

*Kewanee*  *Horizons*

*Happy*

*Thanksgiving*

*2023*



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**OUTSIDE CONTRIBUTORS**



# restorative justice

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

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

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

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

# **MISSION STATEMENT**

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

We give back because of what we have been given. We rebuild, by restoring back to a state of before our offenses. We uplift, by a conscious and consistent effort to better ourselves as well as those around us.

**Kewanee Horizons** will work to highlight the achievements of our community both on campus and off, inside facilities and outside. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives on our campus and across the state to other facilities on a regular basis. We are hoping to open the eyes to the limitless potential there is in our population, to advocate for more participation in programming, and to give recognition to those who succeed. We want to remain as interactive as possible so **Kewanee Horizons** will be picking your brains for ideas and accepting submissions to make this as interactive as possible. This publication is put together for the purpose of uplifting mind, body and spirit.

# STATEWIDE CALLOUT



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

## DISCLAIMER

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



## A CANDID CONVERSATION

The Kewanee Horizons had the opportunity to speak with Ms. Alyssa Williams, Assistant Director of IDOC; the following is the candid conversation we shared with her.

**Kewanee Horizons (KH):** What is your vision for IDOC in 2024?

**Assistant Director Williams (ADW):** Relative in the individuals who we serve, my vision is to continue to move forward in the path of expanding opportunities for the individu-

als in custody and those on supervised release. These opportunities would include workforce development opportunities, vocational offering enhancement, as well as partnerships with other state agencies to optimize service provision in the areas of substance use treatment, family reunification, job training and placement, as well as many other areas.

**KH: Does IDOC have any prospective programs that will be implemented in the near future?**

**ADW: In relation to vocational trainings, the Department is exploring the introduction mobile training units as well as CDL simulators. Both will give individuals excellent opportunities for job training, preparedness, and placement. The Department is also endeavoring to work with the Department of Labor to increase the provision of training for apprenticeships and certifications. When we are looking at programming outside of the workforce and vocational arenas, we also hope to expand peer to peer programming and reentry work.**

**KH: Do you have any thoughts, ideas, insights for the men and women of IDOC?**

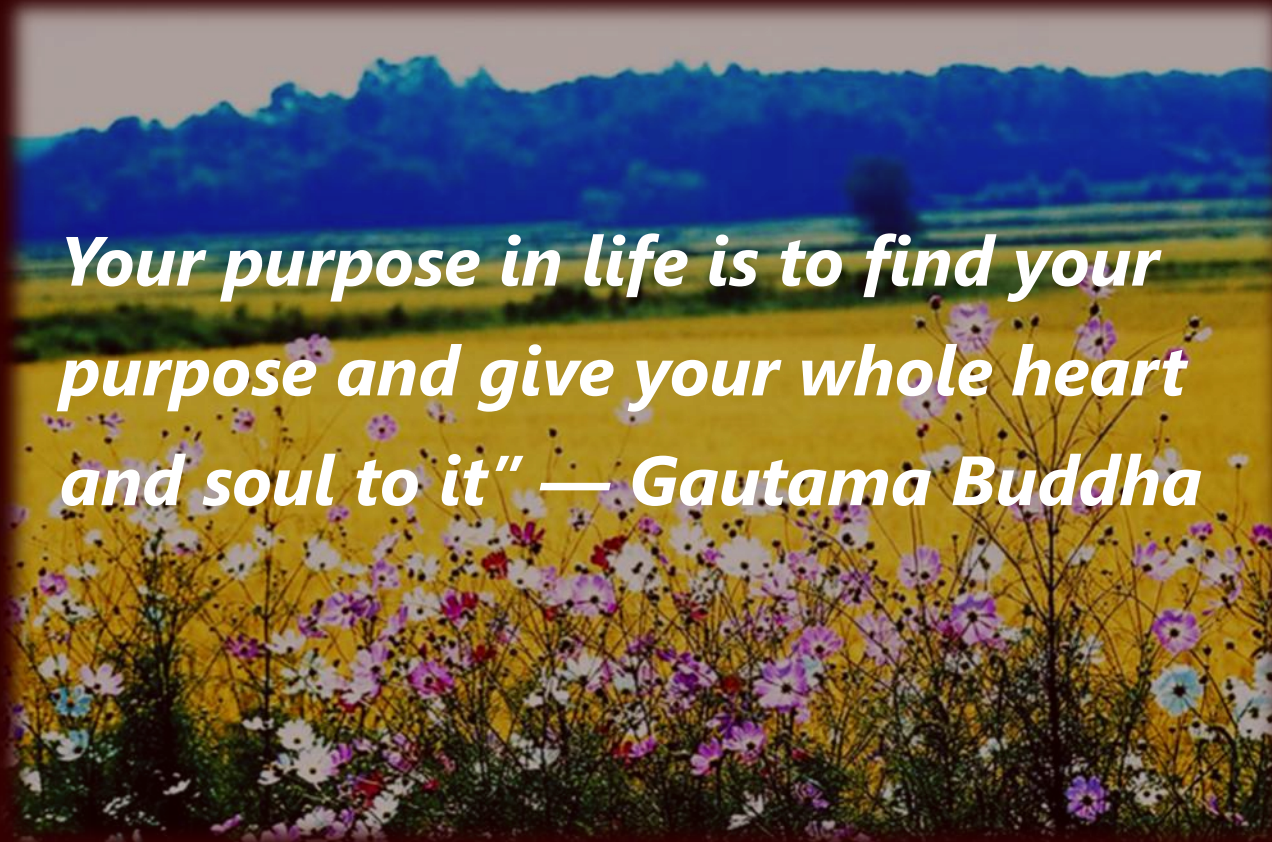
**ADW: I would encourage individuals to remember their why. The “why” can provide clarity as to your life giving you a sense of purpose and forward thinking. I ask that people look to identify their values, passions, strengths, and goals on this journey. Use this time as an opportunity to build the life that you have dreamed of and take advantage of the services and programs given.**

**KH: What can we, the Kewanee Horizons, do to promote the IDOC message?**

**ADW: I am so proud of the work that Kewanee Horizons does and the material that you**

provide to those in custody. It is vitally important for people to have a voice, and in many cases find their voice. Horizons gives an avenue for both. Thank you for including the women in your messaging as well as they are unfortunately often forgotten.

**KH:** Thank you very much Assistant Director Williams for your time in the aforementioned. KH is truly grateful for the opportunity to share your voice and vision for the upcoming year with the men and women of IDOC. We look to your leadership and hope for our better tomorrows.



*Your purpose in life is to find your purpose and give your whole heart and soul to it" — Gautama Buddha*



# HONORING ALL WHO SERVED HAPPY VETERANS DAY

## **The Great War & Armistice Day**

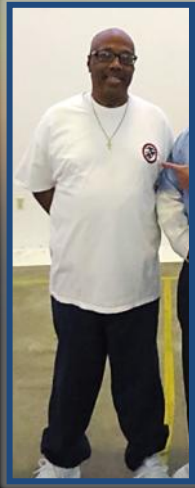
Through the Treaty of Versailles was signed on June 28, 1919, November 11 remained in the public imagination as the date that marked the end of the Great War. In November 1918, U.S. President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day. The day's observation included parades and public gatherings, as well as a brief pause in business activities at 11 a.m.

On November 11, 1921, an unidentified American Soldier killed in the war was buried at Arlington National Cemetery in Washington D.C.; the U.S. Congress had declared the day a legal federal holiday in honor of all those who participated in the war. On the same day, unidentified soldiers were laid to rest at Westminster Abbey in London and at the Arc de Triomphe in Paris.

**NORTH Kewanee Horizons**

# THE HISTORY OF VETERANS DAY

BY: Darren B. Anderson



Thank you all KLSRC for your participation and support for our veterans activities and competitions for the year of 2023. We want to extend our gratitude and hope that you get ready for 2024. We will continue to thrive as veterans, and as an institution of self-discipline, comradery, patience and humility.

I would like to add, that I have not had a greater responsibility than serving in the Armed Forces. I learned a great deal about our country's first fight for freedom. I also learned how to fight for that freedom, for all of us as a United States citizen. I love my country, and I could only prove that by volunteering to serve as an American in the military. I had a chance to see other countries and learn their way of living and serving their country. I enjoyed my time serving and am proud to be an American.

Be on the lookout for our service as we installing a flag pole on the grounds so that we can continue the military culture of doing "Reville" and "Taps" (the daily raising and lowering of the American flag). It will take place at dawn and at dusk everyday.

Thank you again for your support.

