

The background of the entire image is a night scene featuring the Statue of Liberty in the center. She is holding a torch aloft in her right hand and a tablet in her left. The scene is filled with numerous bright red and white fireworks exploding around her, creating a festive and celebratory atmosphere. The sky is dark, making the fireworks stand out prominently.

KEWANEE HORIZONS

VOLUME 15

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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

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.

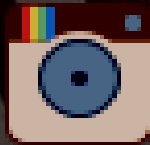
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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#KEWANEEHORIZONS

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I Remember

By: Patrick Comi @ Illinois C.C

Ask yourself why are the pleasures of life so hard to obtain but its pain is always near? Living caused such a headache in my life that I became addicted to ganja and stayed up-lifted by the main dealers, and quickly attempted to surrender before the shame enters. Just so my brain can simmer and maintain all these figures that I remember because I remember too much. The glimmer of my golden age become caged by the phase of broken ways, and as the page of childhood raced by, it was replaced by the mortal sacrifice of adult life. It pays to learn twice, so I sold days and bought nights. I accepted all the wrongs and fought fights because in my thirst for bright lights of the big city my cup stayed empty, but I was given plenty liquor to cheer me up by elders who missed me. I've battled the enemy so many times until I realized clearly that the fight is in me, so much negativity installed (i.e. can't breathe and becoming eye witness to hell). Rendering me blind so now, I can't see nothing but these illusion on tv that influences me, (i.e. cowboys and western movies, Scarface and new jack city mentality, shottas they were all true to me), so when you ask I'll tell you clearly that the crime of my actions are due to the fashions of time, but you can blame me for trying to stay alive in a world where I have to ration a dime where all the joys, loves, and passions of mine was suppressed and put to rest by years of joyful dying. I didn't choose this life it moved towards me. Every time I had a dream of living royally, I woke up to the nightmare of dying poorly. Absorbing all the beatings, abuse, screams and sirens of my coming to America story, scarred

me morally into believing all these keys, traps, straps, and whips was the best thing for me. So I formed and stormed with a group of thugs because I didn't want to be alone, but yet I was still very lonely all night hustling in the streets, could afford me something to eat but I was still hungry. I was wondering if my family cared, only if they could take an inch out of my share, because I feared that if I didn't give it to them they would eventually do something to get it from somewhere.

Here I become the man without learning what the word means, I dropped out of the higher learning because it burned me but I can blind, fully scale a triple beam, I can tell you what a kilo brings in grams, quarters, etc. and I have a new love for material things. So I was buying all types of expensive rings, chains, and watches because I'm so self conscious that's the reason I put all my money in that Bmw and parked it outside the projects then the announcements "I'm pregnant" by some random chick... please excuse my candor!

My conscience is knocking me down trying to talk sense to me but I didn't have time to listen because I had to get back to the money somehow. I start driving so crazy in all this traffic of money that I soon forgot its illegal to sell drugs and traffic internationally but they quickly remind me when they shackled my wrist and feet and say "yes N!&&@ it's illegal to sell drugs in the streets, especially to undercover police." I'm burning up with grudge, but cant even budge, so now I sit alone in my cell doing pushups in the dark trying to tell myself if I get real fit, maybe I'll develop the anti-bodies to fight off the covid-19 virus.

Brother and sisters, in this life there are no do-overs. For most of us we don't get a second chance. It is our duty to convince our youth not to follow our footsteps. Our footsteps only leads to death and life sentences. Peace & Love.

Love and Respect

By: Timothy Youngblood @ Lawrence C.C.

I recently had a conversation with a woman who told me that someone asked her to talk to me in response to my previous R-E-S-P-E-C-T essay. And she tried to tell me, “Respect and Love are the same”. I responded “No, they are not, and you know they are not”. For instance, you respect your Boss. You don’t love your Boss. She replied “I love my husband but don’t feel any respect for him. He don’t deserve my respect”.

But when I turned this around and asked her how she would feel if she heard her husband say, “I respect you but don’t love you” she horrified. She said, “I would be devastated.” I then asked her, “How long would it take you to get over that?” She quickly answered, “Forever”.

And that’s my point. The typical wife would be up in arms if she heard, “I respect you but don’t love you”. That is taboo! She would view her husband as a very unloving human being. Yet this same wife feels she can readily say to him, “I love you but don’t respect you”. What she doesn’t understand is that her husband is equally devastated by her comment and it also takes him “Forever” to “Get over it”. The bottom line is that husbands and wives have needs that truly equal. She needs unconditional love, and he needs unconditional respect.

I respect that for some people all this should be obvious, right? I can hear you saying, “Why”, of course; this is so obvious. But why doesn't your spouse get it? Whether it's a husband or wife who “Doesn't get it”, the answer is the same: We often don't see the obvi-

ous. For instances, a door-to-door salesman rang the bell and waited. A boy who looked about ten years old answered. He was smoking the biggest cigar he had ever seen. After a few seconds of stunned silence on the salesman's part, he finally asked, "Is your mother home"? The ten year old puffed a couple of times, blew the smoke in the salesman's face, and said "What do you think?"

And that's my point. If the salesman had been thinking at all, he would have known that the boy's mother wasn't at home. But for some reason we don't always think, particularly when something is shocking or distracting. When a wife feels unloved, it can be such a shock to her heart that she oblivious to her disrespectful reactions toward her husband, though any man watching could see it plainly. When a husband feels disrespected it can provoke him so quickly he doesn't see his unloving reaction, which would be obvious to any woman. Words of wisdom for all husbands and wives are these:

We easily see what is done to us before we see what we are doing to our mate. Far more important than what is done to us is our response. Why? Because if we do not respond correctly our response can destroy our marriage. It all hinges on your response.

As much as we all want to know the answer to the why question, why did my spouse say or do this and that and a third? It is really not the most significant question. The real question each of us needs to ask is "How do I respond?" This question helps us think and asses situation's. Every time you answer this question you're forcing yourself to think. Thinking is a habit which most of us leave half developed. So let's get "hooked" on thinking. Because when we respond in a loving and respectful way, we respond correctly.

LOYAL EAGLE

By: Earl Milton J.R. @ Centralia C.C.

A majestic regal bird of prey
Loyal to the ways that it moves
Meeting up with the other Eagles
From time to time
But mostly
The Eagle flies alone
Reconnecting only when necessary
You rarely see a group of Eagles
Unless you know where they meet
To know that
You must be an Eagle
Or at least
Know how they think
The way an Eagle glides effortlessly
Through the air
And swoops down all of a sudden
Seeing what no one else saw

Coming up with
Delectable little gems
That are delightfully delicious
You cant blame an Eagle
For being an Eagle
That's just what it is
A thing is loyal to what it is
And
Act accordingly

REHABILITATION IS SOMETHING WE HAVE TO STRIVE FOR OURSELVES

By: Matthew McCain

I'm writing because I care, I've been in prison since I was 17. It's not a place conducive to the mental health, education, or overall betterment of human beings. God bless some of our legislators who are now starting to realize that locking hurt, slightly broken people in cages for decades leads to completely shattered/unstable people who just look sane.

Gentlemen, D.O.C. was not created to fix us, our laws were not thought up to help us. Illinois took a tough on crime stance in the 90's for federal funding. Funding that in no way covers the increasing cost of housing all of us glorious misfits. D.O.C.'s primary purpose is to protect society, by separating people who cannot abide by laws created to keep society safe. Rehabilitation??? Yeah that sounds nice, and to be fair D.O.C. does not have access to the proper funding to get every individual in custody the proper rehabilitation they need. To some extent we have to make the hard choice. Do we want more from our life than a endless cycle of pain?

When we sell drugs to someone, we are contributing to that persons suffering. Or have we not learned yet that drugs make it extremely hard to keep someone's life on track. Children cry because mommy is not home, and the fridge is bare. Our kids grow up without a father because we're locked up. These children have harmed NO one, and they deserve better. I don't care if someone else might sale dope to the child's mother, that doesn't mean its ok for us to contribute to their collective suffering. Addiction is a long, ugly, painful path, and we should

be ashamed of ourselves! We should want to be more than someone who hurts people for a living! We should want to do better by our own children, for what do you think our children go through not having a mother, and a father? That might be half the answer to why these street gangs keep tricking kids into believing the gangs is their family.

Family... we want what's best for our family! We don't give our family drugs to sale to make money for the nation. We don't give our family weapons to hold for the nation. Please try to forgive me... our minds have been warped by this INSANE ideology of what's cool, of what's expected, and what respect means.

