



KEWANEE HORIZONS

VOL.

68



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# RESTORATIVE JUSTICE

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

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

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

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

Merriam-Webster's Collegiate Dictionary Eleventh Edition



# MISSION STATEMENT

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

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

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



# STATEWIDE CALLOUT

To **ALL** individuals in custody within the State of Illinois we want to know about your accomplishments, successes and any struggles you may have overcome. Allow us to provide a spotlight for your unique voice. We hope that through your submissions it provide 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 Building. With every submission we have the ability to create change by showing our positive transformation and readiness for Re-Entry, which is why it's important to exemplify this through our words and actions. Change starts with us.

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 **POSTIVE MANNER** and **UPLIFT ONE AN-OTHER**.

## DISCLAIMER

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



## SALUTE TO CHANGE

The final step before graduating from Defy was that we had to do a Shark Tank style type pitch in front of outside volunteers. These were men and women from all walks of life - business owners, nonprofit organization members, bankers and more. Amongst this group were two men - Paul and Michael from CRED. Thankfully, they reached out to KH and provided us with a flyer to share with you all about what CRED is and what they stand for. This organization is filled with men and women out there on the battle field fighting to keep our communities safe as well as help with finding and creating opportunities needed for the growth of those who may feel trapped in the trenches. We appreciate organization like CRED and salute their hard work and dedication.

Chicago  
**CRED**

CREATE  
REAL  
ECONOMIC  
DESTINY



Chicago CRED is a gun violence reduction organization whose mission is to reduce gun violence on the South and West sides of Chicago. We believe that the way to stop gun violence is by engaging directly with the men and women most at risk of shooting or being shot and giving them an alternative to street life.

### Our Services



**Life Coaching**

Tailored support to address barriers and guide goals



**Education**

Secondary and post-secondary degree opportunities



**Behavioral Health**

Therapeutic services to promote a healthy wellbeing



**Job Training**

Career exploration, skills development, and work experience

### Eligibility Criteria

- ✓ Men 18-30 years old
- ✓ Have a past or current gun case and/or history of gun victimization
- ✓ Reside in North Lawndale, East Garfield Park, West Garfield Park, Pullman, West Pullman, or Roseland

Contact Us



(312) 785-0064



referrals@chicagocred.com



## Sink or Swim?

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### **Lost.** **Alone.**

Being somewhere I know I don't belong.  
Or do I?

I've learned that God does everything for a reason.  
But finding that reason, finding that purpose is the thing.

### **Alone.**

### **Lost.**

Have you ever walked around aimlessly?  
Wondering what you're doing.  
Trying to understand the meaning to  
what you're doing  
where you are,  
where you're going...

### **Spinning**

### **Free Falling**

Like a leaf falling from a tree spiraling un-  
til it hits the ground.

Like I hit black ice and now I'm spinning out of control.

Wanting direction  
Needing purpose  
For someone to point me in the right direction.



By: Logan Freed  
@ Decatur C.C.

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It's an endless cycle.  
People come, People go  
I detach myself more and more.  
Numb...

I'm numb.  
I can't run anymore  
I have to face everything  
All I have is time  
Will I come out on top?  
I can only hope  
Will I end up being who I'm supposed to be?

**I Better...**

The person I promised HIM I'd be

**Pressure**

**Weighing**

**Crushing**

It's my fault  
That we are where we are  
I'm here, you're gone  
I'm drowning inside  
From the weight of it  
I can't breathe.

**It's crushing me.**

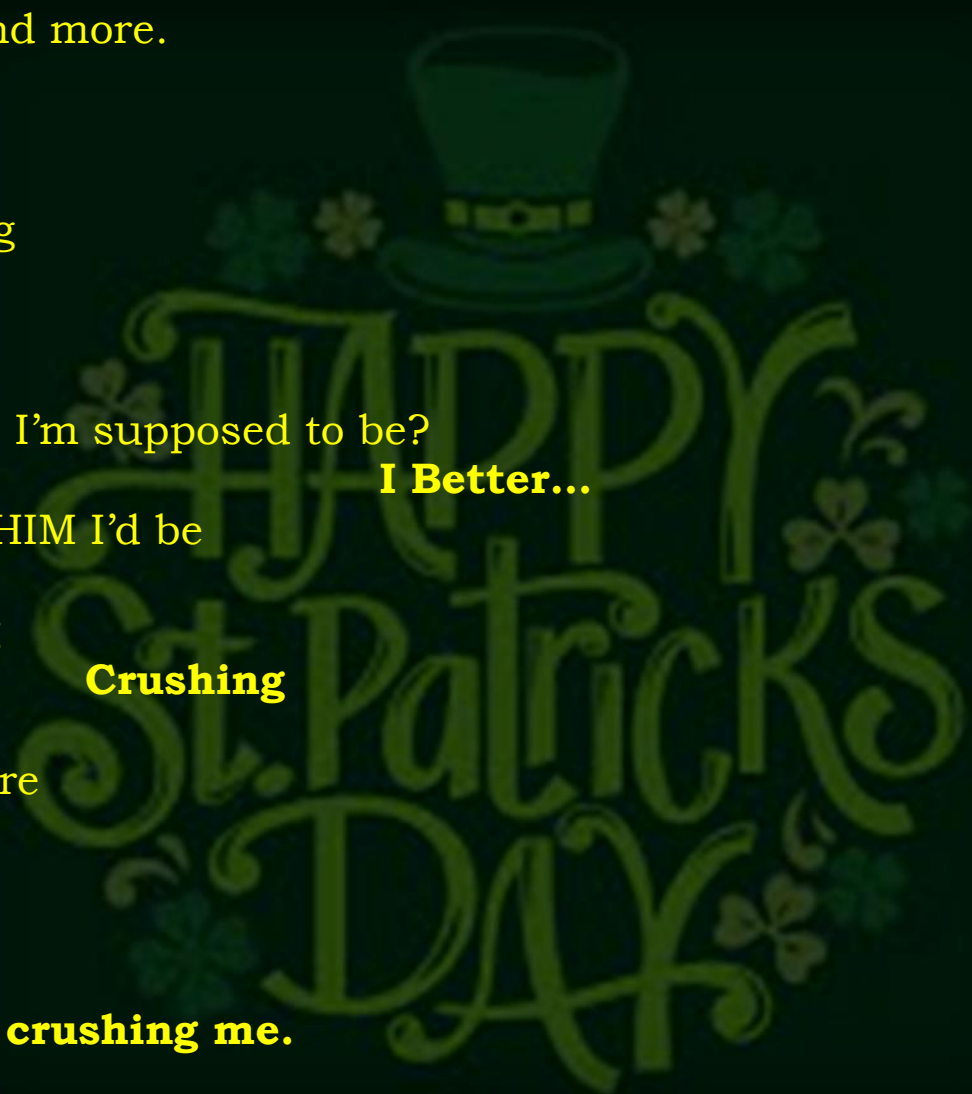
I'll come up for air

**Relief...**

But just for a second

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It's short lived, too good to be true  
When will I learn how to swim?  
I'm waiting for someone to teach me  
But I have to learn how to swim on my own.  
I fall apart down to my core  
Every day is like a hollow point went through the apex of my soul.  
My soul hurts.  
Breathe.  
Just breath...  
I wanna go back  
I wanna bring you back  
Switch places?  
It's not that I'm not thankful for my life,  
but if that meant I could bring you back,  
your life for mine,  
I would in a heartbeat.  
A Nano-second.  
The decision would take no time at all.

## **Running**

Running and going nowhere  
Running from the hurt  
Running from the pain

It's constant  
It stings  
It burns  
I'm bleeding out.



My biggest mistake  
My biggest regret  
I'm laying in my own pool of blood.

## **This hurt**

This hurt cut the deepest  
And the sad part is I did it to myself.  
I try to sew myself up  
but it's only temporary...  
It all comes to the surface at once and I start to bleed out again.  
I'm okay  
I'm always okay  
I'm okay even when I'm not okay  
One day I'll be okay – like, actually, okay  
But today and everyday  
Forever and now  
I think of you, Aaron, always  
Even when I'm not consciously thinking of you  
I'm still thinking of you  
You're apart of me now.  
I'm so sorry, Aaron.  
And that will never be enough.  
But I'm learning to live again.  
I'm learning how to swim.  
One stroke at a time.



# → POSITIONS ←

**By:** LaTyra Morgan

@ Decatur C.C.



If you've ever played chess, checkers, Connect Four, or any game for that matter, then you know everything involves strategy. Everything and everyone has its purpose. I like to imagine this is how it works with God. Now make no mistake, life is not a game and there is no do-over. Your struggles are real. Your life is real. And it is the one that when it is lost, you cannot get it back. Now anyways, where were we? Right. Imagine your position now. Where and why God has placed you in that spot. He already knows your purpose. But do you?

Let's use the game of checkers between God and the Devil. Your life is one divine intervention after another on this board. This game is ultimately a real-life example of a constant battle between God to save us and the Devil to harm us. This game starts by us making the first move

into enemy territory. As is the same with life, there is no going back. We take that first step alone and it's scary. In hindsight we spent so much time looking at the enemies against us, that we forgot we had an army behind us.

