

KEWANEE HORIZONS



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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 Horizon's will work to highlight the achievements of this community both on campus and off. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives here on campus on a monthly 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.

**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



RESTORATIVE JUSTICE

KEWANEE LSRC has agreed to allow, 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 Horizon team believes creating a better, more cohesive community 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.



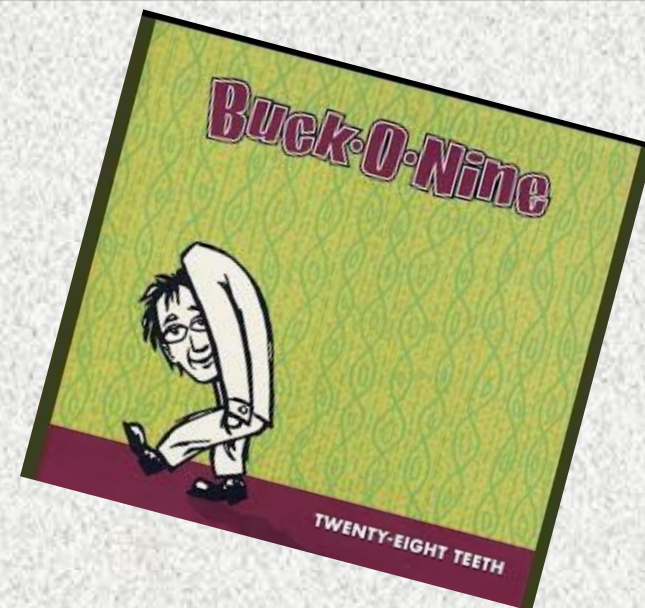
My Town- Mr. Warnsing Kew. LSRC EFA

The year was 1997 and I was at a conference for collegiate leaders. I joined the group that went to this conference not so much because I was a leader but there was a cool looking girl in the group that I wanted to flirt with (side note, it worked we later married). The keynote at the conference was Mark Victor Hansen co-author of the Chicken Soup for the Soul books. In his talk, Mark was discussing having an anthem for your life. The concept is that there are songs that strike us differently and truly resonate with you and that moment of your life. I liked the concept and instantly all the songs that I listened to started racing through my mind. At that moment, my personal anthem was Garth Brooks' song *Standing Outside the Fire*. But a close second and a song that has stuck with me is from a not well known Ska Punk band from San Diego, Buck O Nine. On their album *Twenty-Eight Teeth*, there is a song entitled "My Town".

During college I was a huge fan of Ska Punk music just because of the sound and how the music hit me. With this particular song though the lyrics

dug in deep and took root. The song for me was all about finding that place where you fit, where the world starts to make sense and enjoying every moment in that spot! Each verse of the song ends with the lines "my soul is sound when I'm in my hometown yea and no place I'd rather be" when I listen to this song today those words still hit me a little different.

My appreciation and interpretation of the song has changed over the last 25 years. I still see the importance of finding that place where you can be you



and you fit in, but I now have a deeper belief in the song as well. As I've aged, I am believing more and more that not only is it important for you to find that place, but you also have to take some ownership and accountability in the maintenance and development of where you are.

There has been many popular memes online lately depicting how men look at their yard after they mow. In

How dads stare at their yard after they cut the grass:



some regards it is true, you can see it in the spring and early summer as you drive through a town. After mowing some men look out on what they have accomplished and take pride in taking care of what they

own, their yard! It is with this thought that I believe

that we as citizens of our "towns" must have that ownership and accountability to know that we are making them better. From the song "I'm killin time with nothin to do yea It's all I seem to think about or do," now for my point I don't take these lyrics at face value. The song is discussing being able to get to a point of living a stress-free life. I believe this is possible if your focus is not on what you must do but if you focus on how what you think about and do actually impacts others.

Whether you have already found this place for you or are still looking, by taking the ownership of where you are and becoming accountable for making that place better you can make great strides at getting closer to the chorus of the song "my town, my street, give me a piece of mind that can't be beat yea"!

**KEWANEE
JUNE
TEENTH
FREEDOM DAY**

JUNE 19



About The Juneteenth Flag:

The Juneteenth flag colors are **red**, white, and **blue**, as the holiday is still about this country.

It symbolizes that the people freed in Texas were American Citizens.

The five pointed star in the middle of the flag represents the “Lone Star State,” Texas. This is where the holiday started. Although the law was signed and passed on April 8, 1864. This news did not reach Texas until June 19th, of 1865.

The big star surrounding the five pointed star was added to tell about the spread of freedom.