OUR FAMILY... that lady at home worried sick about her son. Whose going to love him NO MATTER what kind of trouble he gets into. That's family, we are failing our family by letting ANYONE lie to us about what jail is supposed to be like. It is a sign of true courage and strength to not give in to the painful memories. They don't MATTER! What matter's is, what is your road/avenue to saving what you can from the life you still have. Do you have kids? They are your blessing, you get yourself together so you can show them what a strong man is. So not let them be led astray by people who don't have their best interest at heart.

Rehabilitation is something we have to pursue on our own. It takes commitment, Illinois laws aren't against us, the government is giving away money to go to college, stop letting friends tell you, you aren't the college type. You are the pick yourself up and shoulder whatever need be for FAMILY type! Your not failing me, I wish I had more time with you to demonstrate these ideas in better detail... In time gentlemen. God Bless!

ODE TO A CHANGE OF HEART.

By: Ignacio Carillo @ East Moline C.C

While living buried in a human warehouse on the fringes of society over the past seven years, I have had a lot of changes of heart. I have had a change of heart about whether I need a headful of hair especially when it is so hot and humid that the walls of my cell sweat. I have had a change of heart about facial hair, clean shaven faces are suspect on Planet Mind F*#%, so now I wear a patchy greying goatee. I have had a change of heart about America, 'A disillusionment', when I was finally able to pull the curtain and meet the wizard. A hard earned wisdom every inmate gleans once swallowed whole into the belly of the beast. Since time is my new constant companion I have had a change of heart about reading, a hobby that has become my salvation. I have had a change of heart about money and stuff in general and how much I really need to be happy.

I have had change of heart about cleanliness and organization, because it seems there is just no way to keep a tidy 6x10 concrete box clean when two grown men spend twenty- three hours a day in it. I have had a change of heart of whether I am brave enough to stand up for myself and for what I know to be right even when the repercussion can be brutal. (Much to my own surprise: I am.) I have had a change of heart about drinking coffee and sleep and the importance of staying healthy in general. I have had a change of heart about the goodness of white people and badness of black ones. It is one thing to imagine monsters in their cages it is quite another to meet the angels that live inside them and I have finally changed my heart about whether this experience would forever destroy me. But, maybe most importantly, I have had a change of heart about what matters most to me in this world, no longer a what, but a why?

Growing UP

By: Ryan Howard @ Danville C.C

My name is Ryan "Magik" Howard. I'm 32 years old and have been incarcerated since 2011 when I was 18. On May 30th I attended a graduation ceremony where I received my Bachelor's Degree. I could not believe it. I actually did it. On my own. Before my incarceration, I was a high school dropout that didn't care about anything, not even myself. The only thing that mattered was getting high. Because of my choices and priorities, I have never driven a car or even had a job. I was a horrible person and my actions reflected that. Growing up, it seemed that nobody cared so I thought to myself, "Why should I"?

When I got locked up something switched in my head. I was forced to be sober for the first time since I was 12. I was immediately overwhelmed with emotion, shame, and remorse. Not only for my crime but for the way I treated those I cared about, because nobody deserves to be treated negatively by those they love. Instead of giving up and dwelling in my own misery, I made the decision to strive to be as successful as possible within the confines of these walls. During my time in the county jail I ended up receiving 15 years at 85%. While I was there, I completed my GED. After I was sentenced I was sent to Logan C.C. where I completed the Construction Occupations Vocational Course. Once they officially switched Logan to a female institution in 2013 is when I came to Danville Area Community College. I continued to go to college and work full time for a few years until my whole life was crushed. This is probably the worst part of my entire bit.

In 2016, I was about 1/2 way through my bit. I was working in Industries and was in my last 2 college classes I needed to receive my Associate's Degree. I will never forget this day, I just got off work at 2:30 pm on a Friday. The C.O. called me over the intercom to come to the front. They told me to go to B of I. I immediately thought that it was weird. So, I

was over there. As soon as I walked in the building, I was cuffed and put in seg. I asked "WTF happened?" The staff said they didn't know. I sat in seg all weekend freaking out. They pulled me out Monday morning, put me in an office and told me that my charge has been upgraded to first degree murder. I was also informed that I am now a maximum security inmate and will be transferred to Menard C.C. that Wednesday. I lost it. I started bawling my eyes out hysterically. I gave up. I didn't care anymore.

When I got to Menard, I embraced it. I became prison. I no longer cared about anyone or anything outside of prison. I only cared about the politics and norms of Max Security. And some of my choices reflected that. Looking back I'm grateful to have experienced this. It gave me a deeper appreciation for places like Danville. After 2 years of going back and forth between Pontiac C.C. and Menard for court, I took 30 years at 100%. About a month after getting my time, a counselor came to my cell and asked "where id like to transfer to". I said Danville thinking it would be a shot in dark. Surprising, the counselor said sure because I didn't do anything from a disciplinary stand point to get shipped from Danville in the first place.

I transferred back in 2018. My first 6 months back I received my Associates Degree. After all the COVID stuff happened Eastern Illinois University came here and offered a Bachelor's program which I took full advantage of and received my Bachelor's degree this past 30th of May. Looking back, I used to say I'm doing all this for my family and friends so they could be proud of me. But now, after everything I've been through both good and bad, I did this for me. I'm proud of who I am today and everything I've accomplished. I believe my accomplishments are proof that I'm not that dumb kid anymore. I'm ashamed of my past, proud of my present and continue moving towards a positive future.

FOUNDATIONS FOR LIFE

“At Vandalia CC, individuals have completed a weekend long program called Foundations for Life. This is class 1 of the Unleash the Masterpiece program, led by outside volunteers. Students in this course learn foundational life skills of self-leadership through cognitive behavioral therapy techniques, mentorship, development and maintenance of healthy relationships, and behavioral change skills. Topics that are covered include meaningful impact, authentic friendship, abundant living, individual dignity, inner strength, principles and values, spirituality, positive attitude, self-awareness, life balance, self-discipline, people skills, purposeful living, perseverance, and flexibility. Congratulations to all of our June 2024 program graduates!”





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.

So... Full Disclosure

By: Julian Alequin

So full disclosure...I didn't want to do this initially. Why? I felt like everything has already been said! How many times can you say that every other prison is terrible and Kewanee is a breath of fresh air? How many times can it be repeated that getting to Kewanee seems like being transferred to another planet let alone another prison? It did always seem like the people that were writing these things were either over exaggerating or putting sprinkles on a pile of.. dirt. The truth is they were not! They were actually unable to capture the beauty of the freedom that we are given here. It's not just the ability to have so much movement that by the end of the night you feel like you've ran a marathon, or being able to go to commissary like you used to go to Aldi's. It's the feeling of being a human again, the feeling like you actually matter in this place. It's the handshakes and eye contact while your being told "Good Morning" or "Have a good day". When I was politely asked "Do you mind if I pat you down?" I knew at that moment that I had entered an entirely new realm. Since the beginning of my incarceration, I was constantly in pain at the thought of being away from my daughter, my family, and my loved ones and all the pain I had caused them. I was told early on by a wide range of people that I couldn't "keep them in my mind" that my time would be "longer" if I thought about being home constantly. Truthfully, I thought it was dumb! I wanted to be home. I wanted the ability to repair all the damage I caused and, to me at least, my outdate couldn't come any sooner. Over the years, I have tried to convince others at how important it is to remember what you're working towards and what REALLY matters at the end of the day, YOUR FREEDOM! The beauty of this place is that is exactly what you are constantly working towards. Everyone here from top to bottom is pushing you to think of your life outside of the barbed wire. They want you thinking of your family. They want you to repair those broken relationships. They want you repairing those misguided thought processes. They want you to become financially successful and independent. You not thinking of your life outside doesn't make sense to anyone here because they know what really matters. Don't get me wrong you can find negativity anywhere and if you try hard enough you can complain on a cruise, but you have to look past all the

darkness or do as I do and bring your own light. There have been many scenarios throughout my incarceration that could have went the wrong way had I not had my freedom at the forefront of my thought process. I know that I have something to get home to. I know I have a family that needs me and a woman that deserves me, so I have always pushed towards the front door no matter what stood in front of me. The difference now is that I feel like my efforts are being cheered on by a collection of people that don't want me to be a good inmate but a great person. So push yourself to be better every day. I know that it is not easy being wherever you may be reading this. Know that every time you walk away from something that feels unavoidable or you stay silent in a situation that you feel like you need to speak up in, that you are fighting for something much bigger than that one small event. You are working towards something that is more valuable than gold and more precious than diamonds. You are working towards your freedom. There are a mountain of good men that I have crossed paths with that have an even larger mountain of time to do and to them I scream "STAY STRONG!" It's not fast or easy but know that there are people that are rooting for our success but we must be strong and let no evil come between us and our ultimate goal. It may feel so far off that it doesn't matter but you must remember that it does and that it matters more than anything else. I have sat many times and remembered the places I made it out of because I don't ever want to be the person sitting on the moon complaining about the stars. I remind myself of the tough times and silently thank God that I can now laugh more than I cry. It is hard and by no means am I saying it is easy but remember that we can all make it to a better place it just takes time and patience.



