

KEWANEE HORIZONS



VOLUME 69



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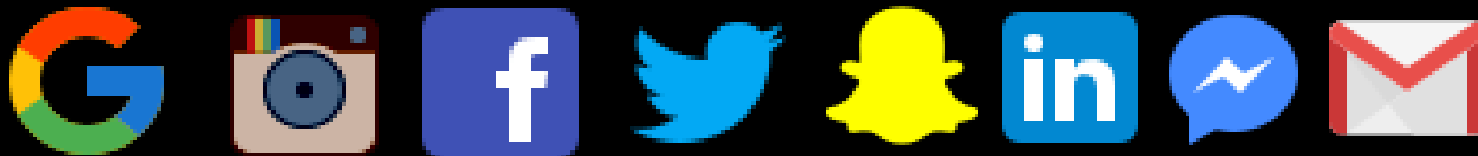
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#KEWANEEHORIZONS

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RESTORATIVE JUSTICE

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

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

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

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



MISSION STATEMENT

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

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

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



CHAOS



By: Katlyn Clayton @ Decatur C.C.

I'm restless, and it doesn't help that I keep missing all these things... Some things I never had to begin with; or people I never even met. Go figure, I guess that's the "time" talking... All these years to cook up ideas that still seem so raw. Some days it's hard to believe I've been down this long... Even with all the people leaving and returning, I'm in awe of the process and I see this ish every single day. Humble pie doesn't taste so good when it's expired, and poured from a hot pot. I try my very best to stay ahead of my emotions, but that's pretty tough. Lately I've been looking for reason's to be happy, although never really content. I couldn't do it without my sky Bunkie, She's great. I'm super grateful for some of the people I've met along the way. Playing cards, making fun of C.O's and laughing till we cry keeps me moving on days when all I want to do is eat my feelings, and sleep. I'll admit that some of the best people I've met in here are people I would never have imagined knowing on the street. Life is funny that way, just gotta take the punches as they come I suppose. There's not always a way to avoid people, trust me, I'm damn good at it. Some days have me feeling like an ASPCA commercial, staring out with those eyes and other days I'm cracking jokes, singing in the hallway, and working out all night. I stand firmly on the line between "I'm lonely" and "Get away from me" being naturally disastrous is something that comes easy for me. However, being locked up for the better part of a decade was sorta like shining a light into the basement of my character. This last year brought me a break through. Without all the static, I actually like who I am, even



with the dents and dings. I definitely want more, of course. But I can finally say that the peer pressure from all those people that claimed to know me, isn't a driving force in my life anymore. I think that's the part of all of this that I needed the most. They say that heat, pressure, and time can turn sand into a diamond. Who's to say that recipe cant work for me? Keep your head up ya'll...!

A Poem Called "The Struggles"

By: Kareem 'Yusef' Brown @ Pinckeyville C.C.

As youths, we had no patients for our parents guidance, Nor did I understand the severity of my grandma's wisdom. No end struggle of problems, until you feel it only when you feel the struggle. Can you feel the pain of the blood that stains? The sidewalks everyday was filled with violence, drugs and crimes to struggle to survive life. From the lost babies in the crossfire of the insane injustices of a bullet flying by. Crack rocks and rage I carried. Mother's crying from pain, another father gone! Damn, when the struggle going to stop??? I never had a chance. I cradled my head crying from pain, and turned too the streets for comfort. That struggle led me down a road of destruction. Prison, pain, and lost of love ones. It is often in the bellies of these beast that we see hate. I was so consumed by late, struggles, and drugs. The PCP-laced blunt had my mind in a storm. I struggled with depression. Now chained , but not broken. Yeah my struggles is real!!! I refused to give up. Stay real and believe in you always. Culled your own confidence. Tell your story about your personal journey. Stay real above all else. P.S. Take care and be strong you all out there wherever you are!!!



MY KEWANEE EXPERIENCE FROM A VOLUNTEER POINT OF VIEW

Hello, my name is Tammy and I would like to share my experience as a volunteer at Kewanee Life Skills Re-Entry Center Monday evening worship services. I was born and raised in a small Midwestern town in Illinois. I have been a Christian since I was in Jr high school. I am married to my High School sweetheart Jack of 47 years, I have three grown children and their spouses who are all serving our Lord. I also have six precious grandchildren who I pray daily will also come to know our heavenly Father. I have not always lived the Christian life. After having our first child, I knew I wanted to bring her up in a home that honors God so we started back to going to church and have been living my life for Jesus ever since. I love to spend time with family, playing games, serving others, going to the beach and I love to cook!

My husband and I moved to Kewanee about 5 years ago and I really never knew anything about K.L.S.R.C. until our son-in-law, Lance mentioned to Jack that he was speaking at the worship service and Jack decided to attend with him. When Jack came home, he couldn't wait to tell me all about his experience. As I listened to him speak of how welcomed he felt there and about some of his conversations he had with the men, I was happy that he was excited and wanted to go again. I remember telling him that it just wasn't my cup of tea, after all I'm an introvert and would be very uncomfortable doing something like that.

Jack continued going when he could. Jack agreed to preach the evening sermon on June



12th, 2023. I thought I would really like to go hear him so that night was my first time visiting at K.L.S.R.C. I was very nervous and apprehensive about going. I had never even seen or been in a jail cell let alone a prison. I have to say it was a bit scary when entering the gate and then it was shut and locked behind us. We got all checked in, got our visitor passes and then we were off to the gym where the worship service is held. I clung to Jack's side as we were greeted and visited with the guys. As the worship started and the men were singing and praising God I felt such a peace and sensed God's presence. As tears rolled down my face I knew at that moment I wanted to be part of this ministry. I have learned so much about God's grace by going to K.L.S.R.C., you see Jesus suffered and died on the cross for all, even for those who have committed serious crimes. I'm ashamed to say that I have at many times ranked my own sins not as bad as someone who murdered or robbed someone. Its all sin in God's eyes. The good news is if we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness (1John 1:8-9) I have truly been blessed by my visits at the K.L.S.R.C. I love getting to know all the men there and try to remember each and everyone's name and their story. Its so good to see how God is working in their lives. I love to share my experience with my friends and family and to help others see the need for this ministry. It is joy and a blessing to serve.



MOST POWERFUL MUSCLES





LEANING ON

By: Patrick Comi

I'm navigating through this concrete jungle leaning on my aspiration to carry me to heavy.

Every day is the same struggles.

I'm fighting doubts, I'm swinging at resentments,

I'm punching dark thoughts about those who lied to the cops and left me to putrescent.

Agony is riding my back every time I break free she's pulling me back.

Strong b***h but I'll never acknowledge defeat

I know I'll win as long as I endure on my feet

Leaning on my aspiration to carry me to heaven

Adjusting my state of mind to change my character

No longer blaming the enemy... I'm my own deliverer.

Body and mind of a warrior, free of indoctrination

I'm giving it back to the pagans...

Strictly meditation, keep your pharmaceutical medication.

I'm leaning on aspiration.



PART OF THE PLAN

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

On a journey there are twists, turns, delays, and some setback's. Yet as long as you continue the journey without letting anything change your destination, you will make it. If you continue to plod along on your way everyday, you will get there. As detour's in life come, always vividly remember the vision that you have for your life. Be flexible and willing to adapt but NEVER settle for less. Yet settling for more is okay because that's not settling. It is all part of the plan. Stay focused on where you are going. With tenacious determination go after your goals and dream's. Leap over the hurdles that might possibly come. You might have to break through the obstacle's to get in your in-zone. You might have to swing at some fast pitches if you want that homerun. Sometimes you have to cross over the whole court to take it to the hole and slam dunk that ball to get them point's. Prepare yourself for the unexpected. Master the fundamentals. Practice your way to providence. It's all part of the plan. You have a life to live. Live at your best while doing the best that you can do in all that you do. As sure as you will see the Sun at Sunrise you will make it to your destination. After that set another and get there too. Set out on the sea's to achieve what you have envisioned for your life. Don't be discouraged by any setback, failure, or obstacle. Be encouraged, most likely it is there to strengthen you. Be taught by your trials. Extend your reach as far as your faith can stretch. Remember with a positive perspective that it is all part of the plan. Patiently progress pursuing providence as you proceed towards your end game. Remember why you want what you want and why you do what you do. Remember what you seek, you achieve! Then go after it like your life depended on it. Whatever happens along the way is part of the plan to get you to your promise land.



