



**KEWANEE  
HORIZONS  
VOL. 63**



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OUTSIDE CONTRIBUTORS





## RESTORATIVE JUSTICE

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

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

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

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



## MISSION STATEMENT


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

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

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



## STATEWIDE CALLOUT

A photograph of a motorcyclist performing a stunt, riding a yellow and black motorcycle in a wheelie position against a cloudy sky. The rider is wearing a helmet and protective gear.

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

being said, we ask that all submissions be in the form of **Positivity, Restorative Justice, Re-Entry, and/or Community**. Please know that we are NOT attempting to smother or drown out your voices. However, this is our opportunity to be heard so lets do so in a positive manner and uplift each other. We have the ability to create change.

## DISCLAIMER

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



## A BLESSING IN DISGUISE

By: Toria Emerson @ Decatur C.C.

Hey ya'll !

My name is Toria and I was sentenced to 20 years at 50%. My prison experience has been a rollercoaster of emotions and errors. I have met some of the best people in my life in here, but also some of the worst.

My first 6 months I was so consumed in the negatives of prison and unaccepting of being here, that I made it hell for myself. Not only did I keep quitting contracts to earn days off my sentence, also I was too ashamed to call home and speak to my kids and family...

I was consumed in anger and hatred of myself.

I met a long timer who gave me a pull-up and helped me get my head on straight so that I wouldn't get lost in the system. Now that I'm on the right track, in school, and doing everything I can to get home to my loved ones, I've found my "B.I.D" to be my Blessing In Disguise. If I can give any advice it would be to not dwell on the things you can't change (as in Prison), set goals for yourself, and keep in contact with your loved ones if you can because you never know when their time is up.

Thank you!





## A TALE CALLED THINKING DISCIPLINE

By: Yusef Kareem Brown @ Pickneyville C.C.

**We need to think of our times of trouble and sorrow as times that prepare us for love. That great true anticipation for being engulfed in love, peace, joy, happiness and grace. That imagination will encourage us, motivate us!! Stop the self-doubt. We can feel so overwhelmed by the struggles and battles in this world, but God understands us. He created us!! We cannot do everything in life alone! That's why we depend on each other so much. I ask may the actions of our life demonstrate this!!!**

**Please feel better and pray to your God okay. It will do you no good to look at your weakness and think about what you did not accomplish. We are often victimized in our own life by the thoughts of what might have been. I speak from personal experiences only. I know as long as we have life, we have hope! Now that's "Thinking Discipline."**

**I thought that giving in to manipulation was an expression of love. In spite of all my failures, I'm thinking positive and controlling my negative thoughts. We have all experienced some kind of loss. There are times I might feel as if my future is hopeless. That's when my true thinking discipline kicks in and I resist the devil.**

**Assalaamu Alaikum**

**My beloved readers**



# JUSTICE

By: Patrick Comi @ Illinois River CC

She will never tell you that injecting poison into the veins of a killer is morally right because she is righteous. She will never waver. In fact, she'll be your savior.

She has a flair for being honorable and fair.

She does not have preconceived thoughts, nor is she subjective.

She is never bias, so count yourself as one of the blessed, if you know her name.

She is uninfluenced by emotions, because she's objective.

She is without blemishes or stains.

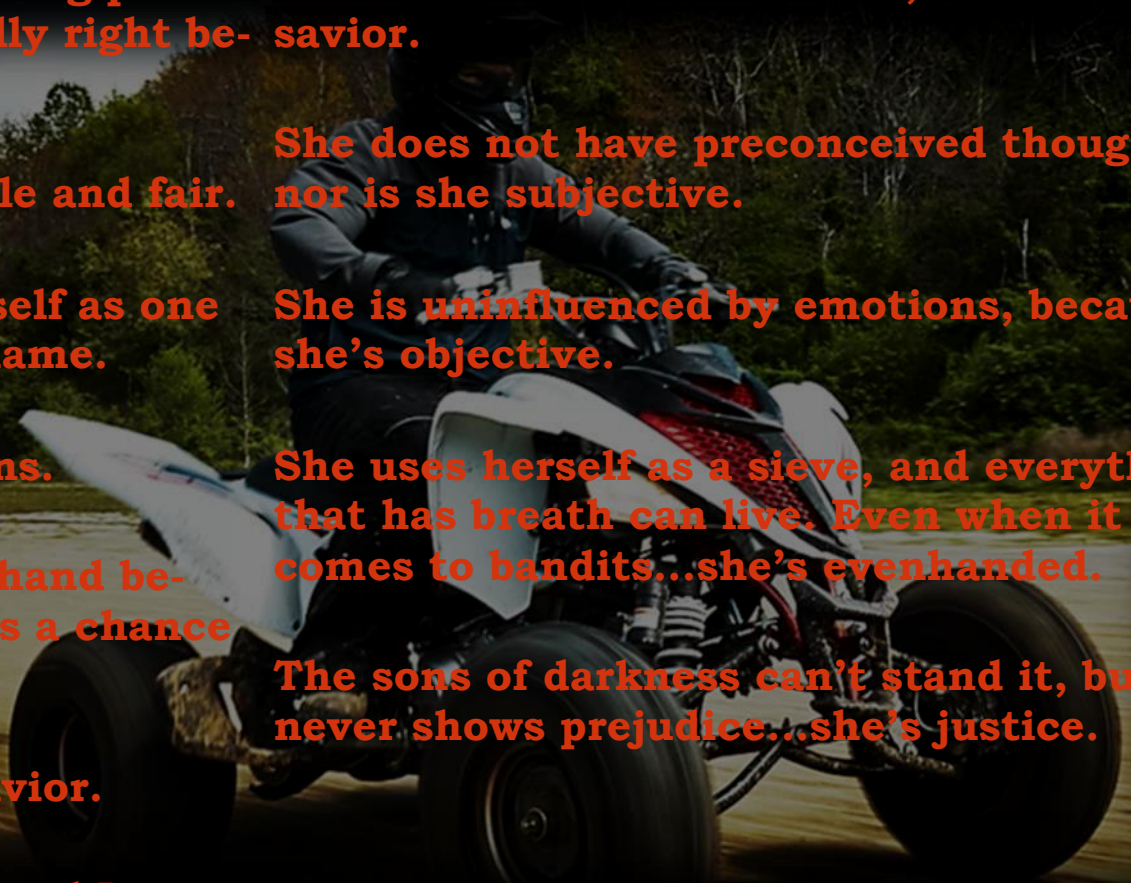
She uses herself as a sieve, and everything that has breath can live. Even when it comes to bandits...she's evenhanded.

She never forms opinions beforehand because she always gives both sides a chance to explain.

The sons of darkness can't stand it, but she never shows prejudice...she's justice.

She is the standard of good behavior.

Call on her in your time of need and I promise you...







## THE ART OF NOT-FIGHTING: PART ONE

By: Earl Milton Jr. @Centralia C.C.

Don't attack anyone, when someone pulls your card let them keep that. Because you got a full deck, a full house, and a royal flush. Is that one card or offense worth giving up the hand that you have? Look at the big picture. Will it add to you or will it take from you? In most cases it's the latter. It doesn't make you less of a man or woman to defend yourself by getting out of the situation. Actually it makes you more of a man or woman to use your mind and move with peace. How? I'm glad you asked. To have the power to respond with violence and aggression and to choose not to even at all. This is true power. To control you is very powerful.

True freedom lies in not being a slave to your passions, impulses, or spur of the moment inclinations. Few people can control themselves without certain consequences in place to convince them to do so. You are your own worse enemy or your very own best friend. Can you control your own beast? Can you curb your tongue to prevent troubles that would cease if you'd just keep your mouth shut and move around? Can you take all the abuse and offense and calmly respond with love and kindness? Today violence is not worth the cost you must pay. If you don't get caught, always remember that you are always caught on the back end of the





deeds done by your own hands.

Life is full of choices. People take chances everyday to prove that they matter to people who don't care about anyone but themselves. Will that matter tomorrow? Is it really that serious? In most cases in our moments of clarity, we see that it is not even worth our time, energy, or attention. Most times these moments of clarity come from the regret of a bad move as we sit and count our losses, and the troubles that we must endure on the account of someone who doesn't care whether we live or die. We have to care about ourselves enough to go to every extreme to avoid violent reactions in response to offensive treatment.

To have a moment of clarity before the mess will reduce the stress. Not afterward when you're paying the piper. This is the way that you prevent anger from poisoning you like a viper's bite. I know sometimes it takes all your might just not to fight. Whether that fight is verbal or physical. In the end of the day it really doesn't matter as much as it does in the heat of the moment. So kick your feet up, watch your TV. Listen to some tunes or whatever that you do to soothe your soul. Whatever you do I'd strongly advise that you don't scratch off.





## MENTAL HEALTH AND ME

By; Andrew Suh

After 30 years of living in a cage, the passage of some new legislation, a few amendments to the IDOC's Administrative Directives and my pathway to reentry is quickly taking shape. It is stated, "You wait your entire life for that one moment and you wake up to the realization that moment, is tomorrow." Talk about having a WTF moment. With the reality that my long awaited moment was rapidly approaching I came to the conclusion that I needed to get a handle on my own mental health and wellbeing. Don't get me wrong, according to all psychological metrics I am very well adjusted and doing exceptionally well. For the purposes of functionality, I score very high on this scale. Yet beneath the exterior veneer that I present in my day to day existence, I have my moments of trepidation. I stand in front of a mirror and take inventory of myself and I question myself. "This is about to happen; do you think you are ready?" I think it is very healthy to question one's self but with years of incarceration I am extremely critical of myself. I am probably way too harsh on myself but this is how I am hard wired. With this brutal self-assessment I cannot afford any missteps, but there is hesitation, let me explain!