It's easy right now. The Devil is matching your moves step for step but for every move meant to take you down, someone was right there guarding you. In real life though you probably didn't even notice these people, who were the divine interventions. A few examples: if you'd have gone to a certain place with someone, you probably wouldn't be here right now. Those

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small acts of kindness from people you didn't even know. Random words of encouragement from random people out of no where just when you were about to self-destruct. I imagine this is God moving these people or "pieces" into place just in time to save you. Positioning every piece while foreseeing how it's future will turn. But some of these people you'll never see again. They were never meant to come with you through that entire journey.

Now the pressure is kicking in. You are constantly losing people. It was easy when it was just people you didn't even know. Barely even knew. But now the Devil starts taking people closest to you. The game is getting real. God is strategically placing these people in these positions knowing what's going to happen all just to help and protect you. "How special I must be. That You would sacrifice a person that is purer than me." But right now you don't see it that way.

There's that moment of a meltdown where you cry to God and say "You are taking everything and everyone from me! My family, my friends, everyone I ever loved! Why?!" Yet it's the Devil actually taking these people from you. The places you are going in life, everybody can't come. Everybody won't make it. They have their own board. They were just playing their role on yours.

The more people you lose, the harder it gets, to the point where you don't even realize the people you do have. The frustration builds, you yell at God "STOP! You are. Breaking. Me down!" And God says "NO! I am. Building. You up!"

With a statement like that you have to pause. Even the Devil has to shut up. Just because those pieces were on your side does not mean they were on your side. God placed in strategic positions – people to push us, situations to move us, and ever circumstances to use us. Don't be so blinded by the battles that you have lost that you forget about the war you're about to win. And you will win.

What's the purpose of you position?

Where are you on the board?

Oh and excuse me Mr. Devil but that's checkmate



# LOVE YOURSELF

By: Chelsea Bachelor  
@ Decatur Correctional Center

Most of us respond in a predictable way to the troubles in our lives. I complain about them. I kick against them, only to hurt myself. I try to pick them up and get rid of them, only to discover they are too heavy for me. I can't always get around them, and I wonder if I can get over them. Some people stop and go no further. Others give up and go back. I chose to use these troubles in life as stepping stones. Since being locked up I've learned how to handle disappointments in life. I know what it means to have my dreams shattered and my plans changed. Sometimes disappointments can crush me emotionally. This dark chapter in my life has taught me the deepest pains are not physical but are emotional and spiritual. I've learned usually the things that mean the most to you involve pain. But if I can share one thing about life it's this: Don't fall back into old patterns that brought you to your downfall. And, always love yourself!



# KEWANEE HORIZONS APOLOGY

We here at Kewanee Horizons would like to issue an apology to Mr. Marco Canas, at Illinois River C.C. He is the author of "WHAT HAVE YOU DONE WITH YOUR TIME?" an article that was published in VOL 64 without his name. We wanted to give him recognition for his article so we are re-publishing it in this issue of Kewanee Horizons. Thank you for your contribution.



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# WHAT HAVE YOU DONE WITH YOUR TIME?

Marco Canas @ Illinois River C.C.

Every year thousands of people are incarcerated here in Illinois. Many of those Individuals In Custody (IIC) have some years to do, some of those, like myself, have many years to do. At the young age of 19 years I was arrested and charged with murder, I pled guilty and received 29 years at (100%) in IDOC. The day of my sentencing I was lucky enough to have a C/O who recognized that I was going through something internally and asked if I wanted to be out in a bullpen by myself so that I had time to myself and process what just happened. For those of us who went to the Bridgeview Court House we know that if you miss that first bus the second bus doesn't come for hours. That was the case with me so I had 3 hours in that bullpen and I went through a wide range of emotions from anger, resentment, and sadness.

Those 3 hours were the start of me deciding to change and make something of myself, yes, I have to do 29 years but I get to see my out date and something good had to come from this. I must atone for what I did and the only way I can do that is by becoming a better man. Now I'm not saying that I didn't make mistakes since that day because I have but I have also done good things. I was able to take Lifestyle Redirection, which was a great 3 month class. I was hospice certified in Dixon CC and that is the most humbling experience that I have ever had. When you are on a death vigil for someone who is dying from cancer it really put life into perspective! In 2019 I received my Associate Degree (ALS). There are other things that I've done but those are my proudest. I'm not saying this to toot my own horn but to ask you what have you done with your time? Many IIC waste valuable time while we are here and go



home with nothing done. There should be no excuses for this. Find something to do, get a job in the kitchen and work your way up to cook, this gives you valuable experience in the commercial cooking world. Work in the maintenance department, this also gives you experience in carpentry, painting, electrician, and welding. Take a vocational class-There are places you can contact for free books that you can read and learn a trade. Our outdates are not and should not be excuses. I get out on 9/19/2030 and the only reason I'm not taking any more academic classes is because I'm not allowed to anymore since I've earned my A.L.S, but I'm blessed enough to work in Industries where I'm being trained to be an upholsterer. Let's not waste this time! Do something productive, set yourself up for success here and now for when you get out. So I ask again what have you done with your time?

I GOT ME GOLD!







## R-E-S-P-E-C-T

By: Timothy Youngblood @ Lawrence C.C.

Back in the late 1960's, when the feminist movement was hitting its stride, Aretha Franklin released a hit record entitled "R-E-S-P-E-C-T," which clearly sent the message that all women were asking for was a little respect when they got home. Respect is what woman needed, and they "had to have it."

"R-E-S-P-E-C-T" became something of a theme song for many women, but what most of them did not realize (which I hope now you will realize) is that the song was really written by a man—Otis Redding—two years before Aretha ever sang it. Otis released the song as a single on August 15, 1965, as his message to his wife. Does the irony on this strike you as it does me? Aretha had the right to sing "R-E-S-P-E-C-T" from a female point of view, of course. A woman does need respect, and if a man loves her properly, she will get that respect. But, the primary meaning in Otis Redding's song is a cry from a man's deepest soul that says respect is what he needs and he's "got to have it." To be honest, woman want love far more than respect and men want respect far more than love.

How do I know? Greeting cards are a clue into what women want. Market studies show that, overwhelmingly, the majority of cards in the United States are purchased by women and given to women. Greeting cards are a multi-million dollar business. Now, the card companies are not interested in ideology. They don't want to change anyone's mind. They are out to make money, so they produce what sells.

Knowing that, I challenge you to find a card from a husband to a wife that says, "Baby, I really respect you." You won't see it. That card isn't out there because that is not what a wife wants to hear. Women are locked into love. Love is their mother tongue. I'm not criticizing

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that; I'm just pointing out a fact. In fact, if love weren't the woman's deepest value, this world would be in worse shape than what it is now. Women are this way and men rejoice.

Unfortunately, by the same token, you won't find any greeting cards that wives send their husbands saying, "Baby, I really respect you." Why not? That's because they don't sell either. When women buy greeting cards for their husbands, they want to express love for them; they don't even think about respect. Sadly, the deepest yearning of husbands goes unmet because wives (and the card publishers) are locked into relaying sentiments of love.

I did an informal prison survey here at Lawrence and asked 20 men if they were forced to choose, would they prefer being alone and unloved in the world.

For these men, the greater negative experience for them to endure would be to feel inadequate and disrespected by everyone.

These men are not saying that they are indifferent to love. They know they need love (just like LL Cool J needs love), but they need to feel respected even more than to feel loved. Personally, I would rather live with a wife who respected me but did not love me than live with a wife who loved me but did not respect me.

Perhaps a good analogy is water and food. We need both to survive, but we can live longer without food than without water. For men, love is like food and respect is like water. Enough said! Respect is the key to motivating a husband.

*Without courage, all other virtues lose their meaning.*



# A TALE CALLED BITTERNES

By: Yusef Kareem Brown @ Pickneyville C.C.

I was hurt, depressed, and very lonely in many ways or another. I was dealing with a lot of life problems. Drug use, crime, family issues, and depression. That devil had a hold on me. I had **NO** purpose or direction to follow. That led me to a prison cell full of bitterness. Until I followed God's lead within my life, I could only hope things would change for me behind these prison walls. Until I followed God, nothing changed because I wasn't willing to let my bitterness go. Glory be to God for allowing His word to touch my heart and cause me to really learn and understand. No longer bitter or depressed, I can see the Light of God and pray more.

Now I can say by way of God, that I have "**all**" the hope in the world. God saved me and He is ever willing to save you. Remember, "There is a strength, a power even in understanding bitterness because embracing our brokenness creates a need and desire for mercy. You begin to recognize the humanity that resides in each of us."

God is pleased when we keep our faces turned toward the sun of righteousness. Don't be defined by your bitterness of the past. God bless you all.