FITNESS FOR FREEDOM

By: Shirley Miedema

Hello Again!

I was ecstatic to see our fitness challenge had a trickle effect and inspired others to join the mission. The challenge for the last (3) months were:

- *December = 4,000 squats (134 a day)
- *January = 1,000 push-ups (33 a day)
- *February = 100 min of planks (3 1/2 min a day)

· Easy Peezy

Feel free to double down or triple - down. A few of our ladies did just that.

- *December = 12,000 squats (Starr Lawyer, Shirley Miedema, Nicole Morris, Amber Nelson.)
- *January = 3,000 push-ups (Shirley Miedema, Starr Lawyer, and Courtney Evans=3,400!)
- *February = 338 minutes of planks (Starr Lawyer and Shirley Miedema)

Hopefully this allows others to take initiative toward the next step as well. Nutrition, I know, I know, nutrition in prison? Yes! Absolutely! Our selections may be less than ideal yet there's



always movement toward higher purpose rather than stagnant meals. I hate that stigmatized word, “diet”. Diets are set-ups for crash & failure. You try too long, too hard, too fast and break. Gradually make small lifestyle changes. This will ensure you develop infinite good habits. Please don't eat only once daily, this places your body into starvation mode triggering your body to store fat. Preferably (3) moderate meals daily with (2-3) small snacks (a handful of nuts or an apple. Ladies & gentlemen, eat breakfast! I hear so often that people aren't morning eaters, become one. Train yourself, you wouldn't run a car without gasoline, would you? Don't start your day without fueling it!

Drink plenty of water, the recommendation is half of your body weight, (E.g. a 140 pound person would need at least 70 ounces of water. This naturally increases with physical activity) your body tells you what you need, listen. Scan yourself, pay attention to your carb calorie intake. Check your sodium/sugar, track your protein, you should consume 1 gram of protein per pound or at least 80% of your total body weight. Is your calorie/protein ratio appropriate? Trust me, there's always people to help educate. Peers, staff, etc. If you have question you cannot answer, make it your personal mission to find those answers. If you put in the work, you'll see the results. Don't cheat yourself, you don't have to be a fitness all-star to succeed. Take your health serious, eat less, move more, you can do it.

KH would like to thank LTS Supervisor Keck for sending in these wonderful articles and pictures. Keep up the good work.



OVERALL SQUATERS



12,000 SQUATS



OVERALL PUSH-UPS

CONGRATULATIONS

LADIES AT

DECATUR



PLANKERS



PUSH-UP WINNERS 3,400



TOP PLANKERS 388 MIN



The Light

By: Mo Lynch @ Logan C.C.



I, myself, have seen many, many dark days. Been in many, many dark places. I've encountered many dark people. So dark indeed, that I could see the darkness in their faces. I've lived in darkness at one point in my life. That very darkness fueling my pain and strife. That horrible demon that brings darkness would not permit me to see the light. During those times, I just didn't have the strength or energy to fight for my right to see the light. I was suffering from a very bad bout with depression. Didn't want to go to counseling or group sessions. I felt so alone! I'm talking about that loneliness that weighed heavily in my bones. The fact that in God, I have faith, guaranteed that complete darkness would not be my fate. On my knees, I cried and prayed. Even with swollen eyes and a puffy face, on my knees, I stayed. God showed me that I had the right! That I was worthy. That I deserved to bask in the light. Now my eyes are truly open. Now I can see! Oh, its so nice!! It feels so right. Thanks to my God! AMEN!! I have found the light.!



FIRST TIMER

By Chelsea Bachelor @ Decatur C.C.



I'm 32 years old. I never been in trouble with the Law. Never even had a speeding ticket. The day I got arrested, Its was all new the handcuffs, strip search, finger prints, mugshot. I've never experienced it. This nightmare seemed to never end. I was sentenced to 4 years in IL Department of Corrections for a possession charge. I lost my children, my home, and my life as I knew it. But it didn't stop there. When I got to prison I never realized how much your not trusted. For example I must present an empty toilet paper roll or I must show my trash bag is full before getting a new one. Your called by your last name or a number. I thought I was already being punished. I didn't realize you could additionally receive tickets inside prison which can cause loss of privileges such as gym restriction and phone restriction, etc. But one thing I've learned from this very different world and life behind prison walls. Is that we are all human. Prison doesn't mean you're a low life. Prisons are full of people who have made mistakes and are still learning about life. If I take anything from this experience, its don't let your mistakes prevent you from a brighter future.

Someone once told me; "you aren't lost, your just in an uncomfortable stage of your life where your old self is gone but your new self isn't fully born yet."



KNOW YOUR WORTH

BY: CHELESA GALLO @ LINCOLN C.C.

Do you ever look back on all you mistakes? And wonder how you ended up where you are Today! I'm sure everyone does a time or two, I would never have thought I'd be in prison not just once but for the third time now! And hearing the judge say 14 years @ 50% almost had me drop to the floor! I am almost done with my time and I can say I've learned so much about myself and also opened up to girls who also went through the struggle! I'm actually very blessed to still be who I 'am today being an addict to the needle alone is nothing anyone should ever endure in life! Don't you ever say or think your not good enough, or that someone ain't dealing with the same battles as you! I ended up down a dark hole chasing things I thought that I saw, it got so bad. I used puddle water to shoot up in alleys alone!

Meeting strangers for what I thought was support, it definitely wasn't the case at all. Losing my loved ones from the deceit or the pain I caused. Having 3 beautiful kids I can admit I know nothing about them, that me being a mother should know. Committing crimes that don't even make sense to why I did them to begin with. Not loving myself enough to finally say enough is enough. I can say I'm blessed and very thankful that I'm still here to say "Know Your Worth" and know that you can do whatever your Heart tells you to. Obviously no-one wants to sit in prison or jail. However, I 'am so Happy to have over 3 years clean today and actually speak to and see my kids/family. I'm 31 and it's crazy that I'm just now finding out who I truly am and starting to love me for me. Don't ever be scared to help someone or tell your story, because I honestly hope to go home be able to speak about my struggles and able to lift those who went through or is going through the same! "Keep Your Head Up Always".



60 DAYS OUT

By: Czar



I've been wanting to sit down and write these lines and fill these spaces of a medium like no other, Kewanee Horizons. This unparalleled platform has touched my life in an abundance of ways...it gave me **hope**, it gave me **passion** and it gave me **purpose**.

When I first became acquainted with KH, I was in Southern IL, at Shawnee CC. This is where I gained my hope. Have you ever felt a change inside of yourself and you finally realize that you're not in the right place to make the final turn? Working as a porter, I met a good bunch of guys and some were my coworkers. We cared about each other's success, in life, not just in prison. Info that we read/saw on our tablets became daily topics of conversation. Then, there were the "What Ifs".

Well, my "What If" became a reality and I transferred to Kewanee Life Skills Reentry Center. This transfer gave me hope that there's a chance I could still achieve everything I said I could when I was a kid; just via a different route. That place is different, I mean *different!!* No cap, there is no greater word to describe KLSRC in one word—DIFFERENT! I learned so many things there that I wouldn't have had a snowball's chance in hell to learn anywhere else. This is where I gained passion.



Not long after my arrival, I became a member of the KH Team. KH is ruled and fueled by passion. It takes a special kind of person to be a part of this team. No different than any other team, are you willing to sacrifice for you team. It's a *different* type of sacrifice...it consumes you! You always want better because we're the conduit of information to our brothers and sisters that are incarcerated across the state. You don't want to drop the ball and let your teammate down. Or at least that's what you think. Noooooooo, you don't want to let the *league* down.