For my people (Asian immigrants) and people of my generation (I am 50---AARP here I come) there has always been a scarlet letter attached to mental health, especially within these walls. Anybody familiar with the book/movie "**One Flew over the Cuckoo's Nest**"? Case in point, I am NOT CRAZY and the last thing I want in my Masterfile is any type of mental health evaluation that could possibly negatively impact my future trajectory as it relates to work release and parole so with this knowledge I knew I needed to get my ducks in a row.



Let me provide you with a bit of backstory. My previous interactions with mental health within IDOC has NOT been ideal. At other facilities (before the big mental health lawsuit) I attempted to reach out for **mental health therapy** because I was cognizant of the traumas associated with long term incarceration (institutionalization), arrested development and PTSD. Much to my chagrin I was given a bitter dose of reality, because I was not SMI (severely mentally ill) I was brushed off. After countless attempts to get help, they got sick of me asking and in order to shut me up, I was finally met by a mental health professional. I was hoping for some one-on-one therapy, but instead I was funneled into some unsolicited and seemingly very status quo offers of pharmaceutical treatment. Don't get me wrong, I am not discounting the benefits of pharmaceuticals, heck this is America and we are the "Prozac Nation". However, there was no chemical imbalance in my prognosis and a prescription of mood stabilizing serotonin inhibitors would only harm instead of do good; so I graciously declined the generous offer of walking around in a psychotropic drug induced trance.

I admit it; I was jaded with my failed attempts at therapy. I resigned myself NOT to entertain this course of action until I was free and I promised myself I would get some good old fashioned couch time when I got home; come on---- Obama Care. Because this is life and things happen, I was thrown a curve ball. Somebody I truly care for and love dearly, recognized the need for me to become the best version of myself and asked me to sign up for personal one on one therapy. I was extremely resistant because I had already closed that part of myself down; for me that ship had sailed. This person was adamant and after a great deal of deep contemplation the beneficial realities of therapy outweighed my irrational thoughts. Reluctantly, I pushed past my own trepidation and I jumped. This may not be the best euphemism as it relates to mental health, but this is what it felt like for me. I was stepping off the edge of my secure "**emotional health**" cliff, that has been my foundation for the entirety of my life. I have been through some serious ongoing complex trauma and I managed to survive



thus far on my own accord. I still cringe at this thought, I know that is not a good way to survive, but those are the cards that were dealt to me and this has been my life. Because of this ongoing complex trauma, it is extremely difficult for anyone in my circumstances to fully surrender. However, in order to grow and evolve, I must be willing to step out of my comfort zone. One of the first things I learned was **GROWTH IS UNCOMFORTABLE.**

Since then, I signed up for “ONE ON ONE THERAPY” and OMG; breaking news, Kewanee has mental health professionals willing to listen to me and hear what I have to say. It is a slow process but I am on road to emotional wellbeing. There is no denying the fact, prolonged incarceration negatively affects us. May it be a single traumatic event or a series of complex traumas that will compound and impact us at a later date. No matter what, there must be a reckoning. With this realization I have come to terms with my own shortcomings and accept the fact that I must deal with my own demons. Slowly and steadily I will sit in therapy convincing myself that this is a safe space. I will peel back the layers of my complex trauma and fingers crossed by the time I am allowed to walk out of this place I will become the best version of myself. I have a good feeling this will turn out well. With this bit of truth, I hope I have inspired you to look within yourself and maybe you will find the courage to reach out to your mental health professional at your respective facilities. In my mind, prolonged incarceration is a type of trauma and it must be resolved before we go home. Have the courage to discover the best version of yourself. In solidarity.



# BANKING WEBX SIMINAR

**Alex White III**

Vice President, Preferred Business  
Marketing Leader for Bank Of America  
in the Reno and Utah area



Mr. White volunteered his time to do a siminar on banking; checking accounts, saving accounts and some beginner credit information. Via webx at Kewanee L.S.R.C. Where he also did Q & A with the men in custody during and after his presentation. Mr. White was patient and willing to answer any and all questions the men asked. This interview with Mr. White is a product of that webx similar.

**KH: Can you please introduce yourself and your title?**

**Mr. White:** My name is Alex White the third. I am the Vice President, Preferred Business Market Leader. Where myself and my team is responsible for identifying small business and consumer opportunities with new/potential clients as well other aspects that can help best meet the client's immediate and longer-term business and personal needs.

**KH: Are you apart of any other section, group or department for B.O.A.?**





**Mr. White: National Co Leader — BPG Virtual Chapter (Black Professional Group) for Bank Of America. Where we help with and drive development of black talent, how to build resumes, build your brand, provide resources to obtain professional growth, provide a safe space to talk about social injustice as well as other topics and it is not just for blacks.**

**KH: How long have you worked for Bank Of America and how did you come about working for B.O.A.?**

**Mr. White: It will be 10 years in May of 2024. I started with a different financial institution then I applied for a job at Bank Of America.**

**KH: Is this your first time presenting to individuals in custody?**

**Mr. White: I do presentations for colleges and different establishments but yes this is my first time presenting for individuals in custody.**

**KH: How was the engagement between you and the individuals in custody?**

**Mr. White: I was really in awe about the things on the minds of the men as they are about to reenter society. Their thought process on credit and starting their own businesses was encouraging. Their eagerness to learn showed how engaged they were with me. Sometimes, out here in the free world, people do not ask as many questions as those men did. They were really engaged.**

**KH: Is there a way a person can improve their credit while incarcerated? If yes, how so?**

**Mr. White: Depends on what access they have to the internet. (Disclaimer: To KH knowledge no individual in custody has any access to the internet.)**

**KH: To those men/women who have been incarcerated so long that they're considered a ghost in the credit world, what steps would you suggest they take pre-release and post-release?**



**Mr. White:** First let me inform you that having someone get credit/ credit card in your name while you are incarcerated is illegal. (refer to previous answer) Getting joint credit and secured credit cards is a good start. Joint credit is not the same as authorized user and when using a secured card even though you put up your own money for a secured credit card. You should still be responsible like it is the bank money.

**KH:** What grants and programs does B Of A offer especially for the minority communities?

**Mr. White:** We have a few systems in place to help our clients, go to these links for more information: <https://about.bankofamerica.com/en/making-an-impact/grant-funding-for-nonprofits-sponsorship-programs> and <https://newsroom.bankofamerica.com/content/newsroom/press-release/2022/08/bank-of-america-introduces-community-affordable-loan-solution--t.html>

**KH:** What is Bank Of America's mission statement?

**Mr. White:** We make financial lives better for our clients and our communities through the power of every connection.

**KH:** If you can give anyone reading this interview, especially those individuals that will be reentering society, any advice about banking and credit, what would that be?

**Mr. White:** First take a pre-class on how to spend and save money. There are a lot of classes available. Things are expensive and if you're not careful you can easily start living above your means. If possible take a class or do some research financial behavior as soon as possible.

**KH would like to thank Mr. White for volunteering his time and sharing his knowledge with the men at K.L.S.R.C. and this interview for all individuals in custody to see.**







## *Someone Is Always Watching*

**By: Randy Payne @ Robinson C.C**

**For as long as we (humans) have been around the fact that someone is always watching our behavior has been true. Watching others is how we learn the majority of our behaviors. Everything from fashion fads, today's popular slang phrases, the cycle of violence in our neighborhoods, to the cycle of domestic violence in our neighborhoods is a product of someone watching another person's actions.**

**The same concept is also true in our prison communities. All of us have started our journey through prison by watching those men or women who were here before us to learn what was acceptable behavior in prison. By watching others we learned the rules (not the rules in the prison handbook either) that govern our society here in prison. By watching others we learned our conflict resolution skills, our communication skills, and even our coping skills. Unfortunately, most of us were too immature, hard-headed, ego-centric, and undereducated to realize, or care, that the learned behavior we were acquiring, by watching those around us, were not conducive to a positive, inward growth (i.e. rehabilitation).**

**Without knowing it, many of us watched, along with some ridicule, our friends, neighbors, even complete strangers start to change their behavior as time passed. We assumed, as does most of society, that the passage of time was the reason for the ma-**



ture behavioral changes we were seeing in those around us. However, science tells us that time by itself isn't enough to bring upon maturity. Time must be coupled with education, understanding, and an environment in which a learned behavior can be observed.

We all have different reasons why we either did, or didn't choose to follow our friends into the behavioral programs, educational programs, and work programs that prison offers. Sometimes it was our ego that led us into programs "if he can do it then I can do it better." Sometimes it's our fear of being left behind (not understanding or being left out of a conversation). Sometimes it's simply our desire to learn something new that leads us into programming.

Personally, I chose to further my education because it was the one thing that I could do to make my mother smile. As time went by I began to notice that people were competing with me to see who would get a better grade in class, they wanted to know which classes I was taking next. In short, I realized my actions had consequences that effected others beyond what I had previously thought possible. These days I continue my education programs, and behavioral programs, not only to keep a smile on my mother's face but also to be the change I wish to see in our community.

