Press the grout into the joints, filling them completely.
- 3) **Remove the excess**– grout with a grout float held at a steep angle. Sweep the float diagonally across the tiles to avoid dipping into the joints.



- 4) **Test the grout**—with your thumb before cleaning the tile. The grout is set when it leaves no impression.
- 5) **Wipe the tiles**— with a damp sponge (wring dripless) to remove grout residue. If the residue resists, use a scrub pad, but avoid scrubbing the joints.
- 6) **Remove the haze**— immediately, do not take a break. First, wipe the haze with a damp cloth, then buff the tiles with a clean, dry cloth.
- 7) **Damp cure the grout**— by misting it twice a day for three full days. Damp curing maximizes the strength of the grout.
- 8) **Apply tile and grout cleaner**— with a sponge, then scrub the surface with a stiff brush. Rinse thoroughly and let the floor dry before applying the sealer.
- 9) **Apply penetrating sealer**— after the grout has damp-cured a minimum of 3 days. Apply 6-8 sq. ft. of sealer with a sponge and wipe up the excess before the liquid dries.





SHARK TANK

@ KLSRC



By: Andrew Suh

After a lengthy multilevel course curriculum sponsored by “***Freedom from Within***”. Nine graduates of the **Transformational Rhythms**, at the KLSRC had an opportunity to experience what it feels like to sit in the proverbial hot seat of a real life “Shark Tank” like Pitch competition. Moderated by Cliff and Sue Parrish from ***Freedom from Within***, volunteer members (SHARKS) from the business community came to the Kewanee Life Skills Reentry Center to listen and critique the pitches of these hopeful entrepreneurs.

The novice entrepreneurs spent months studying the curriculum, spent weeks creating their ideas and many sleepless nights practicing their final pitches. Early Saturday morning surrounded by a gymnasium of their peers and two tables filled with sharks (business professionals), they pitched their ideas for their respective businesses.



They had ten minutes to sell... sell... sell. Going through their business models, they provided a flurry of projected earnings and costs numbers, projected growth, future scalability models, sharing their knowledge of their business models; they poured their hearts out and most importantly they had the courage to put themselves out there to be critiqued. Then the true test was upon them; for the next ten minutes; one by one, the Sharks fired off difficult questions and in true entrepreneurial form these men thinking quickly on their feet responded without hesitation. They believed in their ideas and it showed. Confronted with the pressures and stresses of this cross-examination the entrepreneurs did not flinch and came through like seasoned businessmen. In this sea of Sharks, the entrepreneurs were faced with sink or swim and when the pressure was on, they showed their mettle. They rose to the occasion and shined like the successful entrepreneurs they are destined to become.



On this day where business ideas were presented and business models were evaluated for viability nobody lost, because everyone present was able to witness the potential of the men involved with this program. Nonetheless, there will always be some ideas and business models that will shine above others. The following are the Honorable Mention participants in no particular order:

- **Ronnie Carrasquillo** is a Not-for-Profit Entrepreneur of **H.U.B.** Foundation (Help us Build) **Mission** –an information center for individuals in custody and their families.
- **Mike Lee** is the Not-for Profit CEO of **Matthew 25:40.**
Mission: to provide affordable housing.
- **Chad Combs** is the CEO of **Combs' Cars.**
Mission: to provide affordable auto care with integrity.
- **Shondell Walker** is the CEO- Intrapreneur for **Path Forward** a Non-Profit organization.
Mission: to place reentering citizens back on the right path.
- **Antonio Aguirre:** Founder & CEO of **Eventgurus.Com** (For Profit Entrepreneur)
Mission: A virtual one stop shop, event planning company offering its members a quick and



easy guide for customizing any form of event by providing a network of businesses supplying a variety of options to meet specific needs and services

- **Evigan J. Marcos** is The Founder & CEO of **GOLDEN FUSION**, a Christian owned small business that sells salads and Cheesy fries.
- **Mission:** To promote healthy comfort foods. Reminding humanity of a balanced life and God's love. Promoting healthier eating while giving a taste of moderate happiness with a peaceful satisfaction and a modern day twist.

The final three finalists are:

In 3rd Place Cody James is a For-Profit-the CEO of **Property Management Professionals**. Mission – Manages and maintains developed or underdeveloped commercial and residential properties.