Fact: KLSRC pushes out two publications—Kewanee Horizons and Two Roads. **Lesser Known Fact:** Both of those teams share the same “think tank.” If you ever wanted to know what it's like to be a brain, try that (being creative in a room full of creators) on for size. Being in this environment allowed me to see KH from a *different* angle. The time and energy it takes to create a volume of KH is unbelievable! The passion it takes to put together each volume on a consistent basis cannot be measured—especially when you know the power that any one article can have on any one person's life. The commitment and teamwork that's required is not for the faint of heart. I'm thankful for all of the KH guys that I had the pleasure of working with as well as all of the intelligent, creative men that I've been able to share the room with...Those that were a part of “Two Roads”, the content contributors (those inside of KLSRC and those outside of it), and anyone else that has EVER had a hand in putting out a volume of KH. In a nutshell, THANK YOU!

As I used my time in preparation for my release date in every facility that I did time in, Kewanee was the best thing that could have happened to me. I stand by this because it prepared me in a way that has me making an easier transition than I would've, had I been released from any other facility in the state. This is not me trying to bash any other facility, I'm speaking



facts. There are plenty of programs throughout the state but even in the minimums there's the sense of tenseness between staff and individual-in-custody. You don't have that in Kewanee. Then, there's the fact that you can create your schedule which adds more responsibility to your plate because you have to be accountable. Not one single officer will be at your cell informing about school line is walking.

Simple and plain: You had to get active so that you could extract those things needed which for me were accountability and perspective. Being accountable and having the proper perspective will be one of the premier ingredients in building a firm foundation. You are the person that fixes your own plate...if there's too much food on it, you can't blame anyone else, you overfed yourself! Just as well, you have the opportunity to **underfeed** yourself. #Lifechoices

Long story short, I can honestly say that I wouldn't be having the successful reentry that I'm having without the experiences I had at KLSRC. Here are some other things that I took with me that has been very helpful:

- I've used government names more than I've used nicknames
- I've made sure that every dollar had/has purpose
- I've been the best me that I can be which has proved countless people wrong but there are some that I've proved to be **EXACTLY** right, including myself, and I am more pleased by the latter.

I ABSOLUTELY DO NOT have everything under control...I've had my slips, my failures, and misfortunes. All the same, I have had my successes as well. Which situations will you focus on? Again, it's about perspective and it's been best to focus on the successes because they will



propel me to more of them. Get you some successful people around you and you will soon be the next successful one in the group. Before you know it, you all are unwillingly and unknowingly playing a game of inspiration. You celebrate each other's successes, you're there for one another, you're even diving into each other's successes so each of you become successful.

(ex. A friend is short a few grand from taking his next step and you fill the gap for him. This is done with no intentions of getting one cent back, it's done because we are our brother's keeper! You don't withhold the funds and laugh behind his back but you give it to him because when one shines everyone shines...everybody has their turn.)

You guys are in this pattern of community economics on a small scale. When you recognize it for what it is, you begin to see how powerful it is and you see, as well as understand, how others have gotten to where they are in life.

Other than that, I've opened my business Delexio Solutions, LLC (business bank account and all) but it's still in the early stages. I've had some good food; home-cooked and dining out alike. I've visited a farm twice and both times I had an absolute blast! I've gotten my library card and registered to vote. I didn't go get anything off of a lot, although I had that debate with myself for weeks. It came down to me not wanting to get into instant debt. But, I did get me a nice little car that needs a facelift that will run me roughly \$200.00 for parts and delivery. However, I'll take another "Youtube University" class and keep the change because there is no labor costs. I've really had a great time overall as I've made my transition back into society and living this second part of my life.





WORLD FAMOUS - FILTHY RICH

By: Raymond Sojak @ Dixon C.C.

It could be you!!! READ ON

Have you ever heard the words: “Grow up.”, “Act your age.”, or “Children should be seen and not heard.”? What about this paraphrase: “We are merely actors in the drama on the great stage of life.”?

Lets start when you were a new born baby. Everyone made a big fuss over you. They laughed when you made a face. So you *acted* again to make them laugh. Soon they left. Later, they brought this thing that made noise when they moved it. They put it in your hands. It didn't make noise so you moved it and they laughed. So, you *acted* and moved it again and again. Soon they left and you were alone with the rattle to play with. Soon your body grew and you were in a playpen with a bunch of soft toys. They watched and were happy so you kept *acting* and playing. Soon they left you alone to amuse yourself.



As your body grew, you were on the floor, again with toys, dolls, tea sets, cars, trucks, etc. and you *acted* as you saw the grownups do. Mom taking care of the kids, dad driving the car—again you were alone. “Children should be seen and not heard.” You were comfortable then you heard, “Grow up.” How? You had to leave what you were comfortable with and



do something new. Then the words, “Act your age.” How? You looked around at others about your size and *acted* like them. OOPS!! You were not to be like them and you got punished. You looked around and saw an 80 year old with a 20 year old on his arm, *NOT ACTING HIS AGE!* You saw a 60 year old driving a muscle car...he’s going through his second childhood.

Now think! Everywhere you look, there are instructions for everything. From taking an aspirin to flying to Mars. There are pamphlets, labels, textbooks, and manuals for everything...How to tune your engine, grow flowers, and fix a leak. But, nowhere in this universe is there any step-by-step instructions on “*HOW TO GROW UP*” or “*HOW TO ACT YOUR AGE*”. With all the great minds that have been on this earth since the beginning of time, has anyone ever wrote these two “*HOW TO...*” books? If you ask 10 different people, “how to grow up?”, you get 10 different answers. Your parents don’t know and that’s why children should not be heard. They don’t have the answers.

Can you do it? Can you write these books? If you can, GREAT!!! Your book would be translated in every language in the world. It would be requested reading for every man, woman, and child. Think of all the royalties. World Famous—Filthy Rich. Or, are you merely an extra in the drama on the great stage of life?





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.





BeardFace Music

By: DeAndre' "30" Banks



Staying true to the game is the hardest thang to do in life/, but 25 to life is the hardest time in a man's life/, especially when the only somebody you got is you/ and you can't relax like a vacay out in Malibu/, ONLY GOD CAN JUDGE ME cause HE the ONE that gave me life/, but take a bench trial it's a human being that's gon' give you life, right/, it's my sanity I ain't trying to lose/, worst thing about my innocence is being confused/, to numb to feel, and you don't know the real/, d-e-a-l like Holyfield/, 17 witta' body to young FOR THE THRILL/ but it ain't do nothing but make me as tough as a Navy Seal/, when times like LeBron sneakers, you JUST DO IT/, same ol' s—t, just a different brand of toilet tissue/, I gotta' lot on my mind I'm trying to read through it/, trips down memory lane here go a breeze through it/... whole summers on lockdown, I been through it/, solitary isolation, s—t, I'm used to it/, I had



mind control, I couldn't lose it/, if I had some kind of lifeline, I would've used it/, I really needed it, cause I done been through more s—t than pooper scoopers and got gray hairs to prove it/, seriously stressed, perplexed and I'm buggin' out/, but at my weakest point I had enough strength to thug it out/, an I ain't proud about the things I had to wild about/but my sense of humor always gave me something to smile about/, yeah, I smile a lot but sad enough to sing the blues/, but to laugh is to risk appearing the fool/, and I was gone but not lost like something missing/, I shook the joint like Johnson when I'm done *issin/, it's always something to say that needs to be heard/, I'm very careful cause I know it's power in spoken words/, like a prophet, pastor, preacher that gotta' WORD/, it's waste deeper than just playing witta' bunch of words/, life as I know it, I face it like James/, and live it to the fullest extent behind the music.



ONE DAY IT'LL ALL MAKE SENSE...





MY KEY...