## BROTHER

BY : Patrick Comi

Your future my beloved brothers, filled with crime and violence,  
Leading you to deafening silence, brick walls, barb wires gun towered fences.  
Keeping you caged in with natural life sentences.  
Everything and everyone are subtracted from your life.  
Twenty minute phone calls are the only thing that seems to ease your stress.  
Cant sleep at night, one eye open while praying you don't get attacked in a prison fight.  
Daily decisions fight or fight!  
Listen my beloved brothers, what if I could give you the key to avoiding the penitentiary?  
Would you listen? Would you read these words jumping off the pages? Would you take heed  
from a man who has walked in your shoes?  
I want you to dismiss anyone who would encourage you to sell drugs, or carry a gun.  
Enjoy your youth and have fun.  
Have respect for Mom and Dad, they only want you to have a better life than the one afforded  
to them. Stay in school and make the right decisions.  
Keep this firm in your mind that wrong decisions leave scars and right decisions will take you  
to the stars!  
My beloved brothers, I've wasted all of my opportunities , please don't do the same.  
No affiliation, no friends, no block, no amount of monies are worth throwing your life away  
like I did.  
Please remember that your life is worth more than gold although you're seldom ever told.  
Be strong and bold, work hard to see your dreams unfold, take time to work if you want suc-  
cess, take time to think it is the hidden link.



## 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.**



## DEFY GRADUATION



By: Ralph (Cliff) Gray

To me and my fellow graduates. We finally did it! Congratulations are due to all of us. This was a monumental moment to look into the crowd and see my wife and mom cheering me on. It made me feel a way that words can't even describe. For starters to see the joy on my mothers face to watching me in a cap and gown was amazing. She was actually incarcerated for my 8th grade graduation and I was incarcerated before graduating high school was even a thought, so yeah, this was my first time in a cap and gown. I must admit it was nice to have on a different set of blues than a state issued set.

All in all the experience of graduation itself was worth the hard work. Oh yeah 2500 pages of work, but 2500 pages (give or take) of informative work. The thing I really enjoyed about Defy was that it makes you take a look at yourself to fix the inner issues before you even begin to look at intrapreneur let alone entrepreneur; that's really needed and geared towards the incarcerated population who wants to change, grow and succeed. If this program comes to your facility or you ever get the opportunity to be in the Defy Ventures Program, take a chance on yourself and get ready for all it has to offer. Last but not least you know I couldn't close this out without shouting out the final five winners, Salute to you guys, you all deserved them "Checks" !



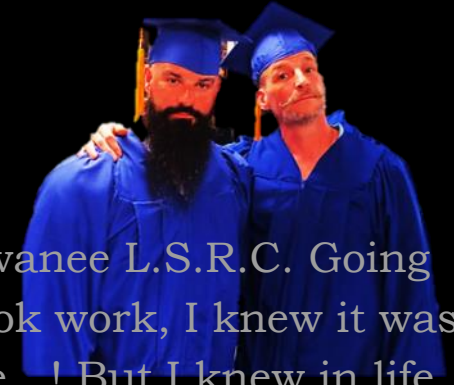
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## Defy

By: Chad Combs



I was proud and happy to be a part of DEFY this go around at Kewanee L.S.R.C. Going into it knowing it was an 8 month program with over 2000 pages of book work, I knew it wasn't going to be easy. Lets face it I felt at the time I had a lot on my plate...! But I knew in life, in the "Free World" between fun, family, work and building a business, there will be a lot of late nights and early mornings. I know I don't know everything about myself for building a business so I jumped right in. I underestimated and it was even more work than I thought in the beginning! But for those who know me, know I'm no quitter and I give 110% to things I am passionate about. I got a lot out of the program and I got to network with a lot of volunteers who came in. People that I would love to have in my corner. To me that is PRICELESS!!

The DEFY graduation was outstanding, the biggest blessing was my wife attended. She was there, like in life, the good times, the bad, and all in between. In the end I came in second place! I never believed I would place that high. I do appreciate all those who helped me and gave their input, most of all I want to thank Kira for always advocating for us. For all her help and keeping things in line. I also want to thank J. miller for his help and the endless questions I asked on the weight pile.



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# DEFY FOR LIFE

By: Ojo Webb



Feb 23rd 2024, I had the privilege of graduating from DEFY Ventures program, an 8 month program that was a lot of hard work, but was worth it. The things that I learned about being a entrepreneur and business owner, the life skills that I learned are going to help me be successful in anything I decided to do when I am released. Graduation day was honestly the best day I have had over these 25 years I have been incarcerated. Having never graduated from anything in the free world not even 8th grade, the chance to have my family come and see me walk across a stage was priceless, the energy in the room was beautiful, supportive, positive, love ETC. I am truly a better person in all facids of my life because of DEFY. I would like to thank the best teacher in the world Kira Kyle for her guidance, patience, wisdom, and motivating spirit. Her belief in us made us work that much harder to achieve success. Life is learning once you stop learning, you stop living. Peace ... DEFY for Life!

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# MY JOURNEY OF TRANSFORMATION

By: Milton L. Jones

Hi, My name is Milton L. Jones, I'm the founder and CEO of "Poppzz Rollin' Soul" food and Catering Services Coming Soon.

July 20, 2023 was both a good and sad day for me. My best friend and Business partner DJ Deeon passed away and it was my first day in Defy Ventures class as the CEO of my new life. My mind was racing and I was wondering if I would be able to keep up in this class. I was determined to be involved in something productive for my future.

One of the Defy EIT Graduate's spoke and ensured us that studying 45 minutes a day would make things easy, and asked us not to over think it.

I begin to challenge myself with some huge action plans to study three hours a day while completing my programs. I also had to be at work at 3:50 am everyday. I can promise you that this was not easy. I added additional research because I'm planning to start-up a food truck and catering service shortly after my release.

Ms. Kyle, the Defy program manager gave me the motivation and confidence to move forward to complete Defy. She guided us step by step through all four books. I took my notes back to the room and study them until I under-



stood the next assignment.

During my struggles one day I ask Ms. Kyle, if I should put my job on hold until Defy was over? And her response was whatever it takes to accomplish your goals do it. I noticed she was not playing, so I re-adjusted my schedule, got more sleep and moved forward.

During my pitch practice, I walked away in shame because of the mistakes I made. Ms. Kyra said: Milton you have a story, a vision, don't worry about mistakes, keep going, you got this. At that point I felt my life changing fast, my pitch became better and better, in fact I made it to the final pitch round, that's when Kira told me to hold the microphone in my hand. I had an idea of what she wanted, I delivered my speech and was announced the winner.

The defy graduation was a lot to take in so fast that I missed out on meeting every volunteer. My daughter drove 12 hours from Texas to witness a better version of me. I made it to a place in my life where I *never thought I'll be. I'm not only happy, but have found peace walking through Kewanee Re-Entry Center, defy Ventures and Rotary Community Crops.*

***The following people need to know the work and trust they put into me would not be in vain. It is truly a gift:***

***Mrs. Mead, Mrs. Scott, Mr. Warnsing, Mr. Toppert, Mr. Fahnestock, Frykman, Mr. Lief, Ms. White , Mr. Garcia, Ms. Rowan, Afolabi, Mr. Louck, Mrs. Draper, Coulter, Chaplain York, Mr. Price, Ms. Mango Mr. Berenger, Mr. Meier, Mr. Ibarra, Mr. Ross, Ms. Wilson, Mr. Stumphy, Mike Massie, Mark Lohman, Sheila M. Greuel, Jacquelyn B. Frank, Tom Napholz, Wardens Carothers, Jones or anyone I may have missed along the way.***

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# ONE STEP CLOSER

By: Luther Ware

Man it's been one Kewanee— I cant lie I'm glad I transferred from Danville to here. I learned more down here in 18 months than being down there 5-1/2 years. I don't think I would've left prison prepared mentally from there but all good things come to an end. So hopefully I'll learn more at the A.T.C ( I don't know if they'll be cool with me posting which one) but yeah! Its bussin, I'm about to pop out to A.T.C and this journey has been a real eye opener and I'm most definitely feeling like I came a long way and gained so much Patience and discipline. So Im'a move the same way out there and just continue to stay in my lane and out of other people's business. I'm glad I was able to graduate from DEFY also before I leave. That whole experience plus putting on a cap and gown for the first time was hella decent, and different. The vibe was lit though!

People had their family and friends on location, during which we we're able to have some food and a pitch competition. I appreciate everybody who had part in making this Happen. Thank ya'll, especially Kira!

Its gone be hard replacing her and that unmatched energy, positivity, and loving spirit. So now that that's over I'm cooling till I slide. WAIT we got a 5 on 5 coming up so we finna win that and ya'll ah see the news soon. I'm just GRATEFUL I'm one step CLOSER...!





# DEFY EXPERIENCE

By: Mitchell Barnes

My Defy experience was one of redemption, vigilance, community, and self reflection. Defy helped me realize what I wanted to do with my life and the type of man I wanted to be. Before undergoing Defy, I wanted to weld, write comic books and fantasy novels. I never thought about working for myself and creating my own business. During my time in Defy I put everything that I learned into action right away. I started my own business, Evolution Cosmetology Services.