**EXCELLENCE IS TO DO A COMMON THING IN AN UNCOMMON WAY.**

**-BOOKER T. WASHINGTON-**



## From Pit to The Penthouse

By: DeAndre "30" Banks

fka **BANK\$ THA' BARBER**

21+ in on a 45 year sentence, I was fortunate enough to give half of that time back on Juvenile Re-sentencing but, 18 years 10 months in Menard CC, it's safe to say, IT'S BEEN A LONG TIME COMING... cause I was in the MUD MUD. The PIT. The BING. The BIG HOUSE. The BELLY OF THE BEAST. BURIED UNDER THE JAIL. I put emphasis on that demonstration cause this s#%+ right here... right here, right here... on my sole, this is not PRISON!

How did I get here? On a 14 hour ride along from downstate... now let's talk about "From The Pit to The Penthouse" shall we...

Although details make the story, I'll be rabbit training describing stuff but I'll just speak about some things that stuck out the most during my time here. Upon my arrival to KLSRC, tired as tired can be, I stepped off the bus onto what look liked a campus just to be welcomed respectfully with positive vibes by fellow IIC & Staff while introducing myself as Bank\$ tha' Barber (that's right). As I swaggered through the intake building, what I noticed off bat was that it smelled invitingly good and it was clean as a doctor's office. Assigned housing, I entered my room like, "Peace, bless this place" before I introduced myself. Knowing who I was before I knew who he was, my roommate said, "What up, man, you remember me?" *'he look familiar'* I thought. When he told me his name, I put my bedroll on the bed like, "damn, homie, you gon sit there or you gon' gimme a hug, Joe?" He was in fact one of the homies, one of the few good men from way back yonder.



As he and I were talking, I kid you not, I wasn't even on the unit 10 minutes when this brother came to the door like, "ay, you do dreads?", I responded confidently with a "yes suh", he slid as quick as he came. *'word get around quick don't it'...*

After a long hot shower, I was in desperate need of some zzz so I crashed out hard & fast. I was out of there; at least I thought I was, until I woke up in the wee hours of the morning realizing that the door was open. *'whatthefeezy' [IN MY MIND]... the c/o's on location and the water off ... "shakedown".* I say, "Bro, why the door open?" he say, "they roll the doors at 5 o'clock every morning for breakfast if you wanna' go". *'oh'*

The next morning, I wake up to this big ass widow in the room as if it wasn't in there with everything else but my thoughts exactly were "I GOT DAYLIGHT". On the way to orientation, on a trail surrounded by well cut 'suburban grass', I had the mind of awareness and audacity to look up into the most beautiful baby blue sky; several mile long jets streams, the contrast of colors along with the sun beaming overhead through humungous cumulous clouds like The Simpsons... it made me 'think' Christmas globe but 'feel' like I was smack dab in the middle of a marble as if I was momentarily in a world of my own. It was my moment, yet, my GOD WINK! Through the hustle and bustle, noticing several people as if I knew them wasn't as strange as staff calling me by the name my mother gave me or the fact that, in conversation, the Warden himself said, "I know who you is, I heard good things about you". *'wtf'* With a 'right on' I left it at that but, come to find out, I've been vetted; someone shocked that I came straight from Menard said, "somebody must like you" while another concluded that someone [advocated] for me; either way, ('dere it is 'dere).

I go to chow [excuse me] dietary, after orientation, for lunch and had THE MOST PROPERLY PREPARED & PRESENTED FOOD I've seen on a tray. Think about how the food is advertised in a McDonald's commercial, how fake the Big Mac look but you know it's real otherwise, it'll be false advertisement... that's how EVERY MEAL is put in front of you plus ice cold water in the cleanest cup I've used since my grandmother's house.



Anybody that know me know that I have a keen sense of humor (borderline tweekin') so it wouldn't be shocking to hear me say some brazy s#!+ so, examining my food, what came out my mouth was "damn, them some big ass peas", thinking out loud. IN MY MIND... they overcooked the vegetables but, unbeknownst to me, homie next to me overheard me. No bs, he said, "them ain't no peas, they're Brussels sprouts". 'frontin my s#!+'

**CULTURE SHOCK.** Treated humanely. Using the space to serve creatively on a platform that of my own is something I take pride in because, in the process of composing this demonstration, not only am I a proud member of the CMMP(Credible Messaging Mentorship Program), I became KLSRC's NEWEST & ONLY BARBER (I probably wouldn't be if I didn't take my craft serious, ADVOCATE FOR MYSELF and put that work in promoting & showcasing my talent). I be on my s#!+ cause I rather be considered one of the ones these rivers say that's "doing too much" than one of the ones that's not "doing enough" or "nothing at all". Therefore, if "making the most of available resources and opportunity and open movement" is just an inkling of what ADULT LIVING is, responsibly, I'm gon' have a time of my life productively. Coming from under the world of incarceration, I been active so I ova 'stand it's too much at stake to live devil-may-care and, truth be told, people need GOD on this level... I CAN'T MOVE WRONG.

My brother told me so Ima' tell ya'll, "its three things that should never change as long as you lock'd up: yo' freedom, bettering yo 'self and bettering yo' living conditions"... with that being said, ASPIRE. BE YOU. BE ENCOURAGED. DO YOU. GET INVOLVED. GET ACTIVE. BE PRODUCTIVE. INSPIRE. FIND WHAT YOU BRING TO THE TABLE AND PULL UP A CHAIR.

Bank\$ in tha' Hou'z!



## 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.**



## HORIZON MONEY TEAM

By: Kenji Haley @ K.L.S.R.C.

Hujambo! I hope that you got your 2024 off to the right start. Lets be clear, the market is HOT!! If you think about it, the Dow Jones opened in 1896 and it took 10 years to get from 0 points to 100 points. 117 year later, the Dow Jones is 37,000 points, that's in a Blink! I'm gone!! Many times, you will find that the market is not acting correctly and that is fine. Hopefully, you will have the opportunity to read my last piece (as well as Professor Timzale's articles) and there is light at the end of your tunnel and not a train coming!! There is a great difference between stocks and bonds. Now to the average person, stocks are the end all be all, because they are easier to understand and easily acquired. People buy stocks similar to the reason why people buy lottery tickets...there is always a chance to win.

Habari Gani? (What's the news...of the day?) Winning and losing (in stocks) The same

goes for stocks. Although you see commercials or you utilize them Facebook (META), Snapchat (SNAP), etc.), they have certain responsibilities and when those responsibilities are not met or when the company didn't achieve quarterly goals, the stock drops! For example, if you invested \$1000 into (META) and they have a bad quarter (or quarters), your stock may go from \$200/share to \$170/share, and that is a 15% drop in your investment, or a \$150 loss. Some people can handle this, and many others cannot. As my man Andre H. says "I wanna play it safe Truck." Okay, let's play it safe.





**Bonds are different from stocks. Bonds are a legal agreement and technically, YOU get to play financier. The issuer of the bond promises you a “fixed” percent interest rate throughout the duration of the bond. The way that you put money in a bank and hope it increases in value is the very same way that you would invest in bonds, BUT they give you interest because they are loaning the money from you. Now, this is a SLOW way of making coin, but it’s very efficient. There are short-term bonds (1-3 years), medium-term bonds (5-10 years) and long-term bonds (10+ years) in which if you allow the bond to mature (complete its cycle); you will increase your initial investment. There are many Bond issuers, but the best ones to use are the U.S. Government Treasury Bonds. Lastly, you can always invest in an ETF (Exchange Traded Funds) and invest in bonds that way. Many do use this option, and they feel better than dealing with the Department of Treasury. Can you lose money in bonds? YES. If you take a term of 30-year bond, and the market goes to hell in a hand basket, the current rates may be much higher than the 30-year and you’re not going to be able to get that out for up to 30 YEARS. So, stick to the low terms unless you don’t need the money until 2054—but hey, this is truly plausible for some and I would rather you have money on your way out of the door than none at all. In my next piece, we will talk about the SEC agreeing to allow “spot bitcoin” and where the market is today! I will stay as recent as I can...Blink, I’m gone...**

**What is a Dividend?** It’s a certificate (paper or digital) that allows you to be a part owner of the company. If you buy shares in Microsoft (MSFT), you now have the same rights as Bill Gates to vote and receive any benefits that the company gives. **You are a shareholder of the company.**

**What does “Overbought” means?** Overbought is a term used when a security is believed to be trading at a level above it’s fair value. *Overbought* is generally describes as recent or short-term movement in the price of the security, and that reflects the explanation that the market will correct itself in the near future .





## FUNCTIONAL RESUME Example 2

<b>Your Name</b>	
Phone	Email
Street Address, City, ST Zip Code	Website
+	
<b>Objective</b>	Check out the few quick tips below to help you get started. To replace any tip text with your own, just select it and start typing.
<b>Skills &amp; Abilities</b>	On the Design tab of the ribbon, check out the Themes, Colors, and Fonts galleries to get a custom look with just a click.
<b>Experience</b>	<b>Employment #1 Dates From – To</b> Job Title #1, Company Name #1 <input type="checkbox"/> This is the place for a brief summary of your key responsibilities and most stellar accomplishments for company #1. <input type="checkbox"/> Accomplishment #2 <b>Employment #2 Dates From – To</b> Job Title #2, Company Name #2 <input type="checkbox"/> This is the place for a brief summary of your key responsibilities and most stellar accomplishments for company #2. <input type="checkbox"/> Accomplishment #2
<b>Education</b>	<b>School Name – Location – Degree</b> Date of graduation You might want to include your GPA here and a brief summary of relevant coursework, awards, and honors.
<b>Communication</b>	You delivered that big presentation to rave reviews. Don't be shy about it now! This is the place to show how well you work and play with others.
<b>Leadership</b>	Are you president of your fraternity, head of the condo board, or a team lead for your favorite charity? You're a natural leader—tell it like it is!
<b>References</b>	<b>Reference Name</b> Title, Company Contact Information
□	

For those of you who probably aren't familiar with how to formulate a resume, KH decided to provide you with an example on how to do so. Remember there are many ways to formulate a resume but don't trip, we got ya'll.