Lyrics By: Keith Roberson

I once wrote locked in a cell without the key...{It's mud ova blood at my table/before Cain is able (Abel) I'ma take' em/...Then I wrote still locked in this cell without the key...{I thought we were part of a legacy/

Affiliate; shared the same pedigree/Mississippi to the Mid-west/I thought we were family/I was the point guard, shooting guard, power forward, plus grabbing all boards/ Never crossed ova or lost my pivot; you was Pippen to my Michael Jordan/}...As time pass still in this cell; wishing there was a key to free me. Along the way I stumble, I fell & got back up; frustrated and all in my emoji's, but as time pass I begin to process the process; I started to shed light on the dark corners of the cell (my mind) I was locked in; still with no key to free me. As my process begin to progress; mentally, physically and emotionally I was becoming a locksmith (waking up)...Then one day in February I wrote...{Dr. King had a dream I had a stove and a pot/feeling like Malcolm X on this stage taking shots/this that thug-life Tupac black history after dark/gotta stand for something Kaepernick, Rosa Parks/I cant let up even when I'm fed up/ they love to hate us and segregate us/grandma said; black don't crack/ never get relax and stay on the attack/this that Nelson Mandela spoken Maya Angelo/God said peace be still (steel) mines a four O/in this free state of jones, we the gang of New York/ that's the Sojourner Truth, we're our own civil war/to my Shonda Rhymes, Ava Duvenay/ high as May Jensen on her Lisa Raye/To my Mansa Musa, Noble Drew Ali/this that Fred Hampton meets Huey P/Breanna, Trevon, Tyri and George Floyd/got me feeling like umm on that lets go to war/cause if we're unarmed they still gone bare arms/when they're suppose to be the shoulder we lean on/how many mass shooters you know come from the hood/but





mass poverty killing kids in the hood/}..."THEY CAN LOCK UP YOUR BODY BUT NEVER YOUR MIND...THERE'S MORE THEN ONE KEY TO THAT CELL YOU'RE LOCK IN"...

#LEVELS...Now I write locked in this cell **WITH** the key...{1984 born far from grace/skin dark as the road ahead on this uphill race/product of King's dream/My woman king a dope-fiend/King, Nelson, Malcolm, Obama, Tupac; my dream team/Knowledge is power/Wisdom is pressure; Torn race/High off the wrong ish like the blunt lace/We shall overcome/Holy words like the book of Psalm/WE need patience/Not more patients; in ICU/Trippin off how I C U/Now a mug-shot or obituary is how I See You/On God/we're like designer cloths/only looking to be expose; materialistic goals/Gold chains & foreign whips/Slavery now got drip/jus know we where here first if you never knew/The first eyes to see this land wasn't blue/dat's ah 100 proof/Forever the truth/}...YOU'RE THE KEY TO YOUR FREEDOM...Diamond life...

My starting five...KING, MALCOLM, NELSON, OBAMA, 2PAC; w/reserves: FRED HAMPTON AND GENERAL NANISCA (THE WOMAN KING)...CHECK UP! WHATS YOUR STARTING FIVE?



THE KEWANEE
MEDIA ROOM
HOME OF 2ROA HORIZONS



Kewanee's Black History Talent Show Winner is...

Jermaine "Let It Play" Brown

On 1/24/24 I arrived at KLSRC and it didn't take long for me to dive right into things. In February not only did I participate in the Black History events, I also volunteered as the host to the Family Feud and the Charades games (something I've never done). However, the best part of my Kewanee Black History Experience was entering the Kewanee Got Talent Showcase. When I signed up I had no idea what song or songs I would perform nor did I know it would be a contest until 2 days before the event. With something on the line I felt I had to step it up some, so I began to plot out my performance. On the day of the performance I learned that it would be voted on by both audience and a 3 judge panel. The judges would base their decision from 3 categories ; Delivery, Originality, and Creativity. When that realization hit me I couldn't help but feel confident, I knew I had what it took to win the contest. The moment arrived and I took the stage as the 4th act. The host introduced me by my stage name "Let It Play" I approached the stage in my Malcolm X intellectual get up, complete with Kufi on my head, glasses on





my face, and prayer beads around my neck. I then stood at the podium and performed an original piece entitled: Distrust, which was a hip hop track breaking down the history of the police system and black on black violence. It was catered to black history month and was a call out to all black people to stop the killing of each other. From the podium I delivered my piece in a calm manner but also serious as I emphasized on the message I was trying to get across. When it was winding down the crowd clapped their hands and as the music played out I disappeared behind the curtain to change my wardrobe for my 2nd song selection.

Performance #2: From behind the curtain I appeared, this time in blue pants, gray thermal top and a dark blue pillow case draped over my head (For Sauce Only). This time I did a piece entitled: Humble. A piece I wrote a year ago after a young man asked me, "Why I was so Humbled". It broke down some of the things I been through that made me the man I am today. With strong confidence I sat in a chair with one foot prompted up on another chair. I started with a relax demeanor as I let the beat take the lead. When the 2nd verse kicked in I took my leg off the chair and I got a little aggressive. Suddenly, I pushed the chair in front to the side and stood up. I paced back and fourth in front of the crowd making sure to give everyone in the room eye contact. As the song started to end I approached the front row by shaking people hands. The song ended and once again I disappeared behind the curtain.





Performance #3: Now with everyone's attention I could sense the audience anticipation of what I would do next when I come from behind the curtain. Before I came out I yelled to DJ Milton, "Play That Track". I appeared this time in a yellow prison jumpsuit, tank top, white socks and orange shower shoes. This piece was called "The Hard Way" with a chant that went like, "I wrote this song while in segregation, I'm in hole under investigation". The crowd matched my energy and hung onto every word, even the staff was into it. I was all over the stage, even went to my knees in a slight praying position. When my set was over I knew hands down I would win. When the votes came and the announcement began, all I could hear was, and the winner is, "Let It Play". I responded by saying I already knew.



A MAN IS THE ORIGINS OF HIS ACTIONS.



My Kewanee Experience

By: Roger Sharkey



Let's start by saying thank you to everyone that made Kewanee a reality, as well as the people involved with the application process. Allow me to tell you about how a normal day at Kewanee goes for me. Within a week I was given a job in the kitchen on 1st shift. I wake up at 3am to get ready for work at 3:20am my door is rolled and I am ready to start my Kewanee experience. By 8am I am off and it's straight to the shower to get that kitchen smell off me before my first class. At 9:50 am I have interpersonal skills (which is actually a good class). That class ends at 11:05am, then I'm off to lunch, and its back to the unit. Next, I hang out on the patio until it's time for my 2nd class at 12:10pm which is highly needed in this age. When that class ends at 1:20pm, I take quick trip to the yard for about an hour before my 3pm Real Estate class. This class is peer led and gives very insightful knowledge. After that class I go eat dinner at around 4:30pm (which is the time most I.I.C's are locked up). Instead I am in the school building watching tutorials (today on welding about jobs, this lasts from 5-7;30pm. When that's over I'm back in the unit to take a shower, hang out in the T.V room until 9:30pm lock up. From 3:30am to 9:30pm I was only in my cell for about 20 mins. Now, that my friend is the prison experience I needed. Not every-one day is full like that, but it can be. This is a mind blowing experience and I believe more prisons should adapt this motto. Rehabilitation should not be a solo project. Here at Kewanee lays an example of how it should be done and I am hopeful for all my friends in the struggle that you can experience this.



MY KEWANEE EXPERIENCE



By: Edwin Neal

What's the word? My name is Edwin but many of you know me as Ed, "9-0", or "Born Cipher". So many thoughts come to mind when I think about my Kewanee experience. Some of the individuals came on the bus ride with me took notice of the typical things like Yard, Gym, Programs and Commissary. The first thing I took in was the Mentality, every Staff Member and every "Individuals" had a very approachable demeanor that made me feel Human again. Everybody's energy was focus on seeing you as the person and not the crime that lead to your incarceration. Being gone since '07 means 17 years of being enforced with IDOC rules and regulations, to me that means 17 years of being programed or "institutionalized". I like to consider myself as one of the Free Minds who was fortunate enough to navigate the unusual norms of the prison life. Coming to Kewanee put everything I thought I knew into a true perspective, every "prison norm" I thought I shook was slightly there but being here gave me a greater appreciation for everything I went thru and everything I'm about to become. I wasn't used to staff treating me like a human and I wasn't use to so many Individuals being focused on the goal, making it home greater than what brought you here. Being true to what it takes to make it home isn't always the most trendy or fashionable path. Change can sometimes mean being a outcast and who wants to feel alone at any part of life? A wise man named Toussant once told me "becoming conscious is a lonely business". For the first time in 17 years, I can finally embrace the Island of change with common minds and real support.