With the help of my teacher and mentor Kira Kyle, I learned to finish what I started no matter how hard it gets. She taught me to stay vigilant, strong, and believe in myself. She showed me how to implement my unique talents for creativity inside the business world. However, I believe the most important thing that she taught me was that, there are real people in the world that have love and care in their hearts to help people like me. The love and vehement belief in us was displayed everyday in class by Ms. Kyle. When you join Defy, you join a community everyone involved pushes you and makes you stronger.

The people you meet and the connections you make will stay with you forever. The network is endless, the love and possibilities that individuals involved show is amazing. There was no crabs in the barrel, but unity. My brothers gave me feedback and for once in my life I didn't feel as though constructive criticism was jeopardizing my beliefs, concepts, or integrity. Yes, they got tested, it wasn't to tear them down but make them stronger.

I encourage people to get involved with Defy. It is truly a life changing experience!

# DEFY GRADUATION

By: Raaid

Defy ventures is by far the most beneficial course I've taken. The tools that we gained are essential to the business world, and to the entrepreneur. But they are even more essential to everyday life. Eight months seemed like a long time when I signed up, but it flew by. Kira Kyle is knowledgeable, wise, and an all around amazing person. During our graduation I felt as if I was not even incarcerated. I had several Epiphanies that day. One was during the vulnerability line, I discovered that we all have much in common no matter what side of the barbed wire we are on and no matter the circumstances. I want to thank everyone who was apart of Defy, especially the Kewanee staff, Kira, the volunteers, my peers, and the people who helped create my business pamphlets.



**WHEN YOU AFFRIM BIG, DREAM BIG AND PRAY BIG, BIG THINGS HAPPEN.**

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## DEFYING THE ODDS

By: Edham “Bosnia” Salkic Sr.

Its not even a hard decision to make when I say that joining DEFY and being part of the graduation was the best experience of my whole incarceration. Throughout the class, the knowledge that I obtained was priceless, and I am happy to have been part of it all.

Now, graduation was an amazing feeling, for those hours, these gates and these walls just disappeared, and all I saw was the happiness in my mothers face when I received my diploma. Just feeling normal that one day and spending time with my mother and girlfriend was worth all the long book hours and class hours. I recommend taking DEFY to everyone, if you have a chance to do so, in the long run it is definitely worth it.



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## DEFY GRADUATE

By: Halik Williams



On February 23rd, twenty others and my self graduated from Defy Ventures a rigorous 8 month long intense Entrepreneur/Leadership class. As I set to write this article I struggled to come up with words to describe how it felt. Though, I've obtained two degree's and taken multiple classes, graduating from Defy is in a league of it's own. Our cohort started off with forty or more individuals but only half endured. I told many of the guys "We Made It".

Graduating wasn't an easy feat which is why I have to give a SHOUT OUT to those that toughed it out/put that work in. I'm sure that they all will agree it was worth it. Part of graduating was giving a pitch to (similar to Shark Tank) volunteers and entrepreneurs that came in from the outside. If you made it through the 3 rounds, you made it to the finials. So, the five guys that placed/ranked are 1st place Milton "DJ" Jones, 2nd Chad "Cartoon" Combs, 3rd Mitchell Barnes, yours truly came in 4th Halik Williams, and 5th place was Edham Salkic.

Though we all are/were winners this is how the Pitch Competition went. The other participants are Ojo Webb, Elbert "JR" Conway, Arron Givens, Cody James, Jerry O'Neal, Victor "Dyrok" Ramos, Jimmy Ferguson, Kenneth Thomas, Steven Ford, Christopher Walker, Ralph "Cliff" Gray Sr., Jonny "JB"Castillo, Kevin Liska, Luther Ware, Raaid Uwaint, Will Anaya, and William Jenkins. I commend each of these guys for their hard work and dedication . It would be remiss of me if I didn't say how Grateful we all are for Ms. Kira Kyle our awesome instructor, thanks for your patience, guidance, and sound advice.





# DEFY GRADUATION



# AT K.L.S.R.C









# DEFY PITCH COMPETITION





## MY KEWANEE EXPERIENCE

By: Kelly (KB) Bennett

Well I have made it here to Kewanee LSRC, it has been over 9 months and just recently, I was contacted, and asked to be a part of the welcoming committee. Now I can truly give you an account of my Kewanee experience and being a part of the Peace Circle Training.

I have served over two decades, and those of you who have been part of this journey can attest to the value of my spoken words. This has been a truly humbling, therapeutic, also affirming experience to put it mildly.

You see I have been embraced, nurtured, also recognized for my contributions to the Kewanee community. I am part of a small group of men assigned to greet and welcome new arrivals, men who were picked to be part of the Kewanee community. I recognized one familiar face right away, yet several men recognized me, however it was a task finding out how or why. After a lot of back and forth it was agreed upon that I was known and recognized because of my work as an editor on the Two Roads E-zine, you get monthly on your tablet.

That was the greatest and the most powerful feeling because I had a voice and a positive platform, and Kewanee LSRC made that possible.

I would like at this time thank Warden Carothers also Lt. DeCoster for presenting me the opportunity to be part of the welcoming committee, however the work had been done before I ever penned my essay to be a part of the Kewanee community. It all began in the classrooms also the groups presented to me at Hill Corr. Center assisted by the men who stood shoulder to shoulder with me wanting nothing more than to better the individuals in custody we encountered every day along with the Clinical Services Staff who also stood with us. The





Kewanee LSRC staff also stands with those who they encounter daily, as you proceed to pass in the halls, greeted by name and a smile.

Finding the words to express all the emotions that flooded me to the new arrivals was a task, so I simply told them to just breathe and take it all in.

Because this community can be a lot to handle at one time, what you witness weekly or monthly on your tablet is exactly what you get 10 to 100 times over according to you and your expectations. You see my Kewanee LSRC experience is exactly what I have chosen to make it; all the opportunities are there, whether I take full advantage of them is entirely up to me. That is all any individual in custody can ask for, the chance to do better, be better men for ourselves, our community, our families. Now I want to share with you the Kewanee experience that by far exceeds most imaginations being that it was a life changing also an eye opening, training exercise. I was chosen, and vetted, to be a member of CMMP (Creditable Messenger Mentoring Program) and it is required by the D.J.J to be trained in conflict resolution also to be a Peace –Circle Keeper. I must say honestly for being an Individual in Custody for over 2 decades, I have never ever felt freer, after this experience.

Mentally, spiritually also physically free, the circle held and kept me, for the 4 days of training, and I left with a totally new outlook on this life and an attitude of gratitude towards this life and the situations and circumstances within it. This training and the things shared within it are confidential, and must never be spoken outside of it, however I can say in all honesty IDOC should really consider this training for all staff as well as Individuals in Custody as part of the orientation process as they enter the facilities. That would truly encourage the Individuals in Custody to consider serving a meaningful term of incarceration and that would give the future staff members the tools needed for a smoother transition from civilian life to Officer. My Kewanee experience continues as I continue to grow and take advantage of the many opportunities, which are before me here at Kewanee LSRC. Thanking you for your time.

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# KEWANEE KEWANEE KEWANEE

By: Stinson "Trey" Caldwell

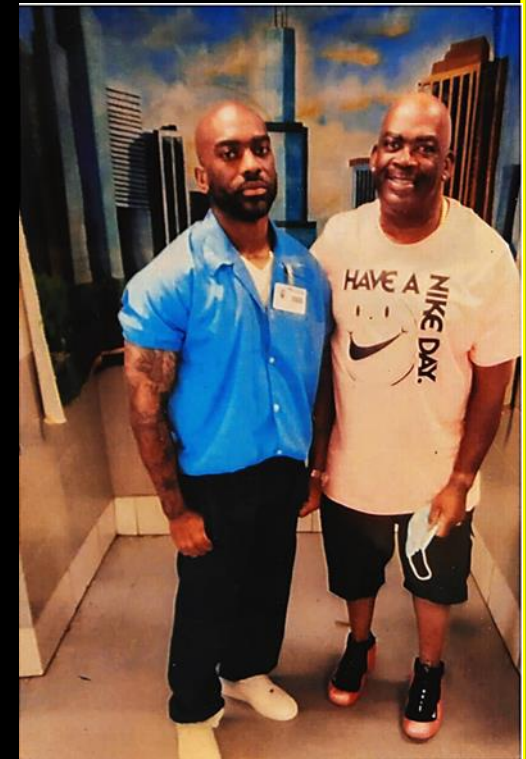
My name is Stinson "Trey" Caldwell, and I'm here to tell you about my experience here at Kewanee.

From the time I stepped off the bus and made it inside KLSRC. I was greeted by staff and some familiar faces Halik (Bam) ,Maxwell, Keith Green (Preach) and Orland Luke (GA) , welcoming us to Kewanee and giving each one of us a ink pen that is a necessity to sign in and out with, that's what was symbolic for it's a different world.

But my experience really begun once I made it to the Housing Unit I was assigned to, I walked into what seemed like a real community of guys asking you, would you like something to eat for the night, Do you want soap and stuff , and just making sure your not without for the night. That right there, was different for me being incarcerated. I'm so use to the first things guys ask you when you go to a new facility is, "What you is, and where you from?"