In 2nd Place J Miller is a For-Profit CEO of **New Leaf Lawn Care**
Mission - Break the stigma that follows ex-cons by providing quality affordable services with integrity.

The winner of the 2023 Shark Tank at the KLSRC is **Paul Bosanko**. Paul Bosanko is the Director of the **Neil Bosanko Neighborhood House**.

Mission - A faith based (Christian) non-profit community center that will provide various services to senior citizens, youth, and community at large.

In closing, we would like to send a special message of gratitude for all the Sharks who volunteered their time to make Kewanee Shark Tank 2023 a reality. Dan Hennenfent - Board Member Freedom From Within, Chad Lanphierd - Entrepreneur, Bob Clinkert – Co-Author of Transformational Rhythms, Renee Togher – Azteca Foods, Raymond Howell Board Member, Robert & Robbe Hursthousp Entrepreneur. As we closed out Bob Clinkert, Looked proudly upon the graduates of this class and he shared the following quote, “Aspire to live a life worthy of your suffering.” Choking back the emotions he shared a moving anecdote of personal loss, his perseverance through tragedy and the need for us to aspire to live a life worthy of our own suffering.



THE DAY OF THE SHARK TANK



By Evigan Marcos

Hello everyone, like always I would like to open this article by sending blessings your way.

The Shark Tank event was a great success. I remember telling my brothers, “We made it! We made It!” This long journey began around the beginning of the year. Kewanee (LSRC) made this possible and received a Return on Investment (ROI) by providing a non-profit organization called “Freedom from within”. This program helps change, embrace change but from the inside out transformation. It teaches many practices and skills that help with character development, self leadership, management, growth mindset, and many more which ultimately leads to learning the skills it takes to becoming an Intrapreneur or Entrepreneur. I was blessed as well as my peers to have two wonderful awesome mentors, friends, teachers who helped us all get through this journey. Their names are Cliff and Sue. A big shout out to them, thank you for your encouragement and words of wisdom and guidance. Freedom from within stands on a verse from the Bible in Ephesians 2:10 that says, “ For we are God’s masterpiece. He has created us a new in Christ Jesus, so we can do the good things HE planned for us long ago.” (NLT)

It reminds us of the worth and value we all hold and that we





are HIS masterpiece, that HE has great things for us, that HE equipped us for those new things to come. I don't know about you but I like to be reminded that I 'm a one of a kind uniquely made masterpiece everyday. This journey began with the first class called foundations for life. Where we learned we should first build a foundation for our lives and it should be built on a rock and not sand so we can stand strong when challenge and trials head our way. We learned that most people get hired for their skills but get fired for character.

This program was a huge blessing to our lives, "it was worth my time". It added meaningful value to all our lives, not just that but my family and friends as well. It allowed me and I'm sure others as well, able to recognize and be conscious of our identity and the monumental value and worth we possess. I can only speak for myself but another plus to this program is all the Godly principles that go hand to hand with business. It makes it more powerful and authentic . It's like nothing is half truth but all truth, not diluted but rather straight drop.

I encourage everyone to take this class and share what you will learn and apply with your loved ones and friends. All these practices and skills lead up to the shark tank presentation event where me and my 8 brothers were blessed to be a part of we courageously walked in front of 7 sharks to pitch our business ideas, share out plans, mission and visions. Through a power point slide show presentation, one that I personally thought was awesome. I've never done anything like this in my life so it was an experience to have. The sharks gave us their sincere feedback and constructive criticism. Their credibility and opportunity to become one of the sharks was based on their backgrounds that they had experience in business and some had very successful businesses and the entrepreneur journey. I was blessed to have this experience and hope many more after me have it as well. It was transformative and heartfelt.



Once we all pitched three of my brothers placed. Paul Bosanko first, Miller second, and Cody 3rd, as for me and others we won as well in the victory of completing and pushing through this classes. We all gained wisdom and knowledge for sure and enjoyed the fellowship and positive energized ambiance with all.

In closing, I'll leave you all with this (ROI) return on investment. We Invest time in every area of our daily lives why not invest time in this journey we call life to become the CEO of your new life that will help you in your journey to become an intrapreneur or entrepreneur or simply character, the return is 100% life changing. Invest in you, you are worth it brother/sister/ everyone, while you have life, and time. God Bless you all. Thank you for making this possible Administration, Chaplain Your, Brothers behind the scenes that helped and our Kewanee Horizons /and LTS workers who work hard to make this platform available. Thank you all.