I CRIED



BY: Halik Williams

On August 25th I got the news that my father passed, immediately I cried. That's not something that I'm big on, not that I have anything against it or feel it's a weakness. However, I can count on one hand how many times I've cried as an adult. But upon hearing those words (your old man passed) from my cousin. The tears started to flow and I told my cousin I'll call him back. I know, that I'm not the only one who has suffered loses. So, many of you can relate to me when I say that the pain and hurt from losing a family member. Is on another level then that we experience when losing a friend, not minimizing the pain felt from losing a close friend, I've dealt with that on a few occasions. But for those of you who have lost family you can relate. I often imagine that my Dad and my self would do things together upon our release(yes my dad was also incarcerated, I'll get to that later). So, to have those dreams shatter and know that I want have the chance to be there/ support him in the ways that he has supported and sacrifice on my behalf since I was born was disappointing to say the least.

Born J.L Akuha Houston and known to the Islamic community as P. Akuha my Dad was the epitome of a man. Despite being incarcerated since 1984 he held his head high and was the most positive person that I knew. He raised and provided for my sister Shukuha and I regardless of his situation. My Dad instilled values, gave life lesson's, and always smiled. I always told close friends how my father was there and done more for me and others from prison then those who had their father present. Many didn't understand and probably still don't know how we held such a tight bond/togetherness while we both were incarcerated. That's the power of the Creator and the magic of my dad.

He didn't allow hurdles to prevent him from being a father. And despite my poor choices and decisions he never gave up on me. Though, he steered me in the right direction and fore-



warned me about the consequences of the life styled I lived. My Dad may no longer be in the physical. However, his spirit remains and those who have crossed paths can attest to the impact he had on them.

I wrote this article for the sole purpose of letting those brothers/sisters (IIC) know that they are not alone when it comes to losing someone you love. Though, we stigmatize talking with counselors and mental health professionals that could be exactly what's needed. Fortunately, for me I'm surrounded by some good guys here at Kewanee LSRC. They sincerely checked on me daily and was there to listen.

Shout-out to my Kewanee Horizons brethren's. A special thanks to Alvin Harris, Arron Givens, Brothers Ojo Webb, Randy (Danville) Kagels and Ralph (Cliff) Gray. These guys saw me hurting/mourning and instead of judging me they were there to console me. Also, it would be remiss of me if I didn't extend my gratitude to the clinical service department: Ms. Meads, Ms. Scott, and Mr. Southerland. I appreciate the assistance you all provide. That goes for you too Ms. Tavares for doing your part in making sure that I was able to attend the funeral via video. Though, I lose my Dad I felt and appreciate the assistance and support that was given to me by my contemporaries and the staff here at Kewanee LSRC. To all of the readers of K.H. if you know someone who has experience the lose of someone close. Though, initial you may want to give him/her some space. From time to time check on that person to make sure their o.k. and so they'll know their not alone.

IF PASSION DRIVES YOU, LET REASON HOLD THE REINS.

The Secret to Our Success

By: Kenji Haley, President, Rotary Community Corps



Kewanee Life Skills Re-Entry Center
Community Corps

On March 7, 2024, the Kewanee Life Skills Rotary Community Corps held their 2nd Annual Career Advancement Day, where the residents of Kewanee met with multiple professionals from different fields to speak on things like interviews, professionalism, and resume reviews. One of the best attributes is the speaker, Kraig Kisting, who is the Director of Human Resources for National Tube Supply in Chicago. His message was to give the men here direction and to show that there is promise for them as they prepare for their next mission in life. In addition, I would like to thank all the guest that were able to attend, the companies that handed out literature to give to them and all of the volunteers that were instrumental in the resume reviews. Thank you Freedom From Within and the Education Justice Project for brining their representatives here. I would like to give a tremendous thanks to the Transfr and the American Job Center that both provided virtual reality (VR) goggles to the men here





that gave them a look at the future. They were able to do things like fix a cell tower, learn how to install electrical wall sockets, do triage in a hospital, among other things. For many men this was a “too real”.

There was one guy who looked down and believed that he was about to fall and took off the glasses and gave them back. It was funny, but, he learned about what the future holds, especially since he has been gone for almost three decades. As the President of the Rotary Community Corps, I am VERY PROUD of these men and the volunteers for taking the opportunity to learn, growth and build. Lastly, I would like to thank rotary International, the Rotary of Galva and the many, many supporters that have backed this group since its' inception (Chairperson Tucker, Board members Massie, Lohman, and Endress) and especially Warden Jones of Illinois River C.C and Warden Carothers. Thanks again to all of you who were involved and I look forward to seeing more of you at the 3rd Annual Career Advancement Event.

THE 2ND KEWANEE CAREER ADVANCEMENT EVENT





WHAT A DAY



By: Jermaine Brown

Today was a greater day than my last greatest day at Kewanee. It was so much talk about this big event that would allow us to communicate directly with professionals in the Employment field. I just had to see what all the fuss was about. I attended like a professional myself as if I was looking for employment and feed back. When I got there it was so many outside volunteers surrounding the walls at different stations all representing various businesses. I started by waiting my turn at the VR Oculus station. Next I was giving a hand control for each hand and a headset that also covered my eyes. The volunteer gave me directions and I took it from there. Inside the monitor I chose the professional field I wanted to work in. I picked a surgeon assistant as he performed surgery on a patients knee. My role was to pass him the objects he needed for the job. To my surprise I was then asked to grab the small saw and cut some of the patents bone from his open knee. The next field I chose was a paramedic assistant. Together I helped a car accident patient. When we got to the scene he was still in the car. My job was to take his pulse, and hold





his head as they placed the neck brace on him. Then we got him out the car and I put a brace on his broken leg. Both experiences felt so real, at one point I almost jumped in the car and drove off (lol).

After that event I proceeded to my next event. I took my folder case and headed to the library to have my resume looked over. Ashley, (a volunteer) politely stood up, extended her hand and shook my hand. We both introduced ourselves then took a seat and began talking. I handed her my resume and without asking she went right into using her pen to mark down the errors on my resume. As she did so I couldn't trip because she explained not only my mistakes but what I needed to do to improve it. After we engaged in conversation we again shook hands and parted ways. From there I went to the chapel to be apart of what is called an elevator pitch. To those of you that don't know what that is, let me explain. An elevator pitch is when your inside of a circle with professional's on the outside. You have 30 secs to sell your self for a job, then you get 30 secs to receive feed back.

After that, you get 1 min to write down your take away, then you slide left to the next professional and do it all again. The idea is for you to continue to get better and incorporate what you learned in your next pitch. When you make a complete round, you end up where you started and you deliver your final pitch. When it's all said and done the first and last professional should be able to see your progress. I did so good that I was given a business card from one of the business owners and offered a manager position. He told me to call him as soon as I'm released.

At break we all sat together in the dining hall with the volunteers. I sat next to two wonder-

ful people that also gave me their cards and offered me a chance to attend training for my chosen career at their expense. Careers such as welding, forklifting, etc. The final event was listening to two of the supervisors from Lawndale and Crossroads ATC. They gave us inside info and answered all our questions and concerns. I had no idea that they now provide housing for those getting out of work release for \$500 a month. This event was from 8:30 am till 5:00 pm. When the day ended I was exhausted but I had so much info that would help me with my re-entry. After a phone call and a shower I went to sleep feeling like a God. The feedback I got let me know that I am more ready to return to the outside than I thought.

To those of you that think KLSRC isn't the place to be when it comes to re-entry my advice to you is "WAKE UP", this place is the real deal.