Then I was told that my Pin # wouldn't work until the morning and we can use the phone at 5 am if we want. Did I hear that right? 5 am.

On my way to Orientation the next morning I was stopped by Mrs. Scott in the hallway and she already knew my name, ( That's less than 24 Hours ) and it took me by surprise. During Orientation , the Warden came in and apologized for not being there to greet us upon walking in the Center , Due to it was Valentine's Day , after giving his speech and welcoming



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each and everyone us , he walked around the room looked each and everyone of us in the eyes, while shaking our hands one by one (What Warden you know does that?)

Being here at Kewanee is a dramatic change from what I've dealt with and was used to. The staff actually speaks to you, their friendly and willing to help you succeed, your peers are willing to give you information and build you up for success.

I'm glad I made the first step for the Life Skills that I may need upon my release to society and grateful for the opportunities Kewanee has to offer with all the programs and classes that I can take. There's no excuses not to take advantage especially when your out from 5 am to 9:30 p.m. We only lockdown for counts and have the ability to make our own schedule.

**YOU MUST NEVER BE FEARFUL  
ABOUT WHAT YOU ARE DOING  
WHEN IT IS RIGHT**

Rosa Parks

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## C.M.M.P. TRAINING EXPERIENCE

### Circle Training for Restored Justice



By: Rondell Perry

First off, I'd like to give thanks to Sister Janet, Eric Anderson, and everyone who had anything to do with permitting us to be apart of this experience. I'm trying to take my time to choose my words carefully, because I don't want to do a dis-service to the work that is being done. Just thinking about the last four day's makes me emotional, remembering the emotional highs and low's. I did not know what to expect coming in, then trying to put it all into words is crazy because there's so many things I wanna say but those words would not be enough, because it's something you have to go through. Rather you are an individual in custody, correctional officer, judge, DA, or just a civilian, any and everyone should be required to do it. Even if only to gain some insight on the world around you, to show you that just because there are so many things that make us different, Race, Religion, Gender, or a million other things, that's when you strip all that away and see that we are all human and all have good day's, bad day's and everything in between, and that we need to take a moment to listen. Even when no words are spoken while at the same time, letting go of egos, pride, and prejudices you'll be able to see how similar we really are, and that at the root, we all wanna love and be loved, trust and be trusted, want to help and be helped. The way I can sum it all up is by saying I left the experience wanting more, more for me, more for my family, more for my community, more for the world, and hungry to do the work, to grow the circle....

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# SALUTE

By: Halik Williams



In my opinion we as a community don't acknowledge our contemporaries who have paved the way and defy odds on a continuous bases. I would like to salute/give flowers to three individuals who are doing outstanding things in the community. Though, two have been released they have reached back and given back intangibly.

The first is Nick (Maliki) Crayton who was released a year ago after doing 24 yrs. Maliki, had an impact on all he crossed paths with from the Administration to his fellow brothers (us). Regardless of what facility

it was Maliki was a servant and of service, never idle. Some us can say we are authors, have taken the time to learn both Spanish/Biblical Hebrew. I could go on how he spent his time positively and productively earning a Master Degree, Mentorship Certification, or the Accounting Diploma. However, my focus is on what Maliki has done since his release. Since his release Maliki has become the Career Readiness & Reentry Manager for Defy Ventures Illinois. Defy's mission and vision is to reduce recidivism through economic opportunity, and shift mindsets to change the narrative around those impacted by the legal system. This is what makes Maliki unique. Though, he was released he didn't have the mindset, that I'm free and putting prison behind me. Instead Maliki has been back inside several institutions to talk about the opportunities that are available. I remember him saying that so often we hear about the negative things, that many become hopeless and discouraged before they are released. Maliki, didn't spend his first summer (2023) out partying or frolicking around. Instead he was with Phalanx Family Services on the South Side of Chicago assisting with the massive give-

ways all summer long. Also, he gave a helping hand to Touch Gift Foundation they provide food and clothing support to the homeless. All of this was done before reaching the one year mark of his release.

WTTW(PBS) did a documentary series Firsthand: Life After Prison. Chronicling the challenges and opportunities people face as they strive to restart their lives. At the end of the segment on Malaki he can be heard telling Warden Carothers of Kewanee L.S.R.C “I’LL BE BACK” watch and see. True to his word Malaki has been back. Being of service to his community in society and those of us still in custody. So, Malaki we SALUTE you for all you’ve done and continue to do. Mainly for showing what we can do upon our release when given a opportunity and when properly preparing ourselves. “WHEN OPPORTUNITY MEETS PREPARATION GREAT THINGS HAPPEN”.

The second individual that I would like to pay homage to is Eric Anderson. Eric, was 15 years of age when he was arrested in 1995 for murder. Subsequently he was found guilty and sentence to life. Like many of us from Cook County who have experienced the Juvenile Detention Center, Cook County Jail, and Prison. Eric, was a product of those environments. Doing what he had to do to survive, however he did it with respect and integrity. Eric, has had an impact on all that crossed his path. With the Administration at the several institutions Eric was housed they learned that he was trustworthy and reliable. Never once did he squander the trust that many had in him. As for his brothers (us) which he affectionately called those he knew and strangers, he welcomed all with a smile, handshake, and embrace. For those who had the honor/privilege of meeting Eric you know this to be a fact. Eric, encouraged us to be our “Brothers Keepers” not to leave anyone behind.

Eric, was released from KLSRC on April 25th 2023 after serving 27 and a half years. Immediately upon his release. He invested time, energy, and contacted the right people so that he



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would be allowed to come back in. I salute Eric for his ambition and not forgetting about us (his peers). Since his release Eric has been to several facilities doing Circle Training with PBMR for those who are incarcerated. Also, he applied for and was selected to participate in F.L.A.P. (Future Leaders Apprenticeship Program)

Restore Justice life skills/non-profit advocacy/employment training program. “Who is wise? He that learns from everyone. Who is powerful? He that governs his passions. Who is rich? He that is content. Who is that? Nobody”.

Last but not least, I would like to Salute one of our own here at Kewanee LSRC.

Elbert Conway (JR) and my self transferred to KLSRC on March 15th 2023. We arrived at a time when the founders and vanguard of Kewanee Horizons were making their exit. With that in mind JR was highly invested in learning how things in the Media Room worked. He was dedicated to the point that he filled up an entire notebook or two taking notes. Learning from what became his predecessors and adding his own touch JR went from student to master within two months. Those, who look forward to and await the new issues of KH, if it wasn't for JR picking up the torch and running with it during a difficult period, the KH issues wouldn't have been as timely and put together. So, I salute JR for the time, work, and effort he has put in to make sure that we all continue to have a voice. As well as for all the other things he does here at K.L.S.R.C. We often give people their flowers when its too late, not to mention its rare, that means salute or acknowledge the amazing work that one another does. I respect and admire these guys for their altruistic acts and leaving no man behind.



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# ONE CRAZY DAY



By: Sean Helgesen

Sean, he's choking!" Those were the words my mother shrieked! Her hands flying to her face to smother a scream as we sat together on our first visit at the Pontiac Correctional Center's Medium Security Unit. That set in motion something extraordinary and life altering. Closing my eyes and recalling those few terrifying moments is much easier now as time has passed. But talk about a heart stopping moment. It took me a second to realize it wasn't my mother who was in pain due to the suddenness of her outburst, but the officer who was stationed behind us at the elevated podium desk where they monitor us from.

If we rewind the clock a bit, I'll give you some context as to how I ended up in the right place at the right time to save a man's life. I had recently been approved for medium security after spending 28 years in several different maximum security prisons as a consequence of receiving a mandatory life without parole sentence for a crime I committed as a juvenile. Due to the miraculous decision by a conservative leaning United States Supreme Court in 2012, of which Justice Kennedy was the deciding vote, *Miller v Alabama* outlawed the practice of mandatory death by incarceration for children. My best friend Brian and I set to work and researched every issue related to filing a successive post-conviction petition while applying a United States Supreme Court decision retroactively, before filing my own petition in the courts. It took some time navigating through a procedural nightmare but I was granted a new sentencing hearing. These types of hearings after so many years have gone by are excruciating for everyone involved and after a heartbreaking recitation of the crime, the Court sentenced me to 100 years in the Department of Corrections with the caveat that I was rehabilitated and not a danger to society. Several months later the court reduced it to 90 years at



50% (45 years in total to serve).

When I look back on it now, I vividly remember the Judge's softly spoken words—tinged with sadness and regret when delivering his decision—"it's a long time Mr. Helgesen, but you may get a chance to live some life outside of prison one day and to me that is not a life sentence." I was devastated. My soul felt like a pane of glass shattered into a million tiny shards reflecting back at me a lifetime of pain and the tragedy I was responsible for in so many lives. Not to mention the anguish associated with knowing that I was going to die in a cage alone like so many before me.