Common Myth:

A lack of awareness has caused a large faction of people to use the colors red, black, and green to celebrate Juneteenth.

Those colors represent the African Liberation Flag, which was created in 1920.

The African Liberation Flag was created to tell the story of unity amongst people from Africa.

The colors are represented as follows:

RED-For the struggle, sacrifice, and blood of Black People.

Black-For the Black People themselves

Green-Represents the land of Africa

KEWANEE JUNETEENTH CELEBRATION



JUNETEENTH



BY: Curt Sanders

I want to begin by thanking everyone who helped us put this event together, from the staff, the security and my peers. Secondly, I want to thank all the men who attended and participated in our celebration of Juneteenth.

In the world I never celebrated Juneteenth beyond supporting black owned businesses in the Chicagoland area. Truthfully I never even knew the story or the meaning of the day. One day in 2019 I watched a segment on *60 minutes* about Opal Lee from Galveston, Texas, Ms. Lee had spent years bringing awareness about Juneteenth by staging marches throughout the country. After the Marches she would educate individuals about blacks in Texas who were still enslaved because no one told them that slavery was abolished two years earlier by President Lincoln. The U.S. Army marched into Texas and told all the slave owners to release their slaves on June 19th, hence the name “Juneteenth”. All of Ms. Lee’s hard work paid off when, in 2020 Juneteenth was made a National Holiday.

Since COVID had us on lockdown in February for Black History Month and the overwhelming success of the Cinco de Mayo event in May, some of my peers wondered if we could put a celebration for our Freedom Day. When Mr. Buggs, Mr. Best, and Mr. Clark began to piece the event together I jumped at the opportunity to help. We all met with our

other peers, Mr. Crayton, Mr. Talley and Mr. Jones to discuss what we could possibly do. We learned that AWO Carothers, Ms. Rowan, and Mr. Warnsing would be providing support to help bring our celebration to fruition along with the Dietary Department. Peers Mr. Jones, Mr. Crayton, Mr. Jenkins, and Mr. Pierce donated food for a BBQ. I along with my peers Mr. Fletcher and Mr. Bradshaw donated snacks for prizes and giveaways at the event. T. Buggs collaborated with Mr. Garrett in the Media Room to make an extraordinary video for the event. Mr. Best worked with Ms. Rowan to create a fun and informative trivia game. Mr. Buggs and Mr. Fletcher helped me put together a game of "Name That Tune". Mr. Buggs, Mr. Jones, and Mr. Clark also worked with the LTS Department and Major Jones on a softball game between 4 and 5 Houses. Mr. Abbott even made a plaque for the game's winning house to display in their Activity Room.

With anything there are bound to be hiccups, but we pulled off a great event that was enjoyed by all. Mr. Jones' even blessed us with two spoken word poems. The band performed two songs and Mr. Hanserd opened the event with an explanation about and rendition of "Lift Every Voice". Mr. Talley served as our host. We all left more informed about Juneteenth and what it means to Black Culture. 4 House won the softball game but, 5 house will bring it home next year!

Thankyou to Mr. Price, Ms. Trigg, Ms. Wilson and Ms. Simmons for helping with the trivia. Thanks to all the volunteers as well: Mr. Fox, Mr. Villanueva, Mr. Wheeler, Mr. Keys and Mr. Diaz. And all of the Clinical Department staff.



JUNETEENTH CELEBRATION

On Friday, June 17th we were fortunate enough to have had the privilege of enjoying a Juneteenth celebration. The day kicked off with some good food. Most of which was donated by some of the guys here on campus, and their families. If it weren't for the support and donations from families and friends, many of the things we do here wouldn't be possible. So, when you see the guys around campus who were kind enough to have asked their families to send stuff in, please thank them.

After everyone had eaten, we all gathered in the gym where there was an informative and educational presentation put on by several of the guys. There was a 'Name that Tune' contest, a five round trivia contest as well as several raffles. All with bags of candy being given as prizes for the winners!

There were also awesome performances put on by the worship band. They did one of the many worship songs that they regularly play at our chapel services, and they also did an amazing rendition of the Sam Cook song "A Change Is Gonna Come".

We also watched a very informative and entertaining video about the origination, history and meaning of Juneteenth that was put together by Mr. Donial Garrett from the Two Roads team. It was inspiring to see all the work that everyone put into all the events and activities of the day. Hopefully it will inspire the guys around the campus to come up with more proposals for future events that we can all enjoy together as a community. We really want to thank everyone here for the amazing participation and planning that went into this event, from our fellow residents, the amazing staff and faculty, and the administration.

