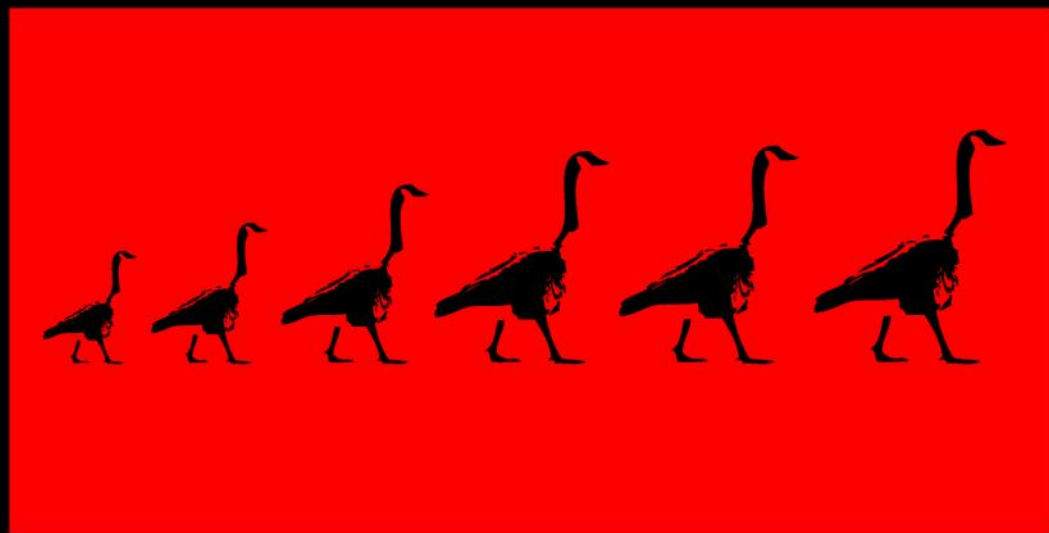


VOLUME
KEWA NEE
HORIZO NS



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KEWANEE HORIZONS

HOROSCOPES

LEO: IF YOU'VE BEEN WAITING to make a change, LEO—NOW IS THE TIME! YOU HAVE THE FULL WEIGHT OF THE UNIVERSE SUPPORTING YOUR HOPES AND AMBITIONS, SO THERE'S NO EXCUSE NOT TO TRY. YOUR SOCIAL CIRCLE WILL PROVIDE TANGIBLE SUPPORT, BECAUSE THEY WILL BENEFIT WHEN YOU SUCCEED, TOO. WINS ALL AROUND!

TRANSLATION: PUT IN FOR THAT TRANSFER TO KEWANEE



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RESTORATIVE JUSTICE

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

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

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

Community: A group of people with a common characteristic

Or interest living together with in a larger society.

Merriam-Webster's Collegiate Dictionary Eleventh Edition

MISSION STATEMENT

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

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

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

SEPTEMBER is

Self

Care

AWARENESS

MONTH

REMEMBERING



9/11



SEPTEMBER 11th, 2001... for those of us who were of a certain age it is a very real pivot point in our lives, we can remember what life was like prior to that day, and how it fundamentally changed after that day. There are just some things we experience that alter our perceptions forever afterwards. We can all relate to some things that have changed that are more or less, mundane in nature, things we have come to accept as normal that were almost unthinkable prior to Sept. 11th. Or just the opposite, things that we did as a normal course of events are now considered to be unthinkable. Things such as minimum check in time prior to any flight anywhere is 2 hours, pre-9/11 it was whatever time it took you to get from your parking spot to your flight's departure gate at your airport. Another thing is the way we viewed the military and those who enlisted to serve (Thank You Veterans.) Something that was crazy to me was the fact that you can go down an aisle in a Walgreen's or Osco and they have maximum-security sized shampoos, conditioners, lotions etc., because you can't take more than a 4 oz. bottle of liquid on a plane. Another thing that 9/11 changed was how our whole society now views First Responders, (a term I hadn't even heard before 9/11) and patriotism. For a moment after that tragic day, we were pretty unified in our outpouring of support for each other, everyone understood the strength and resilience that is at the heart of the American experience. The world was on our side in whatever we talked about and there were some grandiose ideas about a new golden age of American Spirit and Love. It may not have lasted as long as we might have wished, but it did leave an indelible mark on who we are and it showed how we could come together as one people and community. We at K.H. hold on to that idea of community and what it can and does achieve. We aren't going to delve into any rhetoric or political posturing, we are just going to hold on to the golden thread of **COMMUNITY** and the amazing things it can achieve.

THE PARADOX

We here at **K.H.** recently came across a spoken word piece by the famous, mouthy, comedian George Carlin of the 70's and 80's that really resonated with us. The piece speaks for itself but for me it really emphasizes the point that in this day and age we can easily be so ungrateful. No matter our circumstances, whether we're sitting in a cell in Menard or sitting in a Ferrari in Los Angeles, we can be just as miserable if we're constantly focusing our attention on what we don't have instead of remaining grateful for what we do have. We can all think of a famous celebrity, actor, or musician who seemingly had it all that ended up succumbing to the depths of depression. We also can all think of that one guy on the deck who really doesn't seem to have anything at all, yet radiates positivity in all aspects of his life. Happiness and gratitude are a mindset, not a destination. If happiness is always at some other place; be it a new job, a new house, a new car, a new girl, etc. then how could you ever possibly attain it? We buy things we don't need, with money we don't have, to impress people we don't like. As long as we are grateful, we are winning. This piece really should cause you to shift your perspective and think about how you engage with your environment. It is easier said than done but for me, at least, it reminds me to step outside of myself and to try to be more selfless, more humble, and more focused. It's usually not until we have lost something that we realize how valuable it really was and that we took it for granted instead of enjoying it...



“The paradox of our time is that we have taller buildings, but shorter tempers, wider freeways, but narrow viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees, but less sense, more knowledge, but less judgement, more experts, yet more problems, more medicine, but less well-ness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch too much TV, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We’ve learned how to make a living, but not a life. We’ve added years to life not life to years. We’ve been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space, but not inner space. We’ve done larger things, but not better things. We’ve cleaned up the air, but polluted our soul. We’ve conquered the atom, but not our prejudice. We write more, but learn less. We’ve planned more, but accomplish less. We’ve learned to rush, but not to wait. We build more computers to build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. The days of two incomes, but more

divorce. Fancier houses, but broken homes. These days are the days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom.