**"THERE IS NO USE WHATSOEVER TRYING
TO HELP PEOPLE WHO DON'T HELP
THEMSELVES. YOU CAN'T PUSH
ANYONE UP A LADDER UNLESS HE
IS WILLING TO CLIMB HIMSELF."**

BY: ANDREW CARNEGIE

SHARK TANK SURVIVORS



Ronnie Carrasquillo
H.U.B Help us Build



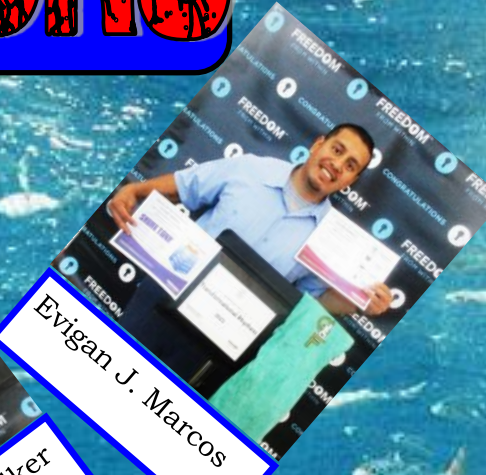
Mike Lee
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Evigan J. Marcos



Cody James
Property Management
Professionals



J. Miller
New Leaf Lawn Care



Antonio Aguirre
Event-



Neil Bosanko
1st Place
Winner
Neighborhood House

Paul Bosanko



ADAPTATION TO A NEW ENVIRONMENT

By: Harry Mulkey



I was asked to write about the adaptation to a vary new environment. So, bare with me I will do my vary best. First thing first. All the rumors you hear through inmate twitter or other sources forget them! Come here with a open mind and clean thoughts. Also come here here with the full intentions of working on yourself. For those of you that get good time, don't let that be your sole reason.

For me, hearing all the conflicting stories added to my stress about "what to expect." we hear a lot, but I sure didn't expect what I was in for when I got here. Going from Shawnee C.C. to Kewanee was a lot to take in. in other prisons we have to walk, and act a certain way. And that goes for staff as well as individuals in custody alike. But here, it is absolutely the complete opposite. Back some years ago, the upper echelon of a prison's staff would give a speech to the new individuals in custody about the prison they just arrived in. when you get here, officers greet you with care and sincerity. And shortly after arriving the warden (yes you read this right the Warden), pulled us (individuals in custody) off to the side and gave the pure unsugar coated welcome speech that I have ever heard. Oh! And Yeah, he (the warden) shook all our hands. Now you may think "so what". Well let me ask you, when was the last time that happened to you?" I'm not going to go into it all, for me within a week or so I think that I was out of Shawnee made and got into Kewanee made. The only advice I have is that if you got here and are having issues decompressing, find an fellow individual in custody, c/o, any staff, to take through it. Everyday here to help. I promise that. I hope this helps.

Thanks for your time.



FROM DEATHROW TO KEWANEE

By Andrew Maxwell

I have to keep it real. I can't take full credit for title. (Intro) Because the night before I arrived here my cell mate threw it at me and said everyone need to hear your story as I was privilege to.

Those who know me know my sense of humor will get me. Those who don't will learn it because I can be a bit long winded and rarely at a loss for words. Some of us may feel that the only people we owe are the ones who road out with us on this journey. But I personally feel that I owe the world because God gave me new life, talents, gifts, (people) blessings and a redemption story to share with the world. He not only saved my life when He took me from the streets thirty-seven years ago but He also saved others from me. So call me 'Pookie', from 'New Jack City', cause I owe people too. Many of us are Pookie, and owe people too, if we're honest. The only reason I can be honest with you right now is because I care more about what you know about me than what you think about me. That is because what we think about one another is our own personal assessment. But what we truly know is what we cared to know. The main reason why I care that you know is because I've grown proud and confident in the person I've grown to be and the person I envision myself becoming.