Written By: Mr. Josh Clark



Civic Participation=Restorative Justice



BY: Keith Talley

If the general definition of power is the ability to define, influence, and determine your reality, then indeed, voting is power! Civic participation, in the form of voting, is not only an act of restorative justice, but more broadly, transformational justice. Where restorative justice is about restoring community wholeness through the acknowledgment and healing from harm committed, transformational justice is focused efforts toward not just restoration, but the transformation of the community by reducing, changing or eliminating the socio-political forces and conditions that contributed to the harm being committed in the first place.

Now, before you dismiss this as mere liberal, left-wing mumbo jumbo, let's take a casual stroll down History Lane and look at the history of voting/elections in America, and the subsequent transformational impact it has had on shaping our current social and electoral landscape.

1788

The United States constitution first passed; in it, those who had power (the ability to define, influence, and determine reality) were plainly outlined. The right to vote was limited exclusively to: **white men who were 21+ years old, and who owned property. In some states they also had to be Christian.**

1870

The 15th Amendment was passed giving formerly enslaved African-American **men** the right to vote.

1920

The 19th Amendment was ratified granting all women the right to vote. It was the result of 50 years of struggle.

1965

Despite African-Americans having the right to vote since 1870, the original Voting Rights Act (VRA) was signed by President Johnson to dismantle existing Jim Crow Laws. Jim Crow Laws, among other things, consisted of poll taxes and literacy tests, and were designed to maintain racial inequality by denying African-Americans access to the polls and the ability to define, influence and determine their reality.

1971

The 26th Amendment was passed; it lowered the voting age from 21 to 18. This was a direct response to major protests against being drafted to fight the Vietnam War at the age 18, but having no political voice in that war until age 21.

2013

The U.S. Supreme Court struck down a key part of the Voting Rights Act that prevented racially discriminatory election laws and procedures in the South and other parts of the U.S. The following day, several southern states passed election laws that they wouldn't have been able to pass just a day before.

2022

20+ Republican states pass restrictive voting/election laws to protect against voter fraud and strengthen 'election integrity.'

As we experience personal transformation and prepare for transition to full citizenship, it should be apparent that we are direct beneficiaries and inheritors of a robust legacy of civic participation. Then know that, in Illinois, your voting rights are restored once you are no longer in custody. **Yes, you can legally vote on parole!** So whether you are returning to a small, sleepy rural town or the big, mean city, if you are 18+ years of age and a U.S. citizen, exert your power – make your voice heard – be an agent for change - **VOTE!**

“If you are not at the table, then don’t be confused, you are the meal.”



If you can't fly, then **run**.
If you can't run, then **walk**.
If you can't walk, then **crawl**,
but by all means, **keep moving**.

- Martin Luther King Jr.

K.H. MEMES



**C.O. SAYS YOU
HAVE MAIL**



IT'S FROM I.A.



**SHOWING UP TO MY
RISK ASSESMENT LIKE**



Upcoming Events for August

August 1st @ 6:30 in the west gym there will be a Baptism service led by the good folks from Heritage Church. All are invited and encouraged to attend.

August 4th and 5th there will be a global leadership conference. This will be a two day event. Day one will be from 9am-5pm, and day two will be from 9am-3pm. This event will be held in the west gym as well. Everyone is invited to attend.

August 27th and 28th there will be a Christian retreat based on the power of prayer hosted by Manny Mill. This two day event will be held in the west gym as well with everyone invited and encouraged to attend. Time for this event will be provided in the upcoming weeks. Looking forward to seeing you all there!

Friday, August 5th, and Friday, August 19th will be the movie nights in the west gym for the month of August.



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 efferent in improving their own prospects for the future, but an equal (and 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 spirt, grate 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.



T.R.E.O.

T.R.E.O. is a peer led group that was started in Kewanee over three years ago. The acronym T.R.E.O. stands for Trade Ready Employment Opportunities. Basically it was started to help guys get information to help prepare themselves enter the free world ready to start a trade or a job with a head start. In the beginning we gave guys information on OSHA, and basics on trade information , like union apprenticeships, schooling for trades and basic “How To” videos on things guys were interested in. then came the pandemic. T.R.E.O. was put on pause. (Continued...)



Facilitators: James Gouty, Mike Kirkhart, and Andrew Proctor

In comes the new re-thought T.R.E.O. with two rules: 1) What happens in T.R.E.O. stays in T.R.E.O.; 2) if you're late... you dance! (so, if you don't mind, take a 30 second break and dance!)

