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# RESTORATIVE JUSTICE

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

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

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

**Community: A group of people with a common characteristic**

**Or interest living together with in a larger society.**

# 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 you to write about what Black History Month means to you. Furthermore, 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.**

# RAISING OF THE FLAG



**On a brisk December 7, 2023 morning, in the presence of KLSRC staff and individuals in custody, the KLSRC Veterans marched out to the newly created flag stand and raised the flag of the United States of American for the very first time within the fences of Kewanee Life Skills Reentry Center.**



**I pledge of allegiance to the flag of the United States of America and to the Republic for which it stands, one Nation under God indivisible, with liberty and justice for all.**



# Statistic

By: Vanessa Wooden (Logan CC)

I wanted to be you wife  
You wanted me to be a statistic  
I just wanted you to love me  
Yet, your hate was more realistic

What we shared, I would defend  
When all my friends called you insane  
You were just afraid to lose me  
This is why you'd cause me pain

The first time, it really scared me  
I mean, I just did not expect it  
I NEVER EVER thought you'd hit me

With you, I always felt protected

I had to leave after that  
Look at my face, look what you did!

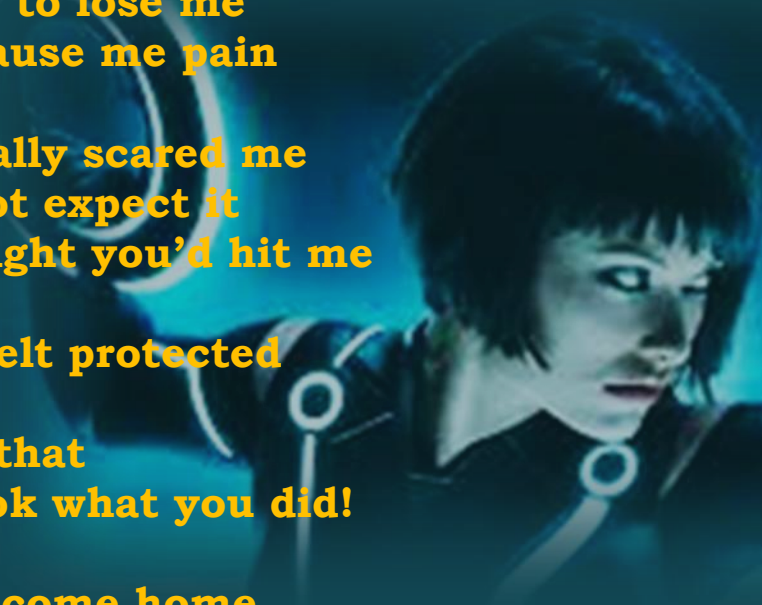
Of but of course I'll come home

After all, you cried, regretting it

The second time I thought  
"Oh Gods, not this again"  
Were all those alligator tears,  
Were all those sorrys just pretend?!

You're right, I love you and I  
promised  
Forever yours, no matter what  
What kind of person would I be  
To break my vows and just give  
up?

Now my family's crying and  
Six feet under is just too realistic  
All I wanted was to be your wife  
Instead you made me a statistic





## LOGAN C.C. FLOWER GARDEN



**By: Yesenia Diaz @ Logan C.C.**



**Hi everyone! My name is Yesenia Diaz, and I am glad to share a little bit of what is happening in my corner of the world at Logan C.C.**

**Ten years ago I graduated from Richland College Horticulture Vocational Program. Joshua Hackett, was our awesome instructor. He taught us about flower/vegetable gardening, soft/hardscaping and so much more. Mr. Hackett, encouraged us to use our own individual talents and gifts. For some of us it was cooking, others flower arranging— I love crafting— especially using nature.**

**I work in the greenhouse with four other women. We design, plant and tend the flower gardens using a wide variety of perennial and annual plants and flowers. Each of us is responsible for designated areas throughout the facility. My area is the front entrance, visiting room and program center. One of the most rewarding parts of working in the gardens is the reactions of visitors and guests, especially the kids, to the colorful flowers and seasonal decorations. Their smiles are just priceless!**

**2023 began as a challenging season for the gardens — but we sur-**





vived the drought and got to see the flowers finally flourish. Just like us, if we keep a positive mind, stay strong, and persevere our darkest days will see sunshine again—we will survive any hard circumstances.

As the garden season has come to an end, we collected cuttings/seeds from our annuals for next season and we cut back our perennials. I am collecting everything that nature can supply for my craft projects. The end of the season is when I get to reflect on the things that went well with the gardens — the things that did not, and what I can do to improve the gardens next spring. This got me to thinking about my personal life — what am I doing right? What do I need to change? Gardening is a skill that gets refined with time and dedication — providing many life lessons along the way.



As we head indoors to the greenhouse for the winter, we will start planning and growing for next season. We are also blessed to grow flowers for the Illinois State Fair. We would like to thank Mr. Morgan and Mr. Sloan for all they have done and do to help us contribute to the State Fair gardens. Decatur C.C. also helps with the State Fair under the guidance of their Horticulture instructor, Mr. Vercellino. I met him recently and he was very complimentary and encouraging about our gardens — Thank you, Mr. Vercellino.

Thank you, Mr. Hackett, for everything you taught us. We want you to know that using it and paying-it-forward. We continue to mentor our peers who work us — but it goes beyond our peers! The guest


and staff are always asking questions about the plants and flowers they see — some have been inspired to start gardening. Mr. Hackett, your impact as an instructor, Mrs. Freshour. She was so inspired by you that she now does an amazing job as our Horticulture instructor.

Gardening and crafting have been great blessing to me — bringing healing, spiritual growth, and purpose.

Finally I would like to thank Kewanee Horizons and 2Roads team who have dedicated themselves to create a place for us to share and connect with each other and the community.

May God smile on everyone and be gracious to you as He has been to me.

WITH LOVE.

Arianna Huffington is depicted on the left side of the image, wearing a black and blue futuristic suit. She has short, spiky blonde hair and is looking towards the camera with a slight smile. The background behind her is a sunset over a body of water.

*“A purpose of human life, no matter who is controlling it, is to love whoever is around to be loved.”*

*Arianna Huffington*



**By: Julie A Keck LTS DEPT SUPERVISOR**

We've been holding Monthly Fitness Challenges here at Decatur, and I thought I'd share a piece written by one of our ladies, as well as pictures and results.

September was our first Challenge. The Challenge was to complete 2,000 burpees during the 30 days of September. Out of the 35 that signed up, 20 reached the goal! What's more 3 ladies not only doubled down, but they TRIPLE DOWNED completing 6,000 burpees in the month!

October was to run/walk a marathon (26.2 miles) during the 31 days of the month.

53 signed up, 29 reached the goal, 10 doubled down, 1 completed 3 marathons 1 completed 5 marathons, 1 completed more than 11—completing a total of 304 miles. November's challenge is 3,000 sit-ups. I already have a few that have reached the goal!



**By: Shirley Miedema @ Decatur CC**

**Hello my fellow Kewanee Readers!**

**Here at Decatur, we've decided as a whole to tackle preplanned physical challenges monthly. Our challenge for the month of September? 2,000 burpees! This averages out to 67 burpees a day.**



**These exceptional women signed up with our LTS Supervisor Keck while choosing a cause they wish to stand for. These causes range from but are not limited to – St. Jude's Children's Hospital, Animal Neglect/Abuse Awareness, Suicide Awareness, and even their own sobriety they fight so hard for.**

**Most of our ladies have decided to partner or team up. This allows a better degree of accountability and inspiration. Not only that, you should see how they take charge and communicate so efficiently. Most perform these during our gym hours or during the five-day-a-week aerobics/weight-lifting hour.**

**SEPTEMBER BURPEE CHALLENGE**

**I don't think I'll ever forget when I was trying to recruit people and asked one particular lady**

what cause she'd like to stand for...Her reply? With tears in her eyes she said, "Can I do it for myself?" I replied, "Of course!" She then said, "I've never done anything for myself." My eyes teared up. If it's possible, my heart stopped while overflowing with heartache and admiration.

How many times do we overlook or discredit others? How many times do we overlook or discredit ourselves?

Watching these women commit to a unified goal of physical fitness is soul-quenching. Many have come to me with realization that in taking charge of their body, their mind follows suit. For many this is a fight for their life! We learn when it is appropriate to say yes and the power of deciding something isn't good for us. The true value of self goes a long way toward healthy relationships and aiding sobriety. We need our strong mothers, daughters, sisters, and aunts. Keep pushing forward my sisters!



**"The strength of a woman is a tale as old as time!"**

# **WESTERN ILLINOIS INCENTIVE BASED WING**

**By: Manuel Enrique Aceituno @ Western C.C.**

**After 26 years of incarceration I've finally been accepted on an incentive based wing here at Western Illinois Correctional Center, and for someone like myself who has gone through eight years of isolation (Tamms C.C.) that is saying a lot. It is always hard to overcome our past, especially what is written in our master file, but with change comes new opportunities. I enrolled in this program to help facilitate change in other incarcerated men, as well as continue my personal growth. Which I have begun by becoming a facilitator for three behavior programs, and have had the pleasure to co-facilitate the "Dealing with Conflict" course. CONGRATULATIONS to the 10 men who completed the course and received their certificates!! I hope that the knowledge learned will help you in your future struggles, and I look forward to continuing as your co-facilitator in the upcoming Anger Management course. Thank you all for having faith in me.**

The environment here is more laid back, different in it's focus for change and rehabilitation. Guys are interested in gaining the necessary tools required to succeed upon our release. The notion of "freedom" is becoming more than just becoming free, it has now grown attached to questions. Have I prepared myself for my future? How will I succeed in our society today? What will I do for work, and what are my back up plans? How can I help others, and how can I continue my growth upon my release? Etc... All of these questions of positive thinking that we ask ourselves in the betterment of ourselves and for those around us.

This incentive wing is just getting up and running, and like all things that get started, we've had a few bumps in the road, but with the help of staff and the men on the wing, we have come together to figure out solutions to making this wing a safe place of behavior, learning, and rehabilitation, There is still work to be done, but as with life, the struggle continues. I have faith in change, and know that we will get out of life what we put into the making of it. So, for the men on this wing, and for those who are reading, have faith in yourselves and believe that you can make a difference. Our next choice is only a step away, step wisely!