Okay back to the issue at hand, "From Deathrow To Kewanee." Though my journey was not as expeditious as captain Kirk in Star Trek going from one galaxy to the next. It was more taxing than from here to there. I just wanted to highlight the miracle. I started out on Menard death row to Pontiac death row where I spent almost 14 years. Then I went to Stateville population, back to Menard (pop),





then back to Stateville onto Mt. Sterling then to Danville and now Kewanee. D**n! I wonder if you got as dizzy as I did spinning that one. But unfortunately I picked up tons of bad luggage. (Psychological trauma). Some I was abreast of and some was unbeknownst to me until arriving at Kewanee. That is when the truth reared it's ugly head. Everywhere I resided, including the streets, were an unpredictable and dangerous environment. Where the possibility of losing your life was imminent—those occurrences became the norm to me. So, wherever I seen an opportunity to thrive I took advantage of it because it could mean my safety. Though I was fortunately to only get lumps, scraps and shot there were many who did not live to talk about it. For me personally the mental trauma was more damaging. I can't help not tearing up when thinking about or talking about it. I know it always exist but I did not know its magnitude until I arrived here at Kewanee.

The first thing that rocked my boat was when we got off the bus and the warden shook our hands and congratulated us on arrival. The first thing that went through my mind after that display, "What the f*@k is this?! where are the cameras and news media? Because this had to be b-s." But not only that, he came with a welcome committee of guys who resided here. Regardless of what the warden said I was programmed not to believe a d@*n word out of his mouth. The welcome committee I thought was even funnier. For those of us who are old enough this movie reference will resonate with. The welcoming committee looked like a scene from the movie, "The Body Snatchers." They looked like their actual selves but their bodies were taken over. Good movie and premise. You have to see it. It's been remade umpteen times. Black and white and in color. But there were a couple other guys who prepared our beddings. Who I knew personally from my previously facility. Whom I trust and believed. But still a little skeptical. In that moment those two brothers brought about a movie reference as well, "Fantasy Island," Mr. Rork and Tadoo; which made it hard to by into what the warden was sailing. Because it was the total opposite of anything I've been apart of. And go against every and anything I've endured. My norm, my normal. We're being challenged by what was abnormal. I never broke down when I given 105 years of the sentence of death. I was numb. I was also numb to the three separate execution dates I received. But when I seen guys walk by



my cell to be executed, that was a reality I could not escape no matter how hard I tried. I even started hoping for an opportunity to plea to natural life so wasn't killed. When I was there fourteen people were executed, fifteen died in their beds for stress caused ailments, two committed suicide and seven mentally checked out. The best I saw fit to deal with it was bury myself in the t.v. because I did not want to deal with real life. It was too scary. But now here at Kewanee I am being sold by warden's, guards, counselors and brothers that the real normal is Kewanee. This transition caused a tug of war within me. After my second day here I embarrassingly had an emotion combustion. It happened on my way to orientation. While walking down the hall this female counselor whom I didn't know by name - Ms. A ,stood in front of me and asked me was I alright. I said no and then teared up. She pulled me in to her office and talked me off the cliff. She then consulted with counselor Scott. They both brought me back to my senses because I was briefly thinking about going back to where I came from. It was because I thought this place couldn't be real. But as the days progress I am finally starting to progress with them and buy into this phenomenon better known as Kewanee. I come to realize that I've been psychologically tortured and damaged. Had I not come to Kewanee I don't know if I would have ever discovered that. All praises to Allah that I made it here before going home because I shamelessly admit that I was not ready. But each day I awake here, I believe I make a breakthrough. A step up for the step out.

FROM DEATHROW TO KEWANEE, THEN HOME!

**DEVELOP SUCCESS FROM FAILURES.
DISCOURAGEMENT AND FAILURE ARE
TWO OF THE SUREST STEPPING STONES
TO SUCCESS.
BY: DALE CARNEGIE**



STRONGER THAN YESTERDAY

By: Leo Navar



Kewanee Life Skills Re-Entry Center! What more needs to be said... Except maybe this is an amazing place with amazing opportunities for all. It's a community on to itself that brings everyone together despite our many differences. Being here and be able to experience everything it has to offer has been, (and continues to be a very huge blessing) and something I do not take for granted, one bit. I've only been here 8 months but in that short time frame I have learned so much through the many exceptional programs offered here at