When we started T.R.E.O. again, we upped our game. We got better videos on anything trade or work related that guys wanted. We added 4 book studies: HVAC, Electric, Plumbing, and Carpentry. Three book studies are the exact books Unions use to teach apprentices. You can take tests on books and achieve a certificate of completion for any book study you finish on your time. We have hands on learning with as much as we can get into, and have any information a guy needs on any trade, Union or non-Union.

A lot of the guys in the class have worked years in the trades and we share information and connections and trade info.

We have a laid back atmosphere and we are light on structure, but heavy on information. Being at Kewanee has give us a platform to help each other succeed. Peer led by facilitators who want to better people and want like minded people around them.

Hopefully in the future we will see you in T.R.E.O.! Please know that anything is possible, and that hard work and dedication could lead you to Kewanee, to T.R.E.O. and a greater career in any trade you want to, any Union you want to, or even owning your own construction company!

For those of you stuck in cells or in dorms with nothing to do, we will be bringing T.R.E.O. information that we share in class with you. We want the T.R.E.O. experience to find its way into every facility. We will put trade information on Kewanee Horizons. We will try our best to give you helpful info on trades, Unions, Apprenticeships, Certifications and as much trade/work information we can all use. Hopefully we can find a way to get your requests for info as well.

Please stay tuned, and don't forget to dance!

Written By: James Gouty



An Explanation About the Future:

In the future Kewanee Horizons has intentions to provide peer led class(es) information. In this issue we are going to showcase Kewanee's T.R.E.O. program. We have some pictures of a guided tour that the guys engaged in that explained the fundamentals of an industrial HVAC system and a boiler and plumbing system.

Our idea is that we should be able to provide some of the fundamental information that is taught in some of our more successful peer led classes. We are hoping that eventually some peer led class information will be able to be posted and made available to all institutions in a way that allows for learning to occur for everyone in some capacity, even if they are not housed at the Kewanee campus. An added benefit, we hope, is that the information provided can be inspirational in a way that other individuals can use this information as a model to boost their own peer led classes in their facilities.



Peer Facilitating

HVAC Explanations



Touring the Boilers

We would like to highlight the worship band in this months Horizon's issue. Unless you have been going to the weekly chapel services, their performance at the Juneteenth celebration was most likely you're first time seeing them in action. I recently asked each of them the question, "what does playing in the worship band mean to you"?

Being in the band is something that has changed my life. To give joy to the Most High. To have the fellowship that I will keep with me the rest of my life.

-David McClinton



WORSHIP BAND

If it's not about GOD, it's not about me. I have come a long way from the man I used to be, I had to. It's by the Grace of GOD that I have overcome many hardships along the way. Walls that were built up to "protect" me, really only caged me and enslaved me. It was worship and the WORD that chipped away at those walls until they fell like the walls of Jericho. When I sing and play in worship, that is my desire for all in attendance. That's why I do it...that's what it means to me to be in this worship band.

-Martell Delgato

When I got here to Kewanee I hadn't played guitar in over 14 years. I had just had in my mind that I would probably never play while in here again. I was blessed with an opportunity to practice shortly after my arrival here by my buddy J.T. That inspired me to participate in the forming of the praise band. Now, as each of us in turn are moving on from this place, we are passing it down to the newcomers so they will get the experience of being able to praise GOD in the ways we have, by serving him with our talents.

-Walter Oswald

CONTINUED ON NEXT PAGE

Being a member of the Kewanee worship team has strengthened my relationship with GOD and made it a lot more intimate. I am blessed that GOD called me to do this, my life has improved in many ways because of it. Praise GOD that he put me in this position, the memories and bonds that I have made through this experience will last a lifetime. The fact that today I am playing an instrument and worshiping the Lord before our weekly services speaks of GOD'S unpredictability for our lives. I have learned from this experience that I should be obedient, and trust GOD'S plan for my life. Blessings... **-Luis Diaz**

From the indication of the pipes prepared in Lucifer the covering cherub in Ezekiel 28 to the poetic verse in Psalms 98 when it is said let the floods clap their hands...as praise to GOD. Clearly the GOD of Abraham, Isaac and Jacob has show us how he has declared for his people to praise and worship him. In the middle of the Bible the Lord has prepared through the psalmist King David and a few other musicians and writers to give us a perfect picture of how dear praise is to him. And so, what does it mean to me to be a part of the praise team here at Kewanee? I simply point you to all of the Psalms even to the very last one Psalm 150. Love, **-Reginald Spencer**