Many of us will be returning citizens soon so this is the perfect opportunity to start learning how to put together these documents so we can step out ready to hit the ground running.

We will try to provide different forms of resumes in future KH issues so be on the look out.





## **Fester Kewanee Experience**

**By: Jose "Fester" Leal**

**My experience in Kewanee was an eye opener, this was a second chance for a new beginning, I never thought I would have a chance to come to Kewanee Life Skills Re-Entry Center. At first when I got here I was nervous because of the free movement, I was used to being escorted. Everywhere I go in Kewanee, I am responsible to get where I have to be on time, nobody is going to chase after you. But once I got used to it, it was a regular thing. The classes that I took were very useful to me, from how to manage money, credit cards, and loans. How I socialized with other people was a big thing for me, the teachers helped me open up and I learned how to speak to a crowd, how to manage and be responsible for big project's, also how to multi-task. I give a big thank you to the program department in Kewanee because it was a big change in my life. Mrs. Draper's art department changed my point of view in what art means to people, its more than art, its family, unity, and a brotherhood. No matter the situation, we helped each other out, thank you Mrs. Draper. Second Mrs. Trigg service learning class was a great class for me, I had never touched any tools, but with a little help from the teacher and an open mind, I was able to do so, thank you Mrs. Trigg. My experience in Kewanee was amazing, there is a lot of opportunity in this place, you have to want it, and give it a chance.**



**As my journey comes to an end in Kewanee, I wanted to take this time to thank a lot of people that helped me get through this tough challenge and open my eyes to a new blessing in life and gave me a different point of view of what I might be facing when I get out in the streets. Coming from Max Joints to X-Houses now I was finally here at Kewanee. WOW!**

**My first challenge was to volunteer and helping out the community it was time for me to make a difference in my mind now it's time to give back and help others in what I can do. Mr. Warnsing and Mrs. Draper gave me an opportunity to work in the art room and help out in numerous projects we did for the community, Christmas cut outs, the nut cracker house, all these projects were displayed at the park and lights were put up to decorate the park. I also got a chance to paint a small mural on the wall. All this work was my first time doing anything like this; I have never painted on walls or even had the chance to even get involved in projects like these. Then I was invited to join a class called Service Learning. I was introduced to a teacher named Mrs. Trigg, she was teaching the art of woodworking and the use of these tools. All I have to say is Kewanee helped me in so many ways to get me prepped for the world. Thanks guys, sorry this was short, but one thing I can say is don't give up, keep moving forward because you never know what opportunities lay in front of you.**

**KEEP YOUR HEAD UP, KEEP ON GOING!**



## WHAT WAS ASKED

By: The KH Staff

A little while back there was a submission, rather a question that came to us here at Kewanee Horizons referencing “Father’s rights.” Here’s an excerpt from that letter:

*“I am writing to ask if you can present an article about a father’s parenting rights?”  
“So, what can a father do to protect his rights? What organizations are there to assist a father trying to handle things the right way? I say this because many fathers get out and deal with things the wrong way and find themselves right back in prison as a parole violator or acquiring a new case.”*

Our staff pondered the question and did some research on our own. What we found was that our incarcerated brothers are not the only ones suffering this injustice—our incarcerated sisters are equally yoked with us in this matter. After some digging around, we found some information that we thought could be useful. Knowing that everybody’s situation is not exactly the same, use what you can and discard what you can’t. That said, **IT IS IMPERATIVE THAT WE INFORM YOU THAT WE ARE NOT INSTRUCTING YOU WHAT TO DO OR WHERE TO SEEK ASSISTANCE, WE ARE ONLY SHARING INFORMATION THAT WE’VE COME ACROSS!**

Kewanee Horizons is a voice of the incarcerated people, created by the voices of the incarcerated people. With that, as always, we hope that this information will help our brothers and sisters in some shape, form or fashion. - KH

Cabrini Green Legal Aid, is a nonprofit organization that provides pro bono legal assistance (Records Expungement, Criminal Law, Family Law, Executive Clemency, Parental Rights of the Incarcerated, Civil Law, Landlord Evictions, etc..) to the poor and disenfranchised in Cook County, Illinois. Cabrini Legal Aid has been in service to the community for over 5 decades (1973) this is their 50th year anniversary of dedicated service to the residents of Cook County.



Darryl Apperton, Attorney at Law, who has practiced law for over 31 years made his way to the Kewanee Life Skills Re-Entry Center with the sole purpose of providing pro bono legal assistance to the individuals in custody at Kewanee Life Skills Re-Entry Center. His mission was to share his knowledge regarding parental rights of the incarcerated within the state of Illinois. He covered the spectrum of parental rights ranging from paternity, parenting time, visitation, parental allocation, child support and abatement for the incarcerated. His main focus was to make sure we, the incarcerated, fully understood our rights as parents. He emphasized the importance of his message, "As a parent you have rights and it is important for you to know your rights and responsibilities. With this knowledge you must exercise your parenting rights, beginning now!"

## PARENTAL RIGHTS:

- \* Mothers and fathers have equal rights
- \* Guardianship means you still have rights to your children, they include:
  - \* Reasonable visitation
  - \* Agree to or refuse an adoption
  - \* Determine the child's religion

## PARENTAL RESPONSIBILITIES

- \* Provide your child with: support, education, medical care, food, clothing, and shelter.
- \* Protect your child from: sexual abuse, physical injury, too much corporal (physical) punishment, dangerous environments.

Due to the length of the information contained within the Cabrini Green Legal Aid packet and the constraints of this publication, we have divided the information provided into two sections...the first part was in Volume 62 and this is the 2nd part (Volume 63).

**DISCLAIMER: THE KEWANEE HORIZONS IS NOT PROVIDING LEGAL ADVICE. WE ARE MERELY REPRINTING THE INFORMATION PROVIDED BY CABRINI LEGAL AID.**

**The most important idea is the "best interest" of the child!**

**What can you do right now to protect your rights?**

### #1 PLAN

**A. Keep Records: Write down every time you try to contact your child, and keep track**



of the classes you take.

- B. **Follow Your Service Plan:** Failure to make progress can mean termination of your parental rights. Try to take whatever classes you can!
- C. **Avoid Disciplinary Records:** Your jail/prison records can be searched. It can and does affect the judge's opinion of you. What you do in jail counts, both good and bad.

## #2 VISIT

- A. **Consistent:** Consistent visits are the best evidence of your interest in your child! Even if you get denied, keep asking, and recording when you ask.
- B. **Contact:** Visits through thick glass can be traumatic, get contact visits with your child when possible.
- C. **Court:** Ask your judge for a special parent-child visit in the court conference room after court, if it is appropriate.
- D. **Communication:** Visits by phone and letter still count as continued interest in your child!

## #3 UNDERSTAND

- A. **Reunification Takes Time:** It is better for your child if you have a smooth, gradual transition.
- B. **Be Ready for Your Child:** The court will look for evidence of: adequate housing, recovery from all addictions, and a stable and legal source of income to support you and the child.
- C. **Your Stability Is Key:** Show that you can be a responsible parent, and will not be arrested again

### Who is the Father?

For a father to have legal rights, he must be the legal father. A man is the legal father when:

1. **Voluntary Acknowledgement of Paternity ("VAP"):** This is usually done at the hospital when the child is born, and must be agreed to by both parents. He cannot sign it



if you do not agree.

2. **Marriage:** If you and he were married when the child was conceived or born, then he is the legal father (even IF he is not the biological father).
3. **Public Aid:** If you have ever received TANF or a medical card, or if you have requested child support, then it is possible that a judge found him to be the legal father.
4. **Child Support:** If he has paid child support through a court order, then he is the legal father. If you have received support without a court order, then that does not make someone the legal father by itself.
5. **Court Established Paternity:** A father can go to court to “establish paternity.” The court will then order a DNA test and he can be found to be the legal father.
  - > If a father files this petition he has a right to seek parenting time and responsibility.
    - Exception:* If you can show that there is a serious reason why he should not have parenting time/responsibility, and you have someone reliable intervene in the case.
  - > You MUST file a response or the court will hold you in default and grant the father’s petition.

## WHAT CAN YOU DO NOW?

1. **Document Everything**  
Keep records of when you contact your child(ren) and family, all contact with the agency, the things you are doing to make progress on your service plan.
2. **Keep in Contact**  
This is *critical* - if you don’t stay in contact DCFS will move toward Termination of Parent (TPR) quickly. If you do not know where your children are, try to find out *immediately* (DCFS Case Tracking: 773-371-6161). Call or send letters/cards to your child(ren) as often as possible. Keep records of what you send and when.
3. **Visits are the most important way to keep up a bond with your child. Consistent visits are considered the strongest evidence of your interest in your child. Have contact visits whenever possible, but keep in mind that visits through thick glass may be traumatic for both of you.**
4. **Make Progress**



Keep making progress on your service plan - failing to do so is a ground for TPR. Participate in drug treatment or A.A/N.A., take parenting classes, get counseling, attend GED or other classes, and cooperate with court orders and all reasonable requests of the case worker.