In the weeks ahead of me I spent much of my time in reflection and prayer. I was determined to be the man I professed to be even as I returned to prison—a decent man. No one can take that away from me. I resolved to turn the page and start a new chapter in my life without rancor, but with a purpose. I wasn't sure what that purpose was yet, but I couldn't accept dying in a prison cell. As a consequence of now having a term of year's sentence and IDOC's amended policy concerning how much time one can have before transferring to medium security, I was approved for the MSU.

Anyone who has spent significant time locked up in a maximum security prison understands the stages of decompression one experiences when moving to a lower level of security, I am no different. The adjustment was difficult but I clung to my family's hope and excitement for a future yet to unfold. Not long after moving to the MSU, my mother scheduled our first visit. This time though there would be no glass barrier between us unlike the 700 previous visits we shared together. My isolation was at an end and I was starting to feel human again.

If you haven't ate a double cheeseburger in decades, it's absolutely amazing! My mother and I were having a typical visit—we laughed and joke and generally have a good time because she's not just my mom, but a friend too. There were a few other families enjoying the moment, spending time with their loved one. On this particular day two officers were assigned to the visiting room. Just another typical day on the MSU until mother's scream tore through the room. Immediately my first concern was for my mom, but in short order I knew she was ok. I

then swung around in my chair and saw one Officer grabbing at his throat with desperation in his eye's. The officer's face was turning blue and he was dying right in front of us. His companion officer ran out of the room through a side door to get some help she later told me. As I scanned the room, I realized everyone else was in complete state of shock. No one moved. Against all my instincts, when it comes to dealing with Correctional staff, I leapt to my feet and within a step or two closed the gap between myself and the officer. I wrapped my arms around his chest and heaved him forward into the air. On the third attempt the obstruction cleared his throat and he was able to breathe again. Everyone in the room was visibly shaken but, my mind immediately went to, F\$%#! I just put my hands on someone! Luckily for me he was ok and the administration was quickly made aware that I was part of the solution and not the problem.

After a bit, the shock of it all slowly faded away and life went back to normal—prison normal. But, the reason why I wanted to share this story is that I have met so many people over the years (myself included) that have settled for and accept the reality that we've disappointed everyone we love and our communities at large. But I fervently believe it's within each and every one of us, when the moment arises to become *the hero of the moment* and break the mold of lowered expectations, do it!

Whether it be something small or something earth shattering, we can become what most believe is out of our reach; Redeemable! In the most humble of ways I know I can say this because right at this moment I'm at the Kewanee Life Skills Reentry center writing this feel good story to all of you when not so long ago the path I was walking in life was a brick road to nowhere. My heart goes out to all of you still struggling to find your path. But please, never stop looking!



## GLOSSARY OF TRUCKING INDUSTRY TERMINOLOGY

Every career comes with its own unique set of acronyms and terminology that those new to the industry must learn, and trucking is no exception. In fact, the blend of high-tech equipment, regulatory oversight, and driver-to-driver communication in the trucking industry means there's an abundance of terms to learn—and getting the hang of the lingo can feel like navigating an entirely new language. Below are some of the most common terms used in trucking today.

### ***In The Common Trucking Terms Not Found DL Study Guide:***

**Authority**-Trucking carriers must obtain operating authority from the U.S. Department of Transportation to legally transport passengers or commodities.

**Authorized Carrier**-A shipper's pre-approved transportation provider. Many companies have lists of authorized carriers they work with.

**Blind Spot**-Blind spots are any areas around the truck that aren't visible to the driver through mirrors, windshields, or windows.

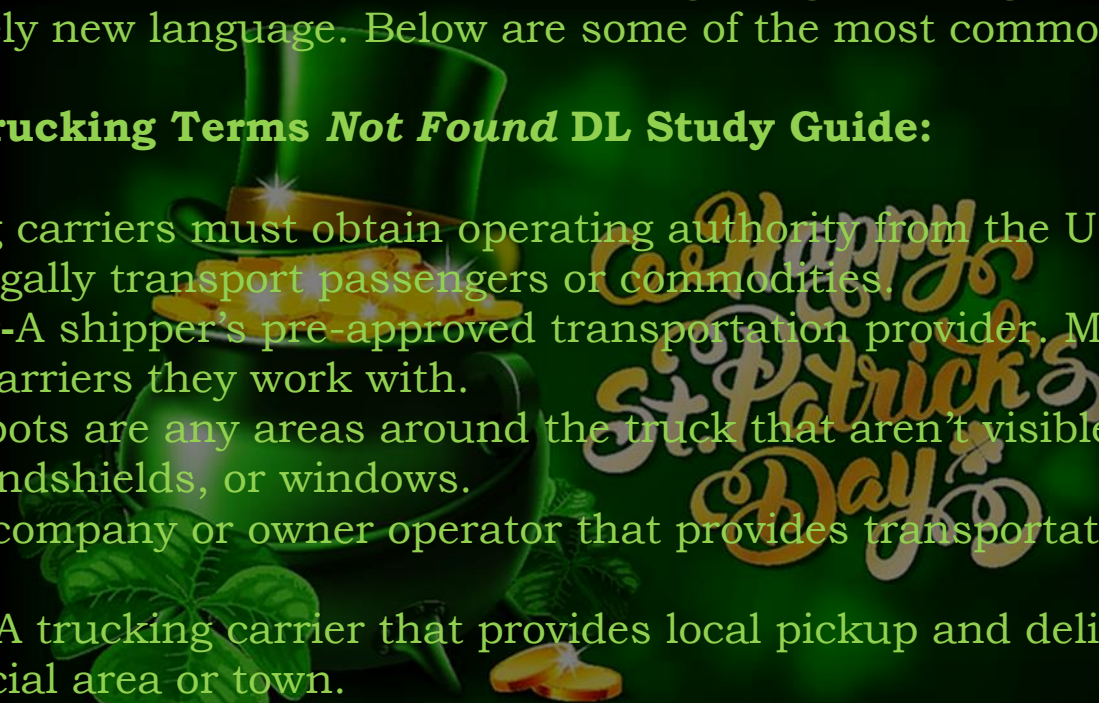
**Carrier**-A trucking company or owner operator that provides transportation services for shippers.

**Cartage Company**-A trucking carrier that provides local pickup and delivery services, often within one commercial area or town.

**CEP**-Courier, Express, and Parcel (CEP) refers to the services needed to deliver non-palletized goods via land, airways, and water. FedEx, UPS, and USPS are the main CEP delivery providers in the U.S.

**Common Carrier**-A trucking carrier that transports freight or people and works for any customer that pays the fee, as opposed to private carriers that work with one customer.

**Company Driver**-A driver hired as an employee to operate company-owned equipment. Com-



pany drivers are paid per mile, per hour, or via a flat rate.

**Company-Sponsored Training**-When trucking companies provide aspiring truck drivers with CDL training (usually free of charge or at a lower cost than other programs) in exchange for working for a pre-determined amount of time after earning their CDL.

**CPM**-Cents per mile (CPM) is the per-mile rate truck drivers earn for driving.

**CSA (compliance, safety, accountability)**-As the Federal Motor Carrier Safety Association's (FMCSA) safety and compliance program, CSA holds drivers and carriers responsible for safety on America's roads.

**DAC Report**-The Drive-a-Check (DAC) report is a file containing a truck driver's history, including CDL and endorsement information, employment history, traffic violations, types of freight hauled, drug test results, and driving performance records.

**Dedicated Route**-A dedicated route is when a truck driver travels the same daily route, usually with a predictable schedule, the same customers, and ample home time.

**Detention**-Sitting at a shipper or receiver waiting to get loaded/unloaded for more than an hour.

**Dispatcher**-A trucking carrier employee who acts as the main line of communication between truck drivers and the company.

**Dock**-Docks, located at warehouses, distribution centers, and terminals, are where trucks park to load and unload cargo.

**DOT**-Established by Congress in 1966, the U.S. Department of Transportation (DOT) sets transportation safety regulations.

**Expediting**-The process of shipping time-sensitive freight, often with pre-determined delivery dates and deadlines.

**FMCSA**-Part of the U.S. Department of Transportation, the Federal Motor Carrier Safety Administration regulates the trucking industry in the United States.

**Forced Dispatch**-When a carrier forces a driver to transport a load against their will by threatening various consequences, such as being fired or not getting consistent work.

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**IFTA**-The International Fuel Tax Agreement (IFTA) is an agreement between the United States and Canada to distribute fuel taxes evenly. IFTA simplifies fuel use reporting for carriers that operate in more than one jurisdiction.

**Interstate**-Shipments that originate in one state and deliver to another.

**Intrastate**-Shipments that originate in and deliver to the same state.

**Just-In-Time (JIT)**-The shipping of goods to a customer just as they're needed to minimize inventory, reduce waste, and prevent delivery issues.

**Layover**-When a driver is on a delay for a day or more due to a shipper or receiver. Some drivers earn layover pay for these delays.

**Lease Purchase Agreement**-Similar to a standard lease, but with the option to purchase the equipment at the conclusion of the contract. Some carriers offer lease purchase agreements to owner operators looking to buy a truck.

**Local Driver**-A driver who operates in a small geographic area, usually within a 200-mile radius. Local truck drivers are home every night and generally work 8 to 10-hour days.