From the veterans of KLSRC



# **PATRIOTS OF VALOR**

**By: Ignacio Carillo**

**US Army & IL Army National Guard 1991-1999)**

**Camaraderie blooms wherever US military Veterans congregate. They love talking in their secret military jargon. MOS numbers, unit designations, ranks—a jumble of letters and numbers only those versed in the US military’s devotion to acronyms can decipher. The recent Patriots of Valor (POV) meeting at Dixon Correctional Center (DCC) was no different. It was attended by 17 Veterans representing the US Army, Marines, Navy and Air Force, a mix of young and old, black and white, big and small; and everything in between. But among all the dark jokes and harmless ribbing one may come to expect from tough men in rough places there was also something else there, something deeper... hidden.**

**Veterans feel (maybe sense is a better word) it in each other and themselves... something not quite right. PTSD (Post Traumatic Stress Disorder), the undertow current, tugs at many Veterans back from tours in dusty deserts in the cradles of civilization. See, once in the fray outside the wire, one is never the same. Not really.**

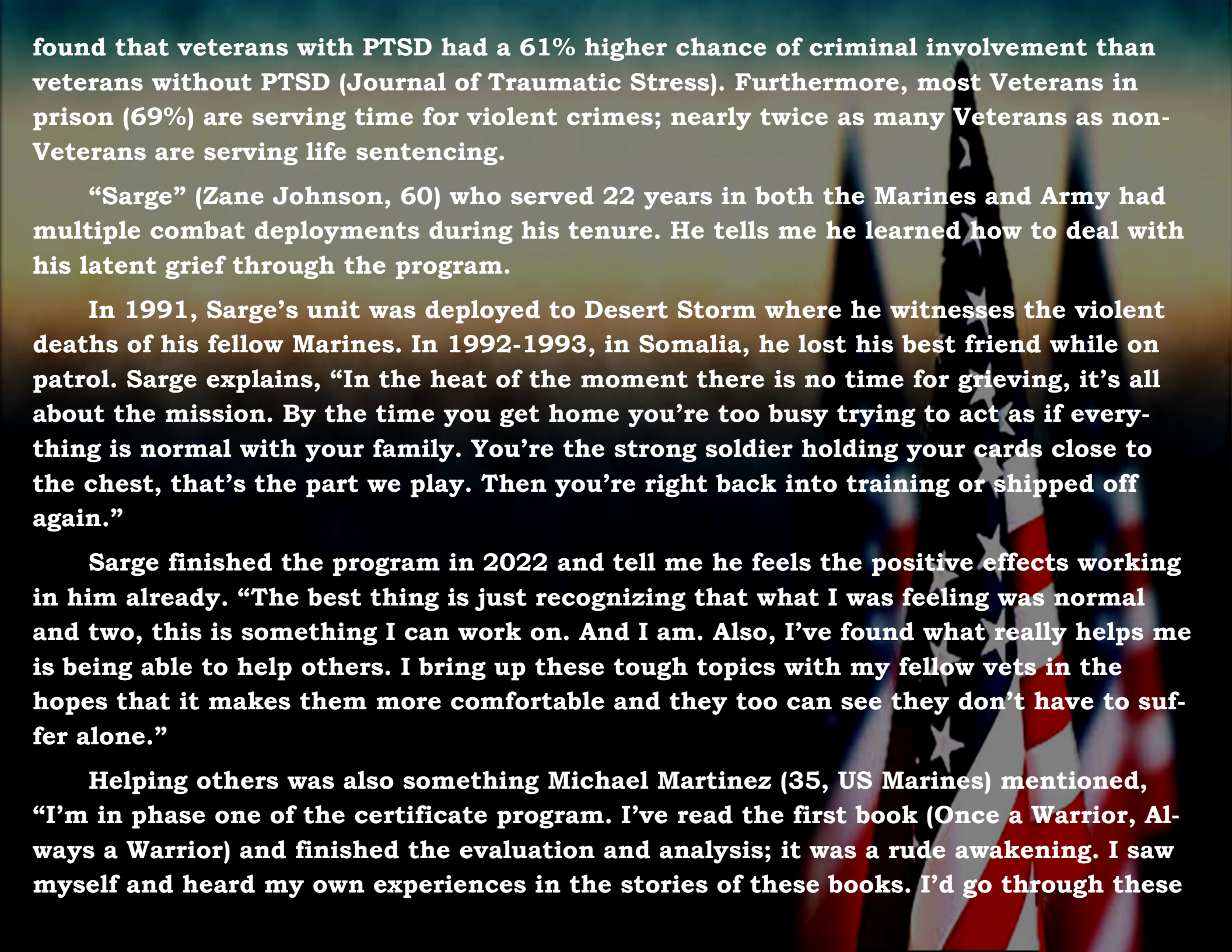
**Not everyone who serves or has served in the military suffers from PTSD, but far too many do. (According to “From Service through Reentry: A preliminary Assessment of Veterans in the Criminal Justice System” by the Veterans Justice Commission,” As many as one third of veterans develop PTSD.”) Worse, much of that suffering is done in silence and the cause (either directly or indirectly) of their criminal justice involvement. The number of US Veterans currently abandoned in dank cages across America is jarring.**

**In an August 2022 study, the Council on Criminal Justice Veteran Justice Commission noted approximately one third of Veterans self-report having been arrested and booked into jail at least once. At last count, there were 181,500 Veterans in America jails and prisons. More Veterans are incarcerated in the US than total prisons in the 208 countries for which prison population data is available.**

**Patriots of Valor, a new Christian-based Veteran's program offered at Dixon CC, was created to help this shadow community through their program and resources. POV was founded by Robert Papa in 2015 as an outreach ministry to incarcerated Veterans. Mr. Papa (what a great name!) expounds, "We currently have 900 incarcerated Veterans on our mailing list. Although founded as a Christian outreach, we have and accept members from all faiths." For incarcerated Veterans, POV also distributes a newsletter and a Veterans Resource Guide. "We provide backpacks of essential items to homeless Veterans throughout the year; and during the holidays our Boots to Stockings program provides thousands of stuff Christmas stockings to homeless Veterans across the country."**

**The recent POV meeting at Dixon CC shared information about the "PTSD and Moral Injury" certificate program which allows individuals (or classes) to get assistance with their trauma-related issues and can lead to becoming a peer mentor. To date, two individuals from Dixon CC have completed the POV program. They completed four phases, in approximately six months, of intense correspondence and video work: Zane A. Johnson Sr. (E9, US Army) and Lamont Allen (E6, US Army). Nationally, to date, 166 have been accepted into the program and thirty-nine have completed all four phases. An additional phase is currently in development.**

**Research has found robust associations between PTSD, mTBI, substance use disorders, and both aggressive behavior (encouraged and needed during combat readiness training) and criminal justice involvement. The findings of a meta-analysis of ten studies**

A blurred background of an American flag, showing the stars and stripes, running vertically down the right side of the page.

**found that veterans with PTSD had a 61% higher chance of criminal involvement than veterans without PTSD (Journal of Traumatic Stress). Furthermore, most Veterans in prison (69%) are serving time for violent crimes; nearly twice as many Veterans as non-Veterans are serving life sentencing.**

**“Sarge” (Zane Johnson, 60) who served 22 years in both the Marines and Army had multiple combat deployments during his tenure. He tells me he learned how to deal with his latent grief through the program.**

**In 1991, Sarge’s unit was deployed to Desert Storm where he witnesses the violent deaths of his fellow Marines. In 1992-1993, in Somalia, he lost his best friend while on patrol. Sarge explains, “In the heat of the moment there is no time for grieving, it’s all about the mission. By the time you get home you’re too busy trying to act as if everything is normal with your family. You’re the strong soldier holding your cards close to the chest, that’s the part we play. Then you’re right back into training or shipped off again.”**

**Sarge finished the program in 2022 and tell me he feels the positive effects working in him already. “The best thing is just recognizing that what I was feeling was normal and two, this is something I can work on. And I am. Also, I’ve found what really helps me is being able to help others. I bring up these tough topics with my fellow vets in the hopes that it makes them more comfortable and they too can see they don’t have to suffer alone.”**

**Helping others was also something Michael Martinez (35, US Marines) mentioned, “I’m in phase one of the certificate program. I’ve read the first book (Once a Warrior, Always a Warrior) and finished the evaluation and analysis; it was a rude awakening. I saw myself and heard my own experiences in the stories of these books. I’d go through these**

lists of symptoms noted in the book and was mentally checking all them. I was like, 'Damn, I guess I need help.' Now, I reach out to other Vets on my deck and show them these little "tests" from my books so they can see if maybe they need help too." After a long pause, he further explained, "The hardest part of coming back to civilian life after being deployed to a hot zone is trying to find purpose. As a Marine, I didn't just have a job, I had a purpose. Listen, I'm not trying to blame my time in the service for being in prison. That would be unfair. But I will say, if I had the tools, I'm developing now to deal with my emotions there's a good chance I wouldn't be here today. This program has given me more than insight into myself, it has given me that something I needed much more: purpose. I found another way I can serve my brothers."

**Dedicated to all my fellow veterans: To us and those like us.**



# ARMY COMBAT ENGINEER

**By: Antonio Aguirre**

As a child, I grew up persevering many adversities in a household stricken with poverty, abuse and homelessness. All of which, I am sure; I would not have survive without God's all powerful hand of protection.

As a soldier, I learned the importance of having core values, such as "Honor and Integrity," quickly acknowledging the process of Self-Regulation and Self-Leadership via "Verum Est Tibi (L)" (Being True To Self). I also implemented the Army's "Conflict and Resolution" technique, being trained in the "Art of Diffusion", by listening in a non-judgmental manner to all perspectives while reaching an equitable compromise that everyone can live with.

As a strong leader, I was first taught the importance of being a great follower; by always respecting the "Chain of Command," and by pulling my own weight. This eventually gains you the respect and admiration of your fellow peers and the recognition of your superiors. I was awarded twice, for being an exceptional "Platoon Leader" and "Trail Blazer" in the field of "Combat Engineering." I received an "Honorable Discharge," for (8) years of service to my country, making it, one of the proudest moments in my life.

As a veteran, I now admonished individuals privately and personally, patiently and passionately, practically and progressively; incorporating a harmonic balance between what I have learned from military service with my personal spiritual beliefs, solidifying a reliable and devine foundation that will help me, help others succeed.

In conclusion, these core foundations has thought me how to exude compassion, dignity and personal openness to all who seek mentorship, guidance or an authentic friendship that is based on love, transparency and respect.