## 5. Avoid a Disciplinary Record

Your jail/prison records may be subpoenaed, so try to avoid having a disciplinary record inside. It can and does affect the judge's opinion of you.

## GROUNDS FOR TERMINATION OF PARENTAL RIGHTS

There are 22 total grounds (reasons why) that the Judge can find you UNFIT under. The state only needs to prove ONE of these grounds by clear and convincing evidence.

(a) Abandonment of the child, especially an infant.

(b) Failure to maintain a "reasonable degree of interest, concern or responsibility"

(c) Desertion of the child for more than 3 months right before the TPR petition is filed.

(d) Substantial neglect of the child if continuous or repeated.

(e) Extreme or repeated cruelty to the child.

(f) Two or more findings of physical abuse to any children (most recent finding by clear and convincing evidence); a criminal conviction OR finding of not guilty by reason of insanity because a child died from physical abuse; or a finding by Juvenile court that a child died from physical abuse.

(g) Failure to protect the child from an environment that could injure the child physically, mentally, or emotionally.

(h) Other neglect or misconduct.

(i) Depravity. Includes *a rebuttable presumption* that you are depraved if you have been convicted of 3 felonies and at least one of your convictions was in the last 5 years. Also includes 1<sup>st</sup> or 2<sup>nd</sup> degree murder of the child's other parent (NOTE: can be overcome if you have clear & convincing evidence, like self-defense) and the murder of any child, including conspiracy and solicitation.

(j) Open and notorious adultery or fornication.

(k) Habitual drunkenness or drug addiction for at least *one year* before the TPR petition





is filed.

(l) Failure to show reasonable interest in a newborn for the first month after birth.

(m) Reasonable efforts / Reasonable progress

(n) Failure to visit, communicate with the child or agency, or plan for the child's future for any 12-month period.

***NOTE: The State will look at whether you sent cards, gifts, and letters to your child***

***(or to the caseworker if you don't have your child's address) as a large part of proving this ground. The State will also look at whether you visited your child in person or over the phone.***

(o) Failure to provide food, clothing, and shelter although able to do so.

(p) Unable to parent because of a mental impairment.

(q) Criminal conviction of aggravated battery, heinous battery, or attempted murder of any child.

(r) Your child is in foster care, you are convicted of a crime and incarcerated, and *before your incarceration* you had little or no contact with your child OR provided little or no support, AND you will not be able to "discharge your parental responsibilities" for the next two years.

(s) Your child is in foster care, you are incarcerated, and you have been repeatedly incarcerated because of criminal convictions, AND the repeated incarceration prevents the parent from "discharging his/her parental responsibilities."

***NOTE: Convictions from before your child was born CAN be included if they affect your ability to be a good parent.***

(t) Your child is born exposed to drugs, you have at least one other child who the court found was neglected, AND you had the opportunity to participate in drug counseling, treatment, and rehabilitation programs after trial.

If you wish to contact Cabrini Green Legal Aid, their contact information is as follows:

Cabrini Green Legal Aid  
6 S. Clark St. - Suite 200  
Chicago, Illinois 60603

Office Phone: (312) 738-2452

Collect Calls Only: (312) 675-0911



# Kitchen Heros

By: Walter "Wally" Makowski



Here I am once more, not in the television room, but on the patio. Oh and sorry, it's not with my first cup of coffee, that's because I just got off work (11:00 am). For the past few months I have been honored to work with some very creative, imaginative and hard working men. In the 35 years of my incarceration, I never held a kitchen job. Always, Maintenance or LTS. In the past few months my eyes have been opened to "All" of the work that has to be done in order for a tray of food to be served.

So, An overdue homage is not only in need, but also well deserved for the overwhelming effort, time and energy doled out by Dietary workers across the state; in every facility. Because we have no communication with the men in other facilities, I would like to place our focus on our very own, right here, at Kewanee. In doing so, we also hope that we can convey to everyone that eats food, in any kitchen, the effort doled out by all the workers. From the brothers and sisters that keep the halls cleaned, to those that serve the food.....

From the dish workers, to the magicians that prepare the food itself.... Our hats to you! Although we celebrate "All" of the Dietary workers in everything they do, I would like to take aim at the men that prepare the food. Albeit I am slightly bias because I



work hand in hand with the cooks in everything they do, I could not neglect to mention the rest of the men.

When I so eloquently described our cooks as magicians, it was no fluke. These men are able to take raw ingredients, shake it all up in their own special way and then... Presto, A meal is created that you would easily have no problem serving to your own family, or even in a restaurant. Now, you will have a few foul balls because lack of ingredients leads to trial and error, and sometimes things don't always turn out right. However, when it does... Everyone, (for the most part), says "WOW". That is because these men actually care. These men feed off of one another, they ask for input, critique and advice... And in many cases a meal will be prepared in several stages, often taking multiple days. Oven fried chicken, Lasagna, homemade dressing, hash browns, chili, tacos etc., etc.... And no matter what, the food is always Hot, (or cold) if called for. Where else have we had cheese stuffed turkey ham- Grilled?

So by default only, seeing that I am writing this article, I will begin with myself. My family originated from Eastern Europe sometime in the 16th Dynasty.... Oh, too far back? My bad. I play more of a supportive role. I cut up and prepare veggies, grill the burgers and dogs, and I like to think of myself as a professional taster, or at least the first one to grab a spoon when things need to be tweeted. Having been locked up in facilities where people only care about portion-control alone, it gives me a sense of pride when the whole camp comes to me raving about how those were the "Best Greens" they've ever eaten. And when the real cooks get to doing their thing, I have absolutely no problem cleaning, prepping or picking up after them. At the end of the day... It's a team effort, so even though my brother "Salsa de Barbosa" made that awesome sauce, I know I helped in someway so we all get a pat on the back and it really does feel good. Unfortunately, with so many men and too many taste buds to count, its impossible to please everyone, and we have a smaller community. There are tougher crowds at the larger facilities. So, each time you sit down to eat a meal, please know that the brothers behind the scenes really do care.... Just saying!



# MY KEWANEE EXPERIENCE

By: Raaid

Hello my name is Raaid; I grew up in the southwest suburbs of Chicago. As a youth, I experienced a lot of violence at home and in the streets. As these unresolved traumatic experiences progressed, my life became more difficult. To deal with these issues I resorted to hanging with the wrong crowds, using drugs, and drinking alcohol. Throughout my youth I struggled to cope and continued to have problems in school and with the law.

In 2005, my dad passed away, I was 18 years old at that time. I had a great relationship with my dad which made his passing very hard to take. My alcoholism and drug use progressed as this was the only way I knew how to cope with my loss. I now know that wasn't a wise decision but I routinely made bad choices during that period of my life. For example, I kept a good job and tried to have nice things, but I spent the money I earned unwisely. There were even times where I drank to the point of blacking out and not remembering the night before. Things had gotten out of hand and the money I earned from working wasn't enough to fund my lifestyle. The need to access more funds led me to make money unlawfully.

Without going into specifics, I was sentenced to 15 years at 85% in 2015. I strongly regret my actions and I would do anything to change the outcome from some of the choices I made in the past. I live with remorse daily. I cannot change my past decisions, however, I can do the right thing here in the present. This will accompany other changes I'm currently making in preparation for my future. The combination of these changes will produce success as I position my heart, mind, body, soul, and spirit for release.



fu-



I entered Kewanee Life Skills Re-Entry Center (KLSRC) in August of 2022 and since that time I have participated in the following groups and courses: A.A/N.A, Anger management, Hands Down, Preparing For Release, Drug Education, Criminal Addictive Thinking, Foundations For Life, NRCA Roofing, Defy Ventures, Caterpillar Simulator, Financial Literacy, Communications, Interpersonal Skills, Math, and Custodial Maintenance. Along with my participation in all of those things, I'm now a member of the KLSRC Rotary Community Corps.

There is so much to soak up here...I've learned more than I could have ever imagined prior to my arrival. When I'm in my cell, I don't watch my TV, it watches me. The trade and entrepreneur skills I've learned are amazing. I now possess a unique perspective on the value of a dollar. This is a direct effect of a combination of financial literacy and consumer credit counseling (I am currently taking this class on Wednesday evenings).

Here at KLRSC, I'm able to address any issue I have very promptly because there is always someone accessible to talk to - unlike other facilities. There's no way that this could be possible without the help of clinical services, mental health and the rest of the staff here. I've learned a lot about myself and life. One of the biggest lessons I've learned is the value of accountability. So now, as I add this characteristic to my tool belt of essentials for life, it will assist me in becoming a better man than the one I was prior to incarceration. I have realized that my actions not only hurt people, they hurt my community as well.

Here are a couple of lessons I've learned: (1) My thinking effects how I feel and how I react. I know that may sound crazy but if my thinking is wrong then my emotions are triggered negatively and my reactions mirror my emotions. (2) Growth is a lifelong process and I can learn something new each day, if I'm open to doing so.