ROTARY FENCE BUILD FOR BISHOP HILL

By: Jesse Myers

I've discovered many things throughout years of self-reflection. One of those is that I left behind me a wake of hurt and pain. I have taken so much from the world and the people in it. The only attempt I have made at mending the injustices I've brought upon the world is to continue on a path of correction and growth, and to continually give back through acts of kindness and service to others. Being a participant of the Kewanee Life Skills Rotary Corps has been another great outlet which allows me to be of service to this community. When the opportunity came for me to join this venture I was immediately on board. The essay we wrote was integrity, fellowship, adversity, and leadership. Knowing that I would be involved with people concerned with these subjects sparked my interest.

During the past few months we have met with some amazing, kind, and caring people. They have continually offered us their services and a plethora of applicable information relevant to our re-entry. The great thing about it is that we are able to serve our community by connecting these people with our population. At other times, we have been able to share the knowledge given us with our community. The potential service project I am most excited about is Bishop Hill—a Swedish settlement not far from Kewanee. It was founded in the early 19th century by Swedish immigrants searching for a place of refuge from religious persecution. The town of Bishop Hill is taught in Sweden's history books.

People have spent years to ensure that most of Bishop Hill has been preserved to honor its founders and its historical importance to Sweden, Swedish Americans, and Illinois. We as a community may get the chance to help with the ongoing preservation of Bishop Hill. For us, that would promote diversity, culture, ethnicity, and service. The project presented to us is a complete restoration of a quarter mile length of fence around Bishop Hill Park. The park and the fence have a great historical significance. The park is very important to the success of Bishop Hill, promoting tourism through natural splendor and events such as hosting the Queen of Sweden and concerts.

I was humbled and honored when our team of Rotary Corps participants asked me to take the lead on building the fence panels, and design a system so our community could build the panels proficiently. We met with the following group of individuals and received the necessary information as well as a set of blueprints:

Mr. Stahl sent us a package of lumber and screws and along with the guidance of our supervisors, Jon Moraski and Tom Ryan, we built a mock-section of the fence to present to those charged with funding the project. With the help of my brother and co-worker, Kevin Robinson, we made light work of the mock-up...we even built a jig for the chamfers on top of the spindles. We enjoyed every second of our work.

As of now, we just received the initial wood to get started with the project. This will present an opportunity to teach some of our fellows a few skills. It may even allow for a select few men to go out to Bishop Hill and install the fence panels. Interacting with those outside these walls will give individuals a chance to socialize; showing society our humanness and love. Most importantly, with "*Service Above Self*" as our motto, we look forward to giving back. As we have on previous occasions, Kewanee Life Skills Re-entry Center's community **LOVES** helping oth-

ers.

Hopefully, we'll get to share more on this project in the future as well as more about Rotary Community Corps. Until then, I pray you all the best, continue lifting each other up, investing in one another, and investing in this world freely. We'd also like to take this time to thank the following:

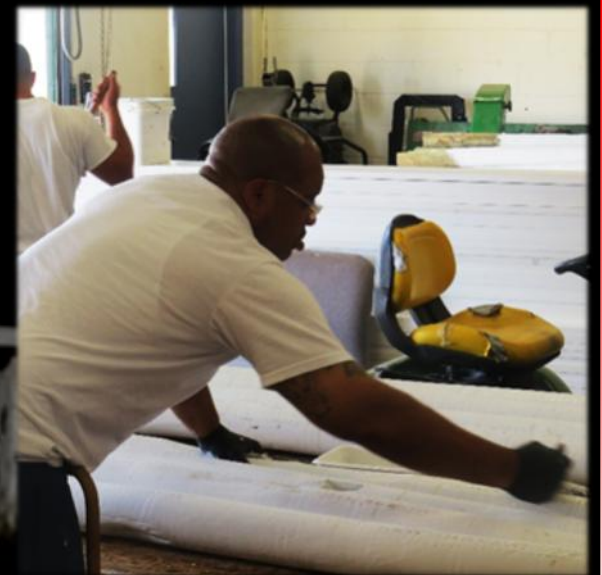
- Mike Massie (Board Advisor)
- Rachel Tucker (Executive Chairperson)
- Jon Maroski (Carpenter, KLSRC)
- John Olson (Former Chief Engineer)
- Tom Ryan (Current Chief Engineer)
- Todd DeDecker (Bishop Hill Administrator)
- Bryan Engelbrecht (Illinois Department of Natural Resources Site Service Specialist)
- Darwin Stahl (EB Buildings & Lumber Company),

and our Former Warden, Warden Jones, for making Rotary Community Corps possible. Thank you Ms. Rowan and Ms. Coulter for all of your continued support. We are grateful to be part of something so positive—THANK YOU!!!



Artwork: Dyrock







Service Above Self

By: Raiid Uwainat

I wanted to take time and share about the recent opportunities I've been given for a while. I have been a member of the Rotary Community Corps here at Kewanee life skills Re-entry Center; recently we broke ground on the bishop hill fence project. Bishop Hill Historic Society, Galva Rotary, The Department of Natural Resource and KLSRC Rotary Community Corps have all partnered to build approximately 1400 linear feet of fence at Bishop Hills Park. Recently I've been working alongside some of my peers to complete the fence panels and fence posts. It has been a pleasure to work with Mr. John Moraski the carpenter here at KLSRC. I have been able to learn many new things and I've been soaking up all the knowledge he has in the trade of carpentry. I am thankful that someone like John would spend time with myself and others to teach us some of things he knows. I'll be able to take these experiences with me and utilize them to aid in my success outside of prison. One of my close brothers Jesse Myers asked me why I thought a service project like this was important? My answer to him was "Being a minority in this country is difficult". Having people understand your culture and cultural traditions is important. It helps to break down religious, cultural, and racial barriers. People tend to fear or dislike things they do not understand or things that have been taught to them from a one-side perspective. The preservation of Bishop hill allows me to help preserve history and culture in our state and country. It helps us each share in the richness of diversity that our constitution aims to serve. Proper preservation of history increases cultural competence, helping people to understand, respect and appreciate one another a little more. This service allows me to

uphold the values that my parents tried to instill in me, along with the values those in Kewanee are trying to help us live by. I am thankful to be given a chance to serve in such a capacity. Serving others is an attribute that my parents tried to help bring out in me as a youth. The people of Rotary along with Warden James Carothers have helped me experience serving others and being an asset to society in place of a liability which I once was. I would like to thank Mike Massie and Warden Jones for all they have done to make this happen. I would like to thank John Moraski for his knowledge and skills, Mrs. Trigg and her service learning class, also to anyone who is helping with this project including our peers. To the Rotary Club, Department of Natural Resource, and Bishop Hill Historic Society, THANK YOU for trusting us with this huge responsibility. And finally thanks to Warden Carothers for everything you do to improve our experience here and all you do to help us improve ourselves. Your genuineness and care for our future is amazing and appreciated.



Training Day

By: Sean Helgesen



In the few moments preceding my arrival upon the front steps of the Kewanee Life Skills Reentry Center my intuition was telling me there was a distinct possibility the small world I was living in was about to transform in the most extraordinary of ways. Sounds like a cliché right? Alternatively, maybe the intro scene to a depressing prison movie. Just the opposite, I promise. To those of us here who are living a reality in furtherance of a commitment to avoid becoming a recidivism statistic, I am just stating the obvious. However, to those who live vicariously through our shared experiences in the Kewanee Horizons E-publication, it is important to understand a place like Kewanee can be a transformative experience in the short time we are here. Transformative in a sense that behind the scenes there is an army of people who move mountains for the sole purpose of opening doors for us to march through. Ultimately leading in the direction of a more purpose driven life as an alternative to walking a worn down path that invariably leads to the same place; broken promises and regret.