**"There are no gains without pain."**

**-Andrew Carnegie**

# DON'T GIVE IN



**By: Kurtis M. Williams @ Dixon**

**Before consideration or proclamation, with a note or without,  
Weigh your emotion, consider this notions, and try to create some doubt.**

**Find excuses, forget the abuses and everything that's weighing upon you,  
Seek out little pleasures and little treasures, and the good things that  
you do.**

**Break far away from the heat of the day, and all those burdens that you carry,  
Whether from your health, or from loathing self, or always feeling weary.**

**Consider everything as your sinking, by surpassing a conclusion or a wall,  
A red flag that eliminates or postulates, denying another breath or call.**

**Detach from the path and do the math and reason with a clearer head,  
Take a very long walk and with someone talk, with whom, doesn't want you dead.**

**For such a decision and such a transition, to make an ending choice,  
Everything should be weighed, in more than one day, and by more than just one voice.**

**There's a billion reasons and four seasons, that have your name in their plans,  
Finding those places in life's races are numbered like the grains of sand.**

**Your NOT at the end, but a moment to begin, something new and productive and alive,  
Becoming courageous, alive, and vivacious, creating a newness within your pride.  
From the tip of my pen, that I've been in, I advise you from the center of my being,  
From author and writer and life igniter, I send you this song to sing,**

**When the shadows & paddles of life seem to float away and swim,  
Far from your grasp, a tiring task, whatever you do...don't give in!**



# “Covid-19, I Survived”

By: Joseph Ward

Several people were sick  
and dying of Covid-19  
How could so many ignore the signs?  
Maybe it was by desi  
President Trump called it Kung Flu  
Do not panic, only six Americans died.  
Put your worry aside.  
Numbers multiplied real quick  
They are still counting  
As of today over a million died;  
Worldwide several million are sick.  
How I remember—

See around march 2020  
I was Covid-19 sick plenty-  
Rushed from Stateville prison;  
At Saint Joseph’s Medical Center  
Did I enter.  
Two weeks I was there  
On a liquid diet and ventilator  
Yes, look at me, do not stare.  
Alive while eleven other died-  
Fatal as a sliced cable in an elevator;  
I SURVIVED BY GOD’S HANDS.

“It is during our darkest *moments* that we  
must focus to see the light.”

— Aristotle

# Confessions

By: Rafael Padilla @ Danville C.C.

Hey ya'll, A lot of you ya'll know me as "Big Pocho" but today I'm coming at you as a Rafael. Finding who I really am took a while because I was living up to all these hood statements and my rep meant all to me. Gang banging, drug dealing, fighting, shooting and being shot at was a life I cherished because of the rush plus it was all I knew.

When I caught my case. I'm man enough to admit that I was sent off but because of the love I had for my community. I did what I did not knowing it was the wrong community. I admitted my participation, I confessed to the roll I played and along with that, so did one of my co-defendants. Because we figured (ahead of time) if we play our parts. No one will really get hurt at the end and now it was all an accident. We came up with that agreement and brought it to the cease fire chairman. He agreed and that was that. (ceasefire did their best to stop the violence)



Cop-outs were given because of it all. Cop-outs that we consider sweet in prison for murder but due to the fact, our judge moved on up, we ended up with a new judge who felt otherwise and took the cop-outs off the table stating, "they had three weeks to agree and didn't ." So we got screwed.

I was still lost at the that time. Living in the spotlight of "Big Pocho" and being sent off twice really had me confused, lost, mad upset, and just not caring. It was time for a real change.

Once sentenced to 23 years at 100%, reality hit me...I'm really doing a bid. Had to get institutionalized right? Wrong. Someone told me, "Shorty, Your body is captured but not your mind" I thought of those words and realized that its time to grow out of that "Pocho" spotlight and into that "Rafael" spotlight, time to mature.

I 100% stopped caring what others thought of me. Started reading a lot. Participated in a lot of programs mentally and emotionally. Earned my GED and helped others earn theirs. I prevented a lot of meltdowns with the youth and became a big brother to a lot. It just felt great helping others in need and building my own character outside of Big Pocho. I even put in a clemency. I felt so blessed by the higher power. Had the hearing January 12th and my legal team got a call on July 17th stating that they did a real convincing job and recommended my pardon. (A pardon Ya'll) now its on the Governor's desk waiting on his approval and immediate release. (Glory be to God) All these blessings, all this good karma and great energy is finally paying off at the end.

My co-defendant from the beginning of this made it home from our confessions and later confessions, which got brought up in my hearing and a big reason why the board agreed I served enough of my time and proven my rehabilitation and should be let go finally. Man it feels good being Rafael and not Big Pocho, not caring what others think about me and seeing that my "family" accepts, understands and still loves me after my actions means the world to me. It's time ya'll start confessing to yourself first and accepting yourself.

Peace and Love ya'll.



# BECOMING AN AUTHOR

By: Juhnell Morgan @ Lawrence C.C.



If the KH52 State Wide Callout to writers within the State of Illinois wasn't enough to get me to write something, when I got to one of my favorite parts; the horoscopes...my birthday is October 31st so I'm a Scorpio and the translation read: "Think happy thoughts & put the article you wrote for the Horizons in the mail bag. It's gonna get published."

Well here I go & it better get published. LBS (laughing but serious).

So I am blessed & a bit lucky to be able to say that I'm a published author. I had my first novel "Despite The Odds: Let The Streets Choose" published April 2022. Part 2 & a holiday special "Hittin' Lickz For The Holidays: Chicago" will be coming out soon.

As I've done so many times, I just got in my own way & got put in the hole but it gave me time to figure "IT" out. Since a few people suggested for me to write a book & I've got into it, I've come across many people that claim or showed interest in wanting to write a book but something always got in my way. When I wrote my first book no publisher was willing to deal with me in prison, even though a couple showed interest. All that changed when a new company, "URBAN AINT DEAD", gave me the chance I needed.

That should've been enough to get me going but I let a lot of outside noise get in my way & I made the most common excuse, I don't have time. WHAT?!? I personally have nothing but time which I'm learning to manage better in order to get things done. I want to give this advice to anyone considering writing books (but this can apply to music, arts & crafts, or whatever your thing is):

1. Tell yourself that you're going to do it. Find some kind of motivation; it can be to prove to family & friends that you're doing something with your time, have something to show the courts or a big one - MONEY! I got my first legal money, that I worked for, from my book. I was 36 years old.

2. Don't think it's going to come easy! A novel will be 50k-100k words depending on which genre you write in. Those words don't come overnight nor does the story. Take your time. I would start with taking a hour each day to write what you can or do a page a day. That's 365 pages in a year which is about two books. My 2024 goal is to write 3-5 pages each day & hopefully I'll finish a five book series. Am I going to meet that goal? I don't know but I won't be hard on myself & you shouldn't either. It takes the fun & joy out of the process when you do that.

3. Learn your craft! When you were out doing bad (doing the bad stuff ) you didn't do it without knowledge of it, so don't do it with the positive stuff. Tell your people what you're on. I'm taking a creative writing course that was \$500 (\$32 per month). Rather than using that money on commissary, that investment helped me with my writing & I'm only on the second module. I know that everyone do not have the same support so if that's you, try getting books from the library or you can write all of the places that'll send you free books. Whatever you do, read the kind of books you want to write & see how they do it.

4. Keep going! I know the end game is to get published but it's not going to happen over-



night either. The more you write, the better you get. A publisher might not like your first book (I love my first book but if I can go back with the knowledge I have...) but they might love your 2nd, 3rd, 4th, etc. Once your foot is in the door, you're in & you'll be looking a lot better with the more projects that you have even if they are fixer-uppers. I wish that I had kept pimpin' my pen. Even if it was a book a year, I would've had 10 books from the time I finished my first until it got published.

5. Getting published, there's nothing easy about it but it's very possible. I've been thru it all...writing the publishers of the books I was reading, writing all companies concerning book publishing that I saw in PLNs (Prison Legal News) & having my people look stuff up online. It was around the start of COVID that I said I'll settle for self-publishing & felt I had someone to handle everything. I ended up paying a lady to do my book cover & formatting my book for Amazon. Months later, I got my refund & I had to go back to the drawing board. That's when I was put up on URBAN AINT DEAD & the rest is history. While I gave up some of my royalties, that was the best move. I will always promote myself, the only thing I have to do is write. My writing has gotten me in two magazines & I have an interview with KITE coming up. I have a soundtrack & a music video for my "Despite The Odds" series and this is just the start of my career. It was a journey & it's still not easy, but holding a book that I wrote was and is a joy that let me know that anything is possible.



Invest & believe in yourself. If you do that you'll make it...I did & I know that it's people with a lot more talent in these prisons. I hope that my story & advice helps someone get started. Good luck to all that want better & take the first step to do it.

# **160 ACADEMY INFORMATION**

**Info from: Renee Rau, Business Development Specialist for 160 Driving Academy in Centralia, IL**

**Greetings,**

**My name is Renee Rau, Business Development Specialist for 160 Driving Academy in Centralia, IL. As Business Development Specialist, my role is to help change the lives of our community through CDL career training. Many of the students I serve are either looking for gainful employment, are under paid and over worked, or seeking a career change. I am committed to educating students on the program , the earning potential, and ways to finance their training program. My role as Business Development Specialist is to help make a CDL a reality for those that desire to become truck drivers.**

**160 Driving Academy is a truck driving program that helps students gain knowledge needed to become CDL drivers. We specialize in a Class A CDL with the option to gain various endorsements. Our program is designed to be completed within 160 hours.**

**Why choose 160 Driving Academy in Centralia, IL?**

**1. Straight Forward Class Schedule:**



**a. Classes are Mon-Fri from 8:00AM-4:30 PM**

**b. Yard Training is Mon-Fri from 7:00AM-3:30PM**

## **2. Financing Options:**

**a. We offer different options to assist with funding potential student's careers.**

## **3. Quality Instructors:**

**a. Our instructors have above 90% pass rate for the CLP and CDL**

## **4. Job Placement:**

**a. 160 Driving Academy offers job placement opportunities post-graduation.**

**The greatest benefit of 160 driving Academy in Centralia, IL is our staff! We truly care about our student's success in the program and in the field. We look forward to working with your organization to discuss how we can assist in further funding options for potential students in this vocational program.**

**Renee Rau, Business Development Specialist**

**160 Driving Academy in Centralia, IL**

**2005 East McCord, Suite 136A, Centralia, IL 62801**

**(Located inside the Crisp Technology Center at Kaskaskia College)**





Office: (309) 285-8044

[rrau@160drivingacademymy.com](mailto:rrau@160drivingacademymy.com)

Office Hours 8:00 AM to 4:30 PM; Monday-Friday

[www.160drivingacademymy.com](http://www.160drivingacademymy.com)

## TOP 7 REASONS TO CHOOSE 160 DRIVING ACADEMY

We know you have options on where you'd like to learn your new career and get certified, but we believe that we are the best choice and below are 7 reasons why you should consider us first!!

**1. TOP INSTRUCTORS:** We have the most experience instructors in Illinois.

**2. FINANCIAL SUPPORT:** We help our students find financial support to cover tuition costs. In fact, student may qualify to have their course costs covered 100% with several available grants.