For it is written: "Speak up for those who cannot speak for themselves; ensure justice for those being crushed. Yes, speak up for the poor and helpless, see that they get justice." (Proverbs 31:8-9)

**Dum Vivimus Vivamus - translation: While we live, let us live.**

# SALUTE TO OUR VETERANS

## HERE IN OUR K.L.S.R.C. COMMUNITY

### WHAT DOES SERVICE MEAN TO ME?



**Darin B. Anderson**

**US Marine Corp: "I am true patriot. I am forever American. I love my country and I think it as the best thing I could do to show my patriotism."**

**Keith Green**

**Navy: "Serving in the USA navy meant the world to me it allowed me to get away from things I was running from as far as, a bad upbringing in a bad neighborhood. The Navy allowed me to survey the world and gave me a sense of pride of who I am and develop into the man I am today. GO NAVY!"**



**Lt. DeCoster**

**USMC: "Service is about taking care and protecting our way of life and rights."**

**Tyrone Delaney**

**US Army: "Giving of one self without expecting nothing in return. To be a service to your community, your family and ultimately your country."**





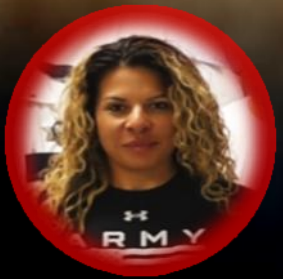


**Juan Rodriguez**

**US Army Reserves: "Having the honor and pride to serve your country."**

**Jessie Myers**

**Army National Guard: "To put myself on the line for my fellow officers."**



**Sgt. Segura**

**Army Reserves Military Police - Staff Sargent: "I joined for God and Country. To protect my family and to protect all Americans. I think I have about 23 years in and I did what I had to do and I would not change it for the world."**

**Jeff Corrao**

**US Air Force: "Selflessness to help others that cannot help themselves."**



**Antonio Aguirre**

**US Army National Guard: "8 years. I honorable discharge it was a great honor to do a service for my country."**



**Sgt. Allen**

**US Army, M1, A1, Abrams tank crew member: Brotherhood... Some of the greatest bonds of my life have been formed from those three years of my life.**

**The honor of actually being able to serve our country knowing that at any time to be called up to go to war to fight and potentially die it is a very humbling yet very honorable and I am thankful that was able to do it, and I really do wish that would allow more people to maybe even force some of these newer generations to do a couple of public service. Give them the humility of being a servant.”**

**Bradley Adams**

**US Navy: “Hunted Soviet Submarines from the air and our motto was to protect our seas.”**



**Huge THANKS to all Veterans throughout the USA.**



# Remembering Winston



**1968 - 2023**

By: Kindred Kira Defy Ventures

**Cassidy Winston, Defy EIT and alumni, passed away on September 21 at his aunt's home. Many I've talked to said the same thing: "That can't be. I just heard from him this morning." It doesn't seem fair or right to lose his presence in our daily lives so soon after he came home. A week before he passed, I delivered Cassidy's Chromebook to him. We sat and talked for more than an hour at his aunt's dining table. It's the same home that his grandmother used to live in, where he spent time as a child. He was finally home, surrounded by a big network of people who loved him. And he was reaching out daily to encourage people offering hope rooted in his faith.**

**The road ahead seemed full of possibilities, but now it's up to us to consider how we can continue the work of hope that Cassidy devoted himself to. How can we encourage one another day by day, even while facing challenges of our own? Thank you Winston, for making a difference in our lives.**

## Good bye...from your Kewanee family.

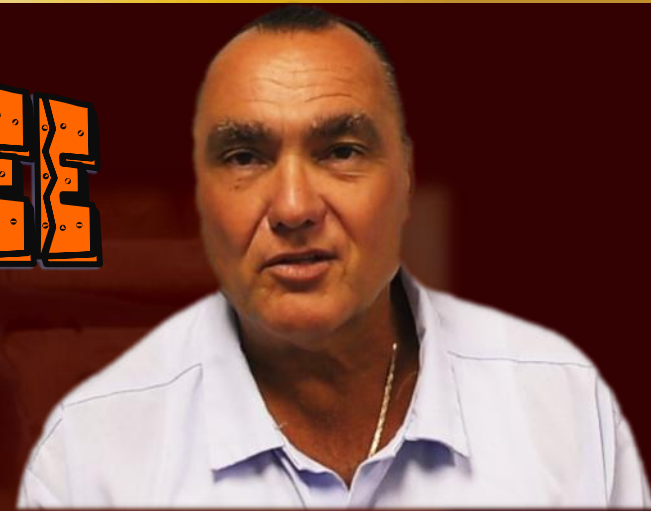
It's so hard to say good bye to a great friend, leader, and mentor. For 37 years Winston walked the walk within these walls. No matter the situation no matter the circumstances, he was one of the men who always managed to stand out in the crowd. For all the right reasons you knew when Winston was around. His scratchy voice soothed you as he imparted his wisdom and shared a bit of his unfaltering faith with you. A down to earth man, who was knowledgeable about so many things, yet so very self-aware, he did not overstep, to the point of offending. For each endeavor he undertook, there was 100% dedication and he insisted on seeing things to completion.

An optimistic glass half full type of person, he was selfless to a fault. After 37 long grueling years in this carceral state, his ATC number was finally called and he was offered the opportunity to go to Work Release. In a moment of absolute magnanimous generosity, he pondered his timeline and said, "I have less than four months remaining on my sentence, let's not waste it on me, instead let's give it to someone else." When others were selfish, Winston was not. This was the man that walked the halls of Kewanee. He made a difference everywhere he went. His life on the outside a mere 47 days after his parole was simply way too short, Winston we miss you so very much. It truly is so very hard to goodbye. We hope you find your peace in your eternal resting salvation.



## LAST MEAL AT KEWANEE

By: Andrew Suh



**Two perfectly round, golden brown, and delicious made from scratch pancakes; smeared with a dollop of margarine and heavy drizzle of syrup was on the breakfast menu on this very special Wednesday morning. This was a memorable meal for a notable man, on a monumental occasion. This would be the last meal for Ronnie Carrasquillo (kah-rah-s-key-yo) at the Kewanee Life Skills Reentry Center.**

**Ronnie's story is a unique one. Raised on the mean streets of Chicago's Humboldt Park during the tumultuous 70's; he was an 18 year kid in 1976 who made a tragic mistake. A life was lost and he was effectively buried behind these walls when he was sentenced to 200-600 years. With a very bleak future of hundreds of years behind bars, Ronnie kept hope alive as he maintained his spirit and remained resilient in the face of adversity.**

**Ronnie is a "C-Number", a dinosaur and a relic of a time long forgotten. At one time, there were 16,000 C-Numbers in the system, fast-forward a half century later and he is one of a handful remaining within the IDOC. For the past 47 years, yes, that is not a misprint! Ronnie Carrasquillo has been incarcerated for 47 continuous years. He has**



seen it all and he lived it all. He is probably one of the foremost experts relating to all things incarceration. His previous addresses include, The Cook County Jail, Old Joliet, Stateville, Shawnee, Danville, Lawrence, Galesburg, Menard, Dixon, and of course the Kewanee Life Skills Reentry Center. Despite all the trials and tribulations that surrounded him, he pushed to make things better and gave back to the community. The list of programs he has participated in is too lengthy to report. Lastly he worked with the Credible Messenger Mentorship Program (CMMP), where he was a mentor for the young men at the Department of Juvenile (DJJ), making a difference for these young men who are at the crossroads of their lives.

A few years ago, the U.S. Supreme Court handed down landmark decision of *Miller v. Alabama* which was a watershed moment forever altering the judicial landscape in how the criminal justice system views and sentences juvenile offenders. The back and forth tug of war regarding Ronnie's case was documented in the law books and newspapers. Finally, after 47 years of battling the system Ronnie had his moment, his attorneys Michael Deutch, Charles Hoffman, and Jennifer Soble were able to prove cause and prejudice, and he was given *Miller* protections. His conviction vacated, he was ordered back to court, to be resentenced as a juvenile; to a sentence of 60 years at 50% or in Ronnie's case, time considered served.

Sitting across from Ronnie in the KLSRC dining hall for the last time, I asked him if he had any parting words of wisdom for the guys here and across the state after serving nearly half a century in prison. Finishing his mouthful of scratch made pancakes, his graying hair slicked perfectly across his head, he smiled pensively and said, "These peo-

ple are trying to love you, and you are stopping your own blessing when you say, no. Quit saying your plate is full. Quit copping out. You can do it all. So go out and just do it! “

By the time this is published, Ronnie should be sitting in his backyard with family and friends, detoxing; shaking off 47 years of incarceration. True to his go getter personality he promised he would not be idle for long. He will make a difference in the community by working with disenfranchised youths helping them find their better tomorrows. With this, I say good-bye and wish you the best. God speed.