**Logistics**-The process of planning, coordinating, and executing the transportation of goods from one point to another.

**Manifest**-A shipping document that lists all freight and cargo items for a particular shipment.

**MC Number**-Assigned by the FMCSA, the Motor Carrier (MC) number gives carriers authority to transport cargo and goods across state lines.

**Medical Review Officer**-A licensed physician certified to review lab results from drug tests, determine if positive results have a medical explanation, and report findings to employer representatives.

**Motor Carrier**-A motor carrier transports property or passengers for compensation.

**MVR**-A motor vehicle record (MVR) is a report including information on a driver's traffic violations, unpaid tickets, accidents, and driving convictions.

**NAFTA**-The North American Free Trade Agreement (NAFTA) is a trilateral trade bloc between the U.S., Canada, and Mexico.

**OOIDA**-The Owner-Operator Independent Drivers Association (OOIDA) is the leading association for small business owner operators and professional truck drivers.

**Operating Authority**-Authorization granted by the FMCSA that allows trucking carriers to transport between states and across international borders. Carriers with operating authority have MC and DOT numbers.

**OTR**-Over-the-Road (OTR) refers to cross-country routes over long distances. OTR drivers can be away from home for weeks at a time, often driving more than 100,000 miles per year.

**Owner Operator**-A truck driver who owns and drives their truck and equipment, either operating under their own authority or leasing with a carrier.

**Per Diem**-A “per day” reimbursement for meals, overnight stays, and incidental expenses.

**Port of Entry**-Checkpoints at state or international borders where commercial drivers might have to stop and show paperwork.

**Proof of Delivery**-Proof of delivery (POD) is a receipt confirming that goods have been delivered.

**Regional Driver**-Drivers that haul freight within a specific part of the country (e.g., Midwest or Northeast). Regional drivers are usually able to get home weekly.

**Relay**-Drivers start at different points, meet in the middle, swap trailers, and turn around and head back to their home terminals. Relay driving enables drivers to be home every night and work with no touch freight.

**Rider Policy**-A trucking company policy that allows a non-employee to ride along with the truck driver.

**Slip Seating**-When drivers must clear their personal items from their tractor at the end of their shift to make way for another driver.

**Team Driving**-Two drivers switch off driving and sleeping and other non-driving tasks to expedite freight transport.

**USDOT number**-All companies operating commercial motor vehicles must have a USDOT number, a unique identifier that helps monitor a company’s safety information.

**VIN**-The Vehicle Identification Number (VIN) is a unique number assigned to all vehicles and

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trailers.

**Yard Jockey-** driver who moves semi-trailers within a distribution center, factory, or cargo yard.

In the next CDL article we will have the truck, trailer, & load types—as well as the common CB radio slang every trucker uses today!



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## HOW TO GET A PRISON WRITER'S GUIDE TO MEDIA WRITING

**For all of the writers out there, we found some information that may be useful for you. There was an article printed in “INSIDE: Prison Journalism Project”, that we wanted to share with you in case you were interested in furthering your journalistic endeavors. We hope this information is helpful.**

### **From: INSIDE: Prison Journalism Project**

“A Prison Writers Guide to Media Writing is a multi-level journalism handbook for writers who are incarcerated. Over 200 pages, the handbook , by PJP co-founder Yukari Kane and Shaheen Pasha, includes instructional modules on 14 different types of journalistic stories: personal and reported essays, news, events, lifestyle and trends. Q&As, profiles and obituaries, local journalism, illustrated journalism and more.

Each module includes annotations to show what works well in a sample story and what kinds of changes an editor might suggest for improvement. There also are story prompts to help writers get started.

The handbook provides a style guide, guidelines for fact-checking and editing, and tips for communicating professionally with an editor. Readers will also find a risk assessment and other advice on how writers can look out for their emotional, legal and physical safety.

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**A Prison Writer's Guide to Media Writing** “ includes a correspondence course which allows writers to earn three PJP J-School certificates (Beginner Reporter, Intermediate Reporter and Advanced Reporter). Writers can expect standardized as well as personalized feedback from expert journalism educators on each assignment. Copies of the handbook will be mailed to participants at no cost and there is no cost to complete the training.

**To begin the rollout of the handbook, PJP has chosen a cohort of 200 writers from across the U.S. to participate in the course beginning in early 2024.** these participants have actively engaged with PJP and have shown that they are eager to deepen their journalism training.

**If you are interested in joining the next cohort of writers using the handbook, please write us a brief letter explaining why you would like to participate in this journalism training.**

**YOU NEVER ACHIEVE  
REAL SUCCESS  
UNLESS YOU LIKE WHAT  
YOUR ARE DOING**



## THE MARKET CORNER: CANDLESTICKS



WELCOME TO **THE MARKET CORNER**. I would like to take you back in time (about 52 volumes ago) when there was this magical person explaining how **Candlestick Charts** worked. It is tried and true and I believe there is no reason to change the format. So, this article is resubmitted to you by **Robert "Bulldog" Kennedy**. Enjoy!

The Japanese introduced candlesticks back in the 17th century. Candlesticks were used as a form of technical indicator for rice market trading. Technical indicators are tools used to help try to predict price trends in the market. Today, candlesticks are used to evaluate the price action of stocks and commodities. Candlestick charts are very useful in trying to determine what direction a stock's price may be heading. A candlestick contains some very useful information about a stock's path for a certain period of time, anywhere from a few seconds to several years. When we look at the body of a candlestick, it actually resembles a real candlestick but with two wicks attached instead of just one. The body of the candlestick represents the price action from the opening price of the stock to its closing price. The two wicks, one on top of



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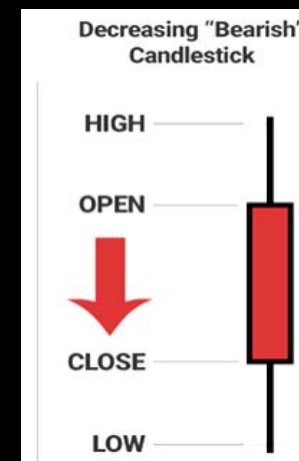
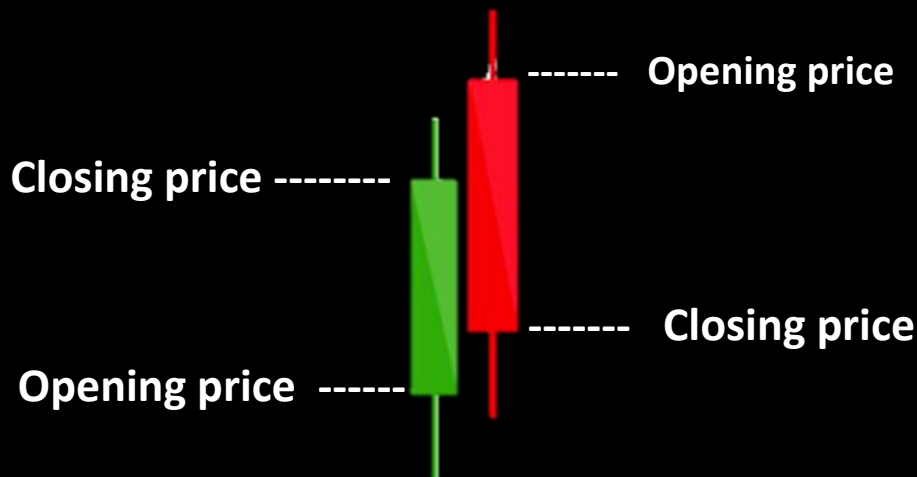
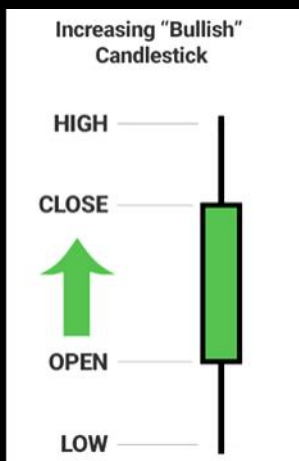
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the candlestick and the other on the bottom, show how high the stock's price rose for the day and how low the stock's price fell during the day's trading session. Usually, the candlestick's body will be green, or some other bright color or red or some other dark color. If the candlestick is green, it means the stock's price ended higher at the close than when it opened. On the other hand, if the candlestick is red, it means the stock's price ended lower at the close than when it opened.

Candlestick charts are good technical indicators of a stock's price movement over a certain period of time. It's a good way to track the past performance of a stock's price. Many analysts use these charts to try and determine the next possible direction of stock prices. While no one can ever know for absolute certain what direction a stock's price will move, many investors/traders do their very best to predict a stock's path.

This is what makes the market so fascinating! No one knows where the stock market will go next. It truly has a mind all it's own. When you invest in the stock market, you have an equal opportunity to obtain the American dream: wealth and prosperity, so stay invested!



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Again, I would like to thank Mr. Bulldog for his insights and thoughts on candlesticks.