Even as I write this piece I can hear the soft echo of sound advice that Mrs. Kendra Wolf imparted to me as I left my previous institution; “Sean, make good choices”! In the quiet moments of my life here, I do often contemplate the weight of those three words and the spirit in which they were given (“make good choices”) and the avenues now open to me because Kewanee exist. Having been incarcerated for most of my life for a string of tragic decisions made by a terrified teenager, Mrs. Wolf’s sage advice to me in the split second before I dashed out the door is a condition precedent to every decision I contend with on a daily basis.

I have been meaning to write about this amazing experience for quite some time but my daily schedule and the pledge I made when accepting the Kewanee challenge keeps me really busy. However, on Thursday, March 7, the Kewanee Rotary Club hosted “**Career Advancement Day**”, highlighted by the company **National Tube Supply** and its Director of Human Resources, Craig Kistingner, along with a legion of his devoted employee’s. Being relatively new here and still figuring out the lay of the land, the prospect of leaving my comfort zone submerged in decades of introspection in favor of the unknown was nerve racking to say the least. However, I pushed aside the fear of judgment and failure I know we all feel at various points in our lives and embraced the “make good choices” whisper that is a constant companion to me and dove right in with a good friend of mine, Sharkey.

Initially my impression of Career Advancement Day was this is going to be an occasion where people who live in Ivory Towers and have no real sense of what we are facing in life lecture to us about how great their lives’ are and what horrible people we are. However, when it began I was dispelled of that notion instantly. Craig Kistingner took to the stage like a rock star! Wearing a bowtie no less! Rock music blaring in the background of his walk up to the microphone. It was as if we were sitting front row at a Guns n Roses concert! Guitars screaming at us without conscience. From the moment he started speaking to us his entire message was geared toward the very real possibility that all of us can be a paradigm of success regardless of our current circumstance. Hard work and dedication will breed a new vision for our futures and ourselves. I was blown away at how disruptive his messaging must be to an entire establishment of people who believe that once a lost cause, always a lost cause. The room was in collective shock I think. He had our attention. Then the real fun started.

Virtual Reality! Resume evaluations! Elevator pitches! These are concepts that I have given almost no thought to for the last 48 years of my life, but for those few hours I was able to traverse a landscape so foreign to me it’s difficult to even describe---looking back now I must have looked like Neo once he swallowed the blue pill and disconnected from the Matrix. His eyes

open to a reality that only ever existed at the fringe of his consciousness. As crazy as this sounds an entirely new world unlocked itself for me that day. This is just one example among the many reasons why the State of Illinois and policy makers need to seriously consider how positive programming alters the trajectory of our lives and the collateral consequences everyone can benefit from in a State that is in desperate need of solutions to an age old problem; Investing in education not at the expense of public safety, **but for it.**

I dramatize these events because I am quite literally new born into a technological world that I have not been a part of for over three decades. The internet? Artificial intelligence? Now we have cars that drive themselves! Crazy stuff. And I am not alone. There are so many people like me in the system today. It is a lot to take in, but systematic programs like the **Career Advancement Day** are designed to future focus one's attention on the knowledge and skills a person will need to circumnavigate a life not constrained by institutional circumstance. In a matter of a few hours I went from never having contemplated how to construct a resume, to selling myself and pitching my story to the amazement of the volunteers who were there to support and guide us through this process. Not to mention balancing on top of a 200 ft. high cell signal tower during my first ever expedition into the realm of Virtual Reality! However, and this is so important to remember, my success that day and any future success I have merely builds upon the success of the men and women who have come before me that helped lay the foundation. That is the beauty and the blessing of these programs. Men and women coming together for the common goal of lifting one another up through a shared experience.

Certificate of Completion

By: Jermaine Brown

In March I started the 'CAT' Simulator Hydraulic Excavator program and I must admit I had my doubts but embraced the opportunity to add another skill to my resume. To my surprise I took to the program like a fish in water. The class work was a bit difficult but I flew through it because I wanted it more than any other program I had ever taken. My motivation was the amount of money a Hydraulic Excavator Machine Operator make per hour. I quickly fell in love with overcoming each steps leading up to Full Production on the Simulator. My quick achievements got the attention of each instructor as I flew pass the other students. It was already expected of me to finish the whole program before everyone else.

However, for my final Simulator exam I began to struggle in full production, and as I hit that stumbling block some of my classmates began to catch up. That all intensified the situation and added pressure on your boy. One morning I woke up early and beat everyone to the machines



but only to be defeated again and again. I found my way back to the unit with my head down. A couple of hours later, I was right back in that seat only to have failed by one point. The look of defeat washed over me as my opponent and instructor observed. I gathered my thoughts and took a long breath, then I locked in. Twenty four minutes and 7secs later I exited the room with a huge relief off my shoulder's. I completed the 2 month program in just a month. So, I decided to share the moment with you all when I received my Certificate.

"Stay Dedicated"





KEWANEE FADES

By: Mrs. Ebersole (Barbershop Supervisor)

There's no denying how good a fresh haircut makes you feel. It naturally elevates your mood and boost your confidence. Here at Kewanee Fades our motto is "Look Good Feel Good." Barbering is more than cutting hair. Everyday we make a positive impact and lift others up in our KLSRC community. Our population here has grown the last few months and we now have fourteen who can cut hair. As we gain more barbers my vision for the barbershop grew. In the barber and cosmetology profession, learning never stops. You must be willing to embrace new challenges and stay up to date on new trends and techniques. There's so much we can learn from each other, our barbershop is small and space is limited here. I knew I needed to get creative on how we can be more inclusive to all. A friendly fade competition was a great way to get more barbers involved and showcase their talents. Thank you to Warden Carothers for allowing us to be able to showcase Kewanee's barber's, thank you, LTS supervisor Louck and the LTS Crew for photographing their work. Thank you to the individuals and the staff for voting, lastly, thank you to the participants. I hope you enjoyed it as much as I did, it was fun watching you all cut in the barbershop.

I am thankful for my position here at KLSRC, everyday I will continue to strive to add something positive.



THE BARBERSHOP

By: Arturo Garcia

I had a great experience participating in the Barbershop Fade Competition. Cutting hair is my passion and this was a great opportunity to showcase my skills and compete against all the other great barbers we have here. Even though I did not win the competition, I'm still grateful I even got the chance to compete. Hopefully there will be more competitions so I can have another chance to show my skills. I would like to thank Mrs. E and all the other staff for giving us this opportunity.



KEWANEE'S BARBERSHOP

By: Adam Lugo

My experience in this fade-out competition is a feeling I can only describe as different. Different from what I have seen, heard, and felt in the 15 years I have spent behind these walls. The mind adapts to repetition so we intend to get used to what others wouldn't be able to handle. Time after time we see the same thing over & over, we hear the same thing over & over as what we feel..... over & over! Then comes a change, something different. Something I haven't seen, something I haven't heard, something I haven't felt. Something called A FADE-OUT COMPETITION, where other barbers along with myself got together for one cause and feel something different. Well, that's an experience within itself! I am so grateful for this change and having the opportunity to work here at Kewanee fades and be given the opportunity by Mrs. E to work for her and show my skills. Skills that I have picked up thru out the years and I finally get to expose them in front of my fellow barber's, individuals, and staff here at KLSRC. Real talk, I enjoyed myself being part of this competition. It was a beautiful thing seeing this Fade-out take place. Barber's picking their own client to cut, watching barber's concentrating while they cut, and some clients with a nervous look on their face. Lol. Moments like these are the moments where we forget for that brief moment what we have been through. It was also different seeing individuals and staff side by side submitting their votes, where do we see that take place? Where do we feel this change? Where do you hear about competitions like this? Only here at Kewanee where its DIFFERENT!



Kewanee Barbershop Experience

By: Pedro Arroyo

My experience reminded me of my passion I first felt when I held the trimmers in my hands. It felt invigorating!! This opportunity was given to demonstrate how the world can be as we are in Kewanee. I hope I can extend this opportunity to all.

My step process was as follow...

My first step was to cut the top of the head to a size #2(Guard).

This established a base size number, and helped get the longer hair out of the way. Then I used the machine liners to “bold” the side of the entire head. Then you can (choose to or not) bold the side even more with an electric shaver or shaving razor. This makes the skin clean and smooth.