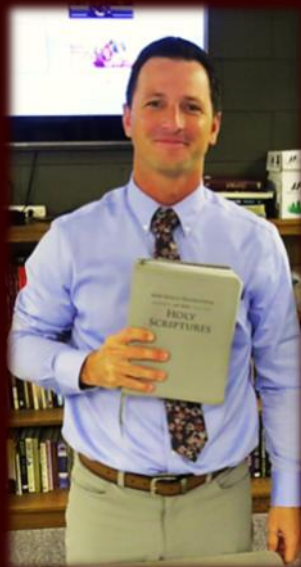


# WHO ARE WE ?

**By: Jacob Peterson**

## OUR MISSION STATEMENT

**Our Executive Director, Dwight Ford , asked me to send you our mission statement — Our mission is to strengthen our region by helping people help themselves and one another. We strive to eliminate the causes of poverty through strategic partnerships and alleviate the negative conditions where poor people live.**



## Jehovah's Witnesses — Who Are We

**We come from hundreds of ethnics and language backgrounds, yet we are united by common goals. Above all, we want to honor Jehovah, the God of the Bible and the Creator of all things. We do our best to imitate Jesus Christ and are proud to be called Christians. Each of us regularly spends time helping people learn about the Bible and God's Kingdom. Because we witness, or talk, about Jehovah God and his Kingdom, we are known as Jehovah's Witnesses.**







**LETTER  
OF  
APPRECIATION**

**By: Robert Tobin**

**First of all...well done! Just finished Kewanee horizons Vol 51. You've got quite the newsletter there. I have been reading them for some time now and the quality has never faltered. I know about the effort it takes to create a project like this—to do it well and on time.**

**I will be leaving Lincoln on 9/8 and going back into the world. The KH newsletter has been more than interesting; It has also given me inspiration. The level of creativity is impressive. Even more, the amount of active participation by those who contribute stories is incredible. Real People, Real life. Your newsletter has given me an idea or two about what to do with my new life. I'm currently writing a book about my experience here and have mentioned KH and the great service it provides. On occasion, I've paraphrased a thought or two— always giving KH credit. I've quoted a line or two. Most recently from Demario "Rio" Bolden. The story about Laharpe. I'm sure I agree with you**

**that thee stories need to be told. Too often, the general public conjures negative impressions of the DOC and inmates in general. Thank you to the entire KH Staff for creating something that proves that negative stereotype to be false. And by looking over KH and its sister publication 2Roads and reading it, one would find it impossible to speak negatively about us and the creative energy we show when given a chance.**

**Upon release, I will consider once again offering my creative talents to assist with similar enterprises. Along with my yet to published book, I may partner with opportunities like, "Saved By Grace News". I have a rather extensive background in broadcasting and am putting together the concept for a podcast or perhaps a You Tube channel. It could possibly focus on the post incarceration lives of felons to related topics or both. These are just some thoughts I wanted to share as will as express my appreciation and gratitude for all you've accomplished with KH and TWO ROADS. Quality Stuff.**

**God Bless you all.**



**The Staff of the KH greatly appreciate all the support our readers give us.**

**You, the readers, are the reason why we try to do better and be better.**

**Thanks for the shout out....we promise to give you more.**



## **DIXON CC'S HISPANIC HERITAGE ARE YOU HISPANIC?**

By: Israel Gonzales

**What makes us Hispanic? Is it because our parents are Hispanic and they speak Spanish? What if I am a Portuguese-speaking Brazilian? What if I don't come from Latin America and I don't speak Spanish but I carry the name Gonzalez, am I still Hispanic? What if I'm an Anglo-Saxon American who speaks Spanish and loves the Hispanic culture, do I qualify as Hispanic?**

**The common denominator to all these questions is the factor or factors that define us as "Hispanic", so, let's analyze the word itself. According to the American Heritage Student Dictionary, when used as a noun "*Hispanic*" is "*a person of Spanish or Latin descent, especially one living in the United States*". It's easy to see that being Spanish qualifies you as Hispanic, but what about Latin America? According to the Larousse Spanish Encyclopedia Dictionary, *Latin America* is "*All the countries and islands of the western hemisphere south of the United States*" which means that our Guyanan and Jamaican and Brazilian brothers are also Latin American even though they don't speak**

Spanish and some of them don't consider themselves Hispanic at all. I know this is confusing, but it gets more complicated when you continue researching this subject. When you look up "Hispano America", you'll find that hispano America is only the countries of Latin America and the countries of the Iberian Peninsula (Portugal and Spain) combined even though the Iberian Peninsula is in Europe; this brings Brazil back into the mix but excludes Haiti and Suriname among other countries.

So, what makes us Hispanic? If we go by definitions of dictionaries, geographical regions, and choice boxes in employment applications and census forms, it can be hard and even uncomfortable to identify oneself as Hispanic for many reasons, including not wanting to be called or be viewed as a Hispanic and even worse, wanting to be Hispanic but not qualifying for it. When it comes to our heritage and cultural identity, it can be a bit confusing in this day and age, but I believe there's a much simpler way. The world is not what it was two thousand years ago when there were distinct and even exclusive human bloodlines and ethnic groups; Today we all have a little bit of everything in us. Take me for instance: As far as I know my heritage is mainly Tarascan (from a native group of people from central Mexico) and Spanish but also French and African all combined in my little Mexican person, so, if I wanted to identify as a Mexican (I Do) I can and if I wanted to identify as French even though I don't look nothing like my French great, great, great, great grandpa, I believe that I should be able to, not because of the French blood running through my veins but simply because I love the French culture and language, and so, the same should be true of anyone who wants to identify as Hispanic. Now, take for instance my co-worker John: He's your average America guy who is learning Spanish and has an affinity for the Hispanic culture. If one day John told me that he's Hispanic, I would believe him and more importantly, I would not object because in my eyes and the eyes of others he's already Hispanic since he's so genuinely interested in our culture and language, and all other Hispanics would accept him as well because that's the beautiful thing about us Hispanics: we are not a race-we are an ethnic group and therefore we can be white, black, indigenous, and everything in between, and we also speak several languages and dialects but we all share the beautiful Hispanic culture found throughout Latin America and here in the States.

**This Hispanic Heritage Month we'd like to invite all of our brothers and sisters to celebrate with us our Hispanic roots, to explore our culture, to enjoy our food and music, to admire the natural beauty of Latin America, and to discover all the wonderful things we Hispanics have to offer. Regardless of your heritage, culture, and language, we'd like to invite you all to be Hispanic during this special month because there's room for you with us and because *#weareallhispanic* is the theme for Dixon's 2023 Hispanic Heritage Month celebration. If at the end of the month you'd like to join this great group of folks, we say to you: Yes, you qualify, so, welcome to the family!**

**Back in July I saw on the news a note about an Ethiopian-American little boy who wanted so bad to be Mexican; his mother videotaped him demanding to be Mexican and of course, the video went viral. When Mexico's National Soccer Team saw the video, they invited the little boy and his family to one of their practices before a match in L.A. where they gave him a jersey, a soccer ball, a quesadilla, and a Mexican flag and just like that, this little boy became Mexican. He was so happy kicking his ball, eating his quesadilla, and waving his Mexican flag, but the funny thing is that the little boy believed that only Mexicans get to eat quesadillas which is why he wanted to be Mexican. We all know that it doesn't work like that-if you want to enjoy the Hispanic culture without having to become Hispanic, you certainly can, and if you want to be Hispanic, you certainly can become one just like that little boy became Mexican and he's the answer to all the questions that began this essay: YES, your love for the Hispanic culture (or food) could make you Hispanic; yes, regardless of our heritage we can all be Hispanic; Yes, *#weareallhispanic* Happy HHM!!!**

**“We’ve been making our own opportunities, and as you prove your worth and value to people, they can’t put in a box. You hustle it into happening, right?”**

**— Jennifer Lopez**

# THE #1 HABIT IN PRISON

BY: Juan Garnica @ IL River C.C.

**Kewanee Horizons sent a callout asking how we're feeling or what we're going through in prison. Prisoners go through a rollercoaster of different emotions. It's a very unique experience which few ,who have not served time, can understand. Yet no matter where you are everyone understands emotions. All of us have felt similar at some point; what annoyed you recently? My rant today is about that person who complains all the time. C'mon, you know them. There's one on every deck, in every jail, in every prison. Maybe it's your neighbor, or cellie, or maybe it's you. The most popular complaint this year has been about good time. You've heard it all. The guy who's upset because they didn't give him enough good time to push him out the door, yet his outdate is in two months. The guy who complains about no programs or work assignments, but sleeps half of the day & watches T.V. the other half.**

**In my opinion we're all a bit detached from reality because we can't see the other half of the picture. I've seen guys go home and then come back on another bid, and still complain about not receiving enough good time.**

**Every mindset is it's own world, and it's very difficult trying to tap into someone else's reality. I don't know what it's like being that close to going home. I've been hoping**

for legislation to change, like the bill that would bring parole back for some of us. I read an article in the Chicago Tribune about guys getting denied parole for things such as a D.R. for being on the phone without authorization, or a write-up for contraband. Now, remember that the guys who are eligible for parole hearings right now are those who got sentenced in the 70's before legislation took parole away in IL. These guys have been doing 40 + years, imagine that for a second, and they still won't let them go. Even if this bill gets passed, (all of us who keep track of legislation know how hard it is for a bill to make it through) getting enough votes for parole is going to be a whole new mountain to climb.

The stress of doing real time is no joke. It can feel like you're in the middle of an ocean swimming for your life, but the shore is so far away. You're struggling with every ounce of what you're made of not to drown. This stuff that you're made of is what shapes your character. In your core, it's what is going to give you the strength to bend, but never fold. I've met many who are still standing ten toes down after a life which I can only imagine. A huge part of why we often feel alone and stranded in an ocean is because no one understands our experience, our reality. The prisoners' experience is unique. The prisoner passing through can't relate to the guy doing decades, and that guy doesn't understand what it's like serving life, and he can't comprehend what being sentence to death row is like. A cardinal rule in prison is to always be aware your surroundings. So, be aware when you're complaining about going home in 3 months instead of one, that some of us simply cannot understand what exactly you are complaining about. And if you're that guy who complains all the time, hey, at least you're not alone. Just write Kewanee Horizons about your rant like I did, I'll read your woes. I stand in solidarity with the community of prisoners (the habitual complainers too).