In order to make the changes I've made thus far I had to change my way of thinking. This remains true in all aspects of life as well as for the duration of it. Sometimes that can be difficult for someone like myself who has continually experienced trauma. Albeit, I strive each day to be a better person and to help others. Kewanee continues to allow me to give myself and of myself (via time) to the community. I look forward to more of that with Rotary Community



Corps, art projects, volunteer work and doing whatever may help someone who has either been in my exact situation or partially walked in my shoes.

I really would like to give a round of thanks to everyone that took a chance on me, everyone who has believed in and continues to believe in me, and everyone that has had a hand in affording me this opportunity to grow and become better...Warden Carothers, Warden Jones, The Clinical Services Dept., Mental Health Dept., the Education Dept., and the library.





By: Antonio Aguirre

On Friday, December 15, 2023, I had the pleasure and honor of participating at our newly founded, first ever, Spanish Chapel at KLSRC; befittingly named, “La Iglesia Renovacion de Cristo” which translates into, “The Renewal Church of Christ” and is being facilitated by the anointed Pastors Pablo and Zoila Marty. A little background about our Pastors; this husband and wife team is originally from the Dominican Republic and migrated to New York at an early age. Pastor Zoila grew up in South Bronx, NY around known artists’ like Fat Joe and Jennifer Lopez. Pastor Pablo grew up in Queens, NY also known for Iconic artists like; Nas, Run DMC and LL Cool J. Pastors Pablo and Zoila bring a unique Latino-New York swag to their style of preaching, spreading the “Good News” straight-out the Holy Bible.

At the beginning of service, Pastor Pablo played the acoustic guitar and sang alongside his wife Pastor Zoila, singing Christmas hymns. Many of us being familiar with the songs decided to all join in, we sang “Jingle Bells”, and “I wish you a Merry Christmas and a Happy



New Year"! During their sermon, the Pastors expressed their empathy for the "Individuals in Custody" for they too came from Justice Impacted families who understand the difficulties many of us will face upon reentry. Moreover, they did not hesitate, to assist us, in any way they can, understanding Jesus's heart, for it is written; *the "King" will answer them truly, I say onto you, what you have done, for one of the least of my brothers and sisters, you have done for me*". (Matthew 25:40)

Both Pastors shared their childhood story about overcoming several challenges dealing with poverty, discrimination, and abuse. Pastor Zoila spoke about a time when she was the fourth child of seven siblings, along with her parents, all living together, in a small apartment with barely anything to eat. Saying we might have been poor financially, but we were sure rich in spirit. Pastor Pablo spoke to us about a time, when he felt lost in situations impossible to overcome, but he did, through God's grace and mercy. Pastor Pablo then said; I feel blessed just to be standing here speaking with all of you; then smiled and started singing and praising God. The Pastors ability to be so forth right and honest with us was quite extraordinary, their stories were deeply moving and captivating.

What I learned about this experience is that "suffering" transcends color, race, cultures and genders; but so does God's Love for his children and he will always make a way for us, no matter what. I had the opportunity to invite many of the new arrivals, just days prior, and one of them by the name of Oscar Hernandez shared his thoughts and experience with me, and this is what he said; *"I have been incarcerated for many years and have never attended a chapel service to hear the voice of God. However, when Antonio invited me to come, I was a little reluctant at first, but his joyful spirit inspired me to go. Just the walk itself to the chapel felt*





*different, it didn't feel like I was walking down a typical corridor of a correctional institution. There were no shackles, no guards, and/or any threats to look out for, it was serendipitous; I caught myself being in total awe of this place. Moreover, when I arrived, I was immediately embraced and greeted by everyone and then introduced to Pastors Pablo and Zoila Marty. Their message was very powerful, warmhearted and full of hope, I truly felt the Holy Spirit coming from both pastors, and for a brief moment, I felt alive again and was very thankful to be blanketed by the words of God. I even watched as two men; Manuel Flores and Diego Penaloza, turned their lives over to Christ, Hallelujah! Afterwards, I had a one on one conversation with both pastors who said a prayer of protection and blessing over my family. It goes without saying; but I really enjoyed the service, thanks for the invite Antonio." After hearing Oscar's testimony, it solidified what I was feeling throughout the entire service, "God was Among Us"!*

I would like to thank the following Spanish Chapel Peer-Facilitators who helped to make this day a special occasion:

Roman Esparza-Martinez, Leonel Galavis, Max Aguilar, Evigan Marcos and Chapel's Video and Audio Tech-Harry Mulkey.

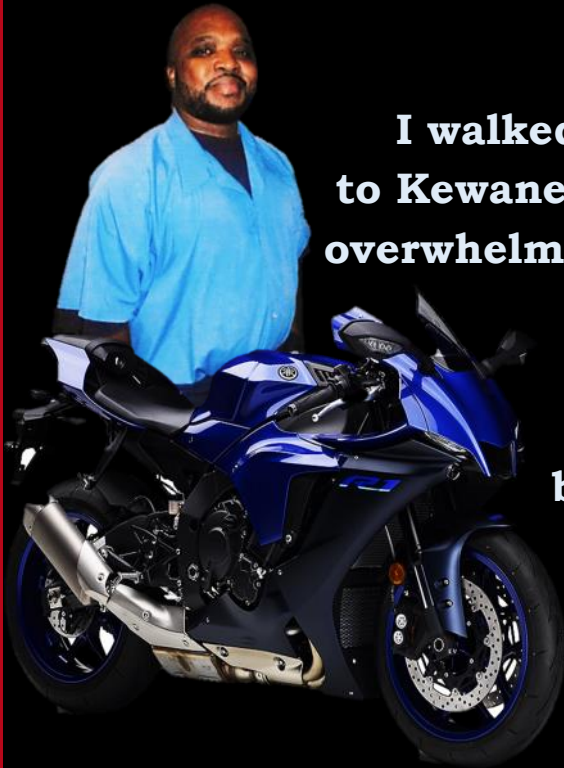


*"The Renewal Church of Christ"*



## MY KEWANEE EXPERIENCE

**By: Linord "Nardo" Thames**



**I walked around for 3 days in disbelief when I found out that I was going to Kewanee Life Skills Re-Entry Center. The bus ride to Kewanee was a bit overwhelming for me. Knowing that I was leaving the situation and I was in going into something that could have a tremendous positive impact on my reentry journey. I closed my eyes and took a long deep breath on the road. Just trying to release years of built up bitterness and anger I've held in my body, knowing that I am going into a better situation.**

**Arriving at Kewanee the staff was lined up to greet us as we got off the bus and officers genuinely shook my hand with respect. Then I was welcomed with love by a strong community of men whom I had done time with... Big Poke, KB, JR, TY, Bolo and Maxwell to name a few. A community of men similarly situated as myself embraced me with nothing but love, I was so overwhelmed that I was unable to go to sleep. The atmosphere that I'm in today is more like a college campus, loaded with mentors and programs... If this is my ending (of incarceration), I can surely say that I'm set up to win in Kewanee.**



**Kewanee has already provided me with better healthcare, the food feel like a buffet, commissary whenever I decide to go, I have a counselor and a social worker assigned to me. Then there are many programs, movie nights (on a big screen), barbershop anytime, yard and gym all day and there are absolutely no episodes.**

**That is my experience so far and I get the sense that Kewanee Life Skills Re-Entry Center will be the best thing that has happened to me throughout my total incarceration.**

## **My Kewanee Experience**

**By: Anonymous Contributor**

**The day of my transfer to K.LS.R.C. the bus ride was terrible. It had been years since I'd been on a bus ride/road trip. The bus left the River at about 8:30ish A.M. and drove down to Lincoln to drop off the guys, all but the three of us who were headed to Kewanee. As we sat there and waited for the C/O's to refill the bus, we were given a brown bag lunch. I was feeling sick, my head was hurting and I had chest pain. I felt nauseated, maybe it was motion sickness, but being cuffed chained and squeezed in those seats didn't help. Once they loaded the bus they drove us back to the River to drop some guys off and then to Galesburg. We finally arrived at Kewanee about 7 p.m.**

**As we got off the bus we were greeted by staff and fellow individuals in custody. I immediately felt that this place was different. I'm sure you see all the good things about Kewanee on your tablets but to actually be here and experience it is a blessing I have now been here a month and am still blown away by the things I'm learning. For all of you who are tired of the B.S. and want the chance to redeem yourselves, Kewanee is the**



place for you. Continue to be positive and productive, your turn will come. The staff here is amazing and will do their best to assist you with the help you need and give you the tools and knowledge to succeed.

Kewanee is real rehabilitation but we must put in the hard work and apply ourselves. We have to have discipline and drive. We have to be hungry for change to be a better version of ourselves.

God Bless you Brothers.