Remember, spend some time with your loved ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart that doesn't cost a cent.

Remember to say, "I love you" to your partner and loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

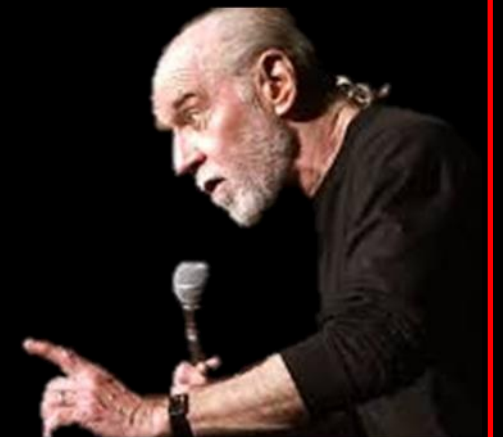
Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak, and give time to share the precious thoughts in your mind.

AND ALWAYS REMEMBER

Life is not measured by the number of breaths we take, but by the moments that take your breath away."

- **George Carlin**





FIRSTFOLLOWERS VISIT KEWANEE L.S.R.C.

On September 1st Kewanee was graced with the presence of FirstFollowers, a community group based out of Champaign, Illinois that focus on helping returning citizens navigate the pitfalls that can sometimes derail our positive transitions. We

here on campus were extremely grateful for their presentation, insights, and the time they invested in us. Because they are based in Champaign they directed their points to the men who are, or might be paroling to that area of the state, however, the insights they offered on how to overcome possible missteps were valuable to all of us. The presenters were formerly incarcerated individuals and we are always saying how important that is, credible messengers bringing a credible message. In our eyes, FirstFollowers is the embodiment of our **Restorative Justice Principles** because of the way they are actively engaging in **Restorative Practices**. This is inspirational to us. We can achieve amazing things together as a community when we look to reach



back and use our own experiences as teaching principles. This is community building in its finest form. Our thanks go out to First Followers and we did and will continue to encourage them to visit other facilities.



FIRSTFOLLOWERS VISIT KEWANEE L.S.R.C.

FirstFollowers, whose mission is building strong and peaceful communities by providing support and guidance to the formerly incarcerated, their loved ones, and the community as a whole. FirstFollowers Re-Entry Program is a community-based, not-for-profit organization that uses a peer-mentoring model to train individuals with felony convictions to become mentors. They also help with finding employment, housing and other support services to ensure successful re-entry, and also offer limited spaces in their rent-free transition house. Since 2017 FirstFollowers GoMaD program has worked with 18-24 year olds touched by violence and the criminal legal system. In 2022 they initiated H-3, an effort to redress the harm done by violence with healing and instilling hope. A coalition of organizations in Champaign County who have joined together to end community violence. Which offers vast experience in counseling, education, economic development, outreach and other forms of support. Bringing together numerous community partners to make a difference.



FIRSTFOLLOWERS
314 COTTAGE COURT
CHAMPAIGN, IL



PEER LED SHOWCASE

The Kewanee campus along with **Kewanee Horizons** wants to shine a light on the individuals that have taken it upon themselves and volunteered, not only to lead these classes, but to build the curriculum and advocate for the creation of many of the programs themselves. These men have dedicated themselves to bringing our community some amazing avenues for self-improvement. They have not only taken it upon themselves to invest the time and effort in improving their own prospects for the future, but an equal (sometimes more so) amount of time in affecting change in the future of the rest of the men who live here on campus. They serve as an example to all of us that with: effort, dedication, hard work and a generosity of spirit, great things can and do happen for us here on campus. Our hats go off to you. We hope to include more Peer Educators from other facilities throughout the state in future editions of the **HORIZONS**.

Mr. Halik Williams and Mr. Vincent Davis from Danville C.C currently lead a class called W.R.A.P.



FINANCIAL LITERACY

WRITTEN BY: MR. BYRON JONES & MR. KRISTOPHER EARL



Welcome back devotee's! Last issue we dealt with systematics if what credit is, as well as the importance of a credit score. This issue, it's about putting the knowledge we attained into action so that we can establish a foundation that produces a good credit score. Before we get into the different options to start building credit, lets get familiar with some terms that are important to know.



1. **AU (Authorized User)** - Self explanatory; you become authorized to use someone else's credit card/account and benefit from their responsible transactions.

2. **Primary User** - Person who owns and is responsible for the credit card/account usage.

3. **Secured Credit Card** - A credit card secured by a deposit you make (typically \$100—\$500). This deposit usually becomes your credit limit.

4. **Credit Limit** - Maximum amount you can charge on your credit card.

Now that that's out of the way, lets get to it..

First, for these options to be successful you have to find someone you TRUST and can rely on to be financially responsible. You have to provide this person with your social security number, so the best people to ask are family, loved ones, or close friends.

The 1st option we recommend, which we believe is the easiest, especially if you are a ghost: Add your name to someone else's credit card as an "Authorized User (AU)." This provides you with a credit card in your name but someone else owns it and is responsible for that account. If the primary account holder uses it responsibly, it will provide a boost to your credit score as well as establish your credit history (on that specific card, if they have 7 years of credit history, you now have 7 years of credit history). The more their credit score improves, the more they will positively influence yours and this is done without you actually having to use the credit card. So, to make them feel comfortable doing this for you, tell them they don't have to issue you a card.

The 2nd option is to get a Secured Credit Card: A Secured Credit Card is when you give a bank or credit card company \$100 or more and they issue you a card with the credit limit you deposited. Here, you are the primary user. Technically, it's your money and it will be returned to you in 6 months-1 year. But, as you use the money off of the card you have to pay it back before the monthly billing cycle. In return, you build a credit and payment history that improves your score. This method and your goal is to establish a trusting relationship with the banks and credit card companies so you will be qualified for an unsecured card (a credit card without a deposit) that yields higher credit limits.

The 3rd option is a credit-builder loan without money upfront called SELF.

How SELF works: You'll make monthly (ON TIME) payments towards the loan amount of your choosing. As you make payments, the money is deposited into a Certificate of Deposit until the life of the loan is complete (12 or 24 months). After all the payments are made, the money is returned back to you minus the finance charges (Administrative \$9 and interest). Plus your credit will reflect 1 or 2 years of credit and payment history as a primary user; all while you're in prison. There are 4 options but we'll give you an example of 2:

Terms of Loan	Amount of Payments	\$ You Get Back	Interest Rate
\$25/month for 24 months	\$600	\$520	14.14%
\$48/month for 12 months	\$576	\$539	12.44%

Through experience, either option sets you on the path to create the credit report that the banks love to loan money out to.