This helped format the type of fade requested-either a high or low fade. This process is optional to all depending on expertise. I personally start a bit lower-just to give myself more room for error.

After, I used the master Andis trimmer’s size #1; I raised it up ½’ from the harsh bold line. This step is important because again if you want a “low fade” you will need to stay low. (This will make it seem like there’s 2 lines to fade now, its okay). As you cut with size #1’ blade make sure you **FLICK** out with your wrist as you get to the longer hair. This will help with your blending process. So, before you blend the #1 to top of head#2(Guard)...

Focus on the bold line to #1, for now. Don’t worry about the other line (size #2).

This is accomplished by using the adjustment lever on the side of the master trimmers.

Raise the bold line a few centimeters as you get closer to the size 1 without passing it. If you do, your fade will be higher; the blending will be raised once again. Once that bold line is blended with size#1, you should only have one unblended line left (size#1-to-size#2).

(Again, all barbers have faster and better techniques for blending. However, to make sense I would like to paint a visual picture for others).

Now, to blend the last line... (Size #1 -to-size#2) you have an option to use a 1½ guard and/or use a comb. If you use a comb, place the comb long way (vertically) or horizontal on the head. Whatever works best?

Focus on the long hair tips. This should remove the last un-faded line. If you use the 1½ guard, ride the back of the guard by placing it to the scalp. As you get closer to the longer hair, flick your wrist and/or ride the guard upward. Any imperfections use the comb and/or tilt the blade in, the direction of the blade will cut closer as well, so be careful.

Again, I hope you will take the time to perfect your skills. What helped me may not help you. So find your own technique. I take this opportunity to thank Mrs. Ebersole - “Mrs. E”. She’s definitely an integral part in Kewanee’s Barbershop. Thank You!





The Fade Off



By: Banks Tha Barber

Banks in Tha Hous! Super Dooper shout out to Mrs. E for presenting Kewanee Fades first annual 'Fade Off' competition; a special thanks to her, the 8 barber contestants, our trusting clients and the host of community supporters that voted for our Best Cuts; We couldn't have done it the way we done it without ya'll.

I went outta the way of the standard regular-degular Bald Fade and did a dope A** Fro-Hawk with the sponged top on my client Steve-o tha' Barber (Who went home by the way) so I had to over-snap. Funny thing is... not only will I be the first one to tell ya'll that I didn't even win 1st, 2nd or 3rd place in the competition, the 1st place winners cut was smoking! That S#!t was flawless and I give credit where

its due. He did that! Congratulations, Vato!

Overall, I had tall fun and, no matter how good I know I am, I humbly took it like a champ and I was inspired to continue to put that work in because I know I gotta be tha one most improving! "Get Em Bank\$"





MY BARBERSHOP EXPERIENCE



By: Leonel Galaviz (English)

My name is Leonel Galaviz. I have always cut my own hair and have practiced on myself. Never have I felt confident enough to cut anybody's hair due to the fear of not doing it correctly. However, we had an amazing experience and the opportunity to cut hair here at Kewanee. My friends suggested to participate, that I had the talent. I felt so unsure, never did I believe I could do it until I decided to do so. When I began cutting I felt uncomfortably nervous. But in the process of cutting, I built more courage that I could do this! In the middle of the cut I realized that I was doing a good job. When I finished, I could not believe the wonderful job I had accomplished. It came out great, this was an amazing experience! This opportunity taught me a life lesson... The fear, insecurity, and nervousness were the things that held me back from discovering hidden talents. **Do not allow this!!!!**

Feel secure of yourself, and yes you can reach everything you propose in life. Confidence within will take you to do fulfilling accomplishments in life, and will make you a better person in society. I thank Mrs. Ebersole for helping me find what I failed to see... Believing in myself. Thank you, Mrs. E!



MI EXPERIENCIA DE LA BARBERIA

By: Leonel "Sinaloa" Galaviz (Spanish)

Mi nombre es Leonel Galaviz. Siempre me he cortado mi pelo solo, siempre he practicado conmigo mismo, nunca me habia sentido seguro de cortarle el pelo a alguien mas, por el temor de no hacerlo correctamente. Pero tubimos una experiencia o una opotunidad de corte de pelo en Kewanee, y mis amigos me decian que tenia que cortar pelo, que yo tenia el talento, me centia muy inseguro de mi mismo, nunca me lo creia que lo podia hacer, hasta que me decidi cuando empeze a cortarle el pelo a otra persona me centia incomodo nervioso, pero en el proseso del corte me fui dando seguridad de mi mismo de que yo podia, a la mitad del corte de pelo , me di cuenta que estaba hacienda un buen trabajo, cuando termine, no lo podia creer el gran trabajo de corte de pelo que habia echo, quedo muy bien, fue una experiencia maravillosa. Y esto me ensena una lesion en la vida, que el miedo y la inseguridad, los nervios muchas veces te detienen de descubrir los talentos que llevas dentro de ti mismo. No permitas eso siempre sientele seguro de ti mismo de que puedes lograr todo lo que tu le propongas en la vida. La seguridad y la confianza en ti mismo te lleva hacer cosas grandes en la vida y te hace una mejor persona a la sociedad.

Dyrock



Hola' my beautiful Gente.

There this old saying. " you look good, you feel good, you do good."

Confidence is one of many intricacies of the human soul. I was self-taught many years ago. This form of artistic style allowed me to amplify a bump of good juju within someone else when I am done cutting someone's hair. The joy and smile I get to see when their checking themselves out is rewarding for me in itself. You can see that transformation, their "swag" kick in, and a extra pep in their step. But especially when their loved ones tell them they look good or handsome and they come to tell me what they said. That in itself is so rewarding. I always try to find a spot where I could cut hair without a lot of people but at the end it becomes a real live barbershop. People joking, debating about politics, ethics, religion, and especially everyone and their momma are E.S.P.N expert's on every kind of sport! But in reality it is the relationships you create with your clientele and the space becomes therapeutic on both ends. Whatever the mood is I tend to shift it, rejuvenate, and amplify their self confidence. It's not a haircut, but an experience that I create for them that leads to an emotional feeling the client is left with. So if you have hair dare yourself to creative to get a funky style. Stop with the bald fade because I know for all my broski's that are bald (which ya'll are rockin it, like Jordan) they would have been rockin all the funky hair styles. This is self-love, and self-care when you take care of your appearance. Its not about impressing someone and don't be that "Guy". Who you trying to impress in jail? Its about looking good, feeling good, and doing good. Its good for the mind, body, and soul.

Peace, Love, and Happiness.

Victor Ramos



History of Barbering:

Archeological evidence has discovered razors dating back to 3500B.C in Egypt. Barbers carried their tools in open-mouthed baskets and razors were shaped like small hatchets with curved handles. Barbers in ancient Egypt and Greece were highly prosperous and respected people often being the medicine and priests. It was believed by superstitious people that spirits (Good and bad) entered the body through the hair on the head. Thus, bad spirits could only be driven out by cutting the hair. In essence, barbershops were created to perform competition and miracles.

As barbering evolved “barbershops” were places for public discourse and social interaction. In these elaborate places society’s elite would gather and discuss current events, daily issues, politics, sport news, and much more.

It is not until the turn of the Middle Ages, were the barber roles expanded into more basic medical and dental procedures. During this time, barbers not only cut beards and hair, but they also pulled teeth, performed surgery, leeching, bloodletting and fire cupping. It was during this time period that the iconic barber pole was founded... the spiraling red and white stripes represented the barber’s dual role of hairdresser and medical profession.

By the 1800’s, the barber medical role transitioned to doctors and surgeons. Barbershops in the U.S were largely composed by African-American business developed within their community. And by 1893, the first barber school in the U.S was founded in Chicago by A.B. Moler. This discipline taught basic shaving, haircutting, and beard treatments. By 1920, barbering became a recognized profession.

Barbering has many different fulfilling roles. However, its unique profession does not change how fulfilling and meaningful it is. It provides the opportunity to make others look their best while providing a safe place to dialogue among others. Most importantly, barbering/cosmetology have influenced a broad range of people and areas. It continues to expand the “tonorial” spirit within us. It cultivates the creative and innovative side that most fail to recognize...the artistic talent. Barbers alongside with cosmetology are true art forms, we are all artist. We highlight Kewanee’s barbershop because we encourage commitment to our culture and community to others.

Fun Facts:

“In 1893, the first barber college opened in Chicago, Illinois.