**NOTE:** This article is my opinion, and although the Horizons platform is geared towards redemption and positivity, I wanted to illustrate a reality which is common to prisoners by using irony. My story is like many of yours, and in this moment when we're in the Thick of it, so to speak, it isn't always pretty. We are going through real challenges, and this reality also deserves to be told. This platform is for us, and I encourage all of you to give voice to your world. By writing and reading about these experiences you start to realize we aren't as alone in the struggle as we thought we were. Your thoughts and words are yours, utilize your power. Don't hide beneath bars, bricks, and locks. **SPEAK**

**"THE COURAGE TO BE IS THE COURAGE TO ACCEPT ONESELF, IN  
SPITE OF BEING UNACCEPTABLE."**

**-PAUL TULLICH**





# Friendship

**By: Lamontreal Glinsey**

**@ Western IL C.C.**



**Friendship is a Gift from up above,  
Friendship teaches us how to show each  
other Love.....**

**Friendship teaches us to stick up for one  
another,**

**Friendship teaches us to love our broth-  
er...**

**Friendship is not for show,**

**Friendship teaches us to help each other  
grow....**

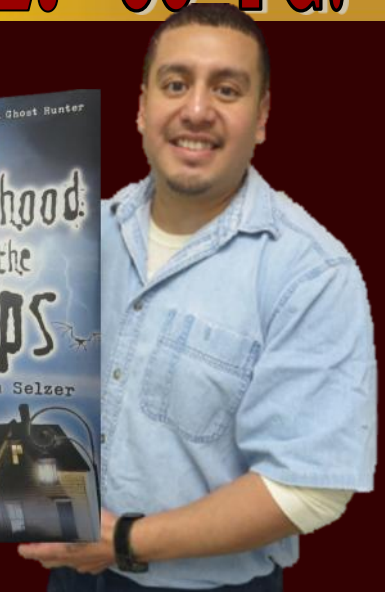
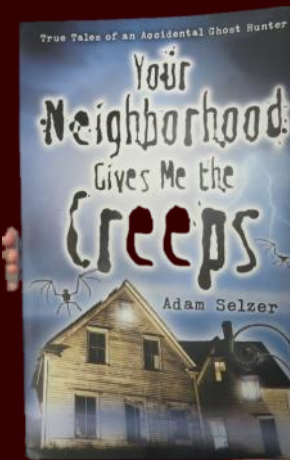
**True Friendship helps us get through the  
storm,**

**because of my true friends,**

**They are the reason for this poem.**

## Book Club Memories

By: Evigan 'Happy' Marcos



Good morning everyone, I pray a blessing over everyone. I'm sitting at my favorite spot waiting for the sun to rise over the Kewanee horizon. It's not looking so good because it's dark and gloomy outside, but I do enjoy waking up early to meditate and spend time with God. I encourage all of you to try it this brings me serenity and peace. To all of my coffee lovers make sure you drink your water, you need to rehydrate and have something in your stomach before caffeine is ingested.

I have officially read four books while being a part of the book club. I'm on my fifth one and let me tell you, "Man! I enjoy it!" For those who read; you all know what I mean, some books you can't put down, some have you in detective mode, some make you get sad, some remind you of true love and parts of your own life, but then there are some that are a little creepy like the one we just got through reading. It is called "YOUR NEIGHBORHOOD GIVES ME THE CREEPS" by the author Adam Selzer wrote about his journey in discovering the mysteries about the super natural mostly around the Chicago's Northside. I really enjoyed it. Our Book Club Librarian Ms. C and Kate Nadolski decided to make this a special event. She invited several people from the KLSRC community to join us, talk about this book and to share some scary stories. We all have a scary story that does not deal with the supernatural phenomenon but it is definitely scary and creepy, LOL. I have to say we had a great time.

We also had a nice little surprise. The author of the book, Adam Selzer showed up in a zoom call to share his time with us. He spoke about his book and some of his own scary sorties as well. He showed us of some of his other books and how he perfects his writing skills. He encouraged us and fellowshipped for the rest of the event. This experience was awesome and fun. The best part of this event was the fellowship. Hearing my brothers laugh and be themselves without anyone saying, "Shut up no talking, or give me your I.D." because we were laughing. This made it worth my time.

I encourage everyone to read, expand your vocabulary, learn new things, have different people's perspectives of life, let your imagination freely work without T.V. Imagination is powerful, that's where it all starts. Pablo Picasso, a great artist of his time said, "Everything you can imagine is real". Imagination is the act or power of forming mental images of what is not present. The act or power of creating new ideas by combining previous experiences. The ability to understand the imaginative creations of others and, it helps you become or be resourceful, to be able to deal effectively with problems.

In closing, I invite you my brothers and sisters to take the initiative to join a book club or talk to the right people to get one started, or simply find a friend that wants to be your reading buddy, then talk about the book once a week. Keep reading ya'll.

Thank you to the administration, the Library Prison Project, Ms. Coulter, Kate Nadolski, Ms. Drowns for your tech support and always the Kewanee Horizons Team for their hard work. Thank you!



# SCARY PUMPKINS

from the guys in the  
**Art Room**





## 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.**

# **SPOKEN WORD**

By: Carlos McDougal

**Welcome back to another Edition of spoken word this is your friendly neighborhood poet.**

**Welcome my fellow poets and writers are we ready to showcase those master pieces? I know you guys got the talent now is the time to put yourself out there to show the world you're more than your mistakes. The fact that you have made them and strive to overcome them is a testament to the growth that has transpired during your incarceration. My journey as a writer began well before I step foot inside a prison but it was behind those bars in Menard that I discovered the deep desire to put my thoughts and feeling on paper in the form of a poem. We tend to cast aside the things we know are good for us in an attempt to hide the gift that was bestowed upon us, are you willing to suffocate your dreams and aspirations just to fit in a box that you never wanted to be in, in the first place.**



**The universe shows us the path we should take; you know what I'm talking about? That voice inside your head or that person that somehow has this incredible way of being the only person who can get through to you we've all had some type of sign weather or not it was a an actual person or something you heard on the radio the universe was speaking to you, And those of us who didn't listen now is the time to listen.**



**By: Andrew Suh**

**This has been a nerve-racking, stressful week and of course, a very restless night of tossing and turning on my thin mat. It was 5:00am when I rubbed the sleep from my bloodshot eyes and hopped off my bunk. The heavy steel door to my cage just rolled open and it was time to get ready for the big day. Quietly slipping out, careful not to wake my snoring celly, I made my way to the serenity of the silent dayroom. A cup of steaming hot bitter black coffee filled my senses as I focused on the day's events. This has been weeks in the making, and today was the halfway point in my DEFY Ventures' Journey. "Coaching Day", need I say more?**

**This journey of self-discovery started, several weeks ago which includes: two very**

thick text books with countless hours of reading (1200+ pages), numerous classroom lectures, visits from successful entrepreneurs (Thank You *Pivot Tech*), interviews from the popular podcast *Change Agents*, plenty of introspection and lots of dedicated hard work. The weeks of studying the materials, preparing my updated resume, drafting my new cover letter, memorizing my personal statement (200 words or less) all culminating with my required real life presentation of my business ideation in front of a Defy Coach, talk about being nervous. Today was going to be a nervous and very stressful day.



As always the Kewanee's west gym is notoriously frigid but on this noteworthy morning the temperature seemed to be rising. There was palpable surge in energy as the bodies started to fill the void. There were 33 Entrepreneurs in Training (EIT) from my cohort, a few alumni; then the Mighty Melissa blew past those gym doors and with her came an explosive energy that changed everything. She was a star going supernova when she exploded

onto the scene. In a flash she was able to raise the room from a Level 1 BLAH to a OMG Level 10 what the heck.... The 19 Defy Coaches filed in behind her, slapping high fives, amid the cheers, claps and the pounding beats of the speakers that shook the rafters of Kewanee. The energy was electric as the hallways echoed with the roars of those in attendance.

Several weeks ago I was at my very first Defy Ventures' kickoff, it was pretty awesome and amazing. However, this time around for the Coaching Day, it felt more impactful. The energy and passion was still there; but amid the joviality, camaraderie and kinship, there was something noticeably different. In a solemn moment, you could hear a pin drop, when we all collectively paused for an exercise in vulnerable introspection. In a gymnasium filled with relative strangers, the EITs looked at the Defy Coaches and the





Defy Coaches looked back and verbally pledged to never judge, to always respect each other and provide a safe space for one another. That was rough but in the best possible way. Then there was the game changer; the exercise called, “STEP TO THE LINE”. Two lines taped across the gym floor one for the EITs and one for the Coaches. When painful truths were spoken, difficult questions were asked we were asked to summon the courage to be vulnerable with our Defy family and silently STEP TO THE LINE. During this powerful exercise I

looked deep within myself to discover the painful truths I buried for so long and in this moment vulnerability I found the courage to step to the line on multiple occasions. When I stepped to the line I saw my fellow EITs and the coaches step up to that line exposing their true selves. The reality set, we are so more alike than we are different. Who would have thought that after 30 years of being locked in a metal cage, I could possibly feel this free in a room full of strangers?

Before I had chance to savor this moment it was crunch time. Enveloped in the chaotic atmosphere of the West gym, bodies moving all around me, the crescendo of numerous voices competing for air, surrounded by my fellow EITs, KLSRC staff, and 19 Defy Coaching professionals, my nerves were at 100%. Drying my sweaty palms, I composed myself and organized my thoughts. Sitting in front of my Defy Ventures’ Coach, I silenced the outside noises, closed my eyes for a moment and took a deep breath as I started to pitch my well-rehearsed *BUSINESS IDEATION*. Falling back on my training, I acquired in the past several weeks, I allowed muscle memory to take over. I understood this was just a simple *SMART GOAL* I needed to carry out to completion. The cynical voice in my head that triggered my *SELF-LIMITING BELIEFS* were absent. No longer a prisoner to my fears I was able to push past my insecurities and apprehension. I was in the zone as my business ideation confidently flowed from my lips. All the practice had

paid off, I could see the vision, I believed in the project, I was succeeding.