**3. CONVENIENT LOCATIONS:** We have easily accessible campus locations throughout Illinois and across the nation! Illinois locations include the following:

Belleville  
Springfield  
Bensenville  
Crest Hill  
Oswego  
Rockford  
Des Plaines

Champaign  
Peoria  
Chicago Heights  
Freeport  
Palos Hills  
Niles

Kaskaskia College – Centralia  
Waukegan  
Chicago South Shore  
Moline  
Prairie State College  
South Holland

**4. NETWORKING CONNECTIONS:** We'll get you hired. We have a strong relationship with

the top U.S. trucking companies who depend on us for trucker referrals.

**5. ON-SITE TESTING:** Our students undergo their state driving exam at our facility and in our trucks vs. going to the local state licensing facility.

**6. MOST QUALIFIED TRUCKERS:** Our graduates are the most qualified, in-demand trucking operators.

**7. MUTUAL INVESTMENT:** Your success is our number one priority. At 160, we take care of our grads and ensure immediate job placement upon graduation!

So, when the time comes for you to choose a truck driving school, contact 160 Driving Academy!!!

**PLEASE CONTACT RENEE RAU FOR ANY QUESTIONS**

**Call or Text: 309-285-8044**

**2005 East McCord, Suite 136A – Located Inside Crisp Technology Center  
(Kaskaskia College) Centralia, IL 62801**

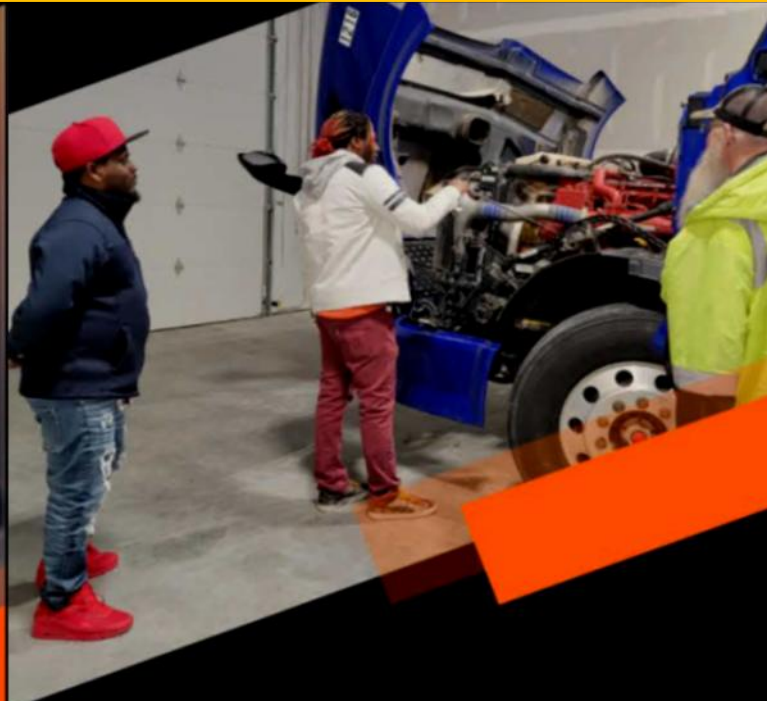


**DRIVING™  
ACADEMY  
TRUCK DRIVER TRAINING**



# 160

**DRIVING  
ACADEMY**  
TRUCK DRIVER TRAINING



## 160 DRIVING ACADEMY

## CLASS A CDL TRUCK DRIVER TRAINING

### WHY CHOOSE 160 DRIVING ACADEMY?

160 Driving Academy is the nation's largest Commercial Driving School in the Nation. We are FMCSA certified and operate in 43 States.

Every student at 160 Driving Academy receives a minimum of 160 hours of training. We are highly focused on safety, education and career long support.

#### • INDUSTRY-LEADING PROGRAMS

You'll receive training from instructors who have a minimum of three years driving experience and are accredited by the 160 Driving Academy standards.



During your training, you'll be supported by our Student-Only App which provides you with daily feedback on performance, plus practice tests, videos, learning tools and more!



Exclusive to 160 Driving Academy, Trucker's Network offers career long job placement opportunities to all 160 Driving Academy graduates.

#### • CAREER PERKS




Travel the country! Experience a career without boundaries. Enjoy the adventure and freedom that comes with earning a CDL. Discover new places and meet new people, every day.


Be in demand. With an estimated 300,000 job openings, there has never been a better time to work in the trucking industry. Train with the best instructors and stand out in today's workforce.

Unlimited earning potential. Earning your CDL means endless income opportunities. Advanced certifications, specialized, and experienced drivers can earn well over six figures, annually.

- We uphold the standard of safety within the industry
- We offer career long job placement & support
- Sponsorship opportunities & payment plans available



 **COMMERCIAL TRUCK DRIVING IS ONE OF TODAY'S FASTEST GROWING CAREERS**

 **ESTIMATES PREDICT 300,000 JOB OPENINGS, AT AN AVERAGE STARTING SALARY OF \$65,000**

 **START A SUCCESSFUL NEW CAREER. CHANGE YOUR LIFE IN JUST FOUR WEEKS.**



Register here



**SCHEDULE AN APPOINTMENT TODAY!**



888.714.3055



Our Locations



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## *Cursillo @ KLSRC*

Members of the KLSRC community was blessed with the opportunity to participate in a three day event with members from Cursillo. It was an amazing opportunity and an eventful day. Cursillo provided KH their mission statement and we're sharing it with you all, our brothers and sisters, to provide a little insight on Cursillo.

### From Members of Cursillo

To promote Christianity using the Cursillo Philosophy and method, based on Catholic teachings and participation open to all Christians. We hope to provide direction to make Christian community possible in all environments.

Cursillo is a lay-lead movement of people who have encountered God at a deeper level to share with others and provide opportunities for candidates to encounter the God of love –Jesus.

It is a short course on living a Christian life through a personal encounter with Jesus, creating a desire to put Jesus at the center of ones heart.



# *Cursillo #1229*



**By: Evigan” Happy” Marcos**

**Hello everyone, I hope everyone had a decent meal for Thanksgiving, given where we're at. I pray a blessing over all my brothers and sisters doing time with me. Stay strong, stay focused and encouraged. I know firsthand that during the holiday season it can be somewhat emotional for some of us.**

**Well, let me talk to you all about my Cursillo experience. I have never felt so much love and peace at any other event such as this one. At first, I was a little overwhelmed because I knew it would be a three-day event and a lot of social engagement.**

**As the first day came to its end, I was hooked and wanted more. I had the privilege to meet 13 volunteers that gave up their time to share God's love for me. They shared their life experience, wisdom, and lessons...they were transparent and vulnerable. The volunteers were honest and humble but, most of all, very kind and loving.**

**We set up five tables and volunteers were assigned to each table where we talked about subjects pertaining to each speaker's testimony. We laughed and some cried. There was a point where we even had the opportunity to make posters that represented our table which I enjoyed a lot. You all know that art is my thing, lol!!! Anyway, the best part about our conversations was the fellowship and freedom we all experienced.**

**The last day we received a gift—better yet, it was a surprise. We were asked to face**

north and wait quietly which we did. Out of nowhere came this beautiful, harmonious melody as all 13 of the volunteers sang a song as they circled around us and prayed for us. All I have to say is that everyone that attended and continued coming, from the beginning of day one until the end of day three, received a gift that can only come from above—a hug of peace, a hug of forgiveness and a hug of pure love!

Thank you Cursillo for allowing us to be a part of this experience. If anyone ever gets the opportunity to be a part of a Cursillo event, I encourage you, it will be a blessing to your soul and life. Trust me when I say that the spirit needs food as well.

In closing, after three days of fellowship, singing, laughing, learning, and experiencing peace & love, this has helped me prepare for a new journey. That new chapter will begin when I reunite with my children and family. To the administration, Chaplain York, and our hardworking team, Kewanee Horizons, thank you and God bless you all.



**The number #1229 chronologically identifies this unique Cursillo event.**

## CONNECTING WITH VOLUNTEERS



**By: Evigan “Happy” Marcos**

**It’s 5:30am October weather. I’ve been in Illinois for a while now and I still can’t get acclimated to the cold. “Mucho Frio” meaning “very cold”. I pray a blessing over all my brothers and sisters in IDOC. I would like to encourage y’all today.**

**I was recently asked, “Happy, how do you do it?” I replied, “What?” They went on to explain that they were referencing my ability to the volunteers that come here to Kewanee. Here’s how I responded: “I wasn’t always like this. I was very shy and conservative, basically staying on an island. For one, I was afraid to be judged. Secondly, I didn’t want to say the wrong things and make it awkward, lol. At times, I would often second guess myself about what I should say...every time I would wonder, ‘What if I say something that might be too direct or too personal.’”**

**I remember praying and asking God to help me and give me words of wisdom to say whenever meeting new volunteers. His reply was simple: “Son, there is only one you, be who you are and keep respect your priority. Speak genuinely from your heart, speak in truth, and be sure to add value to everyone you meet. This can be done by having a positive attitude along with a spirit of love and light.**

**There was a time when I called my spiritual mother (who happens to be my biologi-**





cal mother, lol) and she supplied me with similar advice. She said, “My son, you have worth and value. Be genuine and when given the opportunity to make a change for the real you, make it. Live, learn and change for the better. Always remember you are uniquely made and so is everyone on the face of the earth. Those words from my mom were confirmation that what I’d heard from God wasn’t just me attempt-

ing to push my own agenda. There was also an article I read that spoke about how connecting with other humans has always been a basic human need. Here’s more of that article:

To achieve the human connection, many people assume they need to put their best self forward, never make mistakes or blunders, and always know the right thing to say. This pressure can lead to stress as people second-guess their presentation, their actions, and their words. Research, however, suggests that such effort may not be worth it. In classic studies on what came to be called the “Pratfall Effect,” social psychologist Elliot Aronson showed that people who demonstrate high levels of skill in trivia challenges but also committed minor blunders - say, spilling coffee on themselves - were rated more likable by others than similarly skilled people who made no such stumbles. This research shows that it’s not only OK to be fallible, it can actually benefit us. Perfection is only Jesus Christ I believe. Perfection is not something that other people find endearing. Being vulnerable is: When we see that others have flaws, we feel that we understand them better and can connect with them. In your own life, this and others’ research suggests, it’s important to not to get wrapped up in what you think will make you likable, because you’re probably wrong about it. Sometime, in fact, the things we dislike the most about ourselves are the most endearing to others. It works both ways, sometimes what we like about ourselves isn’t necessarily a quality others appreciate. Instead of acting in a way that you



think increases your appeal, drop your armor, be your genuine self. Brothers and sisters, remember that you are a one-of-a-kind masterpiece of God and in this earth, let people discover what they like most about you.