# ARTROOM PROJECT

By: Multiple Contributors

*“Art is a way of expressing what you feel or what you are going through. I love art and thank you Bro for showing me what Art is all about. (Jose ‘Pepe’ Penaloza) love you bro for that.”— Diego “Trigger” Penaloza*

*“Art for me is a way of allowing my mind to be free and be able to express my feeling by painting my thoughts on a piece of paper. Its is a good way of expressing myself and when I do finish my project sometimes I can’t believe that I made it.”— Leonel (Sinaloa) Galavaiz*

*“Art is a sense of confidence in yourself. The work you do on a canvas makes you feel good and proud to see your art. Art is also a way to relax and decompress all of your problems through the art that is done.”— Anonymous*



*“Art for me is a way of expressing my feelings and a way of meditation...to let my feelings express the way I paint. The work I do makes me feel good, alive, excited and surprised that I can do something like this.”— Jorge “Chucky” Diaz*

*“Art for me is the ample opportunity to extend oneself onto his project . It’s a way to show people what you see through your own eyes...thereby affording them a chance to capture it through theirs.”— Christopher “Cuba” Walker*

*“Art is freedom, the capability to express yourself in any way you want, to let your artistic mind free...art is family, the community comes together and helps each other out which creates a strong bond between the art brothers. The art room is a place to relax your thoughts, body and soul. Don’t give up, keep moving forward.”— Jose “Fester” Leal*

*“Art means so much to me. It let’s me express a side that makes me dig deep into my imagination. Express something I didn’t even know I had. It lets me escape reality for the mean time and that means so much when your sitting in a cell. So, I can say art has impacted me in so much more than just drawing...it makes me feel free.”— Max “Malo” Aguilar*

*“Art means freedom, creativity, joy, and peace. Art allowed me to tap into something I didn’t know I had. I never knew I had the ability to turn an empty canvas into a masterpiece.”— Steven Ford*

*“Art to me is everything that your eyes see and that exists.”— Evigan “Happy” Marcos*



*“To me, art is a way to express my thoughts through pain drawings and conversations, it is my super highway to go any where I want to go. So, with that said, keep your brush wet.”— Kevin Simmons*

*“Art is a way for me to express my feelings without having to speak. And to show others that you don’t have to be good at art it’s what you want and feel . You never can screw up on a painting you can always make changes as you go.” Wayne Largent*

*“Art is a way for me to clear my mind of everyday life as well as being able to express things life has thrown at me or the way I see the world through my eyes.”— Owen Hawkins*

*“For me it’s a way to get away from all the negativity. I feel alone and at peace. Its also a way to feel free.”— Jose Tinajero*

**IF PASSION DRIVES YOU, LET REASON HOLD THE REINS.**

**-BENJAMIN FRANKLIN-**



**By: Evigan Marcos**

**Good morning brothers & sisters across all IDOC! As always sending big blessings your way. I pray all of your heart's desires get answered for the bringing of a new year, Lord willing.**

**My time here at Kewanee has come to an end, but my focus, drive, passion, heart, mission, and vision has not. As I sit here in my favorite place in Kewanee I'm at a loss for words.**

**There's so much I want to share but my spirit tells me to add value within these lines. My senses are alert as I smell my coffee and I feel the slight cold breeze that comes through this window. My eyes see what seems to be a hawk or crow, I can't really make it out. My ears pick up on the sound of the birds, the c.o.'s radio, and my taste buds can still taste the honey bun I just ate (lol)...what a blessing it is to be alive!**

**My experience here at Kewanee was realizing, recognizing, and acknowledging what time truly is. What it equates to. Answer questions that are hard but must be answered in order to understand oneself. What do I truly enjoy? What do I truly love? What do I truly need? What do I truly dislike? What do I truly desire for my future? Etcetera. The most important question of all, which is the follow-up question to "What?," is "Why?."**

**To all of those questions that I just stated, there's not only a "why" but there's also**





a “how”...as in, “How do I get there?” What steps do I take or what resources do I need to get there. As I pondered these things, I began to answer these very questions. In turn, my answers produced an entirely different set of questions: Do my answers align with my values, my principles, and/or my moral compass? Am I willing to climb to the top of this mountain or is it just a desired fantasy? What things am I going to focus on and put both my heart & soul into it in order to make it happen?

I’ve learned that we need people in order to achieve certain goals because our network is our net worth. I have learned that I can’t wear all the suits. Some of the most successful businesses were built because someone knew how to bring people together, serving a common goal, all focused on the same mission. While you fill in the gap of what you do best, always look forward towards the completion of your vision.

There’s a lesson in the verse of the sluggard. In Proverbs 22:13, it states, “The sluggard says, ‘There is a lion outside! I shall be killed in the streets!’” The lazy person (or sluggard) always has some kind of excuse as to why they are not engaged in some productive activity. They wait for others to do for them those things they can do for themselves. People often say, “I don’t have time.” Truth is that person is unwilling to make time! We make time for our TV shows, we make time to eat, we make time to mow the lawn—we, the people of this world, make time for those things that are important to us. With that being said, make time for God first and everything else will follow.

Another thing I’ve learned is that each day has its own challenges and trials. Because of this, I will focus on my “today” and pray that all things keep moving forward, Lord willing, towards tomorrow. I’m proud of myself for knowing I’ve become a good steward of my time. Not just here in Kewanee, but in other IDOC facilities as well. Don’t



get me wrong, that may not have been the case in the beginning, but once I gained focus and built a relationship with God, nothing was or has been impossible.

Well, brothers & sisters, I pray these lines were of help and PLEASE keep me in your prayers. If anyone is interested in some art, look up “Artistic Ambiance.” It’s not up and running yet, but it will be, Lord willing. Thank you to the staff & administration here at Kewanee for everything you’ve done to help me out as I step out of this chapter of incarceration and into the next, which is the chapter of a returned citizen. I have no clue what this chapter will hold but I know it only gets better from here. Trust me, I am not naive, I know that hard times will come and it is in those moments where I will cling tightly to my faith in Jesus as well as the relationships I share with my circle of supporters.

Kewanee Horizons, Two Roads, DEI, Freedom From Within, Defy Ventures, Kewanee’s Book Club (#LIBRARYLIFE), Rotary Club, and so many more, thank you for all of your help. Last but not least, in fact, most importantly, THANK YOU TO KEWANEE COMMUNITY CHURCH!!!!

Respectfully & sincerely,  
Your brother,  
Happy



# BOLO'S BOOT CAMP

By: Andrew "BOLO" Suh



Happy New Year's 2024, ladies and gentlemen. Today is a great day, God willing it will be a great year and fingers crossed after you read this you will have a great start. Let me introduce myself, I am Andrew Suh aka BOLO; I am one of the individuals in custody at KLSRC and I am fortunate to facilitate a weekly cardio workout session, called **BOLO'S BOOT CAMP**. With this said, I wanted to provide you a glimpse...

08:15 am on Sunday mornings I have the privilege to commune with about 20 of my fellow IICs. In my opinion, the individuals that show up for my class are the best of the best. They are the 1% that have the initiative, gumption, and courage to face adversity head on and fight the good fight no matter the odds. These men make the conscious decision to get off their bunks on a lazy Sunday morning before count, in order to be on time for my class and to **GET IT IN**. I cannot say enough about the mettle of these men. I am thoroughly impressed by their commitment to this endeavor, and I am honored they allow me to share this journey with them. The group ranges from 21 to 57 years of age, with every fitness level, ranging from novice to advanced. For 20 minutes we flip the switch; no longer trapped by the confines of our incarceration, instead we are a group of human beings actively creating the best version of ourselves. The radio is blaring, EDM for one session, Trap music for the next and we are moving. We come together as a single unit to revel in our community of sweat to push our physical bodies beyond our mental limitations. There is pain, suffering and lots of sweat but through the forge of this collective exertion we come through the other side stronger





and more resilient. I have the privilege of witnessing these amazing men step out of their comfort zones and push past their preconceived limitations. They commit to this program and they give it their all. Nobody stops short. They leave nothing in the gas tanks, 100% effort and nothing less. They leave it all on the gym floor and I am in awe of them all.



As for you, my dear reader, the following is a challenge. Will you invest 20 minutes in yourself, to jump-start the rest of your life? Are you ready to become the best physical version of yourself? Are you ready to step up to the challenge? If you believe in yourself, and possess the willingness to follow through, you too can participate in my boot camp. You can be a part of this collective. It does not matter, how old you are, what gender you are, what fitness level you are at, what facility you are at, or if you are on lockdown or not. The only thing that matters is you getting up and doing it. Stop talking about what you should do, stop making excuses why you didn't do it, take charge of your life, manifest your power and execute.