The profession was dominated by men until approximately 1980. At that time, a shift had occurred and almost half of all barber school graduates were women. That trend continues today and nearly half the barbering work force is women. (avenuefive.edu)”. Nice job ladies!



Place Me Next To The Greats

By: Johnathon Dixon

First I want say I've been incarcerated for almost 20 years and I understand how these walls in **These Prisons** can drain you, keep you in a place that feels stagnant, frustrated, unloved, and not remembered. I want take you on journey on how I found my outlet.

Precious Treasure is a fictional novel based on love, lust, and revenge. What captivated me to start writing was an overpowering urge to be heard and the ability it had on my mental health. I founded a type of freedom that couldn't be locked away behind 4 walls and razor wire, even if it was for a short period of time. At that moment I was free to live inside my head and was able to create Precious Treasure.

As my craft and confidences began to grow I started to understand I was becoming a visionary, I went from trying to escape this small box to having the desire to be heard. The idea of being apart of a exclusive club, (Terry Woods, Ashely & Jacques, James Patterson, and John Grisham). This would put me in a position to be placed in a category to be upon the **Greats** and this feeling was to powerful to ignore. It didn't matter if I sold 1 book, or 1000 books my job at this point is to make history. No longer could I be labeled as only a convicted felon or a statistic. Now they would have to also place the title of "Author" next to my name as well. We all need a outlet while we are away from our love ones and I believe I've found mine and I hope that you are able to find yours also.



VOLUNTEERING

By: Halik Williams

First and foremost, it would be remiss of me if I didn't acknowledge those who made it possible and signed-off on everything. I know, your wondering what's everything, let me give these shout outs and I'll explain what's everything. Shout Out /my appreciation goes to Warden Carothers here at Kewanee LSRC, Warden Jones at Illinois River C.C., Lt. Barnes & Ms. Meads (also at Kewanee) for allowing and giving me the opportunity to volunteer. Last but not least, a major Shout Out to Lt. S. Arnette at Illinois River.

I don't know what comes to mind when many think of volunteering/volunteer work. I know, that some live by the philosophy what's in it for them and others have a quid pro quo mentality. Well, let me share with you my experiences and perspective on volunteering. Each of my experiences with volunteering has come since I've been here at Kewanee LSRC. I'm not saying that I wouldn't have done it at the other facilities. However, its no secret that Kewanee give's us the chance and opportunity we're not afforded at other facilities.

I arrived here March 2023 and my first experience came in early April when Warden Carothers informed us that the town of Savannah Il was on the verge of flooding and needed 10,000 sandbags from us. Though, I was still on the new he said two things that motivated me and countless others. We're we willing to do it and did we think we could handle the task. I don't know about my peers but for me it was a challenge, one that I was willing to meet. So,

for 3 shifts I made it my business to put in 3 hours on the black top (location where sand bagging took place). Regardless of the blisters on my hand and still being in orientation I wanted to do my part to prevent the flooding of a town I never heard of. Though, they are synonymous the town and people. I'll be honest, it was the people I had in mind that combined with news coverage of how close Savannah was to flooding energized me in ways I didn't know possible. That feeling I experienced during sand bagging is one that was indiscernible. I thought, about what if families lost everything they worked so hard for or even worse some lost their life.

My most recent opportunity for volunteering came in April. When for ten days 8-10 hours a day Ojo Webb, Justin O'Connor, Ralph Gray and my self. Were driven to Illinois River to do some carpentry work (floors, walls, and ceilings) that's what I'm calling it. Thanks, to Lt. S. Arnette we are professional's, it's a inside joke. The things we weren't familiar with she gave us crash courses in and also got her hands dirty, I mean that literally. Never in my life have I seen a Lieutenant assist with painting and tearing up tile off floors. Regardless of how often we said Ms. Arnette we got this or that, she couldn't just stand by and watch us work. That spoke volumes and made us want to work that much harder.

To my comrades and peers, when asked and given the opportunity to volunteer seize it. Not only can you learn new things, but it's a humbling experience, and its service over self. What's Growth without Change, we have to change/get away from the what's in it for me mentality.



THE MARKET CORNER

Kenji Haley, Co-Editor for The Market Corner

I would like to thank the man who sent the letter about trying to understand the market and what to do once he got some capital to invest. This is simple, but sometimes, “simple” is the best answer. And Dave Ramsey’s **“Baby Steps”** plan is nothing if not simple. Dave Ramsey, financial author and host of a popular nationwide radio show, created the following “Baby Steps” for getting yourself out of debt and putting your financial house in a solid foundation. So, here we go. Here’s **Dave Ramsey’s “Baby Steps” Plan:**

1. Make minimum payments on all your bills. Squeeze your budget until you accumulate \$1,000 cash. This is your beginner Emergency Fund.

You’ll never make headway in your quest to get out of debt if you don’t have some savings - at least a little something to fall back on. That “little something” is called an Emergency Fund, and that’s what this first \$1,000 is for (or \$500, if you make less than \$20,000 per year). Put everything else on hold. Make only minimum payments on all your debts; take on a second job if necessary; forego retirement-plan contributions (temporarily) if you can. Get your “beginner” emergency fund together first. Get it together *fast*.

If you already have more than \$1,000 in savings, and in anything other than a retirement account, withdraw everything except the \$1,000. Use these proceeds for Baby Step #2, regardless of penalty (if the money were in CDs, for instance, there would likely be a penalty for early withdrawal).

Once you have accumulated the \$1,000 (or \$500), keep it some place where you cannot easily get at it.

2. Pay off your debts in order of smallest balance to largest. “Snowball” the payments as you go.

Grab a sheet of paper or a spreadsheet. Write down all your debts except your home. (If you’re into spreadsheets, something like my *DebtTracker spreadsheet* will come in really handy here!) Arrange them in order from smallest balance to largest. Do *everything* you can to pay off the smallest debt listed (take on a second job, or sell stuff if you have to!) while making minimum payments on everything else.

Once that first debt is paid and gone, then “snowball” its monthly payment: **Add it to the normal payment you’re making on the next-smallest debt**, and focus your efforts on **that** debt. When that one is paid off, take that monthly payment amount and apply it toward your next debt.

Get the picture? The more debts you clear, the more your “snowballed” payments increase. And the more headway you’ll make—faster—on your larger balances.

What’s the rationale behind paying off your debts in this manner? Ramsey writes: “The reason we list the debts from smallest balance to largest is to have some quick wins. Sometimes behavior modification is more important than math. This is one of those times.”

One important caveat: If you’re working on the second Baby Step and some emergency arises which forces you to spend any part of your emergency fund, then **immediately stop this step and return to Baby Step #1**. Stay there until you’ve refunded your Emergency Fund in full.

3. Create a full-fledged Emergency Fund containing 3 to 6 months’ worth of expenses.

Bad luck and rainy days are a part of life. Expect them. Prepare for them. Do this by **main-**

taining three to six months' worth of bills and living expenses in a savings or money-market account. You'll then have gone a long way toward erasing the "What if?" stresses from your life.

This fully-funded Emergency Fund allows your family to always be ready for whatever life hurls at you. Sure—that Murphy guy might still stop by your residence every so often, but he won't be able to run roughshod over your financial life the way he used to. Ramsey, in fact, takes the analog a step further: "Don't forget that the emergency fund actually acts as a Murphy repellent."

Ramsey elaborate: "Beware not to rationalize the use of your emergency fund for something that you should *save for* and purchase. Something an sale that you 'need' is NOT an emergency. Prom dresses and college tuition are NOT emergencies," he says.

In any event, get your full e-fund together, and you'll be in a financially-elite class. You won't need your credit cards any longer...even for emergencies. And the next time your car's alternator detonates?

4. Direct 15% of your annual pre-tax income into your retirement plans. Utilize tax-advantage accounts such as 401ks and Roth IRAs, if eligible.

Now it's time to get your retirement funds in shape. Contribute the maximum amount you can, your target being contributions of a full 15 percent of your household's gross (pre-tax) income. If you have tax-advantage plans (401k or Roth IRA, for example) available to you, then exploit them to their fullest extent. If your company matches any part of your contributions, do not consider this as part of your 15 percent. Additionally, do not include expected Social Security benefits in your retirement calculations. "I don't count on an inept government for my dignity at retirement, and you shouldn't either," Ramsey says. At this point, if you haven't al-

ready done so, it is time to begin seriously educating yourself about mutual funds, stocks, and the financial markets.