Singing in the worship band to me means being obedient to GOD. After reading the book "a purpose filed life" I asked My Lord And Savior "what is my purpose for his glory down here on earth"? He spoke to me in a dream that very night and asked me to worship him. I didn't know what that actually meant. Was I supposed to get down on my knees and bow down to GOD all day long? It wasn't until one of my Christian brothers told me that it could mean playing in the band. He didn't even know that I had been singing all my life. I joined the band and have never looked back. **-Victor Davila**

For me, the closest I feel to GOD is when I am singing in the praise band. It is how I feel at one with my fellowship, my God and the Holy Spirit. **-Angel Mercado**



NEW GRADUATES



The entire Kewanee campus is very proud to celebrate the recent accomplishments of some of the members in our community. As we know a success for one is a success for all. Among these accomplishments are Mr. Burly and Mr. Hays, they have recently been awarded their certificates for acing the law clerk exam , Mr. Tayrod Fields and Mr. Keys for passing their G.E.D. tests, wile Mr. Montgomery and Mr. Diaz have passed there Excavator Finals on the CAT Simulator. These are only some of the amazing accomplishments that serve to remind us all of the opportunities that are available to all of us and that with work and perseverance great accomplishments and recognition are available no matter were life finds you.

WHAT IS A STOCK?



BY: Robert Kennedy

A stock is a share of ownership in a company. If you buy 10 shares of Nike, the largest sneaker manufacturer on the planet, you become part owner of the company. You would be known as a “shareholder”. At the time of this writing, a single share of the Nike Corporation would cost you \$114.49. All companies have only a certain amount of shares available to the public, known as the “outstanding shares” available. If you had enough cash, you could buy all the outstanding shares of Nike, and be the majority shareholder of the company. Currently, Nike has 1.6 billion outstanding shares. When you multiply the number of outstanding

shares by the current price of Nike’s stock, you get a total of 183.2 billion dollars. This is known as Nike’s market capitalization or its “market cap”. Basically, this is what the stock market has valued the sneaker giant Nike to be worth. As the price fluctuates, so does the market cap. Think of it as a gigantic pie with 1.6 billion slices. The more slices of the pie you have, the bigger your ownership position is. All companies are required to report their earnings to their shareholders, and to the general public. A company’s “earnings report” will show such things as, revenues, expenses and net profits for the previous three months known as a quarter. In most cases, the company will provide guidance, which generally means what the company expects to earn and what its outlook for the near future may be. Usually, but not always, if a company had a profitable

quarter and issues a positive guidance or outlook, the stock price rises. The higher the stock price goes, the more money you will make as a current shareholder. Basically, you are profiting from the people purchasing Nike products. Instead of merely being only a customer, as they are. This is true for any company which is publicly traded in a place called an “exchange”. An exchange is a place where stocks are bought and sold daily. The two biggest exchanges are the NYSE (New York Stock Exchange) and the NASDAQ (National Association of Securities Dealers Automated Quotations). However, in order to buy and sell stocks you’ll need a broker to buy and sell them for you. A broker is basically a middleman between you and the exchanges. There are many brokers available to you. You’ve probably heard of Robin Hood, TD Ameritrade, and E-Trade, just to name a few. Opening an account is free, but you will need cash when you are ready to purchase a share of stock. That’s all for now, next month I’ll be discussing more on investing versus trading, volatility and dividend stocks, and how that could mean more cash in your account! Talk to you soon!



THIS SPOKEN WORD WAS PERFORMED
AT KLSRC'S JUNETEENTH CELEBRATION.

IDIOT BOX

They say the **TV** is an **IDIOT BOX**. But, why can't it be a **BOX** I pop the top on to escape this **BOX**? I've been **BOX'D** in so long I need a reflection of what the world is like. Something... that inspires me to think outside the **BOX**... Look at the wrong show, it'll lock you in to just pass time but, I need inspiration to leave this **BOX** and never re-visit.

On **CNN**, Lisa Ling gives you a different perspective, but for us: **THIS IS LIFE**.

You have the **CHICAGO PD**, setting a **CHICAGO FIRE** under us, tricking the minorities to **PURGE** on one another, then **9-1-1** comes, **JUDGE MATHIS** you on a 9-1, now you're in **LOCK-UP** watching **LOCK-UP!** The first thing the **BOX** teach you is: **HOW TO GET AWAY WITH MURDER** in the **FIRST 48**. A **SCANDAL** in the gate, because our **CRIMINAL MINDS** are put on this **TEMPTATION ISLAND** to perfect our bad behavior.