Don't underestimate the power of networking! Opportunity is always lurking...the blessing might be around the corner. Remember to be yourself at all times and don't be afraid to ask questions. The pictures you see here of my friend Jacob who comes to share something good for the spirit every Tuesday, with his lovely wife, from 5pm to 6pm. They know I'm not a Jehovah's Witness in the sense of doctrine but I enjoy learning valuable principles that exist whether we share in those beliefs or not, however, they add value to my life. I equally enjoy showing them hospitality and the spiritual love of my Father. These volunteers are just one example, another set of valuable volunteers, Cliff and Sue (Cliff's wife), are from a program called "Freedom From Within." They want to really care about us and want to help us. Defy Ventures and Ms. K (or Kira), the volunteer for our facility, has energy that's awesome! I can't forget about all the church volunteers from Galva that come from 6pm to 7:30pm on Tuesdays. There are also volunteers and special guests from Hill Church, here in Kewanee, that show up every Monday night without fail to shower us with their genuine love and care.



My point is that if the opportunity arises to meet a volunteer that comes inside the walls of our world, here and every other facility, let's give them all that they deserve—hospitality, respect and love. As the old saying goes, "Closed mouths don't get fed." So open your mouths (and hearts) and express a bit of gratitude and watch the R.O.I. (Return On Investment) you receive.

In closing, much respect and love to everyone. A huge amount of thanks goes out to all the volunteers that take the time out of your busy schedules to pour into us, aiding us in our reentry, it is time well spent. As always, thank you to our administration, staff, teachers, the brothers (staff) of Kewanee Horizons who work so hard everyday to publish these articles for us, and everyone behind the scenes that do all the little things that we don't know about.

# RELATIONSHIPS

By: A. Ross LCPC Psychologist I  
@KLSRC

I was asked to write this article by an individual with a lot of questions on relationships, and the roles they play for an incarcerated individual. I hope to provide some answers, but I can only guess I am going to leave you with more questions - that hopefully you can better answer yourselves. Though to be clear, this article is not strictly on romantic or sexual relationships, but rather, relationships in general.

Relationships are inevitable, or to be cliché, no person is an island. Any person you can assign a specific title to in your life, you have a relationship with: parent, sibling, friend, cellmate, romantic partner, *former* romantic partner, etc. What this amounts to is, regardless of our desire to be introverted or keep our circles small, we inevitably develop some relationship with some people. But as you read those titles I listed, I can only assume you had flashes of thoughts, feeling, and most importantly, expectations.

Expectations are the defining feature of a relationship. Expectations are the fabric of a relationship. The more expectations that have been placed on a person, and the more they meet those expectations the stronger the relationship. To break that down further: anyone's relationship with anyone is characterized what they think the other person *should* do, and how well those expectations been communicated.

However, not everyone agrees on what *should* be done in situations. This is where

major conflict in relationships can arise. For example, an employee thinks he *should* be able to take his time to complete a task, so long as it is done before it is due. Meanwhile, the boss thinks the employee *should* get the task done as soon as possible. This will naturally lead to conflict between the employee and the boss. The flaw with that example is there is a clear hierarchy giving more weight to who's expectations are to be met (Answer: the boss). But most of our relationships don't have an explicit hierarchy.

Let's say, I was to become incarcerated. I may have expectations that my brother *should* support me, and more specifically he *should* make time for phone calls with me. However, if I haven't communicated that expectation, there is going to be a mismatch between my expectations and his. He may see putting money on my books as what he *should* do to support me. So, in his eyes he is being a good brother. Meanwhile, I'm not getting a chance to talk to him, and the relationship is suffering.

And the thing is, who is to say what someone *should* or *shouldn't* do. Something I regularly point out to people is how many times they say *should*, and more specifically when they are upset, how much they are "*should-ing*" themselves or others. In the above example, strictly financial support of someone is a perfectly acceptable and valid way of supporting someone, and so is only providing emotional support. Shoot, people have reasonable argued to me that tough love with no explicit support is the best way to support someone who is incarcerated.

Remember – no one is a mind reader. It can only be considered unfair, at best, for anyone to hold anyone to any expectation without it being discussed, negotiated and agreed upon. So in the employee/boss example, that's why there are employee handbooks, trainings, and meetings to discuss the expectation of employee productivity. However, again, most of our relationships aren't set in such a regulated and explicit fash-

ion. Therefore, it is critical to communicate with the people in our lives. For the example of being incarcerated and not getting the desired support from a brother, sharing the expectation (and really the emotional cost of that failed expectation) needs to be communicated to maintain that relationship. It would look like something along the lines of “I value your words and time more than your money, I would real like dedicated phone call times.”

The real tough thing about relationships being made of expectations is that leaves us a vulnerable state. People don't build strong relationships out of significant expectations with those expectations being void of consequence. Meaning, the most significant relationships in a person's life, have the greatest vulnerability because they have the most critical expectations. A person expecting store clerks to always have a big smile while working the cash register, is a significantly different consequence of a child that was expecting to be picked up from school by a parent. That is an intentionally obtuse example to demonstrate the core of this article. All people in our life, whether voluntarily placed in our lives or not, puts us in a slightly more vulnerable spot. The closer we hold them in our lives, the greater the expectations we have, the greater the vulnerability.

As promised at the beginning, I wanted to leave you with more questions and answers so here are some questions I believe are vital for all to consider: What expectations do you have of people in your life? Have you given them a fair chance to meet your expectations? Have you made yourself more vulnerable than you'd like with how attached you are to people?



# 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.**



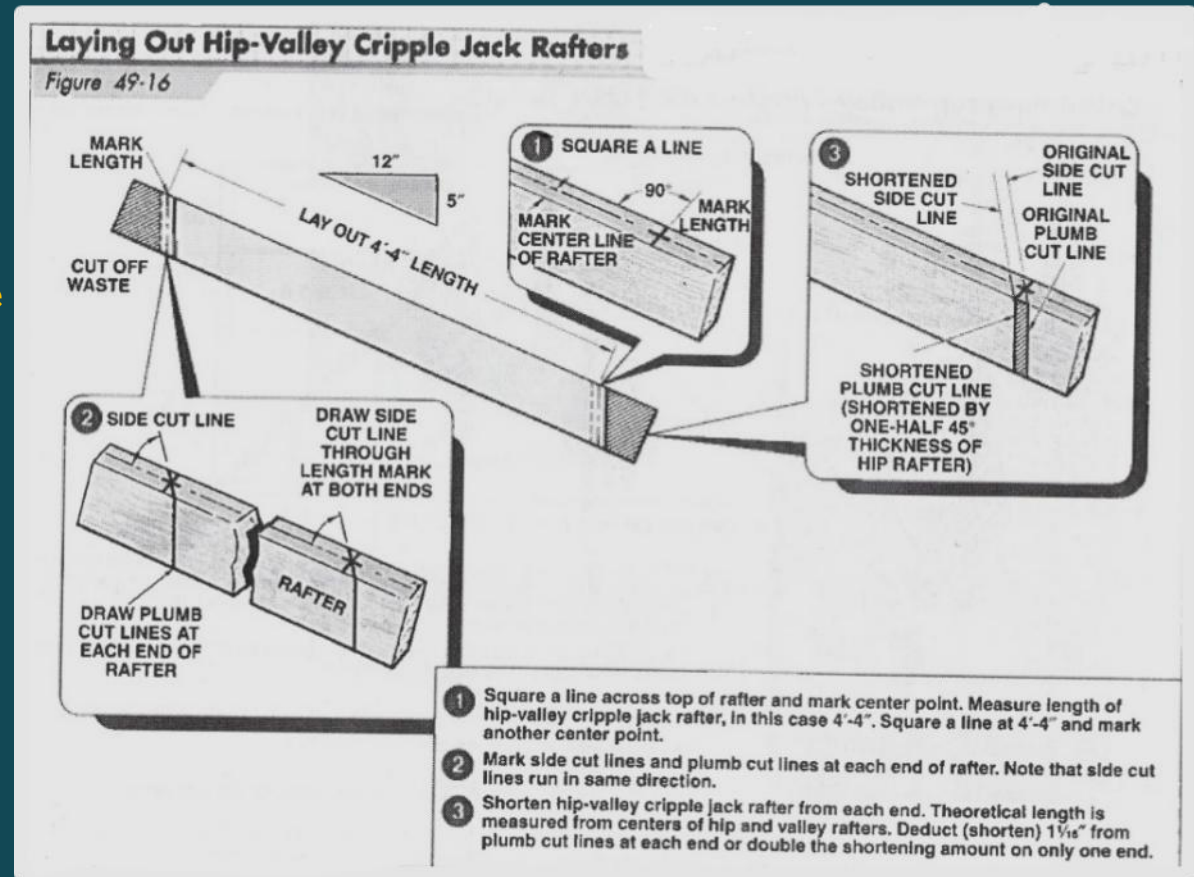
## NCRA ROOFING



By: Chad "Cartoon" Combs

Hey everybody and welcome to another roofing article. This is Cartoon. Jesse and I want to send our well-wishes to Big Rob. We hope he is doing good. The Roofing Group here has been going good. We almost have our first group of guys to graduate the N.C.R.A Trades for Roofing Application Career (T.R.A.C.) program so we are excited about that. Anytime a person can leave prison with a career path in mind and some knowledge behind it, everybody wins!

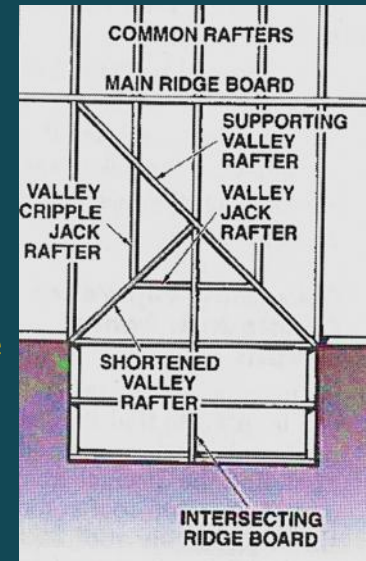
Today we are going to talk about Valley Cripple Jack Rafters. To lay out Hip-Valley Cripple Jack Rafters the require a plumb cut and side cut at each end because they fit between the Hip and the Valley Rafter. (FIG.49-16)



Valley Cripple Jack Rafters are used only on intersecting roofs with unequal spans. Valley Cripple Jack Rafters are placed between the shortened and the supporting Valley Rafters to bridge the space in the main roof section between the supporting and shortened Valley Rafters.