General knowledge: What to look for when searching for the right Credit Card...

1. What is the **APR** (Annual Percentage Rate) - AKA - Interest Rates
2. Fee's - See how much money they charge annually
3. Remember: Credit Card companies cannot charge fees that add up to more than 25% of credit limit within the first 12 months.

CREDIT CARDS...

CARD TYPE	BEGINS WITH	EXAMPLE
American Express	3	3241 8881 4214 3434
VISA	4	4010 0034 2998 5689
Mastercard	5	5641 2018 4013 4429
Discover	6	6100 0128 5890 5999



First digit represents what type of card, it is in this case the “4” tells us that this is a VISA card.

4391 2421 9018 0179
VISA

- UNTIL YOU OWN YOUR OWN, YOU CAN'T BE FREE -

NEXT ISSUE: Bank Accounts & other Banking Products

UNW.R.A.P.PED

UNWRAPPING THE W.R.A.P. PROGRAM

BY: Halik Williams

As mentioned in Volume 6 of *K.H.* I lead a class here at Danville C.C. called W.R.A.P. (Wellness Recovery Action Plan) held on the re-entry wing. The focus of W.R.A.P. is to assist/prepare individuals for re-entering their homes and communities after years, sometimes decades of incarceration. In a perfect world there would be no hurdles or challenges we are faced with.

However, being realistic there may some of us that are rejected/laid off from a job, there will be others who have conflict with family, and a few of us deal with alcoholism/substance abuse issues. Each can result in our regressing in patterns of behavior that are counter productive. When planning, imagining, and thinking about life post-incarceration we don't see or plan for the obstacles and adversity.

The WRAP curriculum and sessions are geared toward supplementing our plans, with appropriate responses to hypothetical situations. There's actually a section in the book "my action plan for responding, not reacting." It's critical that though a situation may never occur that we have a plan for "stressors," chapter 4 of the handbook. Without a plan for setbacks and curveballs we run the risk of reacting irrationally rather than responding with reason.

In the W.R.A.P. sessions I encourage everyone to develop a toolbox, the foundation of W.R.A.P. A toolbox is a list of things that can be utilized and people that we can contact. When our plan has gone astray, we feel as if we'll regress, or things become overwhelming. Our tools are personal, no one knows what will work for us better than we do. The toolbox that we develop can be adjusted and added to. So, that at all times we have something to rely on.

The WRAP handbook has 10 chapters. I favor chapter 9 "Getting out and staying out using wrap to Prevent Future Incarceration." It allows me the opportunity to speak on the significance of choices and decisions. If we don't alter the way we think, we'll continue to be a part of the recidivism rate/statistics. I point out that our choices and decisions are the cause of us being incarcerated, once accountability is taken. I want everyone to realize that today's decisions, effect both the present and the future. Consequences are inevitable and accompany every decision, minor or major.

WRAP isn't a panacea but when adopted it gives you a different perspective. Allowing us to see and think a couple of steps ahead. Our plans can't be myopic, the flawless plan is a plan for contingencies. Let's develop a plan with defense and accurate responses, so that we don't find ourselves reacting...

VINCENT DAVIS ANSWERS THE CALLOUT FROM DANVILLE

Here at Danville C.C. I was a peer educator, the youngest to be exact. I facilitated a group called W.R.A.P. which stands for Wellness Recovery Action Plan. I also facilitated multiple hot topic groups in the re-entry program. I chose to write about this subject because I have noticed that it has been hard for certain guys to socially adjust back in their family, friends, and community's lives. Being the product of poverty we sometimes adopt a lifestyle that comes with principles we never question. In my community, violence was used and drugs were sold as a way for our naïve minds to express the power of who we thought we were. Transition back into those very same communities where we destroyed the playgrounds, storefronts of hard working people, and the yard of neighbors within the community. Where we hinder the youth from reaching their full potential because they have been lead astray by our actions, can be hard.

Educating myself on where I came from, who I am, and where I am heading gives me a sense of understanding on all the negativity I contribute that impacted my community. Learning who I am has given me strength to express empathy as I hold myself accountable for my actions and seek forgiveness as I invest into those storefronts, hold events such as community cleaning, back to school games, summertime cookouts, and community building activities for the youth. I will use my story of rehabilitation to give back to those neighborhoods in the grand crossing community I have taken from.

Years ago a guy asked me “who are you?” I could not answer that question then and still struggle with that question now. That question made me start to educate myself on my strengths and weaknesses. I challenged everything about myself which gave me strength and confidence to be who I am and not who I thought I was or believed I wanted to be. The teenage boy who destroyed his community as he fought to live and survive everyday no longer exists. That 21 year old who made a fatal decision because of the principles he lived by that changed his life no longer exist. If I am not those things, then who am I? I am a young, intelligent, 29 year old, African American male who is working hard to reach his full potential as a brother, uncle, son, husband, and neighbor of his community. I will never compromise who I am becoming to be who people want me to be. I am a leader, a friend, a mentor, a giver who is passionate about growth and always encourage people to measure their growth and always encourage people to measure their growth through who they were, who they are, and who they are working towards becoming. I am Vincent Davis JR from the Grand Crossing community in Chicago, IL. Now I challenge you to tell me..

WHO ARE YOU?

We have always held to the hope, the conviction
that there is a better life, a better world,
beyond the **HORIZON.**

President Franklin Delano Roosevelt

B OF I GUY: "JUST LOOK NATURAL"

ME:



You made

facebook

Illinois Department of Corrections



Illinois Department of Corrections

Last week, IDOC launched the first-ever Manufacturing and Warehousing Program at an Illinois women's prison in partnership with Lake Land College. The 60-day program will prepare the graduates from Decatur Correctional Center for entry level manufacturing positions.

#idoc #reentry #vocationaltraining #womeninmanufacturing #lakelandcollege #warehousing



You...made

facebook



Illinois Department of Corrections
Aug 18 · 🌐

On Friday, Vienna Correctional Center had the first graduation statewide for the pilot program 'Because I Said I Would' with 22 graduates. The program is centered around a non-profit organization that teaches individuals the importance of keeping a promise and how to follow through on keeping that promise. The organization is a social movement dedicated to the betterment of humanity through promises made and kept. All participants volunteered to submit a handwritten letter and card to individuals with severe illnesses at Cardinal Glennon Hospital to help brighten their day.