At the end of the *COACHING DAY*, I was physically tired, mentally drained, emotionally spent, but so very satisfied and grateful for the opportunity that was provide for me and my brethren. Who could have possibly imagined that in this carceral setting I would have the opportunity to be coached by business professionals from the outside world. These amazing people searched us out, the justice impacted returning citizens, and provided us a glimpse of what it is to be more than a number on a Count sheet. They saw us for what we are; talented human beings and *ENTREPRENEURS IN TRAINING*. They saw us for who are today and who we will become tomorrow. Through their eyes I am inspired to keep pushing to become the best version of myself.

In closing I would like to thank the Defy Ventures for providing the IICs at KLSRC this invaluable opportunity, all the Defy Coaches for taking time to provide us the insight and guidance and for KLSRC administration for allowing this Defy Ventures to be a part of the Kewanee experience. Once again ,Thank you for being here.....

Mighty Melissa - Executive Director of Defy Venture Illinois, Just Jon – Sitting Board Member of Defy Ventures, Vibrant Vince – Entrepreneur and CEO of Entrepreneurship Training Merely Michael – Strategy Director Marketing/ Advertising Company, Super Sidney – Clinical Services Manager dealing with Mental Health, Makin Moves Marcus – Entrepreneur working in Economic Development, Humble Danielle – Vice President of Operations for a Manage Care Company, Lost & Found Dirk – Entrepreneur in the HVAC industry, Valuable Vicki – Writer and Creative Content Provider Private Sector, Focused Mary – CEO – President of a Wellness Company , Magic Markus - Commercial Photographer , Kind Hearted Kelly – Veterans Community Support Specialist, Bubbly Brad – Entrepreneur CEO of Automotive Shop, Outstanding Oge – Management Consultant, Rock Star Raquel – Staffing and Recruitment for Employment Services, Super Shenita – Returning Resident Coordinator, Marvelous Mike - Freelance Photojournalist, Meaningful Malaki - Reentry Coordinator DEFY Ventures, Kindred Kira - Director of Prison Programs Illinois DEFY Ventures.

# Business Ideations



# DEFY VENTURES COACHING EVENT



# FINANCIAL LITERACY

By: Kenji "Truck" Haley



Hujambo! ("Hello" in Swahili) and welcome to the Financial Literacy "Peer-led" articles. It's funny, waaay back in January, I started my first blog on this and now we are 40 issues in from that point. Its important for those who just got in, or those who were blessed by the change in the laws, to now know some of the basics of obtaining credit. So, were are in the waaay back machine and there will be new information since my first post 9 months ago. The goal is to give you the tools that some of you may be looking for as it regards to personal and business credit as well as other tidbits. Furthermore, for those of you who have been waiting to see if it is possible for you to prepare your business for the future and have the tools, well here we are. I hope that I can provide the necessities to get you started and to break down so barriers to entry. I will have a lot of information, so please bare with me and I would like to also respond to any questions from you out there, related to business credit. We'll get the details to you later on that, so let's start off by understanding *The Difference Between Personal Credit and Business Credit*.

Credit is one of the most financial tools needed to grow wealth. But there are two types of credit that are, in some ways intertwined: Personal Credit and Business Credit.

By some terms, Personal Credit is just that, personal. It is used to get credit cards and to be approved for loans and the like, whereas Business Credit has some of the same concepts as Personal Credit, but they give entrepreneurs a unique opportunity to build, maintain and acquire more credit and loans as they build their own individual and business credit.

There are three companies that review your credit, once you get it and they are truly the “gate-keepers” of the credit score: Equifax, Experian and TransUnion. Equifax is the oldest of three (70 years before TransUnion). The idea came from two brothers who owned a grocery store, where they collected customers names and evidence of credit “worthiness”. They then sold that information to other businesses to offset their own cost. Experian started as a automotive electronics company, known as TRW. In 1960, they started a consumer credit information bureau, collecting and selling data and were the first to start offering consumer direct credit reports in 1986. TransUnion was formed in 1968, in Chicago, as a holding company for Union Tank Car Company. It currently has 1 billion individual customers in over 30 countries. Getting personal credit is easy, but keeping it up can be quite difficult. I would like to share some of the things that can (and will) impact you as you get started with your personal credit.

**Payment History:** Simple, have you paid your bills on time overall? As you see, this accounts for one-third of your credit score. When you are available to apply for credit, remember this is one of your “make-or-breaks” to keeping good credit.

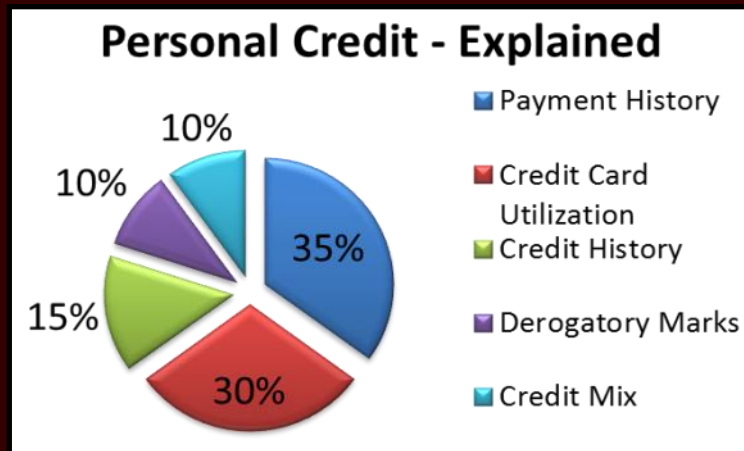
**Credit Card Utilization:** This is the second-largest responsibility when it comes to your credit. This is big as to how much you charge at once. **RULE:** Never spend more than 30% of your max on a single purchase.

**Credit History:** How many cards do you have? This is important as having cards are good, but having too many too soon could be bad as we will discuss later. (Keep in mind that some cards require you to use them within a certain timeframe and if you don't they will charge you. Crazy right?)

**Credit Mix:** Like fine wine, the longer you have a card, the better you will be appreciated by the companies you apply to get credit from. This will take some time, but will truly help in the long run.

**Derogatory Marks:** If you cannot make payments on a card because you either don't have the money or emergencies, you will get a mark. Please note that these add up quickly and will knock your score down like Donkey Kong throwing barrels off of that steel structure!

Lastly, remember about the amount of cards you get? 90% of the time that you apply for a credit card, companies do a *“hard pull”*, obtaining your credit information and when this happens, it can (and usually does) reduce your credit score. It is not much, but get 4 credit checks for a car on the same day and *“BOOM, down goes Frazier”*!!



As you start to build your credit, it will range from as low as 300 to as high as 850 (although this will require a lot of great credit). To know where you stand (may it be good, bad, or a credit ghost as I was) seek out your credit at. **[www.annualcreditreport.com](http://www.annualcreditreport.com)** (IF YOU HAVE PEOPLE IN THE WORLD TO HELP) or if you don't, contact them at:

**Annual Credit Report Request Service P.O. BOX 105281  
Atlanta, Georgia 30348-5281**

(THIS WILL REQUIRE YOU TO GET A FACE SHEET AND A VERIFICATION OF INCARCERATION, BUT ONCE YOU DO AND SEND IT OFF, THEY WILL RESPOND).

**RULE OF THUMB**: Every time you apply for a credit card (Visa™, MasterCard™, Discover® or Lowes®), data is collected to keep your information constant, AND you are putting a hard inquiry against you.

**NEW!!** Next time we will cover the **List of Which Credit Bureau Each Bank Pulls** to get you to understand how things are done with the three credit lenders, as well as Credit Karma and how they can help you navigate.

ASK AWAY!!!

If there is a question that you have regarding financial literacy (on topic), read the information

**DISCLAIMER:**

**I AM IN NO WAY A PROFESSIONAL!!**

***I am just an Individual In Custody like you giving you the tools that I have grown to learn over time. I will do my best to give you a peace of mind: but YOU will be responsible for your actions. Thank you!!***





What is the one thing that literally goes on the meat, the potatoes and maybe the pie?