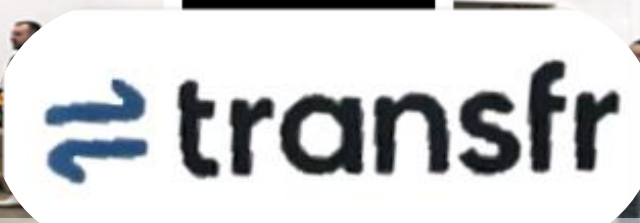





Virtual Reality Career Advancement

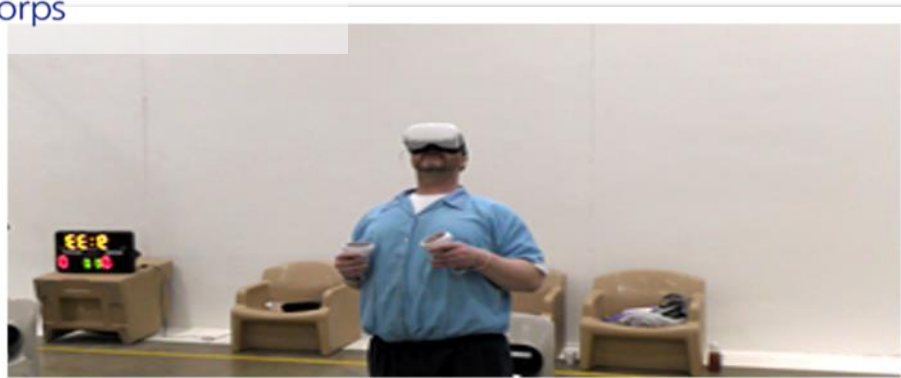


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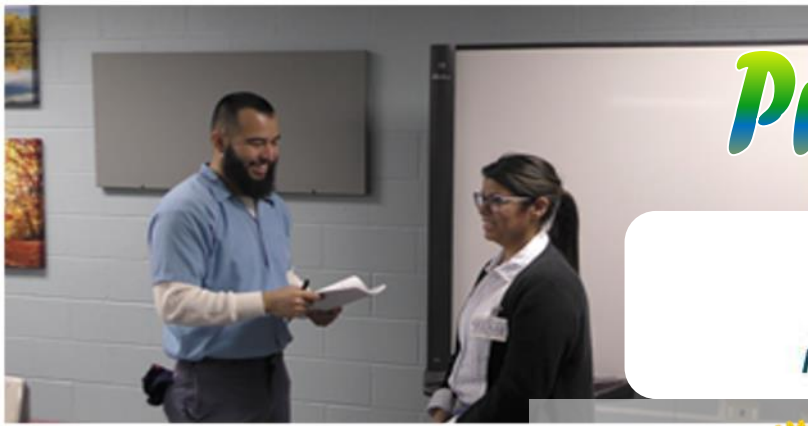
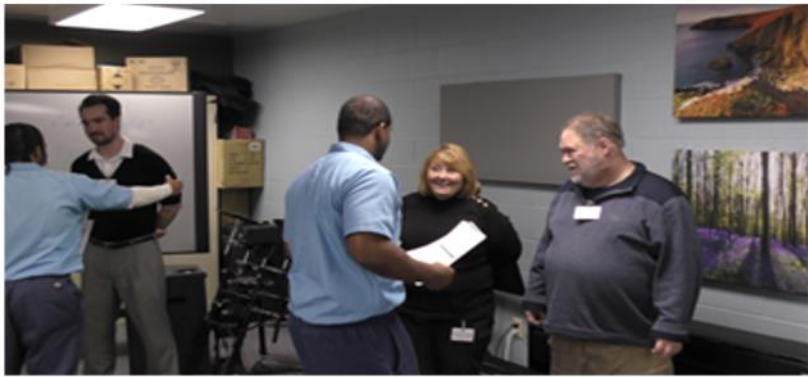


Rotary Club of Galva 

Kewanee Life Skills Re-Entry Center
Community Corps




Elevator Pitch Career Advancement



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Resume coaching career advancement



Presented by



 **Rotary Club of Galva**  **Kewanee Life Skills Re-Entry Center Community Corps**





THE HISTORY OF THE MUSCLE CAR

Origins of the Muscle Car

Although many believe the muscle car arrived in the early 1960s, it was actually introduced in 1949 with the Oldsmobile Rocket 88. It featured a high-compression overhead valve 5.0-litre V8 engine that produced 135hp and 263Nm of torque.

After the introduction of the Rocket 88, automakers were inspired to create vehicles that could compete on the racetrack, and thus, the muscle car market was born.

How Did Muscle Cars Get Their Name?

It wasn't until the 1960s that the term 'muscle car' originated. It was first used by Pontiac to describe their 1964 GTO.

The phrase became popular and stuck as a term for various tuned-up cars.

What does "Muscle Car" Mean?

Although the phrase can be quite a vague description, cars with the label often meet a few general requirements.

To be classified as a muscle car, it must be American-made, mid-size, and feature a coupe body. A lot of muscle cars use V8 engines, but this isn't always the case across the board.

Muscle Cars Throughout the Years





Late 1940s and 1950s

The 1950s saw the rise in muscle cars as competitors and tried to imitate the Rocket 88's success. Chrysler, Studebaker, and the American Motors Company began to produce muscle cars.

Here are our two favorite muscle cars from this era:

Rocket 88 - The Rocket 88 of 1949 was the first muscle car ever produced. It had a 5.0-litre V8 engine that returned 135hp. However, this power blew other cars of this era out of the water. The Rocket 88 won 10 out of 19 races during the 1950 NASCAR season, which was a huge success.

Chrysler CC-300 - in 1955, Chrysler released the C-300. Bigger and more powerful than the Rocket 88, it had a 5.4-litre V8 engine with 300hp that shot from 0-60mph in just 9.8 seconds.

The Golden Age - 1960s and 70s



The 1960s were a great decade for Americans. Music, culture, civil rights, and, of course, the blossoming of the muscle car. Known as the Golden Age of muscle cars, the 60s and 70s produced some amazing cars that took the public by storm.



1964 Pontiac GTO - The Pontiac GTO is credited as starting the mass interest in muscle cars. Using a 6.4-litre V8 engine that produced 325hp, it was a powerful old thing that shot from 0-60mph in just over six seconds.

1967 Shelby Cobra 427 Super Snake - Despite looking more like a sports car, the Cobra 427 Super Snake was officially a muscle car. The top version used a V8 engine with a whopping 800hp and a top speed of 200mph, which propelled it from 0-60mph in just three seconds!

1980s and 1990s

From the mid-70s until the 90s, muscle cars took a bit of a dip (see below). They weren't as powerful as their predecessors due to manufacturers adjusting to new regulations and pricing differences. This changed with the arrival of the 1990s, which saw the arrival of quicker and meaner muscle cars.

Here are our two favorites from the 80s and 90s:

1987 Buick Grand National GNX - If I were to describe this car in one word, I'd choose 'menacing'. Only available in jet black, the GNX was a fine-looking thing. Under the bonnet, it used a V6 engine that produced 245hp and went from 0-60mph in six seconds.

1996 Ford Mustang GT - Although this version might not have had as much power as other muscle cars of its era, its looks epitomize 90s automotive design. Having a rounded and clean design, the Mustang GT absolutely looked the part. Under the bonnet, it used a V8 engine that produced 215hp and propelled the car from 0-60mph in 6.6 seconds.



2000s to Present

After the millennium, modern technology allowed the muscle car industry to equip their vehicles with performance that equals or exceeds that of the past. The naughties saw the revitalization of the muscle car, and we certainly enjoyed it.

Here's our two favorites:

2004 Cadillac CTS-V - The Cadillac CTS-V features four-doors, however, it's menacing appearance made it blend in with other muscle cars. Powered by a 400hp V8 engine, it went from 0-60mph in 5.3 seconds.

2008 Ford Shelby Mustang - The 2008 Shelby Mustang was a modern-day version of the classic Shelby Mustang of the 1960s. It certainly had its work cut out, but it passed with flying colors. It was equipped with a V8 engine that produced 500hp and 480Nm.

The Decline of the Muscle Car

The muscle car market suffered after 1973. Manufacturers across the board faced challenges from the oil crisis, rising insurance rates, and the Clean Air Act. They were already more expensive than normal cars, so after this, they were costly and unfeasible.

Manufacturers found it particularly difficult to create the same high-compression engines of the past after the Clean Air Act of 1970. They had to tighten their emission controls, which in turn massively reduced the power of their vehicles.