#idoc #volunteer #becauseisaidiwould



PARENTING WHILE INCARCERATED

Parenting is hard but parenting while incarcerated is unfathomably difficult. None of our core members of **K.H.** are parents, however we know what it is to be without parents at crucial times in our lives. Also, we know that for many, not being a biological Mother or Father does not mean that we don't act as secondary parents or fulfill that role in someone's life, i.e. a niece, nephew, younger brother or sister, or the children of a significant other. We also know of the visceral pain of wanting to be near your Mother (and/or Father) and being unable to talk to or reach out to them, it is impossibly difficult to imagine being a Mother in prison and being separated from your son or daughter, the love of your life, for years at a time. So, while certain aspects of the loss may be specific to specific relationships, we can and do relate to our brothers and sisters in their pain. It is also equally difficult to imagine having to explain to them the reasons behind your absence. We here at **K.H.** want to continue to stress the importance of community and family being central to that theme. Many of us have probably struggled or are currently struggling with discussing our incarceration with our children and have little to no idea how to even approach the subject. Things such as the reasons for our incarceration, the length of our incarceration, what our days and living conditions consist of, etc. can be very difficult to explain to children of all ages especially our younger children.



As we said before, we want to build our base of contributors with as wide of a cross section of our community as possible. Who better to give advice on parenting while incarcerated than a Mother or Father who have previously or currently had success doing it. We want to hear from you because your insight is invaluable. Let us promote what you are doing to be a parent from where ever you are right now. Until then, we hope these books listed below can be a helpful tool in starting these difficult conversations...

WHAT DO I SAY ABOUT THAT? By Julia Cook, MS; Illustrated by Anita Dufalla. Helps children explore and understand the many thoughts and feelings that come with a having a parent in prison. *For ages 8 and up.*

A Visit with Daddy by Frank M. Black, This booklet helps the incarcerated dad assure to his children he is doing fine. It answers many of the questions that children have about dad's physical environment and how he keeps busy. It helps lessen the anxiety a child may be feeling and prevents their imagination from running wild.

A Visit with Mommy by Frank M. Black, This is the companion book to the one mentioned above.

Andy: Another New Dad-less Year by Amanda Florence-Houk, July 2004, *Ages 3 – 5*. Andy is designed to be a self-help book for families experiencing parental incarceration. This is based upon current literature regarding paternal incarceration. This book can also be used as a tool to make others more considerate of the trials faced by children of incarcerated dads.

Empowering Children of Incarcerated Parents by Stacey Burgess, Tonia Caselman & Jennifer Carsey. A book for counselors, social workers and teachers who work with children *ages 7 - 12* with a parent in jail or prison. Can be used one-on-one or in small groups.

Let's Talk about When Your Parent Is in Jail by Maureen K. Wittbold More people are in prison today than at any other time in US history. Many prisoners have children. The impact of this situation on kids can be traumatic. This book takes kids through the stages of a parent's incarceration to help them understand and deal with their thoughts, fears and other feelings. This book offers well organized, truthful, and easy to understand explanations about the various aspects of having a parent in jail. *Ages 8-11*.

Mami, Que Es una Carcel? By Jackie Stan-



glin and Cierra Jade McGuckie, Ages 3-5. One day after visiting with friends who have both devoted parents in the home, this little girl blurted out to her mother in frustration, "What is jail anyway, and why can't Daddy be home with us?" *What Is Jail, Mommy?* not only explains why the parent is incarcerated but what his/her life is like as an inmate.

My Mom Went to Jail by Kathleen Hodgkins and Suzanne Bergen, Illustrated by Lori O'Brien. This book is designed to be read to a child by an adult. It is perfect for 6-10 year old children and the parent's crime is non descriptive in order to be applicable to a wider audience.

When a Parent Goes to Jail: A Comprehensive Guide for Counseling Children of Incarcerated Parents by Rebecca Yaffe and Lonnie Hoade, Rayve Productions Inc., 2000. Book for children that brings them step by step through the process of losing a parent to incarceration. It focuses on the emotions that children can expect to feel. This book could be used with individuals or small groups of children in therapeutic settings.

Wish You Were Here: Teens Write About Parents in Prison by Autumn Spanne and Nora McCarthy, *Ages 14 - 18*, April 2010. These stories describe how teens kept in touch with their parents (or didn't) and the complicated feelings that come with reunification.



Mental Health

Welcome back to the Mental Health pages of **K.H.** we'd like to take a moment to bring into focus how important Mental Health hygiene is. While we obviously have little control as to what happens **to** us we can and do have almost total control of what happens **within** us. Mental Health is one of the most important aspects of our lives, it colors everything we do, everything we experience, and every choice we make. It informs the ways that we interact with everyone and everything. Poor mental health habits can be the genesis for poor choices. This stuff is serious and we can't stress enough how important it is to engage in what is known as 'self-care'.

This is almost exactly what it sounds like, taking care of yourself.

We can sometimes omit this very important exercise from our lives, many of us may not even be aware of reasons to or of any ways to engage in 'self-care'. This is unacceptable. We have to do better for ourselves. The good news is we can do better for ourselves. We know it is not an easy or comfortable thing, especially when starting out, you just have to believe that you are worth the time you are investing in yourself. Give yourself some time to get used to the routine of whatever you decide to do, whether it is meditation, self-reflection, breathing exercises, or any other thing you think will work for you.

Mental Health

Start with a short time, 5 minutes a day to get started. We know you have 5 minutes a day to invest in your wellbeing and health. If you can listen to your cellie or dormmate or whatever complain about lunch, you have plenty of time to put that work in on yourself.

Sometimes it can be hard to come to terms with the fact that we are struggling mentally and/or emotionally, but we are. It can be equally hard to admit to ourselves that we deserve to be in a better place in our heads and our hearts. We may be angry at ourselves for the choices we've made or the circumstances we find ourselves in, but that doesn't help, it hurts and we've all been through enough hurts. It is time to believe in yourself. We have a thing we say to people when we see them engaging in negative, unhealthy, self-destructive behaviors: "Even when you aren't rooting for you, I am rooting for you. Never ever believe that there is no one on your side because I always am." that doesn't mean we will support any old bullshit you throw at us, it does mean that we care and others care and it is okay for you to care also.

We're asking, please give this mental health hygiene stuff a try, a real effort. We put something in here every volume because it is so important for all of us.

Okay, here it is, this volume's Mental Health Exercise:

URGE SURFING

Urge surfing is a technique for managing your unwanted behaviors. Rather than giving in to an urge, you will ride it out, like a surfer riding a wave. After a short time, the urge will pass on its own.