We start this journey **YOUNG & RESTLESS** with a **MILLION LITTLE THINGS** running through our conscious as to why we had aspirations of being **BALLERS**. Chasing that **MODERN FAMILY** image in an **ANIMAL KINGDOM** with **SNOWFALL** dreams just put you on a **BLACKLIST** so they can lay the **SMACKDOWN** on your life through a **BLIND SPOT**. Now, you're doing more time in jail than on the streets, you should've been **TAKEN AT BIRTH...** They say **DAVID MAKES MAN** but in the **BOX**, you **WATCHMEN** take **CHICAGO**



By: Byron Jones

MEDS to cope with **FAMILY FEUDS** of loved ones **BREAKING BAD** until they **WALKING DEAD** around here like **MR. ROBOT. SHAMELESS** to say it becomes hard to **LIVE WITH YOURSELF!** Then a **BIG BROTHER** who is **ALMOST FAMILY** steps in saying **GOD FRIENDED ME** to **IYANLA: FIX MY LIFE** and the TV becomes your **GOOD DOCTOR**. You cut on the **POWER** to conquer your **INSECURITIES** as you begin this **AMAZING RACE** to build your **EMPIRE** as it once was designed to be... I mean, **WHAT WOULD YOU DO** if your dream was to become an **UNDERCOVER BOSS** with your **OWN** Company that **FLIP'S THIS HOUSE** with the help of being a **SURVIVOR** in a **SHARK TANK?**...You've been a **BACHELOR** all your life but because of this **MAKEOVER** that gave you **THE VIEW** of **LOVE AFTER LOCK-UP**, you're **READY TO LOVE** on a **BACHELORETTE** to create a **BABY STORY** because above all... **FAMILY MATTERS.**

We can achieve what **FOX NEWS** and **NANCY GRACE** says is unachievable if we look at the **BOX** and say **THIS IS US**; a depiction of what I can and won't be. The real **REALITY** to this **TV** moniker is: it's only an **IDIOT BOX** to the idiot who came up with the phrase.

When I came up with the concept to do **IDIOT BOX**, I was in my bunk watching the show "This is us". I was learning so much from the variety of situations, and emotions the characters were experiencing. It was presenting me with a reflection on how the world was evolving, different dynamics within life, & perspectives on relationships. So when the show went off, I immediately came up with the first part contradicting that I was watching an **IDIOT BOX!** The rest is history and became creative expression to tell our story!



A Word from a Winner

First and foremost, “Salute!” to every individual that participated in the obstacle course, challenging yourself mentally and physically. As we all know unfortunately, there could be only **ONE “WINNER”! ME!** THE CHAMP IS HERE.

SOME ADVICE FROM OUR WINNER ON ABOUT HIS COMPREHENSIVE WORKOUT ROUTINE:

“Work Out! Stay Active!”

Chest-Flat bench

185, 205, and 225 lbs

- ⇒ 185 lbs- 15 sets of 20 reps & chest machine w/ 35 lbs plates
- ⇒ 205 lbs- 10 sets of 15 reps & chest machine w/ 35 lbs plates incline
- ⇒ 225 lbs- 10 sets of 15 reps & 500 push ups

“The schedule for incline- repeat

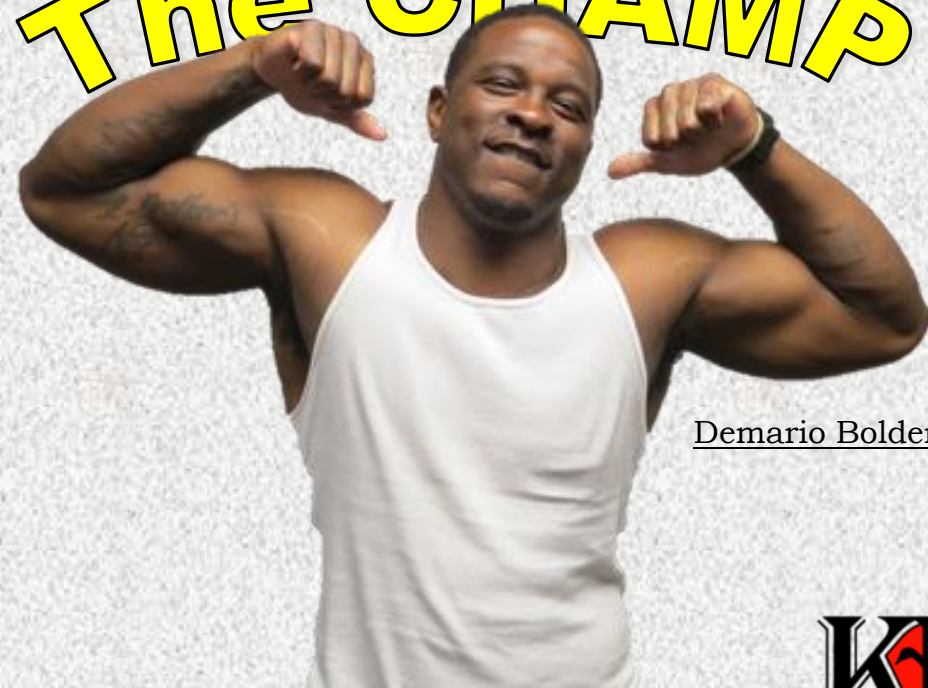
255, 275, 305, 315, 325, 335, 365 lbs-sets of whatever you could get.