K.L.S.R.C. So-much-so that I now have a big sense of confidence about getting out as my out-date nears and over coming life's hurdles (something that many of us who has been incarcerated for long we tend to lack). This amazing place has also taught me to not only value myself as a person but all others as well and doing my part here contributing to the community atmosphere. You also learn to pass it on with every new shipment. So, that all who make it here experience that same positive, happy, atmosphere. After all it is what make this place what it is...GREAT! The staff itself here in Kewanee are "amazing" to say the least. In my 29 years of



incarceration I can honestly tell you guys everywhere else that here in Kewanee you are treated with absolute respect and a kind heart. The staff here in K.L.S.R.C. truly go out their way to help you in whatever way they can. Not just because they believe in you but because they care and want to see you succeed in life. (again ... amazing & exceptional staff). Being here also allowed me to land a great job in the L.T.S. department. With a great L.T.S. supervisor Mike Louck. (Big shout-out to him for this amazing job and this awesome opportunity, as well as all his support.) Just being a part of a department like this L.T.S. which brings the community here together not only in competition, but in laughs, smiles and great times is something to behold on to itself. No matter the events whether its basketball, flag football, softball, weight lifting, running, or handball competition it's amazing to see everyone coming together and it makes this job a huge blessing. (HUGE... HUGE... Shout out to Marcus who makes all this happen as well... much appreciated my boy!) And I can't forget about my co-worker Justin "Irish Bulldog" O'Connor who contributes his all into this job teaching me the ropes everyday. Especially working the camera for the photo program. That is one of the many things that the L.T.S. department is apart of as well. With that being said I honestly hope that all or at least a big percentage of individuals in custody will hopefully at some point experience this awesome place or at least somewhere similar just because it's places like this that allow the very best to be brought out of you. which is what we need. Stay Strong Yall!

By: Justin "Irish Bulldog" O'Connor



I have been in Kewanee for 8 months now and I've worked in LTS for majority of that time. The first time I walked into our gym (Eastside Fitness) I could feel a big difference, the atmosphere was totally different. Other places the gym's are always crowded and everyone is cramped together because we had to get our workouts within a short time limit. Down here your time limit they allow us to have. Down here your time is spread out and the gym hours play a big part of that. You can start your workout go to class and then come back to finish your workout. We are blessed to be able to pretty



much make our own schedules. My boss Mike Louck, runs the gym like a community, the atmosphere is peaceful and light hearted. Respect each other and respect the weights is the gym's motto.

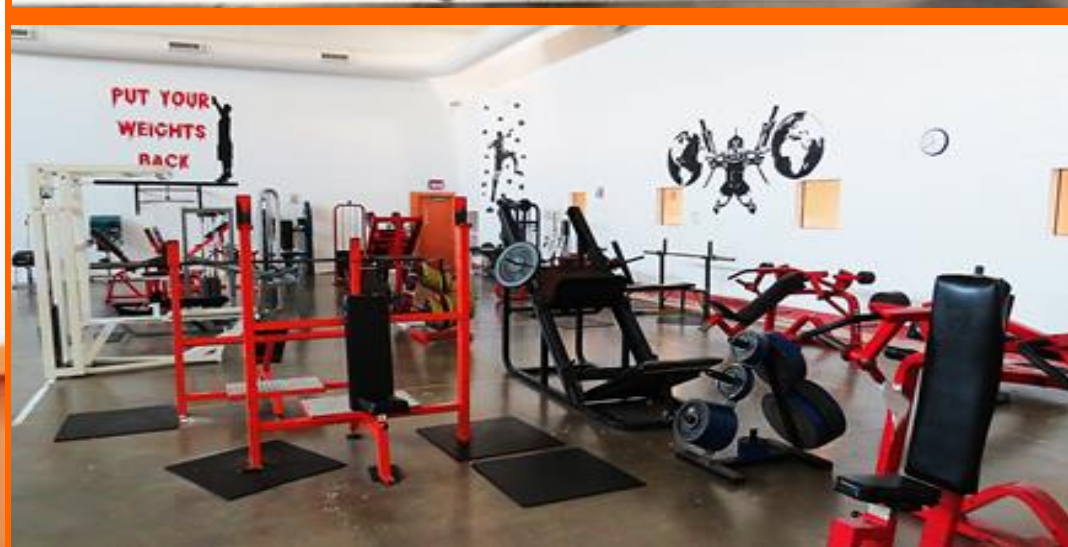
LTS is more than just working out. We have a picture program that allows me to take pictures of us and the special events we host. Learning to use a camera again after 20 years has been a great experience. At first I was nervous because I didn't want to mess up anyone's flicks. Especially the pics of family, friends, and love ones. I have grown leaps and bounds since the first picture I took. I even found out what cropping a picture means. That is a term I never heard of until I got down here. Cropping is a good tool to have because now my mindset is I can never take a bad picture. I know what it's like to have a good picture taken with family and loved ones. Pictures are our window to the world that's why I try to take every picture as perfect as I can.