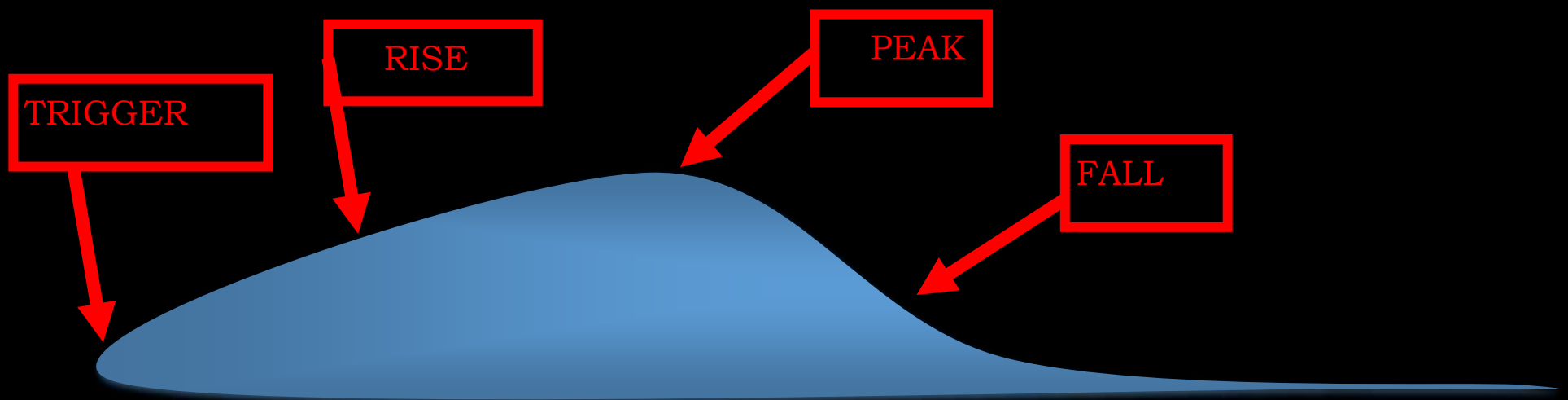
This technique can be used to stop or reduce drug and alcohol use, emotional reactions such as “blowing up” when angry, gambling, and other behaviors.

TRIGGER: An urge is triggered by a person, place, thought, feeling, or something else.

RISE: The urge becomes more intense. This may happen gradually or very suddenly.

PEAK: The urge reaches its most intense point. It may feel as though the urge will never go away.

Fall: The urge loses intensity and eventually fades away.



Mental Health

How to Practice Urge Surfing

1. Acknowledge you are having an urge.
2. Notice your thoughts and feelings without trying to change or suppress them.

Note: It is normal to feel some discomfort during an urge.

3. Remind yourself...
 - It is okay to have urges. They are natural reactions to addictions and habits
 - Some discomfort is okay. I don't have to change it.
 - An urge is a feeling, not a "must." I can have this feeling and choose not to act.
 - An urge is temporary. Like any other feeling, it will pass on its own.

Other Skills

Managing triggers: Use coping skills to reduce the power of triggers. Know your triggers ahead of time, and have a strategy or skill prepared for each one.

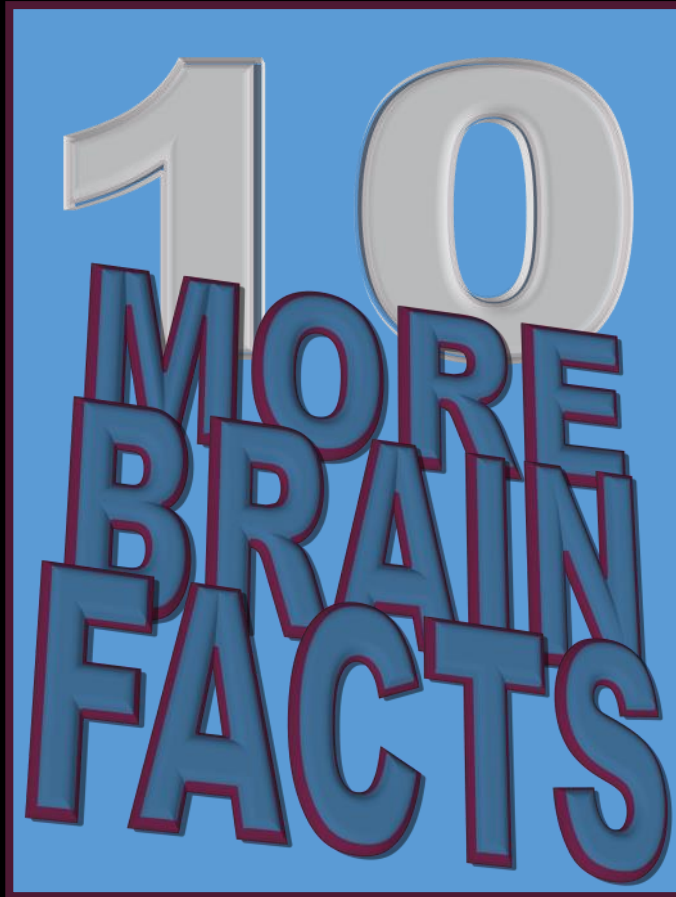
Examples: Deep breathing if stressed, eating if hungry, leaving a location if it is high risk.

Delay & Distraction: Do something to take your mind off the urge. Every minute you delay increases the chance of the urge weakening on its own.

Examples: Go for a walk, listen to music, call a friend, read a book, practice a hobby.

TOUCH: Touch is thought to be the first sense to develop in the womb, touch neurons respond to pressure, temperature, vibration, pain, and light touch. Touch is how humans make physical contact with the environment and with each other.

HEARING: Sound waves in the air are collected by the ear and transmitted into the skull, where they are turned into electrical impulses by the cochlea. Hearing is the most developed of the senses at birth but is only complete by the end of the first year.