5. Take care of college funding. Fully fund Educational Savings Accounts and/or utilize 529 plans. (Optional)

If you have kids, then you'll have college to worry about. The earlier you start, and the more attention and funding you're able to give, the better off you and your kids will be. Since college tuition inflation averages around 7 to 8 percent per year, your investments will need to (hopefully) do better than that. Always use tax-advantaged accounts (such as 529 plans or Education Savings Accounts) to their fullest extent to assist with this. These plans do have certain income limits and other restrictions and/or fees, so be sure to check the fine print before diving in.

6. Become financially "ultrafit" and 100% debt-free: Pay off your home early.

For most people, the mortgage payment is the single largest monthly payment they will ever have. Just imagine what you can do with that money when you've paid it off. Imagine how you'll feel when you make that last payment.

At this point in the Baby Steps, you'll want to round up every spare dollar you can find and put it toward your mortgage, regardless of the oft-quoted benefits of mortgage-interest tax deductibility. (How wise is it to continually pay, say, \$5,000 in interest to a bank each year, just so that you won't have to pay \$1,500 in taxes to the government? The small minority of folks who own their homes debt-free probably don't mind paying that \$1,500 a bit.)

7. Get to the point where your money works harder than you do: Build wealth (mutual funds, real estate, etc.), have fun, and give!

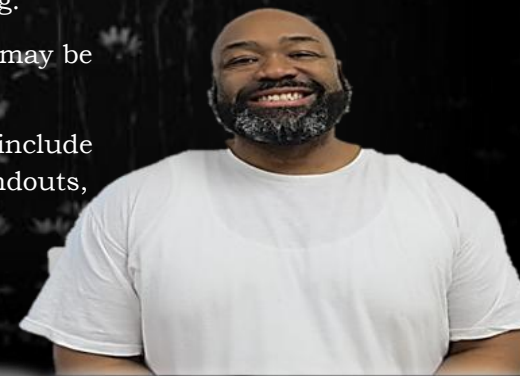
With every bit of your debt zeroed-out and your savings tanks on the full mark, you can finally

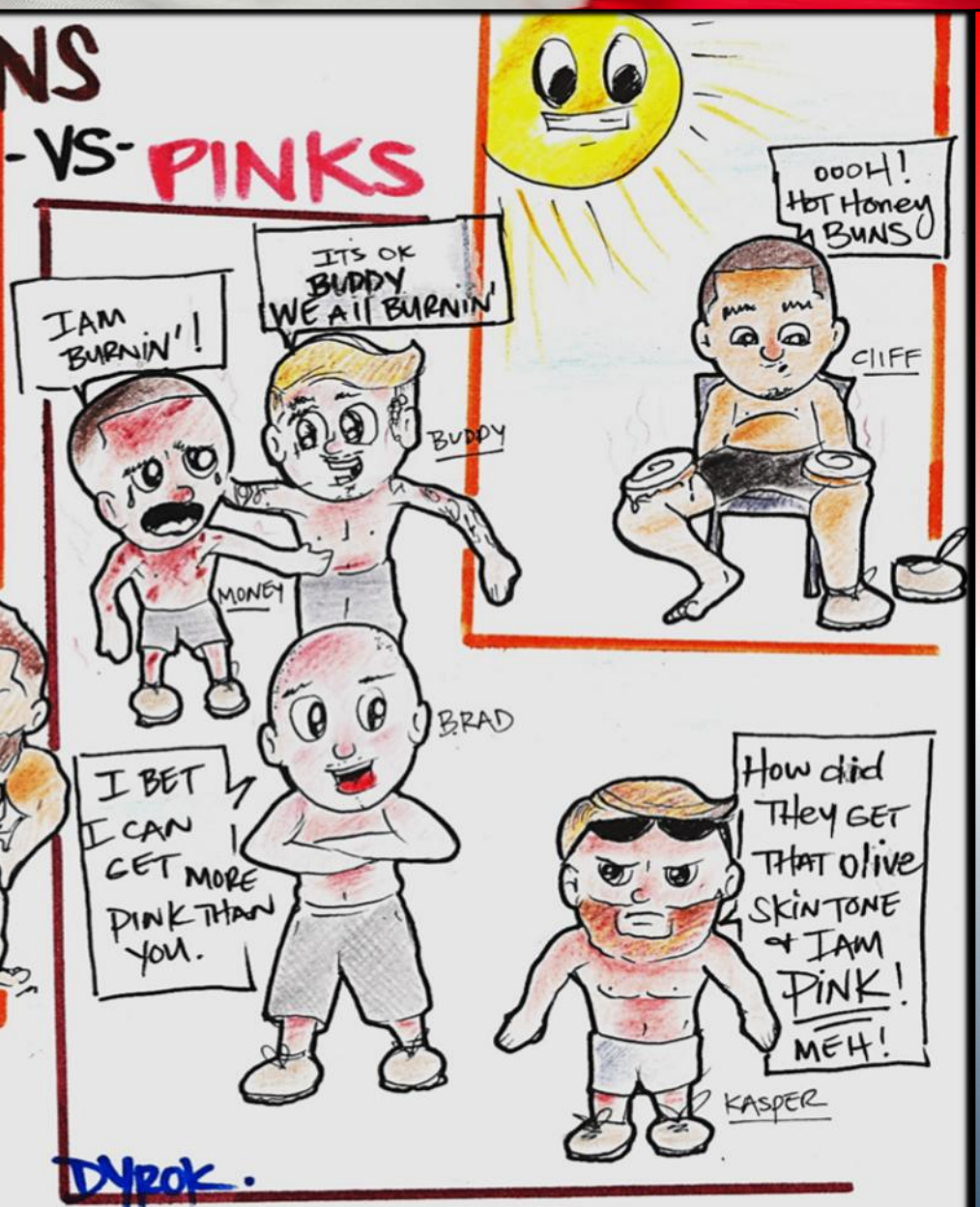
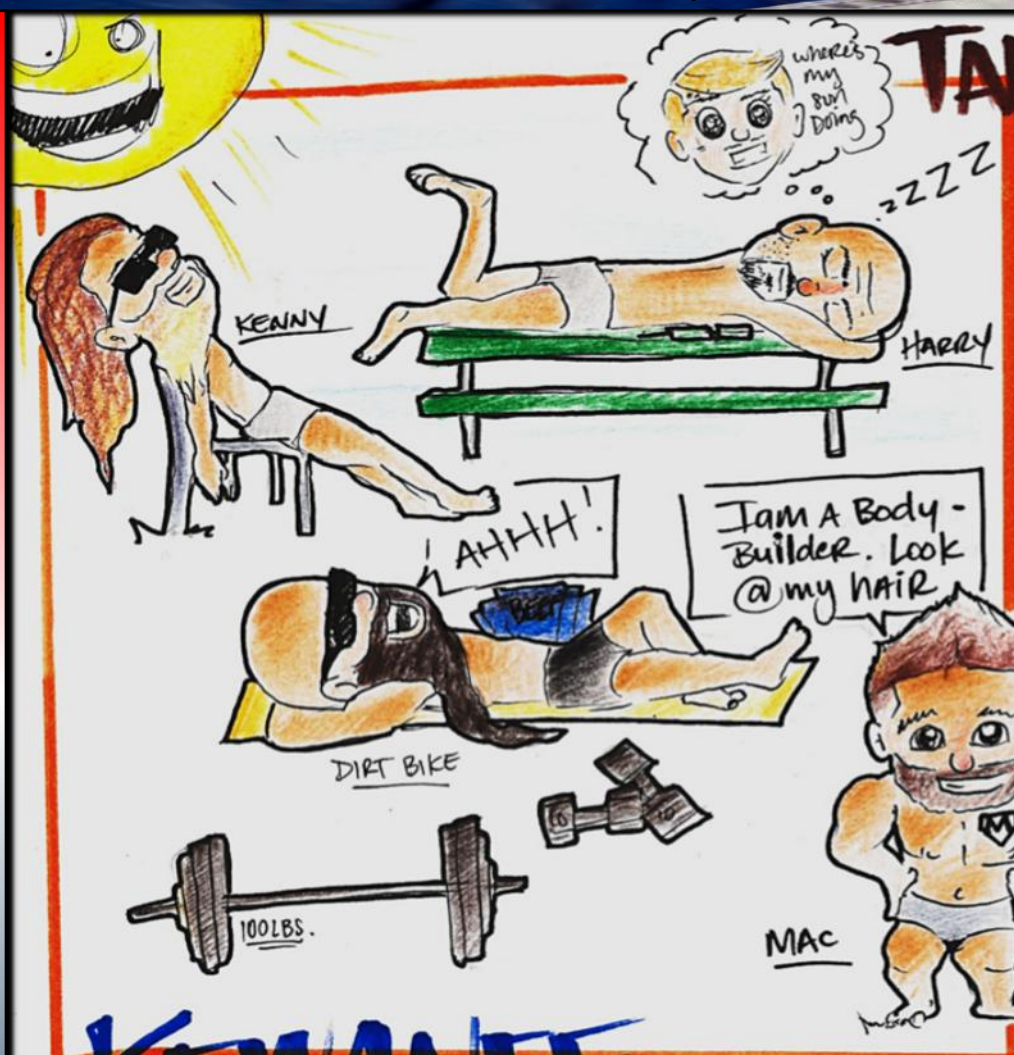
reach for the “pinnacle point”- that moment in your life where your money works harder than you do. What would it be like to exit the Rat Race and live entirely off the returns of your savings and investments? Find out: Invest more, and more, and more. *Invest more* to continue to grow your wealth. Give *more* so that you can continue to grow you soul. Now that you have the tools, apply this BEFORE you jump off the porch to invest in some stocks. because what’s the purpose of investing if you don’t have your in-house affairs in order?? Quickly, while we are in the trenches of the stock market, lets talk about how well Nvidia has been since the split and how Apple released its updated versions for the new Iphone 16 (wow...I swear that iPhone 15 just came out last week). The Market has had new highs almost every week, President Biden has stepped put of the race, Former President Trump has literally taken a bullet for his Country and we still have not had a rate cut. Anywhoos, until next time.