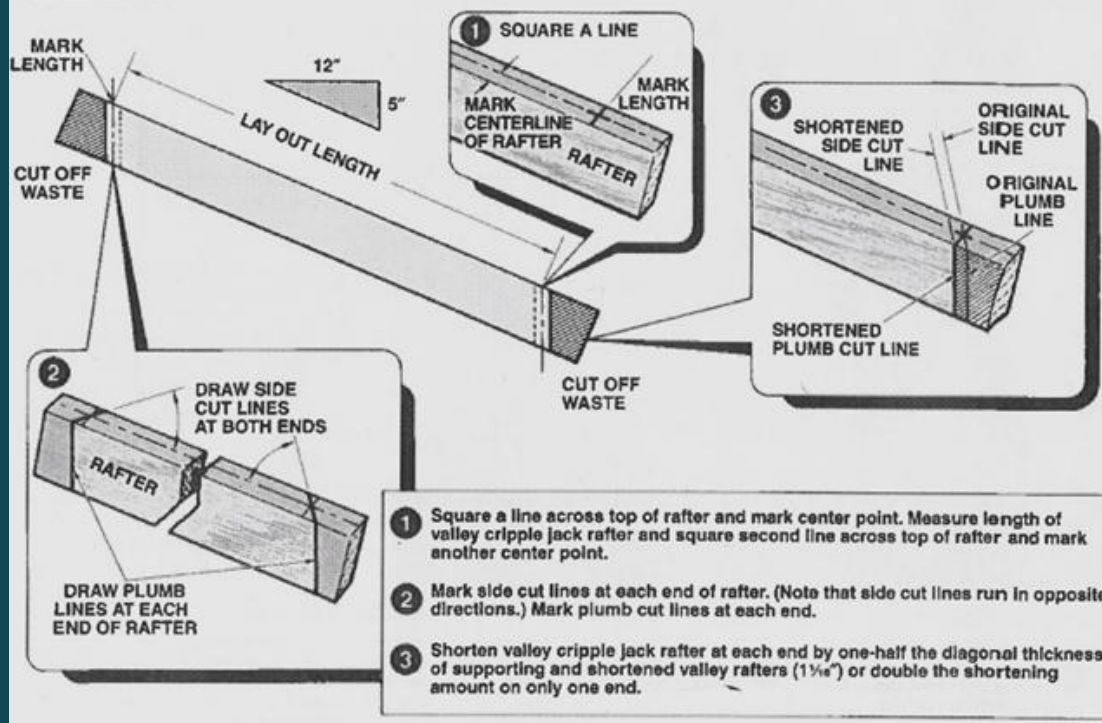
## Calculating Valley Cripple Jack Rafters Length

The run of a Valley Cripple Jack Rafter is always twice the run of the Valley Jack Rafter that it meets at the shortened Valley Rafter. For this reason, the length of a Valley Cripple Jack Rafter is also twice the length of that Valley Jack Rafter. The spacing of Valley Cripple Jack Rafters is the same as Common Rafters. (FIG.49-17)



## Laying Out Valley Cripple Jack Rafters

Figure 49-18



## Laying Out Valley Cripple Jack Rafters

The angles for plumb cuts and side cuts on Valley Cripple Jack Rafters are found by using the same framing square method described for laying out Valley Cripple Jack Rafters is shown in figure 49-18.

Jesse and I want to send a huge thank you out to Ms. Rowan for helping us navigate the Roofing program—we couldn't do it without her! Thanks for reading and remember: The only time you should be high is when you are on a roof!



# 10 Choices You Will Regret in 10 Years

What's up, readers? Something came across the desks at KH and we thought we should share it with you. It made us think a bit and it struck up an enlightening conversation between us. Do us a favor, after reading this piece of information, please send us your feedback on what you thought about it overall as well as which of these 10 things stood out to you and why. We appreciate you taking the time to do so. Enjoy.

“If only...” These two words paired together create one of the saddest phrases in the English language. Here are ten choices that ultimately lead to this phrase of regret, and how to elude them:

- 1. Wearing a mask to impress others.** If the face you always show the world is a mask, someday there will be nothing beneath it. Because when you spend too much time concentrating on everyone else's perception of you, or who everyone else wants you to be, you eventually forget who you really are. So don't fear the judgments of others; you know in your heart who you are and what's true to you. You don't have to be perfect to impress and inspire people. Let them be impressed and inspired by how you deal with your imperfections.
- 2. Letting someone else create your dreams for you.** The greatest challenge in life is dis-

covering who you are; the second greatest is being happy with what you find. A big part of this is your decision to stay true to your own goals and dreams. Do you have people who disagree with you? Good. It means you're standing your ground and walking your own path. Sometimes you'll do things considered crazy by others, but when you catch yourself excitedly losing track of time, that's when you'll know you're doing the right thing.

- 3. Keeping negative company.** Don't let someone who has a bad attitude give it to you. Don't let them get to you. They can't pull the trigger if you don't hand them the gun. When you remember that keeping the company of negative people is a choice, instead of an obligation, you free yourself to keep the company of compassion instead of anger, generosity instead of greed, and patience instead of anxiety.
- 4. Being selfish and egotistical.** A life filled with loving deeds and good character is the best tombstone. Those who you inspired and shared your love with will remember how you made them feel long after your time has expired. So carve your name on hearts, not stone. What you have done for yourself alone dies with you; what you have done for others and the world remains.
- 5. Avoiding change and growth.** If you want to know your past, look into your present conditions. If you want to know your future, look into your present actions. You must let go of the old to make way for the new; the old way is gone, never to come back. If you acknowledge this right now and take steps to address it, you will position yourself for lasting success.
- 6. Giving up when the going gets tough.** There are no failures, just results. Even if things don't unfold the way you had expected, don't be disheartened or give up. Learn what you

can and move on. The one who continues to advance one step at a time will win in the end. It's a process that occurs with small steps, decisions, and actions that gradually build upon each other and eventually lead to that glorious moment of triumph.

- 7. Trying to micromanage every little thing.** Life should be touched, not strangled. Sometimes you've got to relax and let life happen without incessant worry and micromanagement. Learn to let go a little before you squeeze too tight. Take a deep breath. When the dust settles and you can once again see the forest for the trees, take the next step forward. You don't have to know exactly where you're going to be headed somewhere great. Everything in life is in perfect order whether you understand it yet or not. It just takes some time to connect all the dots.
- 8. Settling for less than you deserve.** Be strong enough to let go and wise enough to wait for what you deserve. Sometimes you have to get knocked down lower than you have ever been to stand up taller than you ever were before. Don't settle.
- 9. Endlessly waiting until tomorrow.** The trouble is, you always think you have more time than you do. But one day you will wake up and there won't be any more time to work on the things you've always wanted to do. And at that point you either will have achieved the goals you set for yourself, or you will have a list of excuses for why you haven't.
- 10. Being lazy and wishy-washy.** The world doesn't owe you anything, you owe the world something. So stop daydreaming and start DOING. Develop a backbone, not a wishbone. Take full responsibility for your life—take control. You are important and you are needed. It's too late to sit around and wait for somebody to do something someday. Someday is now; the somebody is YOU.

# DIETARY DOPAMINE

By: Robert "IRONMAN" Downey

Recently I was sitting in a class which the topic was, "WHAT IS YOUR PURPOSE?" One individual stated,. "I'm not sure what my purpose is, But it's definitely not something as trivial or unrealistic as feeding the hungry."

Excuse me, Sir, You have inspired this article. Here at KLSRC, I have the privileged responsibility to directly and indirectly affect the lives of an entire community including individuals in custody, staff, frequent visitors. Someone's on the job performance , mental acumen, or overall demeanor may have manifested by what decisions were made in the kitchen on that particular day. The magnitude of those decisions may ripple from charming ("The Bomb" )to alarming ("We used all of our lipstick on this pig"). But it is always palpable.

Personally, I relish the constant pressure cooker of positive versus negative feedback. Either way be assured of this; no person is more critical of me - than me.

Food is never just slapped onto a tray. Our process is as follows: Into our minds, into the lab, then it's into the trenches. Voila! It's not always a home run. However we do not accept moral victories in the culinary world either. We maintain a standard of excellence and camaraderie in the Kewanee trenches. We succeed and fail together. Suited and booted, these are my guys. We will continue to push the boundaries of the



“A.P. PATTIE.”

Some will continue to ask, “Why put in extra effort? It’s state food. Your doing too much.”

To those I say that not every man here has an option of whether he eats at the Dietary Department or not. Through bitter cold or driving rain, three dietary state shots is how many of us have to bit. For some the luxury of outside support or a bottomless property box is non-existent.

This is not to bring attention to those of us who endure this way of life for now (although maybe we should). Contrarily, it is to those men to whom this article is truly for. Today you inspire my purpose.

There’s an old cliché which states., “The pen is mightier than the sword”. Well, my friends, the fork trumps them both.

*The pen is mightier than the sword*



*Well my friends the fork trumps them both*

# **PEACE CIRCLE KLSRC**

Today is November 16<sup>th</sup> and for the last four days I have had the pleasure of being “Circle Trained” by Sister Janet of Precious Blood Ministry and Eric Anderson of Restorative Justice. To say it was a life changing event would be an understatement. Learning something new is always a good thing , but when you learn something new that will better you, your family, and your community, that’s a blessing. That’s what sums up my feelings for the last four days—**BLESSED!!**

I would like to extend my deepest gratitude and love to Sister Janet and Eric for their time, energy, and patience. It’s people like them that re-store hope for people like us. Peace

**By: Ojo Webb**

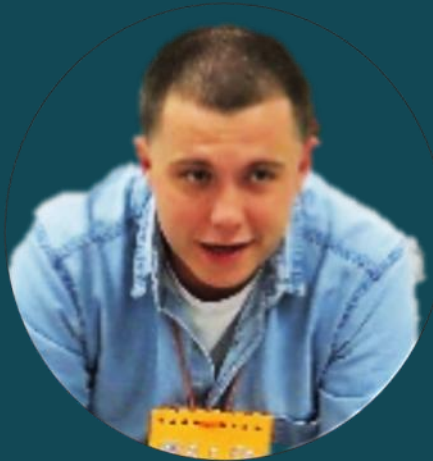
Peace, if you guys don’t mind I would like to share my experience I had in the circle keeping training. Now if you guys have been around or know a little about me you should know that I don’t do a lot of talking but what that circle had done for them four days, was allowed me to open up and be myself. I mean I was able to share a few things people may not know about me, but I also learned some things about some guys that I didn’t know. At times it got deep and at times we had fun. I mean I had no problem jokingly giving the guys a hard time on how to properly pronounce and spell my name. When the talking piece came around that allowed me to speak without interruption. As I would introduce myself while holding the



**By: Arron Givens**

talking piece I would say, “My name is Arron, that’s Arron with two R’s not two A’s”, as I reminded the circle that my mom gave me two R’s and the circle would laugh.

But on serious note I encourage everyone if given the opportunity to join just as well as I will in the future. Thanks to Warden Carothers, Warden Jones, Sr. Janet and Eric.