# CHEF Milton's HOLIDAY DRESSING

## INGREDIENTS

24 Loafs Bread (Toasted)  
3 Sheet-Pans Cornbread  
1/2 Case Celery  
Chopped  
20 Lg. Onions (Chopped)  
1 cup Sage  
2 cups Garlic powder  
12 Oz Chicken Base  
1/2 cup Black Pepper  
30 gallons of water

## DIRECTIONS

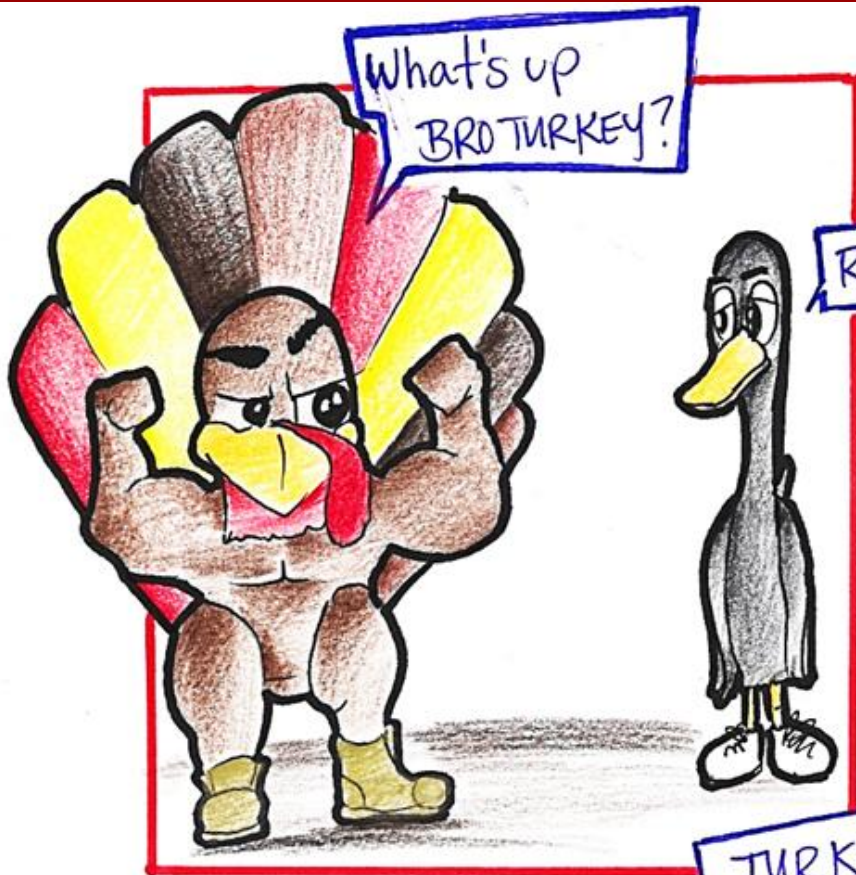
- 1) Sauté Celery in margarine for 10 minutes, add onions and sauté until tender. Set aside.
- 2) Heat stock or water in kettle with seasoning until hot, Add toasted bread and cornbread stirring until mixed.
- 3) Add celery & onions, mix lightly but well. Do not over mix.
- 4) Place mixture in well-greased shallow sheet-pans. Bake @ 350 degrees until top is lightly browned and internal temperature has reached 165 degrees for a minimum of 15 seconds. Hold at 140 degrees until ready to serve.

A. TURKEY GRAVY

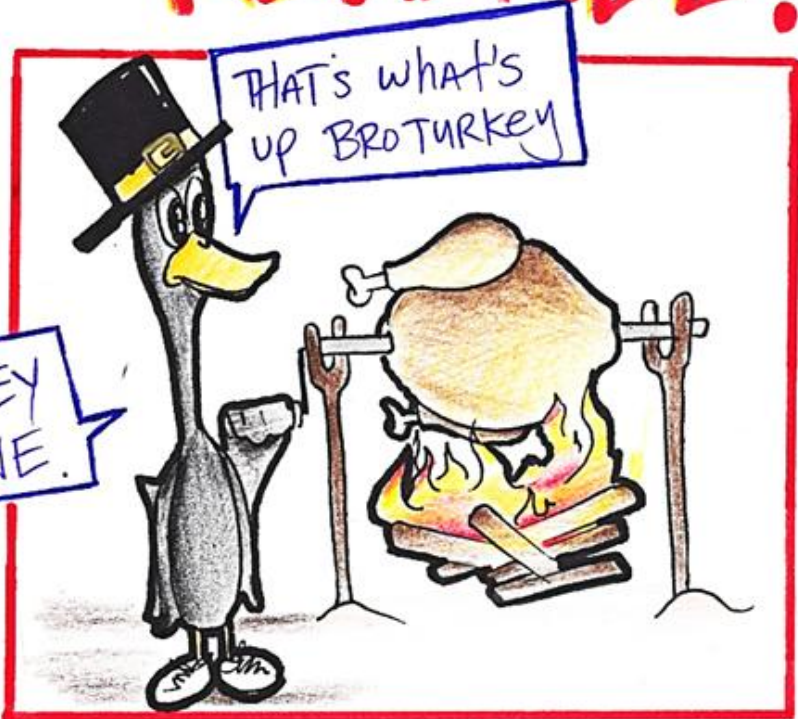
# DOG DAYZ F DYROK



HAPPY THANKGIVIN'  
TO ALL FROM  
KEWANEE!



REALLY!



TURKEY  
is DONE.



# BRAIN FACTS

... Again Thank You for your patience  
Here is the continuation from vol.59.

## CONFLICT RESOLUTION SKILLS

· **Know when to let something go.** If you can't come to an agreement, agree to disagree. It takes two people to keep an argument going. If a conflict is going nowhere, you can choose to disengage and move on.

### **Fair fighting: Ground rules**

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

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

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

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

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

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

**Don't generalize.** Avoid words like "never" or "always." Such generalizations are usually inaccurate and will heighten tensions.

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

**Don't stockpile.** Storing up lots of grievances and hurt feelings over time is counterproductive. It's almost impossible to deal with numerous old problems for which interpretations may differ. Try to deal with problems as they arise. **Avoid clamming up.** When one person becomes silent and stops responding to the other, frustration and anger can result. Positive results can only be attained with two-way communication.

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

## **Managing and resolving conflict by learning how to listen**

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

### **Tips for being a better listener:**

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

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

**Encourage** the other person to share his or her issues as fully as possible.

- "I want to understand what has upset you."
- "I want to know what you are really hoping for."

**Clarify** the real issues, rather than making assumptions. Ask questions that allow you to gain this information, and which let the other person know you are trying to understand. · "Can you say more about that?"

- "Is that the way it usually happens?"

**Restate** what you have heard, so you are both able to see what has been understood so far it may be that the other person will then realize that additional information is needed.

- "It sounds like you weren't expecting that to happen"

**Reflect feelings** be as clear as possible.

- "I can imagine how upsetting that must have been."

**Validate** the concerns of the other person, even if a solution is elusive at this time. Expressing appreciation can be a very powerful message if it is conveyed with integrity and respect.

- "I really appreciate that we are talking about this issue."
- "I am glad we are trying to figure this out."

**Source:** University of Wisconsin, Madison

**Conflict resolution is one of the five key skills of emotional intelligence**

**The Five Skills of Emotional Intelligence**

Skill 1: Quick Stress Relief

Skill 2: Emotional Awareness

Skill 3: Nonverbal Communication

Skill 4: Playful Communication

Skill 5: Conflict Resolution

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

### **Raising emotional intelligence: A free, online training course**

To start practicing the five skills of emotional intelligence, visit EQ Central, a website from the creators of Help guide. EQ Central offers a step by step, self-paced emotional intelligence training course filled with real world examples and hand son exercises.

### **Related links for conflict resolution skills**

#### **General information about conflict resolution**

Fighting Fair To Resolve Conflict – Covers the causes of conflict, different conflict styles, and fair fighting guidelines to help you positively resolve disagreements. (University of Texas at Austin)

Conflict Resolution – Comprehensive resource on how to manage and resolve conflict. Includes About Conflict and 8 Steps for Conflict Resolution. (University of Wisconsin, Madison)

CR Kit – 12step conflict resolution training kit. Learn how to pursue a win-win approach, manage emotions, be appropriately assertive, map the conflict, and develop options. (The Conflict Resolution Network)

Conflict Resolution: Resolving Conflict Rationally and Effectively – Guide to conflict in the workplace and different conflict styles. Includes a 5step process for successful conflict resolution. (Mind Tools)

**Tips for managing and resolving conflict** Resolving Conflict Constructively and Respectfully – Tips on how to manage and resolve conflict in a positive, respectful, and mutually beneficial way. (Ohio State University Extension)

How to Resolve Conflict – Advice on resolving differences and managing conflict between individuals, small groups, and organizations. (Roger Darlington)

Effective Communication – Article on the art of listening in conflict resolution. Includes tips on how to make your point effectively and negotiate conflict in principled, positive way. (University of Maryland)

Jeanne Segal, Ph.D., Melinda Smith, M.A., and Jaelline Jaffe, Ph.D., contributed to this article. Last modified: September 2009.

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**“I just want you to know that if you are out there and you are being hard on yourself right now for something that has happened ... it’s normal. That is what is going to happen to you in life. No one gets through unscathed. We are all going to have a few scratches on us. Please be kind to yourselves and stand up for yourself, please.”**

— Taylor Swift

## HOROSCOPES



**Aries:** Plan to have fun, but don't let temptation and poor behavior take the reins. Social events, romance and personal gain are favored. Carry yourself with confidence and dash.

**Translation:** Enjoy yourself but don't get too wild wit it. Dip out to an event you might come up on a bag or a new piece. Move wit your head high and yo chest out.



**Taurus:** Keep a low profile and put your energy where it counts. Let your achievements, not your opinions, be your calling card. A challenge or competition will require discipline.

**Translation:** Stay in the cut. Let your action and accomplishments speak for you. When situations arise you have to stay focus.



**Gemini:** Choose your words wisely and avoid controversy. Someone will be looking for a fight or to beat you at your own game. Be thoughtful and kind, regardless of what others do or say.

**Translation:** Think before you speak and don't give haters ammo. Someone always looking to take yo bag. Be you no matter what others do.



**Cancer:** Choose to take the road less traveled. Seek unique ways to use your skills and talents to get ahead. Surround yourself with interesting people who make you think.

**Translations:** Find a lane that's not so crowded. Use your talents and mindset in different ways to get ahead. Don't just fill your circle with like minded people.





**Leo:** You know the rules; now play to win. Don't let anything or anyone stand in your way. Size up who is capable of what and surround yourself with experts. Settle for nothing less than what you want.

**Translation:** You know how to move; now come out on top. Build your team and make sure they can do what you need them to do. Don't settle for less.