Dumbbells- chest w/ 40, 50, 60, 70 lbs, bench and campaigns, the more reps the better.

Arms-

- ⇒ 135 lbs plate- 5 sets of 10 reps, plus 40 lbs dumbbell curls, hammers & inside hammers plus arm twists
- ⇒ Curl bar w/ 25 lbs plates, 35 lbs plates
- ⇒ Skull crushers w/ 35 lbs plates- plus arm machine, etc. etc.

The CHAMP



Demario Bolden

Shoulders-

⇒ 135 lbs plate- shoulder presses 10 sets of 10 reps, shoulder machine w/ 25 lbs plates, shoulder scrubs w/ 225 pounds, 5 sets of 20 reps

Back-

⇒ T-bar w/ 45 lbs plates 10 sets of 15 reps plus back machine and lawn mowers w/ 70 lbs dumbbells

Full body workout-

⇒ Tire flips- 1x around the whole yard or 20 flips forward and 20 flips back to start point
⇒ 5 sets military presses- 135 & 185 lbs 5 sets of 10 reps

Crossfit-

⇒ Burpee upright roll w/ 75 lbs curl bar- plus jogging
⇒ Burpee jumps w/ 30 lbs dumbbells 5 sets of 5 reps
⇒ Tire flips back and forth, push ups w/ 30 lbs dumbbells, etc.

Legs

⇒ 185 lbs squats, or 205, 225 lbs your choice for weight 10 sets of 10 reps



**To be the best you
must beat, The beast!**



PROFILE OF CASSIDY WINSTON



I first met Cassidy Winston in 2019 in the Bakery in Illinois River. I was impressed with his devotion to his Christian faith and his great work ethic. When I first learned that he had been locked up since 1986 I was always intrigued by what his experiences must have been throughout his incarceration. I have been locked up since 1998 myself,

but I came into D.O.C. after the infamous Richard Speck tapes rocked the Illinois DE Department of Corrections and security changed drastically. I have only heard stories about how life was like when the “joints were open”. I wanted to profile Winston to explore not only his experiences throughout his 35+ years of incarceration but also what has kept him on such a positive path. Winston agreed to be interviewed for this piece because he wants to use his remaining time to mentor younger individuals in custody and he hopes his life story can teach others.

Winston was born in Chicago but moved to Bloomington/Normal at the age of 7. The Bloomington community in the seventies was still very segregated and his family lived in a poor black neighborhood filled with gangs and drugs. While Winston loved school, the negative influence of the streets led him to make bad choices. In 1986 Winston was arrested and ultimately convicted of first-degree murder and sentenced to natural life in prison. His sentence was ultimately reduced to an aggregate term of 87 years. He came through Joliet receiving and spent his first 21 years of incarceration at Stateville. Gangs and drugs were prevalent.



The prison was completely open. Winston lived in F House (the “round house”) and worked in the tailor shop. “I had to go into survival mode.” “I never allowed myself to think about home but I knew I had to be constantly aware of my surroundings. I didn’t want to become vulnerable or slip.” Winston describes the atmosphere there as a “killing atmospheres”, where one had to be ready at all times to attack or be attacked. “For the first five years of my incarceration I didn’t think that I was going home.” After the outcry over the Richard Speck tapes the facility was placed on lockdown for over a year.

In 2007 Winston was transferred to Mt. Sterling C.C. and then in 2015 to Illinois River C.C. During the beginning of the pandemic lockdowns Winston was able to adjust a little easier because he was used to being on constant lockdown during his stay in Stateville. Winston decided to transfer to Kewanee because he knew that after 35+ years of incarceration he would need assistance transitioning to free society and he had heard great things about this facility. Now that he is here he is still adjusting to all of the freedom but he likes it so far. Winston wants to learn as much as he can about small business management and is interested in possibly opening a food truck on the outside. He would also like to participate in peer-led groups where he can mentor younger individuals in custody. While running his own business is his ultimate goal he is willing to work any minimum wage job he needs to in order to raise needed capital. After 35 years in prison, re-connecting with younger members of his family is his greatest challenge. His parents, two brothers, one sister, and his grandmother have all passed away during his incarceration. Winston credits his “Lord and Savior Jesus Christ” for his ability to persevere and maintain a positive attitude during his long incarceration. He can finally see the light at the end of the tunnel.