Follow these simple instructions. You need a pair of jumpers, a little bit of space and a lot of heart. **"ACTIVE REST"**, means moving for 20 minutes nonstop, no matter what, keep your feet moving and jog in place. As you get stronger and **you will get stronger**; you will need to layer the following exercises one right after the other. There is no rest between the exercises, you move from one exercise to the next, BACK TO BACK. **\*\*If the pace becomes too intense, transition back to jogging in place until you are ready to continue, just remember to keep moving for 20 minutes.**



**Burpees 10 reps** (from a standing position pancake to the ground, do a push up, and jump up)

**Crunches 20 reps** (lay on your



back, curl your upper body and knees together, flex your core)

**Mountain Climbers 10 reps** (hands on the floor directly in front of you; feet moving, left, right, left)

**Toe Touches 10 reps** (touch your toes, hips, then the sky)

**Get Ups 10 reps** (lay flat on your back, on the floor; get up, get down)

**Step Ups 10 reps** (each leg) (step up-step down ,onto a chair, box, etc...)

**Flutter Kicks count slowly to 10** (hands under your backside, legs 12 inches off the ground and flutter kick)

**Squats 20 reps** (arms out in front of you, squat, thighs parallel to floor, get down there)

**Push Ups 10 reps** (slow and deliberate, all the way up, all the way down)

**Rinse and Repeat until you have 20 minutes completed**

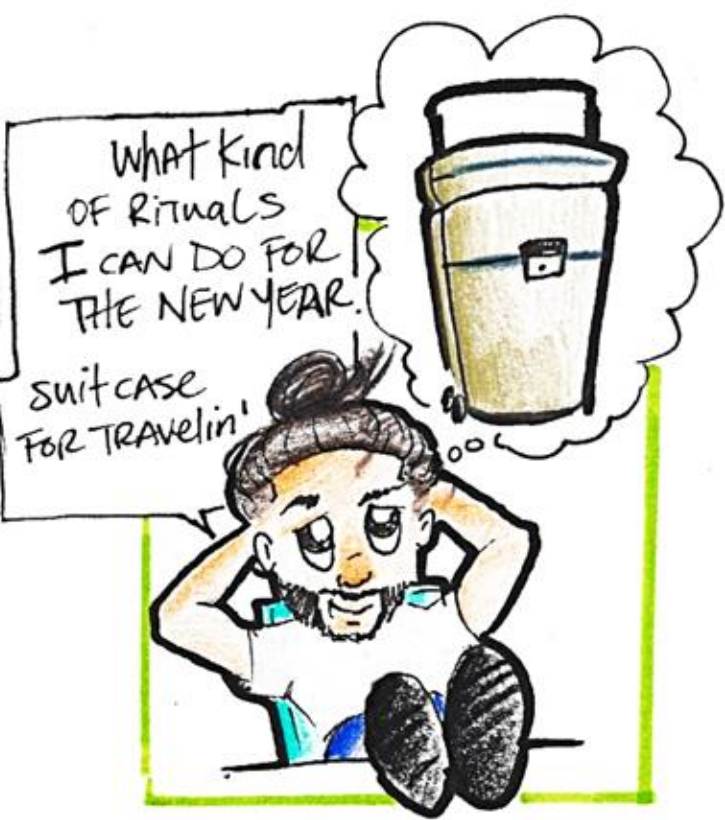
Oh yeah, did I mention the truly fun part of all this.

**PENALTIES!!!!** If during the course of your 20-minute session your hands ever rest upon your hips or your knees, or if your knees rest on the floor; you must self-penalize yourself 5 burpees (for each infraction) which will be taxed on at the end of the workout. How about that

for fun? I challenge you to become the best version of yourself. I hope you will say yes and may this be a great start to your 2024 workouts. The journey of thousand miles, starts with the first step. So start today. Stay healthy and stay focused. Happy 2024 and welcome to BOLO's BOOTCAMP. In Solidarity!



**SUNDAY MORNINGS @  
8:15AM IN THE  
WEST GYM...BE THERE !**



2024  
☺



HAPPY  
NEW YEAR  
OUR YEAR!



# BRAIN TEASERS

Did you know that doing [brain teasers](#) and [logic problems](#) can improve short term memory loss?

Challenging your mind with math brain teasers and other types of puzzles keeps the connections between your brain cells sharp. So, if you're ready to put your mind to the test, dive in and see how many of these 101 brain teasers you can solve — [without peeking at the answers!](#)

Challenging your mind with math brain teasers and other types of puzzles keeps the connections between your brain cells sharp. So, if you're ready to put your mind to the test, dive in and see how many of these 101 brain teasers you can solve — without peeking at the answers!

1. A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven [apples](#). Why?
2. A man stands on one side of a river, his dog on the other side. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or boat. How did the dog do it?
3. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I ?
4. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I ?



5. A red house is made from red bricks. A blue house is made from blue bricks. A yellow house is made from yellow bricks. What is a green house made from?
6. What can be swallowed, but can also swallow you?
7. Which three letters can frighten a thief away?
8. You are in a place called Wally's World and there is only one law. There is a mirror, but no reflection. There is pizza with cheese, but not sausage. There is pepper, but no salt. There is a door, yet no entrance or exit. What is the law?
9. In 1990, a person was 15 years old. In 1995, that same person was 10 years old. How can this be?
10. Two boxers are in a match scheduled for 12 rounds. (Pure boxing only. There are no kicking or takedowns.) one of the boxers gets knocked out in the sixth round, yet no man throws a punch. How is this possible ?







YES! Got'em all  
without peeking.

## ANSWERS!

1. An apple a day keeps the doctor away!
2. The river was frozen
3. Love
4. The number 8
5. Glass
6. Pride
7. ICU
8. Each word in Wally's World must contain double letters.
9. The person was born in 2005 B.C.
10. Both the boxers were female



# HOROSCOPE



**Aries:** If you don't contribute, you won't have a say. Stand up for your beliefs and adjust your life. Reevaluate your associates and how you spend your time. Happiness is a choice, and it begins with you.

**Translation: Speak up, stop letting others influence you, you will be a whole lot better off without them in your life.**



**Taurus:** Declutter your life, and you'll eliminate tension, stress and complaints. Restructure how you spend your time to ensure you take a path that leads to better health and financial stability.

**Translation: You have to chose, get rid of the wife, or get rid of the side piece.**



**Gemini:** Outsmart anyone interfering with you. Use your intelligence, physical attributes and courage to make your way to the top. Counter anyone who tries to rewrite history or make you look bad.

**Translation: Don't listen to your homie, he don't know what he's talking about, go and check things out for yourself before you miss out on something good.**



**Cancer:** Put your best foot forward and you'll gain ground. Educational pursuits will lead you in an eye-opening direction. Be persistent when faced with doubt or unexpected change.

**Translation: When its all said and done, listen to your mother, she's always right.**



**Leo:** Don't drag someone along who doesn't want to go. Forge ahead alone and you'll accomplish what you set out to do. Trust your instincts and simplify your life. Distance yourself from drama.

**Translation:** Cut your workout partner out, he is hindering you, you can accomplish more alone, you don't need the crying.



**Virgo:** Act in your best interest. A sound decision will make or break your spirit. Trust your instincts regarding travel, residential moves and educational pursuits. Be ready to act quickly.

**Translation:** You better check that cell out before you bust that move to get in there, the toilet might not work.



**Libra:** Call for help if you need it. Pressure at home or work will dictate the changes that follow. Look for the most opportunity-filled path, and secure your position. Clear your head.

**Translation:** Those weights are too heavy for you, get your mind right and get back to school, it's sure to help you on your journey.



**Scorpio:** You'll face many choices that can change your direction, lifestyle or relationships with others. Take care of your responsibilities to avoid criticism and being forced into something you don't want.

**Translation:** Just because your homies are going to the yard doesn't mean you have to go, tell them no it's cold out there and do what's best for you, THE GYM.



**Sagittarius:** Refuse to let what others do get to you. Do what's best for you and protect your money, possessions and reputation. Be resourceful, get your facts straight and create opportunities.

**Translation: Ignore the negativity, get up, get out, and get something.**



**Capricorn:** Take a different approach when faced with opposition or setbacks, and you'll find a way to get to higher ground. Focus on what you can do, not on what's holding you back.

**Translation: Don't give up because you were told no, clear your head and go ask someone else.**



**Aquarius:** Choose your battles wisely. Make your way forward using charm, facts and empathy; you will come out on top. Keep life simple and affordable, regardless of what others choose to do.

**Translation: Stop trying to keep up with the Joneses, you know you cant afford those wet packs.**



**Pisces:** Take a unique approach to investments and how you use your skills to earn a living. Look at partnerships that will help you get to where you want to go, and don't hesitate to make changes.

**Translation: Be wise, just because your next door cellie seems smart doesn't mean he is smart, go pick up a book.**



## MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

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

- **DO** try to have someone official from your facility contact EFA Mr. Warnsing before you send anything through the mail, they may be able to e-mail it directly to him at [doc.kewaneehorizons@illinois.gov](mailto:doc.kewaneehorizons@illinois.gov)
- **DO** try to stick within the ideals we have tried to promote in your article, namely Community and Restorative Justice principles, i.e. how the subject of your piece is community related and affected, stay positive
- **DO NOT** expect to have whatever you send, however you send it, returned to you under any circumstances
- **DO NOT** write to any individuals in custody at Kewanee Horizons directly, or indirectly if you are in prison, incarcerated, locked up, doing a bit or anything in that direction
- **DO** write to or e-mail our liaison E.F.A. Mr. Warnsing if you are a free person in the free world and would like to submit something for possible publication
- **DO** understand, your submission is not guaranteed publication in Kewanee Horizons, we have internal and external guidelines that we adhere to.



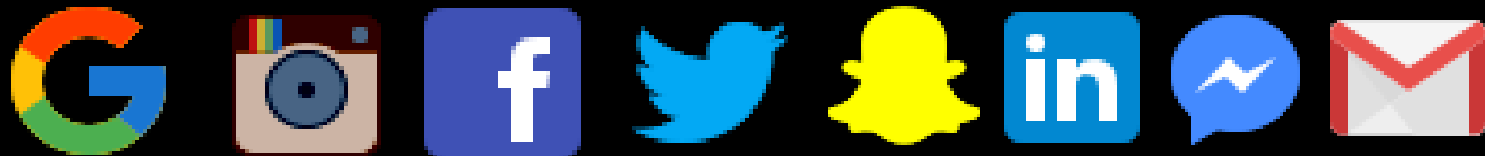
**KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!**

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

**TELL YOUR FAMILY AND FRIENDS TO SCREENSHOT THIS PAGE  
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