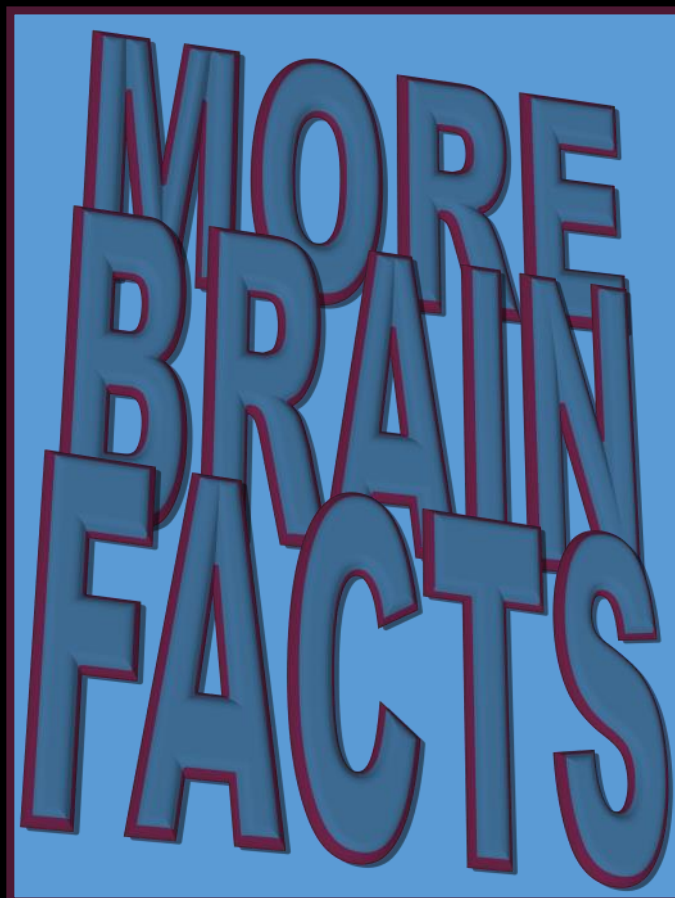
SIGHT: Sight involves sensors at the back of the eye that turn light into electrical signals. These are transported to the back of the brain, where they are converted into colors, fine details, and motion. WE perceive objects in as little as half a second.

SMELL: Despite having only 400 smell receptors, humans can detect up to a trillion different odors. Smell is important for survival as it warns us of hazardous substances or events, such as something burning. It also plays a key role in taste.

TASTE: Taste is important in determining what is safe and nutritious to eat. Taste receptors pick up only five basic tastes: sweet, salty, bitter, sour, and umami (savory). We need our sense of smell to help identify taste.

PROPRIOCEPTION: The brain is constantly processing information from the joints and muscles that tell it where the body is in space. It keeps us upright and allows us to make movements without conscious effort, such as walking up stairs.

SYNESTHESIA: Synesthesia is a condition where a stimulus may be interpreted by two or more senses at the same time. In its most common form, a person sees a number or word as a color. Each synesthete will have its own color associations. Almost any combination of senses can be affected. Combinations of three or more senses are rare.



HOW MANY SENSES ARE THERE? Including the six senses described here, scientists think there may be as many as 20 senses, based on the number of different receptor types in the body.

SENSE AREAS OF THE CORTEX: Inputs from the sense receptors map to different areas of the brain's cortex. Although these areas are separate, they can often react to inputs from another sense. For example, visual neurons will respond better in low-light situations if they are accompanied by sound.

SENSING THE WORLD: To survive in our environment, we must be able to react to, and interact with, stimuli produced by physical, chemical, and biological phenomena—sights, sounds, smells, tastes, and touches. Sensors in the body pick up these signals and send them to the brain for deciphering.

TRUTH-IN-SENTENCING “THE REDEMPTIVE IDEA”

By: Nicholas Crayton



It is a difficult thing for people to understand why change is hard, but when your identity becomes defined by the ideas and parameters of others, and you become stripped of your civil liberties, separated from the most basic parts of yourself that define you as you, this word rehabilitation becomes ineffective.

As being recipient of the truth-in-sentencing law, I recognize the crushing weight of how it feels when it seems that no matter what you do, the opportunity to show true change while earning your right back to citizenship still goes ignored. Allow me to be clear, I stand as someone who is guilty of a crime, and I understand that there must be consequences for what I have done, but also believe in redemption.

I think that the word Rehabilitate does not include the entire scope of what is being asked. How to punish those who have committed a crime yet ensure that Justice prevails by allowing a path to be redeemed:

Truth-in-sentencing was created to satisfy the public's desire for clarity in sentencing policies that they were unaware of.

But what differentiates between one who receives a 30 year sentence at 100% and someone who receives 60 years at 50%? Today, the ability to reduce ones behavior. How does the Department determine this? Program participation, no disciplinary issues, staff recommendations, etc.

I find no fault in the metrics used to grade our performance for good conduct credits but what is difficult to reconcile with is the bifurcated class system that has been created by legislators that prevents a group from receiving any acknowledgment for a change in behavior which directly conflicts with the mission statement for CORRECTIONS.

Truth-in-sentencing has been in effect for 24 years now, and since 2018 some have accrued over 1,000 days of documented good conduct credits locked within their master records which are voided until a time when they can be enacted. How is it that a date can determine whether a crime deserves a chance for resentencing or not?

Many of us that have spent decades within corrections understand the consequential effects of this journey but a choice was made long ago to become better than we were the day that we stepped into the department. Everyone is a makeup of their past decisions and if we cannot have hope in true change, then how can we expect people to give up on past behaviors when they don't have a fair chance?

Truth-in-sentencing breaks the continuity between Justice and Redemption for the returning citizen. We are not asking for Justice to be robbed of her strength because what we are truly asking for is faith in Justice to be restored by allowing people to become redeemable.

Society does not plead with us to become “corrected” or “rehabilitated”, it is demanded of us. Allowing truth-in-sentencing parties to receive good conduct credit is not some incentive that will dilute judgement that has been passed down but permit a person whose ransom is held in human capital to regain a sense of who they are and try to restore that which was lost on all sides.

REHABILITATE

To restore, reinstate, or bring into
a condition of health, useful, or constructive activity.

FALSE PRIDE

In the interest of reaching out and including information that you might find helpful in understanding ourselves and others around us we here at **K.H.** are going to bring some pieces that zero in on the tendencies that we may or may not have that can lead us toward making unhealthy choices that have negative consequences. Please take this information in the spirit in which it is being brought to you. We all need help in life, anybody who can sit in a cell or a dorm or on the yard with you and say with a straight face, "I'm good. I got this shit all figured out. I don't need to change my thought process, I am perfectly content with keeping my same mentality and either, expecting different outcomes or not, it's good with me," is definitely doing another bit. That is just what's happening with that person. Nobody here wishes that on anybody, ever. With that in mind we're including information like this article on false pride. For some of us it should be like holding up a mirror, for others at least can give us an insight to the thinking pattern of some of the people we interact with everyday. **K.H.** may not necessarily agree with the way this information is conveyed, we aren't fond of labeling, especially as it concerns the term "criminal", however our hope is that we can look for the information that rings true based on our lived experiences.