## My thoughts on the Market

The market is on FIRE!! It has tricked EVERYONE!! All of the short sellers, all of the corner cutters, all of the ones who feared that if they cut out early, everyone else would get caught, but this is not the case. The market has stayed "HIGHER FOR LONGER". NVDA touched \$925 on March 18th and after its conference, it showed that they work with EVERYONE!! APPLE and GOOGLE came to an agreement on using the Gemini AI on the future iPhones. But I wonder, why you call Siri's name or Gemini's??

The markets (including the Russell 2000) have been closing at all-time highs, the housing markets are making positive gains and Oprah Winfrey stepped down off of the Weight Watchers (WW) board and admitted to be using Ozempic™ to lose the weight. My next question is will the shareholders *sue* because of the choices she made in the making of money for the company?

Finally, Jerome Powell (Fed Chief) decided not to cut the rates and the market reacted like it always does...it went up. The S&P is over 5,200 and the DOW is over 39,000. But the million dollar question is...how much longer will this market go before it blows up?? Blink, we're gon'!!



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# FUN FACTS

1. Three presidents, all Founding Fathers—John Adams, Thomas Jefferson, and James Monroe—died on July 4. Presidents Adams and Jefferson also died the same year, 1826; President Monroe died in 1831. Coincidence? You decide.
2. Sliced bread was first manufactured by machine and sold in the 1920s by the Chillicothe Baking Company in Missouri. It was the greatest thing since...unsliced bread?
3. The Earl of Sandwich, John Montagu, who lived in the 1700s, reportedly invented the sandwich so he wouldn't have to leave his gambling table to eat.
4. Wombats are the only animal whose poop is cube-shaped. This is due to how its intestines form the feces. The animals then stack the cubes to mark their territory
5. There is not one letter "q" in any US state name, the only letter in the alphabet to be missing. "J" and "z" are only represented once each, in New Jersey and Arizona.
6. Flamingoes are only pink because of chemicals called carotenoids in the algae and fish (which also eat the algae) they eat; their feathers are grayish white when they're born.
7. Polar bears have black skin. And actually, their fur isn't white—it's see-through, so it appears white as it reflects light.
8. A mash-up of two words to make a new word (such as breakfast and lunch into brunch, or motel from motor and hotel) is called a portmanteau. In case you're wondering, the word

“portmanteau” itself is not a portmanteau; it’s a compound word that refers to a dual-sided suitcase

**9.** German chocolate cake doesn’t come from Germany. It was named for a person, Sam German, who created a type of baking chocolate for Baker’s in 1852

**10.** The Empire State Building in New York was the tallest building in the world from 1931 until 1971, and was the first building of over 100 floors.

**11.** Contrary to popular belief, it’s really, really hard to see the Great Wall of China from space, particularly with the naked eye.

**12.** Cows don’t actually have four stomachs; they have one stomach with four compartments.

**13.** The teddy bear is named after President Theodore Roosevelt. After he refused to shoot a captured black bear on a hunt, a stuffed-animal maker decided to create a bear and name it after the president.

**14.** People started wearing pajamas, originally spelled “pyjamas,” instead of nightgowns so they’d be prepared to run outside in public during World War I air raids in England.

**15.** Play-Doh started out as a wallpaper cleaner before the head of the struggling company realized the non-toxic material made a good modeling clay for children and rebranded it.



# HOROSCOPES



**Aries:** Stick to what's doable; if you overload your schedule, you'll fall short and miss an opportunity. It's better to have something concrete to offer than to share tidbits of unfinished ideas.

**Translation:** Don't bite more than what you can chew. Better to present one finished plan than a bunch of ideas that are up in the air.



**Taurus:** Emotions will be difficult to control. Problems will escalate at home if you or someone close to you is overbeating. Stick to the truth; if you embellish a situation, it will make you look bad.

**Translation:** Confront the issues, instead of sweeping them under the rug.



**Gemini:** Your power of persuasion will skyrocket. Before you push others to join you, make sure you can deliver on your promises. Take nothing for granted. Don't promise more than you can deliver.

**Translation:** Make sure you can take action and accomplish your goals before you bring others into your team.



**Cancer:** Don't let your attitude interfere with you getting the help you need to reach your goal. Look for a unique way to take care of your responsibilities, and move forward alone if needed.

**Translation:** Be open to a helping hand but if you work better alone that stick to that path as long as you can get to your goal.



**Leo:** Expect to clash with someone today. Offer a positive attitude to overcome any negativity that comes your way. Concentrate on personal growth and self-improvement instead of trying to change others.

**Translation:** Negative vibes are coming your way, but focus on dealing with them in a positive way.



**Virgo:** Say less and do more. What you accomplish will significantly impact your life and the lives of those around you. Change is inevitable, so embrace it with enthusiasm and an open mind.

**Translation:** Actions speak louder than words. Stay upbeat with your life.



**Libra:** Listen to the information you receive. Travel, communicate and reconnect with people who have something to contribute to your plans. Express your thoughts, feelings and intentions.

**Translation:** Be humble to anyone that brings good intentions and ideas to add on to your plans.



**Scorpio:** Don't let frustration set in when action is in your best interest. Address necessary changes to make your personal life better and your professional life less challenging.

**Translation:** Take action on your personal and professional life on any issues that are complicating things.



**Sagittarius:** Stay ahead of the competition. Explore what's possible, do your best to present your skills precisely and make suggestions that give you leverage when faced with competition.

**Translation:** Find ways to outsmart the competition.



**Capricorn:** Host or attend an event that can bring about positive change or introduce you to someone who can offer information that sparks your imagination. Don't be tempted to overspend.

**Translation:** You have to spend money to earn to money.



**Aquarius:** Stick close to home and family. Refuse to let outsiders interfere with your personal life. Focus on comfort, convenience and building a solid base for your dreams. Say no to temptation and yes to self-improvement and romance.

**Translation:** Keep your family close and your life private, while finding ways to better yourself.



**Pisces:** Pay attention to where your money goes. Implement discipline if temptation surfaces. Weigh the pros and cons of any offer, and carefully consider the consequences of a mistake.

**Translation:** Keep an eye on your money. Don't buy foolish things.



Everyone here at Horizons would like to take the time to express our sincerest gratitude for all of the viewers, supporters, and participants of Kewanee Horizons. Our approach is different from other material that has been of benefit to us all, especially in regards to highlighting the successes of our fellow peer's, as well as highlighting the fact that we have an outstanding amount of friends, family, and loved ones that contribute to our overall success. Horizons is more than just a platform for us to use to spread content throughout I.D.O.C., it's also valuable to us all to show that we are indeed a community made up of "real" people, striving to make it through this journey. With Horizons, we are experiencing amazing things. Things that weren't the norm just a few years ago, and that's the evolution of "US", (the incarcerated individuals), and our desire to spark an already contagious thing, which is a change in the utmost positive direction. Change begins with us, and that's exactly what's been shown, as well as proven.

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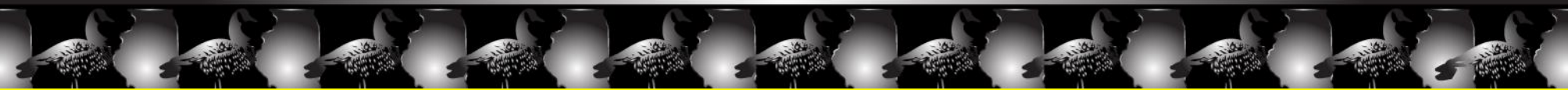


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Being able to see some of the Peer led groups is something that is a blessing for us all. For so long, some of us didn't have the courage to teach what we knew, and quite possibly, the issue was that we didn't know what we knew would help anyone. Kewanee doesn't make Horizons, we "ALL" make Horizons. It's about all of us. The things we do during this incarceration not only impacts us, but our community as well. If we want people to believe in us, we first have to believe in ourselves. The entire Horizons team is honored to be able to be a voice for some of those that feel that you don't have one. Our focus is on positivity and how any occurrence that you've encountered since being incarcerated has impacted you in a positive way. Our driving force is positivity with a Restorative Justice mind-set. We don't look to focus on anything negative, we don't want anyone dwelling on yesterday's bad decisions, we want everyone focusing on tomorrow's goal of productivity, positivity, and finding ways to help one another in the best way possible. Please don't shy away from submitting your article to Horizons. **WE WANT TO HEAR FROM YOU!**





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.



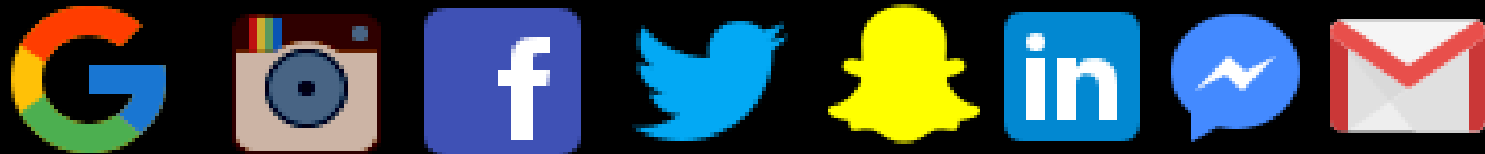
**KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!**

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

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