**By: Ralph Gray Sr.**

After four long days that went by way too quickly, I feel a thousand pounds lighter. I recently got the opportunity along with some other brothers ( my Circle brothers) to get Circle Trained by Sister Janet and Eric Anderson. Since being here at Kewanee I’ve got to be a part of Circles before so I was kind of aware of the emotions it could bring out and the overwhelming relief after one, but this one was different. It was different because not only were we holding a circle but we were being trained by the “O.G.” Sister Janet and my brother Eric Anderson who just served a little over 27 years. The first thing I thought of watching them come in is, how could someone have this much courage after 27 years of incarceration to walk willingly back into a prison. Since the very first day I got locked up at the age of 17 and everyday afterwards I’ve thought about going home. Not a day has passed by where I didn’t. With this being said shout to Eric who can walk back in here like its nothing all in the pursuit of getting brothers trained. Sister Janet and Eric have this way of brightening up a room with their presence alone. I just grateful I have the opportunity to get trained and be in the presence of them both. These circles I speak of are a way to resolutions during conflict, a way of building communities, a way to offer a voice to the unheard , a way to allow the unseen to be seen. These circles are not only effective on a small scale, they are effective on a big scale too. Sometimes we’re all walking around carrying a weight that the eye can’t see and only the brain and heart can feel. You might not even know its there until the circle brings it out of you. I’m grateful to be a part of

something that cannot only heal myself, my family, my loved ones and friends but heal our communities and other communities we are not a part of.

A special shout out to my circle brother Lt. DeCoster for being a part of this and being the first staff member to be trained. Your character and courage can change lives my Brother. Thank you to all that made this possible Warden Carothers, Warden Jones, The 'O.G.' Sister Janet, Eric Anderson, Precious Blood ministries, Restorative Justice and another shout to thee Nik Kuster for all that you do to assist in the growth of this entire thing. You're changing the world my brother.

First I would like to send my gratitude to Shondell Walker (Delo) for linking me into this process. When I first heard that I would be sitting in a room for over 8 hours. The first thought that came to mind is; "Does playing hooky mean that much to me?" Meaning putting groups & GED classes on hold for this training. As the date creep in all I hear from the guys who had done circles before is trust the process. Only time I've heard these terms are for grievances and yoga. My first impression of Sister Janet was so natural as if we had known each other for years and hearing that Eric left a few weeks before I arrived in Kewanee made the purpose of this process that much more veritable. The vigor of their presence set the tone for us to shed the layers we have grown accustomed to live behind. Hearing the history really hit home as I share the same Native American origin as the Circle's lineage. The energy in that room could of changed the dynamics of gravity. The pull was so immense I felt the love which made me open up to a place I don't travel often. Coming from a lifestyle built around suppressing your emotions. Gave me a formality of being numb. I appreciate everyone who had a hand in making this process happen. I will exit as I came in peace.



**By: Jerry "Roll\$" O'Neal**



## Circle Keeper:

**“What You Can’t Tell By Looking At Me Is...”**

It’s not easy to say, I’m not ok. Who’s going to listen to me, who’s going to care, how do I say it, when do I say it, where do I say it, who do I say it to? The beat machine in my chest often drowns out my thoughts as I begin thinking about sharing my unpleasant feelings with others. My moist palms, fluttering stomach, and dry mouth tell me it’s a bad idea...I don’t feel safe...It’s hard to breathe...ahhh screw it!

Hello, my name is Will, and what you can’t tell by looking at me is my demon’s name is Anxiety. November 13<sup>th</sup> through November 16, 2023 at Kewanee LSRC, I answered a similar question as I engaged in a four-day circle keeper-training program, presented by Precious Blood Ministry of Reconciliation. I learned that circles, originating from aboriginal and indigenous practices, are used for community building, peace building, conflict resolution, relationship building, therapy, decision-making, celebrating, etc.

As indicated by its name, I sat in a circle with people of different lived experiences and bonded. In this environment, others, and myself revealed intimate details about ourselves, our *real* selves, which resulted in genuine connections and therapy for my soul. Masks were flying off as the group established and committed to the values and guidelines of the circle. Circles are rooted in four core values:

**Respect, Listening, Confidentiality, Truth**

However, as I observed these four values I developed trust within the group. This was amazing for me because like so many of my brothers and sisters, I struggle with trusting and forgiving others. At least during this four-day experience I overcame this obstacle. Through the power of the circle, we created a safe space, and truth was the guest of hon-



**By: William Jenkins**

or. The experience was therapeutic and I am a better person for going through the process of becoming a circle keeper. I highly recommend those of you who are counselors and therapists or aspiring to become the aforementioned to educate yourselves in circle keeping. I think it is a powerful and effective tool when it comes to healing oneself and others.



Special thanks to Sister Janet from Precious Blood Ministry of Reconciliation and Eric Anderson from Restore Justice who facilitated the training program, much Love and Yahweh shalom (May the Creator's peace be upon you).

**William D. Jenkins**

Shout out to Sister Janet Ryan from Precious Blood Ministry of Reconciliation and Eric Anderson from Restore Justice Foundation. There are no words that can accurately depict how and what I felt. The Circle

Training that was provided by Sister Janet and Eric was surreal. I know, it may sound strange but for those days they were here Nov 13th— 16th from 8 am—4 pm . I was not here (in prison) I was on a retreat . Because of confidentiality I can't discuss what was said and who said what. I can mention that though I've been apart of other circles. Something about this circle was special. Not only was it the fact that the guys who were select to be trained was an elite group. It was the healing that was done combined with the camaraderie. I believe the circle and the training was a safe space that we imprison aren't afford. Guys were able to get things off their chest without being judged or ridiculed. A sacred sanctuary with lots of healing is the best way to describe the feeling.

**By: Halik Williams**

# PEACE CIRCLE



# CIRCLE TIME

By: Nik Kuster LCPC  
Psychologist III @KLSRC

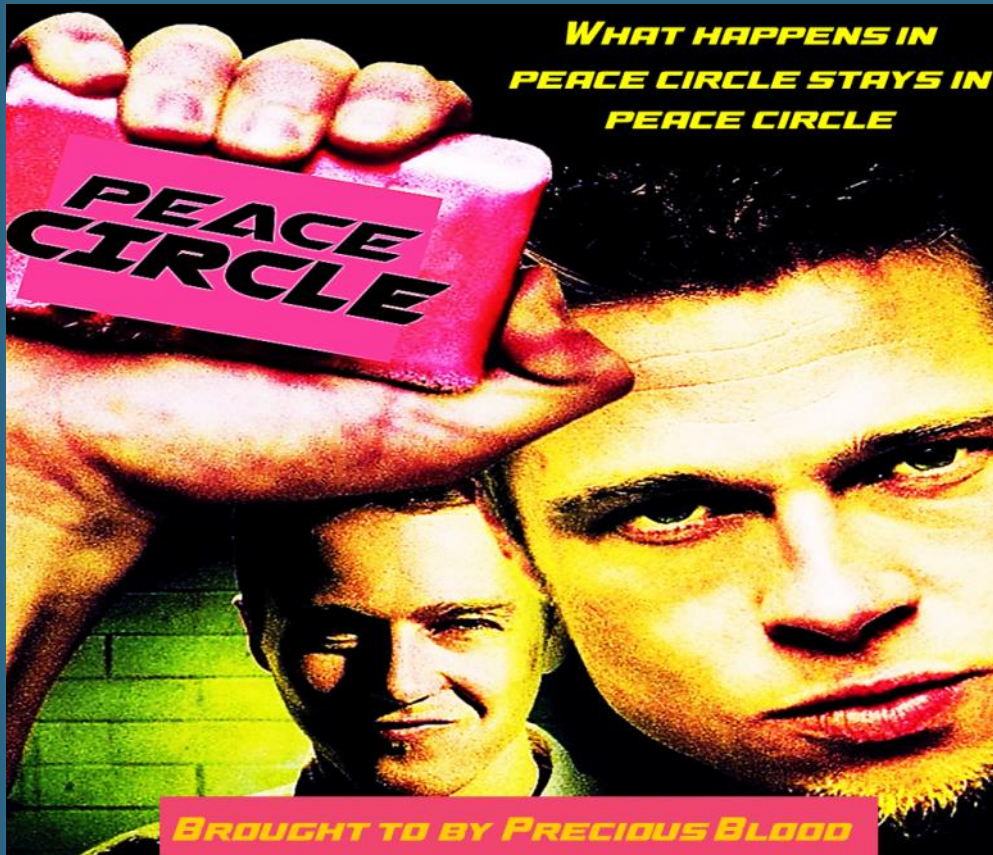
## ALREADY AGAIN



I feel like I ask that question to myself at the beginning of every 4-day circle training cohort I have the pleasure to sit in on. The experience is so enriching, so cathartic. You feel as though you are in the presence of healing and that's what I went into my chosen profession to do. To be some small part of the healing that is needed by so many. This most recent session was made even more inspiring by the inclusion of a fellow staff member in the training. What struck me as the most impressive in his inclusion was how utterly seamless it truly was. People experiencing healing are the same regardless of the color of their shirt or the path they have walked.

At the end of every training, I find myself asking a question too. It's over already?

The Circle holds so much. It feels like there is no possible way to get everything out in the time you have but it also seems to take no time at all for those four days to fly past. If you have the opportunity and think that you might be in need of a safe space to process out something you have been holding on to, jump at the chance to participate in a Peace Circle.



**THE  
FIRST RULE  
IS**

By : Andrew Suh

“The first rule of Fight Club is you don’t talk about FIGHT CLUB; the second rule of Fight Club is you don’t talk about FIGHT CLUB”. For those who don’t recognize this iconic pop culture reference; I am speaking about one of the best Bro-Movies ever made; *Fight Club*, the 1999 cult classic

starring Brad Pitt, and Edward Norton. It is ironic that I begin this piece about the PEACE CIRCLE with a reference to a violent movie with graphic images of underground fights and way too much testosterone but I am trying to impart the significance of confidentiality that is a fundamental part of the Peace Circle Process. This may be a bit abstract and probably a lot to process for many, but in this world of incarceration where we figuratively and sometimes literally survive in a real life FIGHT CLUB; the PEACE CIRCLE is the absolute 180° polar opposite and antitheses of the aforementioned. The Peace Circle is a sacred place where we the participants can be truly vulnerable and find ourselves in a judgement-free, safe space.

Let me provide a bit of back story. I will be the first to say when I was invited to be a part of this, I shrugged my cynical shoulders, let out a sigh of resignation, rolled my

eyes and cringed with the prospect of four very long, grueling, eight hour days, of intensive touchy feely EMO introspection GRRRRR. My logic was matter of fact; I survived 30 years in prison so far, without any assistance from pharmaceuticals, therapy or anything else, so now after all this time how in the world would this “CIRCLE” affect me? But in order for me to help some of the young men in the Credible Messenger Mentorship Program, yes, I am one of those guys, and in order to make a difference I need to get trained. With a bit reticence, I ventured forward but dove head first and did it for the next generation of young men I agreed to mentor. I was skeptical, but it was for the greater good so I gave it the good ole college try.