The only way to ensure success is to try one more time and this place allows us to do that. They give us the tools we need to refocus our mindset so we can succeed and thrive when we get out. I encourage everyone to try and get down here and check this place out. You will be surprised at how a simple greeting like hello or good morning can change your day.



I want to give a shout to my boss & co-worker for pushing me mentally during our workouts, and to the Kewanee Horizons team for allowing our words to be heard.





PODCAST



By : Andrew Suh

Juneteenth Productions, (<https://juneteenthproductions.com/>), whose mission has been to "produce award-winning documentaries and videos since 1997, produces ***Change Agents*** (<https://changeagentsthepodcast.com/>), "Developed by Judith McCray and Maurice Bisailon of Juneteenth Productions, Change Agents is a partnership between community organizers and emerging journalists of color who are provided the tools to produce professionally crafted episodes that highlight issues, challenges and ground level efforts for change." Juneteenth Productions is currently producing its very popular season four episode of Change Agents. This segment of ***Change Agents***' podcast is based around the real life conversations and breakout sessions of the men currently incarcerated at KLSRC, who participate in DEFY Ventures program. Defy Ventures Program is a nonprofit organization committed to assisting returning citizens, transition back into free society. Defy has an extensive and intensive seven month program that covers the full gamut of how to become an entrepreneur or an intrapre-



neur. In this compressed timeline everything you need to know of how to start your own successful business “Business 101”, is distilled and the template is presented so individuals in custody will find success upon their release. The Defy Ventures mission statement is:

“CHANGE MINDSETS TO GIVE PEOPLE WITH CRIMINAL HISTORIES THEIR BEST SHOT AT A SECOND CHANCE. “



Freelance journalist Dilpreet Raju visited KLSRC to listen and record the latest cohort of future business entrepreneurs and intra-preneurs from Defy Ventures. Microphone in hand he spent the entire day covering two classes and multiple breakout sessions. Kira Kyle, Manager of Prison Programs, from Defy Ventures meticulously went through the course curriculum presenting it to two classes; the students separated into small breakout groups to discuss the viability of their respective business model and the day concluded with an intensive Q&A session, all of which was painstaking recorded for the next episode of Change Agents.









MOTIVATIONAL SPEECH



Pictures and Excerpts transcribed from: 30
Believe You Can; Powerful Motivational Speech



Until you have the taste of finishing you will not respect yourself. Until you follow through until something is done. Tears & struggles & pain & you go through it anyway & you show up & you continue to fight on no matter the circumstances. After awhile something begins to wither inside of me. Every champion has felt it. Every president has felt it. Every king has felt. Every lion has felt it. Every winner has felt it. Every soldier has felt it. Every victorious person has felt it. The URGE to quit.

DON'T YOU GIVE UP ON YOUR DREAM...

DON'T YOU DO IT.....DON'T YOU DO IT.....DON'T YOU DO IT

It may take you twice as long. You may have to take courses & classes. You may not read as fast. You might not move as quick. You might not have as much but **DON'T YOU QUIT.**



I've spoken to many people & many people want miracles. But what I tell people is when you don't get a miracle. **YOU CAN BE ONE.**

I want to ask you, what are you going to believe? Are you going to believe in yourself. You're going to believe everybody else's judgment on you? Are you



going to believe people when they say that you're a failure? If you didn't go through what you've gone through you wouldn't be who you are today...

As weak as you are. As tired as you are. As many mistakes as you made— you do make a difference. There is something that they would miss if you were not there.



YOU DO MAKE A DIFFERENCE YOU DO MAKE A DIFFERENCE

Nothing wrong with the opportunity. You not giving one 20, you giving 70, you giving 60, you giving 50. And you want what these people who've given sweats, who've given blood, who've given tears. You want what they paid for & it aint free.

You gotta speak to yourself. You gotta tell yourself. You gotta stand up or life will tear you down.



I would rather aim for the stars & not hit them. Than to not aim at all. I would rather go after it & not get it. Than not go after it at all. I'd rather try & fail. Than not try at all. I don't want to live with the idea wonder what would have happened, had I done more with my life.