MICROWAVE HOT POT PIZZA

By: Milton Jones @ Peoria ATC

- | | |
|---------------------------|----------------------|
| 1 Shredded Beef | 1 Beef Ribs |
| 1 Summer Sausage | 4 BBQ Sauce |
| 1 Sleeve Snack Crackers | 2 Sugar Twin Pks. |
| 1 or 2 Mozz Cheese Blocks | 1 Cup Cheese |
| 1 Pepperoni Slices | 1 Tsp. Garlic Powder |
| 1 Tortilla Shell | 1 Jalapeno Slices |



1. Crush crackers until it looks like crumbs. Add cold water a little at a time to for a ball. Press dough out thin spread small amount of cup cheese over crackers and cover fully with tortilla shell to strengthen your crust.
2. In small bowl combine BBQ Ribs, BBQ Sauce, Garlic powder, and sugar. Stir until well blend, pour over pizza crust.
3. Cut summer sausage, place in bowl with shredded beef, cover with water, (Light seasoning is optional) and cook until hot. Pour off liquid grease, place meat over pizza sauce.
4. Shred or slice block cheese as thin as possible and place over pizza.
5. Pork: Place pepperoni slices on top of pizza and cook until cheese is very hot. Press down on top of pizza while hot so chees can blend with meat.
NO PORK: Cook ½ summer sausage. Smash sausage into crumbs and sprinkle over pizza while hot so cheese can blend in with meat. *JALAPENO SLICES OPTIONAL



N.R.C.A.

CLASS OF

2024

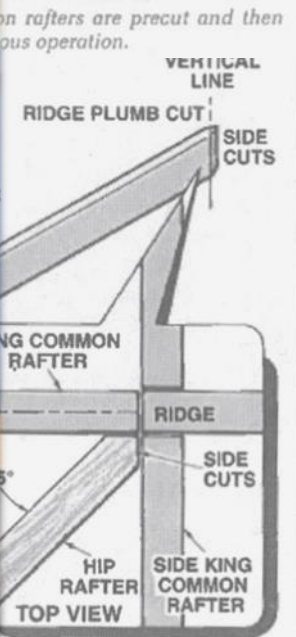
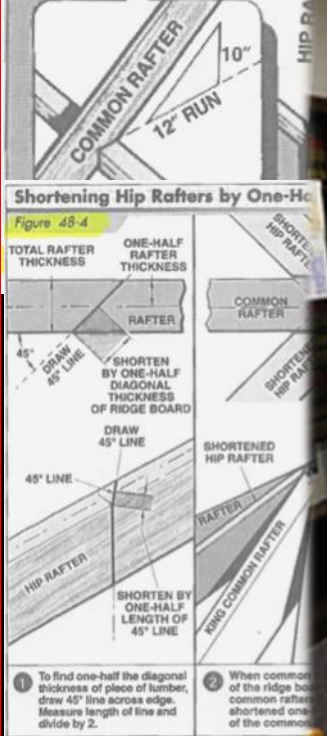
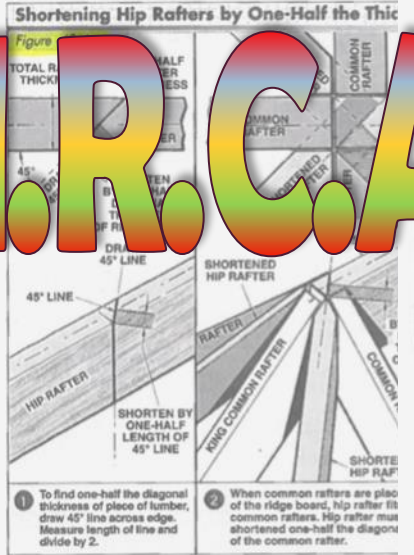
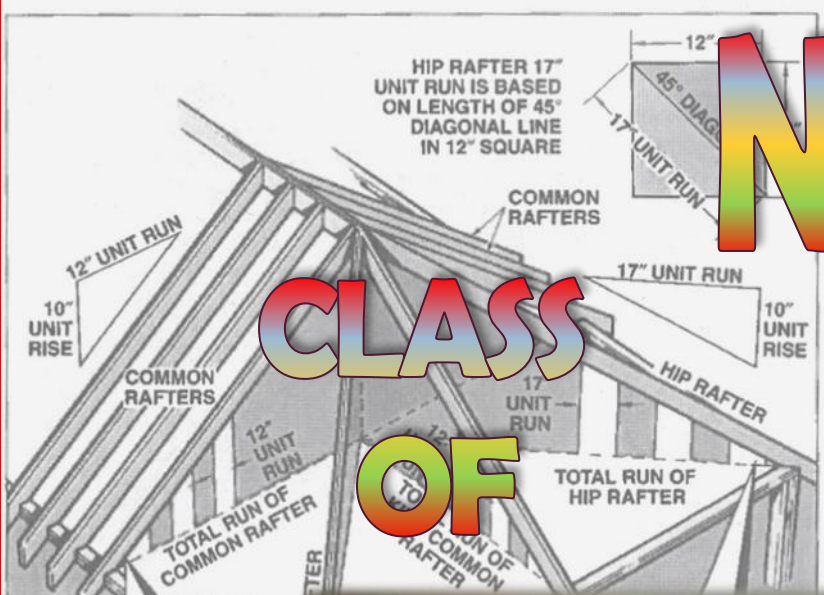


Figure 48-4. To calculate the actual hip rafter length, one-half the diagonal thickness of piece of lumber, draw 45° line across edge. Measure length of line and divide by 2.

of a hip rafter.

N.R.C.A. Training For Roof Application Career Cohort #1

Cartoon and Jesse just want to give a big shout – out to these guys!!!! Proper, Uwainat, Miller, Aguilar, Kagels, Walker, Pollock, Aguirre, and Gray for being the first guys to complete the course...although some are not in the picture due to them finishing their Kewanee experience and moving on to the next chapter in their book of life. This was a journey in itself...as most know, inside these fences nothing moves fast and there are always barriers and this was no exception, but these guys stayed the course and finish what they started. I can only speak for myself, but when I started this sentence my word wasn't worth anything, broken promises and commitments. These guys committed to coming through this group and saw their way through it and as part of Jesse and Cartoon's commitment we made sure to show up to teach the group. This was an intense 3 month course in steep slope roofs, asphalt shingle application, low slope roofs, and thermoplastic installation. The end result was a certification through the N.R.C.A. University! We could not have done it without the help from the N.R.C.A. bringing their course from online to flash drive, Ms. Rowan, Mr. Warnsing, Warden Carothers, and Warden Jones. We thank all of you and look forward to having many more cohorts because we believe one of the greatest assets a person can take out of here is a skill or trade to begin working as soon as we come home. The Roofing Industry is a great place to start a career. The work is challenging and fulfilling. The duty of a roofing laborer or roof covering applicator takes patience and skill but the results are rewarding. The roofing industry pay Ranges from \$20-\$60 P/HR depending on your skill level, the employer, and the geographical location. And to top it off the demand for Roofing, Roofing Laborers and Skilled Roof Covering Applicators is high.





Being a part of Roofing since the beginning, doing the CertainTeed Certifications and thinking that's where it was going to end... Boy was I wrong. The next steps getting the NRCA Certifications from the NRCA University was an uphill battle. There was a ton of knowledge, which had to be taken in quickly. Both instructors Jesse and Cartoon did an amazing job at explaining whatever it was that I or anyone else in the course did not understand. Without them and their hands on experience to be able to explain everything, it would have been mission impossible. Those test are NOT easy! All in all it was worth it and I really enjoyed every session. Thank you to Big ROB whose idea it was for the NRCA TRAC program, Jesse and Cartoon who without their drive and persistence it never would've came to fruition and Ms. Rowan who did and continues to do all the heavy lifting to make it all work.

By: Ralph Gray



So my name is Max (Malo) Aguilar, when I arrived at Kewanee I had heard about the roofing program. Therefore, when asked to sign up I was a little hesitant but when I spoke to my brother, he insisted I join because he runs his own roofing business. At first, I was not into it because we were watching videos for five or six months prior to starting the TRAC. When Jesse and Cartoon took over leading the course it got interesting. MS Rowan set it up to the point of approval by the NRCA and it is a legit Certificate that is good for 3 years. After all those videos the test finally came in and I am not gonna lie, not easy at all. However, due to the help from Jesse and Cartoon, I was able to pass, and I thank them for my success. This was one of my proudest moments.