Disclaimer:

Kewanee Horizons is **NOT** a financial institution, we also are **NOT** a financial advisory board. The information provided by our publication is general knowledge, **NOT** advice, use this information as a teaching tool, **NOT** as a blueprint. This information has been acquired from the following:

1. **Personal experience.** Although these are our experiences, yours may be entirely different., AND,
2. **Information gathered from other sources.** These sources may include but are not limited to the interweb, CNBC, books, magazines, handouts, etc.





KEWANEE SUMMERTIME

7/8/24

BRAIN FACTS

EMOTIONS! This week's brain facts are going to focus on emotions. Research suggests that there are 4 physiologically distinct conscious feelings: anger, fear, happiness, and sadness. These 4 basic feelings can combine in different ways and result in our feeling a wide range of emotions. Broadly speaking, emotions are positive or negative experiences that vary in intensity. Emotional states are associated with particular physiological changes that affect how a person behaves and thinks.



CRYING: Only humans cry, and nobody is certain why we do it- especially given

that both sadness and happiness make it happen. Crying can emotional distress to evoke an appropriate social response. It can also be cathartic , allowing us to engage fully with our emotions and process in a way that is healthy for our mental wellness.



LAUGHTER: Laughter can result in relaxation that is so powerful it inhibits the bio-

logical "fight or flight" response.

Our other emotional experiences stem from the 4 basic emotional states. A recent study found that there may be as many as 27 distinct emotional experiences, the following is a few to give you an idea of the differences and similarities:

- | | | | | | | |
|------------|-----|------------|----------|--------------|---------|----------|
| Acceptance | Awe | Admiration | Serenity | Satisfaction | Relief | Surprise |
| Confusion | Joy | Anxiety | Relief | Anticipation | Disgust | Etc. |

The anatomy of emotions: In response to stimuli the brain initiates hormonal responses that, in turn, trigger physiological reactions that prime us to respond in “appropriate” ways to the current emotional state. Heart rate changes, altered blood flow to certain muscle groups, and sweating are associated with heightened emotions. These changes can be felt consciously, increasing the emotional intensity.

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Unconscious emotions: Primitive automatic responses, such as the fight or flight reflex, speed is critical. Emotionally charged stimuli presented too fast to be consciously perceived can evoke emotional responses and activate the amygdala. These initial responses shape how the cortex processes information. The amygdala is involved in emotional memory that may be automatically activated in the future.

HOROSCOPES



Aries: Sign up for activities that interest you, and socialize with people who share your interest. A makeover will make you stand out and boost your morale. Love and romance will enhance your life.

Translation: Yes we're limited to what is available in these institutions but rather than waiting for them to create something why don't we propose something positive and inclusive for all of us to do.



Taurus: Someone will be misleading if given the opportunity. Ask questions and follow through when you are confident that the outcome will favor you. Protect against situations that result in health risks.

Translation: If it feels too good to be true than it probably is. Don't be naïve, protect yourself at all times. Ain't no one gonna look out for your best interest like you will.



Gemini: Listen to the information you receive from someone who has the inside scoop, and it will help you clear your head and divert a costly mistake. Make self-esteem and personal growth your priorities.

Translation: To be aware is to be alive. The choices we make today definitely will effect us if not tomorrow; than at some point.



Cancer: A change of plans may not be welcome, but the outcome will give you something to consider. Don't act in haste; go over every detail and make decisions based on facts.

Translation: We're creatures of habit until we're not right? Be smart and properly evaluate all possible outcomes. SLOW DOWN!



Leo: Focus on what you must do to protect yourself. Refuse to let anyone talk you into something that will burden you. Surround yourself with people who have your best interest at heart.

Translation: Assimilation becomes affirmation so remember we are the company we keep. Trust your gut and trust those vibes.



Virgo: Refuse to let anyone decide for you. A take-charge attitude will give you the momentum to recognize what's best for you and follow your plans. Base your actions on facts, not emotions.

Translation: Be the leader we know you are. Acting under intention rather than emotion will always win.



Libra: Don't fold under pressure or give into someone who tempts you. Kick back, take a break and spend downtime with someone who respect and loves you for you.

Translation: Pressure builds diamonds and these 4 walls are definitely applying pressure. Forget wasting time we've done enough of that lets start utilizing our time on what and who really matters. It all starts with you



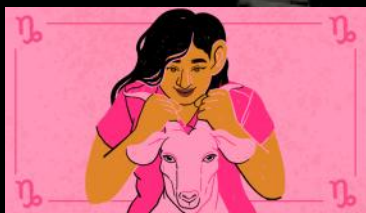
Scorpio: When faced with a need for a quick decision, get the facts and use common sense. Procrastination will cause regret and friction with someone you love and respect. Don't fear change.

Translation: Common sense ain't so common. Are you common? GET UP and stop playing!



Sagittarius: Pay attention to how you feel and look; it will help you remain the go-to person in your circle. Refuse to let anyone weasel their way into your territory. Call a spade a spade.

Translation: Lead by example and others will notice. But understand what we are leading is being watched by good and bad. A zebra can't change their stripes.



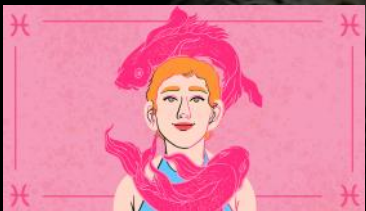
Capricorn: Do something that makes you feel good. Be the one to start a movement that draws awareness to a worthy cause. An issue someone has will lead to controversy if you don't act fast.

Translation: We're not always remembered for what we do but we are always remembered for how we make someone feel. How you feel is reflected in your actions, so what you been doing?



Aquarius: Let bygones be bygones, and go about your business. You'll achieve far more if you do your own thing and offer others the same right. Make self-improvement and love your priorities.

Translation: NOT everything is worth the headache and high blood pressure. Sometimes just agree to dis-agree and save your breath for something more important.

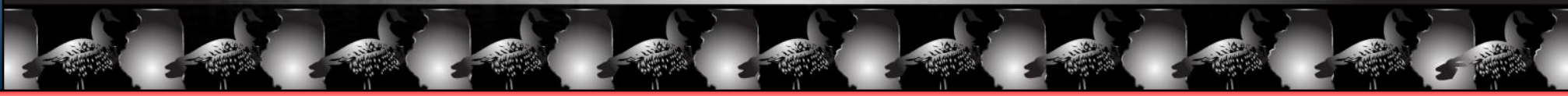


Pisces: Give your all, and you'll get your way. An opportunity that offers a stellar lifestyle is apparent. Take the initiative to line up those you want by your side.

Translation: Stop wasting your time and go all in. We miss 100% of the shots we don't take right? On the way up remember those who remembered you.



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.





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!**