KH member: I just wanted to share these motivational words because even though these words were said to inspire those in the free world it also fits what we're going through in here and having the choice to move forward in a positive way even with all that oppose against us. Like the motivational speech said, "We make a difference and don't give up on your dream." (FREEDOM)

DOG DAYS

 OF DYRK



BRAIN FACTS

CONFLICT RESOLUTION SKILLS



Managing and Resolving Conflict in a Positive Way

Conflict is a normal, and even healthy, part of relationships. After all, two people can't be

expected to agree on everything at all times. Since relationship conflicts are inevitable, learning to deal with them in a healthy way is crucial. When conflict is mismanaged, it can harm the relationship. But when handled in a respectful

and positive way, conflict provides an opportunity for growth, ultimately strengthening the bond between two people. By learning the skills you need for successful conflict resolution, you can keep your personal and professional relationships strong and growing.

The fundamentals of conflict resolution

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

Recognizing and resolving conflicting needs

If you are out of touch with your feelings or so stressed that you can only pay attention to a limited number of emotions, you won't be able to understand your own needs. If you don't un-



derstand your deep seated needs, you will have a hard time communicating with others and staying in touch with what is really troubling you. For example, couples often argue about petty differences—the way she hangs the towels, the way he parts his hair—rather than what is really bothering them.

In personal relationships, a lack of understanding about differing needs can result in distance, arguments, and breakups.

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

Successful conflict resolution depends on your ability to:

- **Manage stress while remaining alert and calm.** By staying calm, you can accurately read and interpret verbal and nonverbal communication.
- **Control your emotions and behavior.** When you're in control of your emotions, you can communicate your needs without threatening, frightening, or punishing others.
- **Pay attention to the feelings being expressed** as well as the spoken words of others.
- **Be aware of and respectful of differences.** By avoiding disrespectful words and actions, you can resolve the problem faster.

Healthy and unhealthy ways of managing and resolving conflict.

Conflict triggers strong emotions and can lead to hurt feelings, disappointment, and discom-



fort. When handled in an unhealthy manner, it can cause irreparable rifts, resentments, and breakups. But when conflict is resolved in a healthy way, it increases our understanding of one another, builds trust, and strengthens our relationship bonds.

Unhealthy responses to conflict are characterized by:

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

Healthy responses to conflict are characterized by:

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

Four key conflict resolution skills

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

Conflict resolution skill 1: Quickly relieve stress

The capacity to remain relaxed and focused in tense situations is a vital aspect of conflict resolution. If you don't know how to stay centered and in control of yourself, you may become emotionally overwhelmed in challenging situations. The best way to rapidly and reliably relieve



stress is through the senses: sight, sound, touch, taste, and smell. But each person responds differently to sensory input, so you need to find things that are soothing to you.

Conflict resolution skill 2: Recognize and manage your emotions.

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

Conflict resolution skill 3: Improve your nonverbal communication skills

The most important information exchanged during conflicts and arguments is often communicated nonverbally. Nonverbal communication includes eye contact, facial expression, tone of voice, posture, touch, and gestures. When you're in the middle of a conflict, paying close attention to the other person's nonverbal signals may help you figure out what the other person is really saying, respond in a way that builds trust, and get to the root of the problem. Simply nonverbal signals such as a calm tone of voice, a reassuring touch, or a concerned facial expression can go a long way toward defusing a heated exchange.

Conflict resolution skill 4: Use humor and play to deal with challenges

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



an opportunity for greater connection and intimacy.

Tips for managing and resolving conflict

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

- **Make the relationship your priority.** Maintaining and strengthening the relationship, rather than “winning” the argument, should always be your first priority. Be respectful of the other person and his or her viewpoint.
- **Focus on the present.** If you’re holding on to old hurts and resentments, your ability to see the reality of the current situation will be impaired. Rather than looking to the past and assigning blame, focus on what you can do in the here and now to solve the problem.
- **Pick your battles.** Conflicts can be draining, so it’s important to consider whether the issue is really worthy of your time and energy. Maybe you don't want to surrender a parking space if you’ve been circling for 15 minutes. But if there are dozens of spots, arguing over a single space isn’t worth it.
- **Be willing to forgive.** Resolving conflict is impossible if you’re unwilling or unable to forgive. Resolution lies in releasing the urge to punish, which can never compensate for our losses and only adds to our injury by further depleting and draining our lives.