By: Max Aguilar



Many thanks go out to the numerous staff and administration for allowing and supporting the NRCA TRAC certification program. It was a rather intensive and exhaustive curriculum (especially for someone like myself that had no actual roofing experience or knowledge). The instructors did an amazing job with balancing lecture and the coursework software to allow for the best possible learning experience. Two certifications were earned in this course:

Asphalt Shingles and Thermoplastics. We learned everything from installation to safety protocol to technical knowledge about the materials needed for each type of job. The tests were no joke and you were required to actually know what you were taught which I'm personally a huge fan of! These certifications are legitimate and applicable for transitioning into this particular career field. Most businesses, including roofing companies, prefer people who are knowledgeable in the job they are applying for. These certificates prove you have put in the effort to be a better prepared and informed employee and definitely give you a leg up on other applicants. Even if the roofing industry isn't for you career-wise, this course will at least give you enough information to repair your own roof, know when your home requires a new roof, what type of roof your home needs, and the ability to know how to hire the right company for you.

Randy "Danville" Kagels





Hello Everyone! The NRCA curriculum is outstanding! It provided me with wonderful knowledge about roofing, proper terminology, personal protective equipment while roofing, and ladder safety. The course taught us about different types of materials that are used when installing certain roofs, such as asphalt shingles, thermoplastics, heat welding, and much more. I would like to thank all the staff here at Kewanee for their help in supporting this new program. A big Thanks goes out to the instructors as well for their amazing job of teaching the material in a way that was easier to understand. Thanks!

-Earl Proper



My name is Raaid Uwainat; I have some friends who own various businesses including construction. In addition, I have some friends who are in the union. When I told them about the NRCA they said, if I was interested in this field of work then the TRAC program was a good Idea. We learned a great deal about steep slope and low slope roof systems. The course describes the types of decks, underlayment, insulation, flashing, and roof coverings. We learned about various flashing concepts and methods. We also learned how to fasten and install asphalt shingles and thermo plastics also known as TPO. I am very interested in working with TPO and hope to direct my roofing career towards installing Low slope roof systems. Thanks to everyone for making The NRCA TRAC program available to us (there are many people involved in making this happen) thanks for giving us this opportunity it was awesome.



“End of Q1: Earning Season”



By: Kenji Haley and Robert Kennedy



(Haley): The 1st Quarter has come to an end and earning season will arrived and so far, this quarter has been very profitable unlike what many analysts had anticipated. It appears as if the economy is growing as semiconductors (TSM, NVDA, INTC) are running it up. That's weird because the consumer is not spending as much of their hard earned cash as they did last quarter (Q4 2023) and the reserves from the COVID era are now depleted. Many analysts were using the “R” word (recession), but in my opinion, I expect us to have a short-lived recession, if any this year. Lastly, the FED is unsure if they want to tell the people about rate cuts. Some say 2, others say 3, and a small few say none. I'll leave that to the pros.

(Kennedy): Interest rates continue to remain high, but there are finally alternatives to stocks now, with treasury bonds yielding upwards of 4% on a 2-year note and an even higher yield on much shorter term 3 to 6 month treasury bills. Meanwhile, even certificates of deposits (CD's) are being offered at a much more respectable rate than in recent years. Investors are starting to store their hard earned cash into many of these different financial instruments. I still think stocks are the best way to gain long term wealth and prosperity,





but holding a few bonds, T-bills and even CD's in your financial portfolio, along side your solid, dividend yielding, profitable companies, isn't such a bad idea.

Companies such as McDonald's, Dow, AT&T, Coca-Cola, Proctor & Gamble, Eli Lilly, Exxon Mobil, Chevron and Devon Energy, just to name a few, in my opinion, are good, solid companies to stick your money into, that will also pay you dividends every 3 months. These companies are a bit safer than most, in my humble opinion. I also think the Nasdaq 100 has gone up too high, too fast, this year and will eventually experience a correction of greater than 10% to the downside, so be careful.

(Haley): The S&P 500 may also slide with the NASDAQ if the market eventually takes a turn for the worst. Don't worry, there will be plenty of buying opportunities available, if and when this does occur, so be prepared to buy some Apple, Amazon, Google (Alphabet A), Tesla, TQQQ, SPXL and SOXS on any serious sell offs in the market. Nvidia and META Platforms may be a little "rich" for some peoples taste with there recent outbreaks (up 165% and 306%, respectively).

(Kennedy): When investors get really nervous, the fear in the market could cause an all out panic, which could create an "everything must go" sale. Don't be afraid to get in there and buy some good stocks on clearance! Remember, when everyone else is selling, that's when the best opportunities usually present themselves. Don't forget to use some of your inverse ETF's to capitalize on some of the downside damage that occurs while things are selling off. Well, learn, earn and be responsible, because the market can make you or break you!!

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HOROSCOPES



Aries: Don't settle for less when you can achieve much more with extra effort. Trust and believe in yourself. A personal pick-me-up will build confidence. Romance is favored.

Translation: Do an extra rep; she'll like it too.



Taurus: A high-energy approach will help you take care of your responsibilities and prove yourself to anyone who doubts your ability. Don't let emotions take precedence over common sense.

Translation: Emotional Intelligence is key. Remember your priorities and keep in mind your being watched. By those who can be of assistance to you.



Gemini: Keep busy; idle time lead to poor decisions and emotional setbacks. Consider what you can do to make your home more functional, or give yourself a makeover that lifts your spirits.

Translation: Turn the damn T.V off and pick a book up and NOT a urban novel.



Cancer: Take a unique approach to work and personal responsibilities. Think situations through and you'll dodge criticism from someone who likes to interfere. Personal gain is apparent.

Translation: You're an innovator, make your own lane, being a leader will get you far. Ponder every move or you will have many regrets.



Leo: Don't feel you have to follow someone else's lead. When in doubt, put your foot on the brake. Pay more attention to what you can do to help others, and make a difference in your community.

Translation: Be the driver and not the passenger, it's on you how far you go. You have a lot to offer sharing it with others will also benefit you. We are One.



Virgo: Not everyone you encounter will have the same intentions. Hide your emotions and be resourceful in creating a scenario that conditions you to take advantage of what's available.

Translation: Your agenda is not the same as others. Don't allow your emotions to cloud your judgement.



Libra: Stop fighting roadblocks; taking the path of least resistance will make it easier to get the elements to bend to your way of thinking. Simplicity and common sense will get you where you want to go.

Translation: Not all battles are worth fighting; pick them wisely and it'll get you HOME!



Scorpio: Take better care of yourself, your position and the prospects you are trying to achieve. Step outside your comfort zone and dress up your ideas with marketable trends. Avoid emotional spending.

Translation: Health is wealth, safeguard your position and your plans. Now, is the time to get focus, your financial situation could be getting better.



Sagittarius: Refuse to let a fast-talker propel you in a direction based on unproven information. It's time to balance your time between work and play and to honor what your body craves.

Translation: Actions speaker louder than words, don't let someone rock you to sleep with sweet words. Having a balance in life is key to getting ahead.



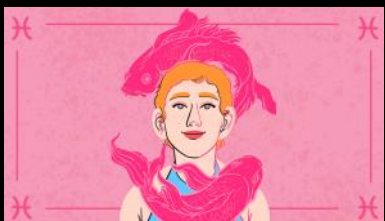
Capricorn: Be a good listener, and you'll gain access to information that can lead to a healthy investment. Home improvements or making a move will lead to unexpected opportunities. Avoid health risks.

Translation: We we're blessed with two ears and one mouth for one reason.



Aquarius: If someone invites you to get involved in a risky scheme, take a pass. Pay attention to how loved ones respond to your opinions and options. Don't let your emotions cloud your vision.

Translation: Not everything that glistens is gold, focus on the people that matter not the ones that don't.



Pisces: A disciplined approach to how you live and let people treat you will make a difference. You'll be prone to overestimating or underestimating if you allow your emotions to take over.

Translation: Setting boundaries is important. Overthinking and overreacting can be costly. However, not being aware can be even more costly.

STATEWIDE CALL OUT



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 peers, 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.



STATEWIDE CALL OUT



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 impact 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!**