For the purposes of confidentiality, I cannot speak directly about the stories that were shared in the Sacred Peace Circle, but I can share my personal feelings with you. With that said, after my week in the “CIRCLE” I was profoundly affected and I am a believer; talk about becoming a changed man. This journey was emotionally draining in the best possible way and so very spiritually invigorating. For someone like me, who carries around a massive amount of emotional and personal baggage the Peace Circle was extremely therapeutic. Little did I know I would be affected in so many different ways. When things started to get rolling, I felt a palpable change in my being. I cast aside my cynical thoughts and I leaned into the healing. I did not think I could ever find a safe space, let alone a safe space inside this world of incarceration; but in the sanctity of the circle I discovered a serenity. I surrendered to the circle as I shed the prison bravado and peered deep within my own personal traumas. I cannot possibly begin to properly convey how intensely this process affected me. I am and have been affected. Upon completion of the Circle training I have a newfound clarity. I learned how to harness the healing power of the sacred circle. I am trained as a Circle Keeper. Yes, I have become that guy and if you are willing to learn I am willing to teach you.

For me, this experience of the Peace Circle has been transformative and cathartic. No longer a man-child carrying around a massive weight I have been transformed; I am an evolved man. I am truly grateful to have been blessed with this opportunity to grow as a human being. I believe that each and every one of us who decides to undertake this

spiritual/ personal/ human journey of the PEACE CIRCLE will find the healing he/she is searching for. I cannot begin to emphasize the fact, there is so much healing available, you just need to trust in the Circle Keepers and lean into the safe space of the sacred Peace Circle. For others who have yet to experience this amazingness let me be the first to provide my recommendation, please ask for this program at your facility and when it is offered dive wholeheartedly into the program. Carpe Diem and seize the day my brothers and sisters. Lastly, for those who made this program a reality, you know who you are, thank you so much for your unfaltering hard work, I am so grateful to you.

As I close this out, I want to tell you so much more and expound on all that I experienced but as they teach us on day one...“What happens in Peace Circle stays in Peace Circle” and then they tell us again the next day...“What happens in Peace Circle stays in Peace Circle”. In Solidarity....



WHAT HAPPENS IN PEACE CIRCLE  
STAYS IN PEACE CIRCLE

In Solidarity



## "AN OLD FRIEND"

**By: Walter "Wally" Makowski**



Hey there, my fellow IIC's, Staff and loyal followers of the awesome work being done by our brothers and sisters that bring these incredible venues of voice to us. Your hard work, creativeness and giving back are truly appreciated. So, my hat is tipped to you all, again, not only the brothers that put Kewanee Horizons together, but Two Roads and Feather Bricks as well... Thank you ... from us all.

Okay, it probably is not necessary at this point, but the sake of staying true with the trend I have already begun in articles past... I am right where I am supposed to be as I write this. That is right...in the television room, at 5:00 am and you guess correctly... As I am having my first cup of coffee. I have to say that it is just a bit more pleasurable than when I first began this trend. This is because I am sharing this moment with one of my oldest friends, Keefe coffee.

Anyone who has been incarcerated in the state of Illinois for any significant amount of time knows the "yellow bag Columbian- coffee". Well, due to a bidding system implemented with our vendors, Keefe Coffee yellow bag is not something we get often. So, when we do, it is truly something to be cherished, like spending time with an old friend. Like friendship, life happens sometimes and for a time you may be separated. However, whenever you come together once more, not only is it a moment to be cherish, but it also conjures up moments from the past.

This reunification of old friends is what sparks this article. Due to the laws that now

give earned good time to guys who've participated in programs in years past, I will soon be reunited with my oldest friend "Freedom". I will not try to put on some mask and pretend as if it's no big deal, it is the biggest deal. After having been incarcerated for 35 years, I have to admit.... I am a bit anxious, nervous and yes, a lot scared. I really do not know my old friend anymore. We grew apart because of the world I existed in. Sure, I have caught glimpses of my old friend via television, movies, newspapers, and magazines. I have even heard about my friend via the radio and people coming in on the new, but I was forced to focus on the now and the relationship I had with incarceration. I have often fantasized about this reunification. I wondered how much it had really changed and if I would be able to even recognize my old friend if we ever came face to face once more. I even wondered if I would be prepared for such a reunification. I mean, I have done everything I possibly could. I received my G.E.D, Associated Degree, A Butcher's Degree and I have taken every self-help/rehabilitative class offered by IDOC. Not to mention picking up a few skills and practicing old ones along the way. However, my old friend changed quite a bit, so I wonder how I will be received. After all, we did not part on good terms. My thoughtless, selfish, and careless decisions led to some horrible, irreversible actions that created a wake of destruction that can never be truly forgiven. Of course, my old friend will never be able to recognize me.

I am no longer an impulsive 19-year-old who thrived on the acknowledgement and praise of a subculture that never had my best interests at heart. As a Man, I am mature, educated, and guided by a higher power, but is that enough to be accepted and forgiven for past misdeeds?

Then there are some other issues. After 35 years, I have nothing but the things I have acquired in prison, with very little support to look forward to, I will have nothing but the things I refuse to leave behind, like my bible, photos and Keefe coffee. If I walk straight into a Job right out of prison, I will still need to wait, at very least, one week before I get paid. This means I will be incurring debt from day one, because the \$10.00 IDOC will give me upon release will be just enough to buy water and a bag of chips on my way to wherever I will be calling home. So I would be lying if I said I was not concerned. Howev-



er, my concerns are mostly for the brothers and sisters who face the same hurdles and your own personal reunification of whatever consists of your freedom. Me, I have taken full advantage of every opportunity, and even created a few along the way. Plus, I am pretty resilient. I have a long set of skills that I can use to market myself, so I will eventually land square on both feet and hopefully, I will be able to help others land on theirs. I never wanted a relationship with incarceration, and although I will never refer to it as my friend.... I will give it credit for helping me become the man I am today. Even though I will not miss it, I will reflect on all of the positive changes I could have never made without it. For the brothers and Sisters that have never prepared for it, I pray that your reunification is a pleasant one. For you brothers and sisters that feel like you are too far away to care, please start caring because the time you spend on yourself today will ultimately help you market yourself tomorrow. For you brothers and sisters, who are even further away than that, perhaps you can be the catapult in others' lives. Maybe you cannot taste the ice cream, that doesn't mean you can't help make it for others to enjoy.... That could very well be your way of tasting it. Me, I am not quite there yet, so I will keep fine-tuning what God has created so I can finally be able to give myself as well as society, a change to be what I never was.... A productive member of my community, and church, a good neighbor, spouse and employee, and the absolute best version of myself possible. Oh and thanks to my will power I will be taking home a couple bags of my old friend Keefe.... Just saying.



# **HEALTHY HYDRATION FOR THE SOUL**



**By: Anthony Williams**

**I told myself that I was going to be different when it was my turn. I've seen hundreds go home, whether it was through a reversal, clemency, regular outdate, good time credits, etc., they all had the same face associated with finally being free, you guessed it, NERVOUSNESS! I'm finding out that it's easier said than done. To my chagrin, it's really how I process this upcoming event/blessing that's making me nervous.**

**First off, my to-do list is 10 miles long! Working, getting my license, and having my own place is going to bring a deep sense of gratitude. The different sights and sounds of, lets say shopping in Walmart as opposed to shopping in the commissary. (Shout out to commissary but I'd choose Walmart all day.) Having said that, I have some tips that might help you if you are about to go home.**

**1. Don't let no one tell you how you should and shouldn't feel as your day approaches for your release. On the flip side, if your feelings are all over the place to where you can't function, then keep it 100 with yourself and get some advice from those who have**

gone through this before.

2. Know that there are more programs than ever before geared to help you with concerns such as housing, employment, and clothing just to name a few.
3. Be proactive. Don't stay quiet about your concerns. Those that stay quiet usually fall through the cracks and I don't know about you, but I'm tired of falling through the cracks. That used to be a common thread in my life until some several years back.

In closing, I hope I have given you some hydration for your soul in the form of encouragement. My brother, my sister, you are going to be just fine. Listen to this, if you are, without a doubt, trying to do the right thing in life, somebody will lend you a helping hand. Often, it's the people that you'd never expect.



**Much love to all of my brothers and sisters, keep ya'll head up!**



**By: Andrew Maxwell**

Never be Afraid to **SAY** what your heart truly feel. Never be bashful to **BE** different. But equally important, **DO** what makes your heart happy.

Forgive me if I sound redundant, or even a walking talking cliché. But in some point of our past, an unfortunately in a point of our future. There were/will be things we should have said that we never got that chance to **SAY**. Rather it was a love one who past on, or someone whom taken us for granted. Can you recall a time in your life when you wanted to wear something that you was fashionable, but other people didn't, so you didn't wear it? Or you wanted to **BE** something but no one else shared your vision? Then you convinced yourself that just maybe they were right? But nowadays you feel like you missed out on a prime opportunity? Sometime our lack of belief in ourselves become our Achilles hell . And kept us from **SAYING** things, **DOING** things, and **BEING** things that could have made a major difference in someone else's life. As well as ours.

Now today is a new day. Lets take off the shades an open the shutters. In recognition that there's a silver lining in every cloud. And one of them silver lining's is that it's never over in till God says its over. Lets squash all regret. That tend to hinder us from moving forward. Now, for a chance, lets **SAY**, **BE**, and **DO** what makes us happy.

Why put off till tomorrow what we can **DO** today?

As a matter of fact, you can use one of the keys I just gave you to open a door. So what **DO** you **SAY** ? Will you **BE**?



# **HORIZONS MONEY TEAM**

**Greetings Everyone. Today we will close out the Bond series with me explaining how the ladder system works and why this way of investing in bonds is needed.**

**Bond laddering is a way to balance the risk of a bond portfolio with varying durations. Say the investment horizon is ten years; a ten-year laddered portfolio could include bonds of one year, two years, three years, on up to ten years in duration. When the ten-year bond matures, the laddered investor buys another ten-year bond, thereby keeping the ladder spread consistent. The theory behind laddering is simple: like the steps on a ladder your bonds should be placed with the longest at the bottom and the shortest at the top, spreading the bonds out for risk management in a timely manner, with you repeating the process over with the shorter bonds over and over until the ten year bonds move up to the date to cash them in with you buying more ten year bonds to replace the old ones you just cashed in, or you buying ten year bonds every five years. Shorter-term bonds are less risky than longer-term bonds and thus have lower yields. Putting all your egg in the ten-year bond, which would generally have the highest yield in the ladder portfolio, would be the maximum risk strategy for a ten-year time frame. Putting everything in a one-year bond and rolling it over to a new one-year bond each year for ten years is much less risky, but the corresponding return is also not so great. Like the win-place-show bettor, laddering provides a chance at good returns (win) and balances them out with lesser short-term returns (show).**

A laddered portfolio also cushions against changes in the yield environment. If yields fall, you'd be buying bonds with lower returns when you reinvest each year. But at the same time, the rest of the portfolio is making above-market returns. If rates rise, you might get below-market returns on your portfolio, but you start catching up to the market when you reinvest each year in new ten-year bonds.