ADVISORY: Because of the length for this article we will have to share the other half in the next issue. Thank you for your patience.

TO BE CONTINUED...

KOH MEME



The moment you realize the Tator Tot Casserole done crept up on you, but you gotta wait for the c/o to call your table.



HOROSCOPES



Aries: Put your adrenaline to good use and finish what you start. Don't leave yourself open to criticism because you neglected to follow your plans. Romance looks promising.

Translation: Finish what you started with following through. Pay attention to the details. Keep your heart open.



Taurus: Avoid costly ventures. Monitor your food and drink intake, and don't overspend trying to impress someone. You'll gain respect if you know when to decline and when to say yes.

Translation: Watch yo bag. Pay attention to what you spend on food, drinks and definitely don't show your pockets to flex. Respect is gain by not being a yes man/woman.



Gemini: Improve your living space. Comfort and convenience will ease stress and add flexibility to your daily routine. Surround yourself with people who support your efforts.

Translation: Fix up the place. When your castle is in order your mind is in order. Be with ppl who appreciate you.



Cancer: Share your thoughts and create a buzz. Take advantage of an opportunity to learn from an expert. Don't give in to temptation or take orders from someone who's condescending. Trust your instincts.

Translation: Put your thoughts out there. Listen to those who has experience in what you on. Don't link up with someone who look down on you.



Leo: Pay attention to what's happening around you, and you'll gain insight into what to pursue and what to avoid. Concentrate on using your skills, knowledge and experience.

Translation: Always be observant that way you can know how to maneuver. Trust in your talents, knowledge and the work you already put in.



Virgo: Tailor your day to fit your needs. Broaden your horizons; learn something new. Resist temptation and people using manipulative tactics. Concentrate on what's important to you.

Translation: Plan out your day. Think on a larger scale; pick up another trade. Don't be no send off and focus on what's important to you.



Libra: See what's new and exciting in your neighborhood and decide if you want to participate. Personal improvements will boost your confidence and offer insight into possibilities.

Translation: Hit the block, see what's good and decide if you want to get involved. Work on self, will have you walking with your head high and you'll be able to see which doors to walk through.



Scorpio: Refuse to let anyone jeopardize your chance to get ahead. Network, join the conversation and tell others what interests you. The connections you make will lead to a long-overdue change.

Translation: Don't let somebody else blow your bag. Network, get involved put your message out there. Your new connects will help you.



Sagittarius: Trust your instincts. Improvements at home or to yourself are favored. Pay attention to change going on around you. Speak passionately about your plans, but don't exaggerate.

Translation: Believe in your decisions. Making your castle and yourself are in the cards for you. Keep your eyes and ears open. Come from the heart when speaking about your plans and don't be extra with it.



Capricorn: Keep a tally of how much you spend. Be honest with yourself and others regarding your feelings. A change will give you the boost you need to liven up your life and start something new.

Translation: Watch your pockets. Be real with self and let'em know how you feel. Switch it up, refresh that thang and feed off that energy.



Aquarius: Make a point to save money. Don't rely on hearsay. Do some fact-finding legwork. Concentrate on personal growth and romance.

Translation: Stack your bread as best as possible. Don't listen to inmate twitter. Put in some work, fact check, be patient, work on self and give your significant other the time they deserve.

Pisces: Refuse to let anyone limit what you can do or say. Speak for yourself and make decisions conducive to getting what you want. You have more opportunities than you realize.



Translation: Haters go do what they do which is hate. That's their job. Be decisive on things that line up with what you're on. More doors are there than you think.



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.

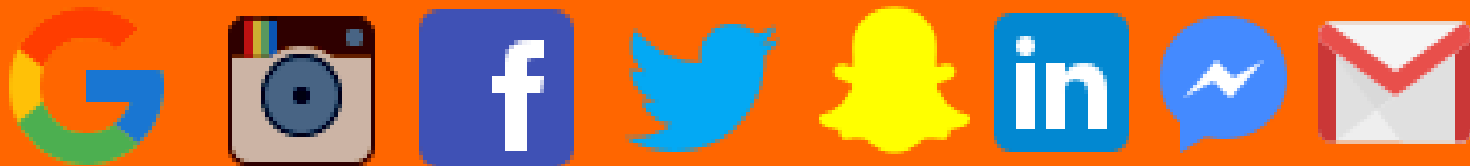
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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