**Virgo:** Speed up and be spontaneous; the universe will accommodate you. Let the changes that occur dictate your direction, and masterfully use your intuition to take the best path.

**Translation:** Stop f'n around and allow things to fall in place. Go with the flow and let your gut guide you.



**Libra:** Share your emotions, intentions and solutions, and you'll get favorable feedback and the help you require to complete your mission. Reach out to those skilled in areas you lack.

**Translation:** Put your true self out there and accept the feedback that possibly help you achieve your mission. Link up with those that can be an addition not a subtraction in your mission.



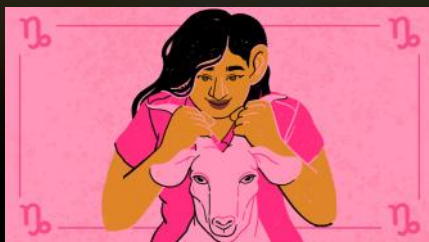
**Scorpio:** Refuse to let the changes others make unnerve you. Think and do what's best for you, and don't fear being different. Put your energy working with change and creating opportunities.

**Translation:** Because somebody did it this way doesn't mean it's the way for you. Be different, follow your own path and create your own lane.



**Sagittarius:** Arguing will waste your time. Walk away from discord, and handle frustrations physically by challenging yourself. Personal gain is your best revenge.

**Translation:** Arguing is a waste of energy. Walk away it's not worth it. If you get frustrated, work out, listen to music or read something that can help you go get that bag. Continuing your growth is the best revenge.



**Capricorn:** Take a moment to breathe and absorb what's happening. Put your emotions on the back burner and study your alternatives. Lifestyle changes will work in your favor.

**Translation:** Deep breath in, put your feelings in your pocket and study your next move. Switching things up can be beneficial to you.



**Aquarius:** Keep a low pro file. You'll accomplish more if you are out of sight and working alone. Time spent in nature will allow you to think and adjust your plans to better suit your needs.

**Translation:** Staying tuck'd off while you plan and prepare can help you accomplish more. Make sure you get some air to help you keep a clear head.



**Pisces:** A change of plans will offer insight into something unexpected. Don't be afraid to change direction midstream if it will help you make gains. Trust your instincts, but when in doubt, ask an expert.

**Translation:** If something pop up it's okay to switch plans in the midst of things. Trust your gut if you need a 2nd opinion ask someone with knowledge in that field.

## About WBEZ's *Prisoncast!* project

### **What is *Prisoncast!*?**

*Prisoncast!* is an audio & journalism project organized by WBEZ in Chicago & Illinois Public Radio stations to serve people inside Illinois prisons & their loved ones outside. Our goal is to create something families can share together even when separated by miles of road, brick walls and wire fencing. We also produce journalism and interview segments that provide practical, actionable information and accurate news based on what you tell our journalists.

### **How do I submit requests for the show?**

People with internet access can fill out surveys electronically at [www.wbez.org/prisoncast](http://www.wbez.org/prisoncast). People outside can make requests & record a voicemail dedication at **312-893-2931**, or send a voice memo to [prisoncast@wbez.org](mailto:prisoncast@wbez.org). People inside can fill out a paper survey and mail it back to: **Alex Keefe, c/o WBEZ, 848 E. Grand Ave., Chicago, IL., 60611-3509.**

### **Are you playing all requests on the radio?**

No. Unfortunately, due to time constraints, we likely will not be able to air all the requests we receive during the two-hour broadcast.

### **Will I know ahead of time if my request will be aired during the broadcast?**

We can't guarantee that you will. We will try to notify as many people before the broadcast as possible.

### **How & when can I listen?**

You can listen on an old-school radio (find your local station below). You may also listen on a GTL tablet's FM radio app. Both programs will air on NPR (National Public Radio) stations all across Illinois.

On **Sunday, Dec. 17th from 2-3PM CT**, we'll air a holiday special featuring parents in prison reading stories to their children, in partnership with Companions Journeying Together & Lutheran Social Services of Illinois. If you are interested in participating, write Alex Keefe at the address above or email [prisoncast@wbez.org](mailto:prisoncast@wbez.org). **If you would like your loved ones to record a holiday dedication for you, have them record a voicemail dedication at [312-893-2931](tel:312-893-2931), or send a smartphone voice memo to [prisoncast@wbez.org](mailto:prisoncast@wbez.org).**

## Where to find *Prisoncast!* on the radio

# KEWANEE HORIZONS VOLUME. 60 PG. 60

Facility	IPR station
<a href="#">Big Muddy River Correctional Center</a>	WSIU, 91.9FM, 90.3FM, 88.9FM + WILL, 580AM
<a href="#">Centralia Correctional Center</a>	WSIU, 91.9FM, 90.3FM, 88.9FM + WILL, 580AM
<a href="#">Danville Correctional Center</a>	WILL, 90.9FM + 580AM
<a href="#">Decatur Correctional Center</a>	WUIS, 91.9FM + WILL, 90.9FM + WILL, 580AM + WGLT, 89.1FM
<a href="#">Dixon Correctional Center</a>	WNIJ, 89.5FM, 89.1FM, 90.5FM, 91.3FM + WVIK, 90.3FM, WILL 580AM
<a href="#">East Moline Correctional Center</a>	WVIK, 90.3FM + WILL, 580AM
<a href="#">Graham Correctional Center</a>	WUIS, 91.9FM, 89.3FM + WILL 90.9FM + 580AM
<a href="#">Hill Correctional Center</a>	WCBU, 89.9FM + WILL, 580AM + WIUM, 91.3FM, 89.5FM, 90.7FM
<a href="#">Illinois River Correctional Center</a>	WCBU, 89.9FM + WGLT, 89.1FM, WUIS, 91.9FM + WILL, 580AM + WIUM, 91.3FM, 89.5FM, 90.7FM
<a href="#">Jacksonville Correctional Center</a>	WUIS, 91.9FM + WILL, 90.9FM, 580AM + WIUM, 91.3FM, 89.5FM, 90.7FM
<a href="#">Kewanee Life Skills Re-Entry Center</a>	WVIK, 90.3FM + WILL, 580AM + WIUM, 90.7FM + WCBU, 89.9FM
<a href="#">Lawrence Correctional Center</a>	WSIU, 91.9FM, 90.3FM, 88.9FM + WILL, 580AM
<a href="#">Lincoln Correctional Center</a>	WUIS, 91.9FM + WILL, 90.9FM, 580AM + WCBU, 89.9FM + WGLT, 89.1FM
<a href="#">Logan Correctional Center</a>	WUIS, 91.9FM + WILL, 90.9FM, 580AM + WCBU, 89.9FM + WGLT, 89.1FM
<a href="#">Menard Correctional Center</a>	WSIU, 91.9FM, 90.3FM, 88.9FM
<a href="#">Murphysboro Life Skills Re-Entry Center</a>	WSIU, 91.9FM, 90.3FM, 88.9FM
<a href="#">Pinckneyville Correctional Center</a>	WSIU, 91.9FM, 90.3FM, 88.9FM + WILL, 580AM
<a href="#">Pontiac Correctional Center</a>	WILL, 90.9FM, 580AM + WCBU, 89.9FM + WGLT, 89.1FM + WBEZ, 90.7FM + WNIJ, 91.3FM
<a href="#">Robinson Correctional Center</a>	WSIU, 91.9FM, 90.3FM, 88.9FM + WILL, 580AM
<a href="#">Shawnee Correctional Center</a>	WSIU, 91.9FM, 90.3FM, 88.9FM
<a href="#">Sheridan Correctional Center</a>	WNIJ, 89.5FM, 90.5FM + WBEZ, 90.7FM + WILL, 580AM
<a href="#">Southwestern Illinois Correctional Center</a>	WILL, 580AM
<a href="#">Stateville Correctional Center</a>	WBEZ 91.5FM, 91.1FM + WILL, 580AM
<a href="#">Taylorville Correctional Center</a>	WUIS, 91.9FM + WILL, 90.9FM, 580AM
<a href="#">Vandalia Correctional Center</a>	WILL, 580AM + WUIS, 91.9FM + WSIU, 90.3FM
<a href="#">Vienna Correctional Center</a>	WSIU, 91.9FM, 90.3FM, 88.9FM
<a href="#">Western Illinois Correctional Center</a>	WUIS, 91.9FM, 89.3FM + WIUM, 91.3FM, 89.5FM, 90.7FM

## 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
- **DO** understand, your submission is not guaranteed publication in Kewanee Horizons, we have internal and external guidelines that we adhere to.

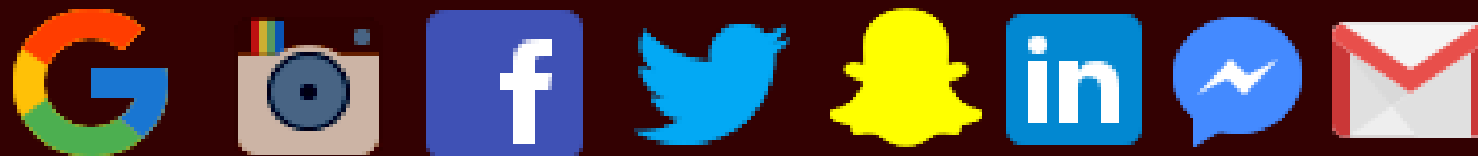
**KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!**

**[doc.kewaneehorizons@illinois.gov](mailto:doc.kewaneehorizons@illinois.gov)**

**TELL YOUR FAMILY AND FRIENDS TO SCREENSHOT THIS PAGE  
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# #KEWANEEHORIZONS

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