False pride consists essentially in an extremely high and unchanging evaluation of oneself. The criminal thinker uses the word respect to describing the behavior they require from others to affirm and support their false pride.

The criminal resents simplicity or mundane qualities in life, as such qualities compel them to admit that they are just average people. Some behaviors typical of false pride in the criminal are boasting, bragging, refusing to avoid conflict, refusing to admit ignorance and the display of strong nonverbal cues in movement and posture.

Irrational decisions on the part of the criminal are more easily understood in light of pretension and efforts to control others, both part of the thinking error of false pride. False pride is used by the criminal in three capacities:

- Maintaining a false sense of power;
- Avoiding accountability;
- Avoiding zero state, or depression.

In order to address false pride, the criminal must adopt a self-critical attitude as a route toward realistic expectations of themselves and the world. Self-criticism will also help in developing and attaining goals, and in creating a basic humility with reference to their position in the larger scheme of things. Self-examination must also involve the review of nonverbal behavior. Gestures such as rolling one's eyes, pushing out the chest and folding one's arms, for example, can be condescending and falsely superior.

The very concept of manhood, or womanhood, must be redefined. This essential identification should be seen as the pursuit and growth of a responsible lifestyle which includes elements such as reliability, honesty, integrity, humility, purposefulness, and value to others, among other things. It is particularly of note that the male criminal's

relationships with women should be examined for the existence of dominant behavior, which is related to false pride. Ultimately, the correction for false pride is the development and continued use of responsible initiatives. Through this process, a self-concept based on the accomplishments of responsible living can take root. The changing criminal's first responsible initiative is behavioral changes often seen in therapy.

Ask yourself about these ideas in a real way. Be honest about what you think about how you assess yourself:

- How do I accept criticism?
- How do I treat women?
- Do I ever take responsibility for my actions?
- Would people describe me as being humble?
- Am I capable of admitting when I am wrong?

The first step in correcting a problem is admitting that there is one. If I can practice self awareness, take an honest hard look in the mirror and realize that I can be or I am full of a false sense of pride then I am well on my way to fixing the issue. Everyone thinks of changing the world but very few think of first changing themselves. We can do this, we can take the difficult steps and be honest with ourselves in order to make productive changes. It is easy to see where you want to go in life, but if you don't know where you're at right now, how can you know the steps to take in the direction of where you want to go?



1

An Arab sheik is old and must leave his fortune to one of his two sons. He makes a proposition: Both sons will ride their camels in a race, and whichever camel crosses the finish line LAST will win the fortune for its owner. During the race, the two brothers wander aimlessly for days, neither willing to cross the finish line. In desperation, they ask a wise man for advice. He tells them something; then the brothers leap onto the camels and charge toward the finish line. What did the wise man say?

Fourteen of the kids in the class are girls. Eight of the kids wear red shirts. Two of the kids are neither girls or wear a red shirt. If five of the kids are girls who wear red shirts, how many kids are in the class?

2



3

Your parents have six sons including you and each son has one sister. How many people are in the family?

Sorrow **crosses**
sickness **sun**
happiness **risk**

4

I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness.



5

A man was walking in the rain. He was in the middle of nowhere. He had nothing and nowhere to hide. He came home all wet, but not a single hair on his head was wet. Why is that?

Answers: 1)The rules of the race were that the owner of the camel that crosses the finish line last wins the fortune. The wise man simply told them to switch camels..2)19 3)Nine—two parents, six sons, and one daughter 4)The letter S. 5) The man was bald.

HOROSCOPES



ARIES: The healing energy that you've been radiating turns inward, making it a fine time for efforts to heal yourself. People have been seeking your good vibes, assistance, healing powers, and advice, and it's appropriate now to get in closer touch with your own issues.

TRANSLATION: Tell everybody you ain't got no leg to kick it and read a self-help book!



TAURUS: With Jupiter turning retrograde this month, your enthusiasm may wane if you have too much before you, so aim to pare things down and focus on a few of your more practical goals.

TRANSLATION: Stop catching those tickets if you tryin' to get to Kewanee!



GEMINI: If you've been overdoing things, this is a time for enforcing some quiet time. This transit animates your inner world, often drawing you inward. You might review different elements of your life and wonder where things are going, particularly your social life or happiness goals.

TRANSLATION: Uh oh, quiet time = quarantine...



CANCER: . You have a strong presence, but you can be rather hard to get in touch with on some levels until Mercury enters Cancer on the 5th and Venus on the 17th. Yes, you're still reflecting and considering your next step, but you have more power than usual to take charge and make an impact.

TRANSLATION: Bro I don't understand these planets either but I think you goin to seg.



VIRGO: Mars is encouraging you to broaden your horizons. Restlessness can sometimes pull you away and distract you. Still, overall, you're in a good position to balance your attention to routine and responsibility with your attention to discovery and exploration. Collaboration can move your plans forward.

TRANSLATION: Broaden your Horizons by sending us an article!



LIBRA: If you've been going hard with supporting others and now need some independence, consider gentle ways of getting to the right balance. The months ahead are powerful for learning about your relationship needs.

TRANSLATION: You got TOO MANY side chicks homie, pick one!or two.



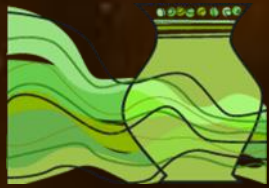
SCORPIO: relationships that have been too restrictive, tense, dull, or negative need to improve. It's possible that a relationship or partner is reflecting your own desire for action.

TRANSLATION: Stop calling your homies and call your mother more often, she worries!



SAGITTARIUS: Money matters, talents, and values come into sharper focus. Feelings, realizations, or revelations stir you to get on top of your finances or show your abilities in the best possible way.

TRANSLATION: Stop buyin' all that useless stuff from store and stack that paper shorty!



AQUARIUS: You may need to jump over some hurdles to get to a positive headspace. You may feel caged in at times. However, you're energized to deal with any problems or stagnation in your life.

TRANSLATION: Look past the bars and get your life together my man!



PISCES: You're inclined to say it like it is, and for the most part, it goes over well--aim for healthy assertiveness. Your ideas are genuinely creative right now, and there can be a dramatic and competitive touch to what you do.