The laddering strategy can be applied to different classes of bonds, depending on your appetite for risk. Treasury are safest. Corporate bonds are rated from very safe to very risky. And municipal bonds are also rated from very to not so very safe. An investor seeking to balance risk could combine the laddering method with a mixture of bonds ranging from very safe to more risky. This is the best system I could find for investing in bonds, we should always keep in mind the two rules of investing if you don't know them they are #1) Don't Lose Money, number #2) Don't ever forget rule number one. "Charlie Munger." This is why it's best to diversify in everyway. Thank you for your time, as always keep studying, do your research before you go head first into something, and remember to keep doing intelligent investing.

## Market Facts:

**Assets:** Everything a company or individual owns or is owed.

**Asset-backed securities:** Securities backed by collateral such as credit card receivables or auto loans

**Annuity:** A contract sold by a life insurance company guaranteeing a future payment to the investors, usually starting at retirement. With a fixed annuity, the payments are in regular installments. With a variable annuity, the payments depend on the value of the underlying investments.

DOW:33.407.54  
S&P:4.308.52  
NASQ:13.431.34  
Russ: 1.745.46



# THE SEVEN DECISIONS PERPETUAL CALENDAR

## *Decision 5: The Joyful Decision*

**Today, I Will Choose to be Happy.**

**Beginning this very moment, I am a happy person, for I now truly understand the concept of happiness. Few others before me have been able to grasp the truth of the physical law that enables one to live happily every day. I know now that happiness is not an emotional phantom floating in and out of my life. Happiness is a choice. Happiness is the end result of certain thoughts and activities, which actually bring about a chemical reaction in my body. This reaction results in a euphoria, which, while elusive to some, is totally under my control.**

**Today I will choose to be happy. I will greet each day with laughter. Within moments of awakening, I will laugh for seven seconds. After even such a small period of time, excitement has begun to flow through my bloodstream. I feel different. I am different! I am enthusiastic about the day. I am alert to its possibilities. I am happy! Laughter is an outward expression of enthusiasm, and I know that enthusiasm is the fuel that moves the world. I laugh while throughout the day. I laugh while I am alone, and I laugh in conversation with others. People are drawn to me because I have laughter in my heart. The world belongs to the enthusiastic for people will follow them anywhere!**

**Today I will choose to be happy. I will smile at every person I meet. My smile has be-**

come my calling card. It is, after all, the most potent weapon I possess. My smile has the strength to forge bonds, break ice, and calm storms. I will use my smile constantly. Because of my smile, the people with whom I come in contact on a daily basis will choose to further my causes and follow my leadership. I will always smile first. That particular display of a good attitude will tell others what I expect in return. My smile is the key to my emotional make up. A wise man once said, "I do not sing because I am happy, I am happy because I sing!" When I choose to smile, I become the master of my emotions. Discouragement, despair, frustration, and fear will always wither when confronted by my smile. The power of who I am is displayed when I smile.

Today I will choose to be happy. I am the possessor of a grateful spirit. In the past, I have found discouragement in particular situations, until I compared the condition of my life to others less fortunate. Just as a fresh breeze cleans smoke from the air, so does a grateful spirit remove the cloud of despair. It is impossible for the seeds of despair to take root in a thankful heart. My God has bestowed upon me many gifts, and for these I will remember to be grateful. Too many times I have offered up the prayers of a beggar, always asking for more and forgetting my thanks. I do not wish to be seen as a greedy child, unappreciative, and disrespectful. I am grateful for sight and sound and breath. If ever in my life there is a pouring out of blessings beyond that, then I will be grateful for the miracle of abundance.

I will greet each day with laughter. I will smile at every person I meet. I am the possessor of a grateful spirit.

**TODAY, I WILL CHOOSE TO BE HAPPY.**



# TRIVIA QUESTIONS

1. The colored part of the human eye that controls how much light passes through the pupil is called what?
2. What year did the *Titanic* movie come out?
3. What is the national dish of Spain?
4. Who sang the song, "My Way"?
5. Which horoscope sign has a crab?
6. How many rides are at Disney World?
7. What is sushi traditionally wrapped in?
8. What color is Absynthe?
9. When did the Cold War end?
10. Which company owns Bugatti, Lamborghini, Audi, Porsche, and Ducati?
11. The Statue of Liberty was given to the US by which country?
12. Google Chrome, Safari, Firefox, and Explorer are different types of what?
13. Which US city is known as the City of Brotherly Love?
14. Who were the main characters in Wayne's World?
15. What substance are nails made out of?
16. Which instrument did John Lennon play in the Beatles?
17. How many years is a law school program?
18. How many children does Oprah Winfrey have?
19. What is the diameter of Earth?
20. How many weeks are in a year?

# TRIVIA ANSWERS

## Answer:

1. Iris.

2. Answer: 1997.

3. Answer: Paella.

4. Answer: Frank Sinatra.

5. Answer: Cancer.

6. Answer: 46.

7. Answer: Edible seaweed.

8. Answer: Green.

9. Answer: 1989.

10. Answer: Volkswagen.

11. Answer: France.

12. Answer: Web browsers.

13. Answer: Philadelphia.

14. Answer: Wayne (Mike Meyers) and Garth (Dana Carvey).

15. Answer: Keratin.

16. Answer: Rhythm guitar.

17. Answer: Three years. Total schooling is closer to seven years.

18. Answer: Zero.

19. Answer: 8,000 miles.

20. Answer: 52.

# HOROSCOPES



**Aries:** Practice makes perfect, and once you choose a course of action, you will find it easier to look forward instead of living in the past. Recognize your skills and add to your qualifications.

**Translation:** Perfect your process, make a plan and don't look back. Acknowledge your talents that can add to your mission.



**Taurus:** Overreaction or poor behavior will cost you. Use your intelligence, courage and strength of character, and you will bypass making a mistake. Control your emotions and secure your position.

**Translation:** Think before you move or speak. Control your emotions and solidify your position.



**Gemini:** Execute intentions with stamina and finesse. Your actions will stand out, positioning you for bigger and better things. Believe in yourself. Personal gain and self-improvement are apparent.

**Translation:** Big gains come from taking big chances. If you don't believe in you then why should others. When you put the work in to succeed others will recognize your intentions and salute and support you.



**Cancer:** Listen to your heart, not to someone trying to take advantage of you. Align yourself with those with something worthwhile to contribute. Learn from experience, and opportunity will follow.

**Translation:** Don't allow no one to take advantage of your kindness. Surround yourself with those who bring something to the table and not just to eat. Study your moves and allow opportunities present itself.



**Leo:** Tidy up loose ends that can set you back. Rethink your lifestyle and pay more attention to how you present yourself to others. Be a leader, and you'll discourage anyone trying to throw you off your game.

**Translation:** Clean house. Pay attention to the way you move and how you present yourself. Always stay in boss mode, it sway the haters from getting out their body.



**Virgo:** Elaborate, but do not make promises you can't deliver. A change that improves your health and emotional well-being will help you distance yourself from temptation. Lead the way.

**Translation:** Speak on it but guarantee nothing you're not for sure about. Take care your physical and your mental. Which can help you dodge the wrong type of temptation.



**Libra:** Someone funny, endearing and helpful will increase your awareness regarding how to make your life better. Enrich your lifestyle by saying no to whoever tries to dominate you and your choices.

**Translation:** Be open to someone who holds decent traits besides good looks, they can be a true addition to your life. Don't let anyone slide through trying to be the boss of you.



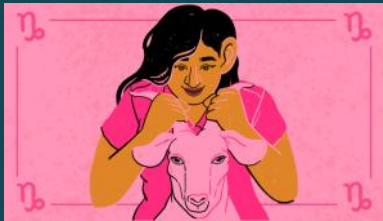
**Scorpio:** Use your intelligence to market yourself, and a positive turn of events will unfold. Interviews, updating your skills or sending out your resume will point you in a new and exciting direction.

**Translation:** Chess. Use your brain and watch how the game unfold. Put your skills and your name out there and allow things to go in a different direction.



**Sagittarius:** You can talk all you want, but you will fall by the wayside, and your skills and talent will go to waste, unless you act. Actions speak louder than words; do your part, and don't look back.

**Translation:** Enough talking, it's time to actually put in the work. Don't be a dreamer your whole life. That old saying is true, "Action speaks louder than words."



**Capricorn:** Don't let anything expire or leave you without a safety net. Look for investment opportunities, but don't take on a financial burden. Keep life simple, healthy and affordable.

**Translation:** Don't let your investments run out or leave you with nothing to stand on. Look for good investments but make sure you can afford it.



**Aquarius:** Say no to anyone trying to waste your time or take advantage of you. Someone will use complaints to tempt you into taking on too much. Nurture your relationship and protect your heart.

**Translation:** Don't entertain it if it is not worth your while. And don't let anyone guilt trip you into taking more than you want.



**Pisces:** Refuse to let anyone take advantage of you. Use your skills in a unique manner that target trends and put you a step ahead of the competition.

**Translation:** Don't let anyone do you dirty. Use yo talents to help you maneuver your way on certain band wagons that can put you in a better position.

## MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

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### Here is a quick list of Do's and Do-not's:

- **DO** try to have someone official from your facility contact EFA Mr. Warnsing before you send anything through the mail, they may be able to e-mail it directly to him at [doc.kewaneehorizons@illinois.gov](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.

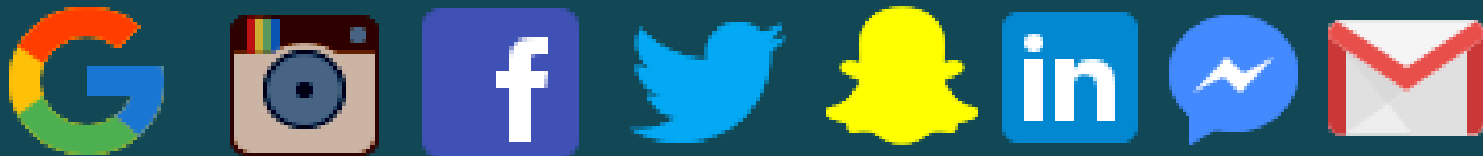
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