TRANSLATION: Tell your celly to clean up after themselves and brush their damn teeth!!



LEO: you might experience a strong desire to finish a project, and you can find yourself in an excellent position to gain insight into what needs cutting out to go forward in a freer, lighter way.

TRANSLATION: Finish that painting and send it out man, it's been months!



CAPRICORN: You are ready to act on your ideas, and although you're self-motivated, a partner or special someone can be uniquely encouraging. Exciting information or fun conversations can figure strongly.

TRANSLATION: Take the advice from your celly and shave that freaking mustache!

THE ADVENTURES OF J-DAWG



"ANOTHER DAY IN KEWANEE"

TIME TO GET READY FOR THE DAY.

WHAT SHOULD I DRAW FOR THIS MONTH'S "KEWANEE HORIZON"?

PATIO 6:02 AM.

ART ROOM 8:20 AM

LUNCH 10:30 AM

THIS LUNCH LINE IS TOO LONG, I'LL EAT LATER. GUESS I'LL GO TO COMMISSARY.

MMM, BURGERS & FRIES!

HEY ERIC, DID YOU BRING SOME MAYO?

HELL YEAH!

COMMISSARY 10:33 AM.

HOPEFULLY THEY GOT SOMETHING NEW.

MAKE SURE I "SIGN-IN" CORRECTLY.

WEST HALLWAY 1:25 PM

SEE YA TOMORROW MS. ROWAN.

TIME TO "TANGO WITH THE MANGO"

HUH?

HELP!

GRRRR

GYM 4:15 PM

MUSIC

CHURCH SERVICE 6:44 PM.

MUSIC

THE CELL 9:12 PM.

MY CELLY SLEEP ALREADY. DAY ROOM DONT END FOR ANOTHER 18 MINUTES.

HORIZONS MEETS FEATHERBRICKS

On Friday September 9th, some of the **K.H.** guys were honored to have a conversation with a couple of inspiring people, Michelle Clifton and Vickie Reddy. These women are truly an inspiration to us, they are some of the driving force behind Stateville's Master Degree Program and the FeatherBricks publication. It was extremely motivational for us to be recognized by and receive feedback from people that, to us, are held in such high esteem. We had an awesome talk about Restorative Justice Practices and Principles. The information that was shared was without equal for our experience, we were humbled to be asked about our motivations and principles, why we do what we do. There seemed to be a central theme to our conversations, that being that we are all trying to change the narrative that sur-



rounds individuals in custody. A central hope from both parties is that in the future we will be able to collaborate further, sharing ideas and content with Featherbricks and the community at large, including bridging the gap with our female counterparts to receive content from our sisters in IDOC.

STATEWIDE CALLOUT

Greetings to you all once again. It is an honor and a very real privilege to all of us here at **K.H.** to be able to speak to you through this project. We promise that we have been working hard and we will continue to do so. **Horizons** is important to us and we hope you are enjoying it. We really need your help to continue to produce on a regular basis. We need your voices, we need your thoughts, we need your support. This is put together for the sole purpose of bringing our community together in the spirit of positivity. We firmly believe that we (ourselves and you) can make some amazing things happen. We believe that by highlighting the best things we do, we can change the narrative of who prisoners are in Illinois and everywhere. You need to be a part of this. Many of us are asking society to look past our worst decisions in life, not to ignore them but, to allow us to begin to make some positive changes in our lives, in our environment, and in ourselves. A friend of ours, a Lifer, once told us that the cynical mindset of “No. Nope. And That ain’t gonna work.” is the laziest thought process one can engage in. It takes work to put yourself out there and buy in to the possibility of positive change in all aspects of our lives. The same way it takes work to write an article or a piece for **K.H.** and get it sent to us here at KLSRC, but we need it and we appreciate it. We have some simple guidelines we’d ask you to try and utilize, not because we don’t appreciate whatever else you might try and put together (we do), but because we have a specific vision for how we see **K.H.** interacting within our community and within the larger communities we are a part of. We see our

mission as being one of **Restorative Justice** with an emphasis on building community. Therefore we'd ask that your submissions focus on those ideals, what is the community doing to affect you in positive ways and what are you doing to affect the community in positive ways? This could focus on groups you are in, classes you have taken, some outreach programs you are participating in or something you have seen others doing that you'd like to shout out in a big way. You can let us know how you'd like to be identified as the writer: credited or uncredited, with your picture (if possible?) or without, anonymously, by your facility, age, gender, or whatever is reasonable.

- How does the subject you are writing about impact your community?
- How have you been impacted by the subject you are writing about?
- How did it get started?

We are trying to keep the guidelines as open ended as possible while maintaining the integrity of what we feel **K.H.** should and can be.

THANK YOU FOR TAKING THE TIME TO READ THIS, FROM ALL THE GUYS WHO WORK ON KEWANEE HORIZONS. THANK YOU TO ALL THE PEOPLE BEHIND THE SCENES WHO HAVE HELPED, EVERYDAY, TO MAKE THIS POSSIBLE.

MAILING US SUBMISSIONS

The address for **Kewanee Horizons** is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

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

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

A QUICK SIDE NOTE...

So, we'd like to take a quick moment to give out some updates about things going on here at **K.H.** First, we want to explain why we are missing one of our most consistent, informative articles "The Market Corner", by Robert Kennedy. We are fans of this contribution and we know how many of you appreciate it also, so don't worry it will return (hopefully next week) soon. Mr. Kennedy is dealing with something right now and he promises that he'll be back. Another update is that **K.H.** had one of its founding members move on to greener pastures, he was a driving force behind what **K.H.** is today. He should be very proud of his role in this program. He is going to continue his contributions from a different position, nonetheless we expect to hear some good things from him in the future. For now he will have to be content with reading **K.H.** on the internet.

Speaking of which, here are the directions on how your family, friends, and other loved ones can check **K.H.** out..

TO SEE KEWANEE HORIZONS ON THE INTERNET:

- 1) Go to the IDOC website
- 2) Click on 'About'
- 3) Click on 'News'
- 4) Click on "**KEWANEE HORIZONS**"
- 5) Read that stuff!





OCTOBER
Breast
CANCER

AWARENESS
MONTH

NEXT MONTH WE AT KH WILL BE HIGHLIGHTING BREAST CANCER AWARENESS MONTH IF YOU HAVE ANY SUBMISSIONS YOU WOULD LIKE INCLUDED FEEL FREE TO SEND THEM.

#KHSUPPORTSBCA