By: Josh Clark

PATHWAY TO ATC

One of the most effective ways to get into classes and groups here on the Kewanee campus is to advocate for yourself. When we say advocate for yourself, we mean make yourself seen. Be social with the teachers and counselors. They are the ones who put you into classes and groups. For instance, a really easy way to get into classes is to look at the new class schedules when they come out and look for classes that aren't full. When you see a class that isn't full, go talk to that teacher

on the first day that class starts and ask them if they would be okay with you jumping into that class. They can have you added to the class just as easy as that. Another example of advocating for yourself is talk to the clinical and mental health staff who lead whatever group you're interested in getting into and let them know that although you're on the waitlist for that particular group, you would be willing to take someone's spot if they decide they wanted to drop that group for some reason. Honestly, with the campus getting filled back up to full capacity, the more we will have to wait on our name to come up on the waitlists. But there's always that chance that you may get lucky and be able to slide into a spot unexpectedly. So, don't get discouraged. Just keep on taking advantage of every opportunity you are presented with and eventually it will pay off. Besides, it's good for you to show how willing you are to program and just get in there and get it done. They will definitely take you more serious than someone who just sits around and waits for the opportunity to come to them. Another goal you should be working on while you are here, is getting your social security card and birth certificate and having it placed into your master file. That way, when you get to work release you will already have what you need for your state ID. It's much easier to get those documents

while you are here than it is to wait until you get to work release and have to wait for them to be able to get your state ID and anything else you may need these documents for. To get this process started, you should talk to your counselor and they will point you in the right direction.

Yet another goal you should be working towards while you are here is getting your resume up to date. Some tips I can give you on building your resume even though you've been locked up for decades is to list every single job you have had while you've been in, list any and every class you have taken. For example, if you worked in the kitchen, industry, maintenance, porter, etc. give a brief summery of what your responsibilities were. There are resume templates on the computers in the library that are very helpful when building your resume. If you need help with finding and using the templates while in the library, just ask one of the library clerks and they will point you in the right direction. Having a up to date resume is a very good advantage when you are in work release and applying for jobs. Don't feel embarrassed if you have been locked up awhile and you've only had prison jobs. It's all about how you present the information about those jobs that will really make it look as good as possible.

One thing that will definitely get in your way when you are trying to make it to A.T.C. is catching tickets. Catching tickets while you are here will be a bad look for you when you submit and they go to look at your ticket history. The best advise I can give is to just do things the easy way...follow the rules while you are here. In all actuality, although you will have many more privileges while in A.T.C., there will be many more rules. So why not try to just acclimate yourself to following the rules presently? After all, we are supposed to be actively preparing ourselves for re-entering society and being responsible, law-abiding citizens.

VETERAN'S GROUP



Kewanee will be restarting its veteran's group after, like many programs here at Kewanee, COVID shut it down. The veteran's group will be facilitated by Lt. DeCoster and MPH Ross. The group will be meeting weekly on Mondays at 12:10 p.m. in room 61 in West Academics. While the group is only open to veterans, anyone can participate in the many activities that will be planned for the future. The veteran's group will be focused on establishing a sense of camaraderie and fellowship for veterans and fundraising for various charities that assist veterans on the outside. A representative from the Veteran's Administration will be meeting with the group to discuss programs and benefits upon release.

Some of the planned activities include a 5K run to raise money, movie nights featuring movies with a military theme, and military-training exercises and games. Many staff members and outside organizations have participated in past events. Lt. DeCoster is a former

Marine and the one responsible for starting the group in 2019 after drawing inspiration from an individual in custody that had recently transferred from Graham, where there is a very vibrant Veteran's group. Warden Carothers has been very supportive of the activities of the veteran's group and that is not always the case at higher-security facilities.

Kewanee Horizons will be keeping the Kewanee community regularly updated on the activities of the veteran's group. To all the Veterans, we thank you for your service and to the Vets on and off campus, K.H. would appreciate the opportunity to be of service to you in any preparation or grunt work you may need during any events you plan.



CHESS DAY IN KEWANEE

Although it was limited capacity, the Library was able to hold Chess Day once again after many months on hiatus. The completion was stacked, with many insiders "Library Workers" excepted to win but, who would have thought it was just a friendly game in order to sharpen each others skills.

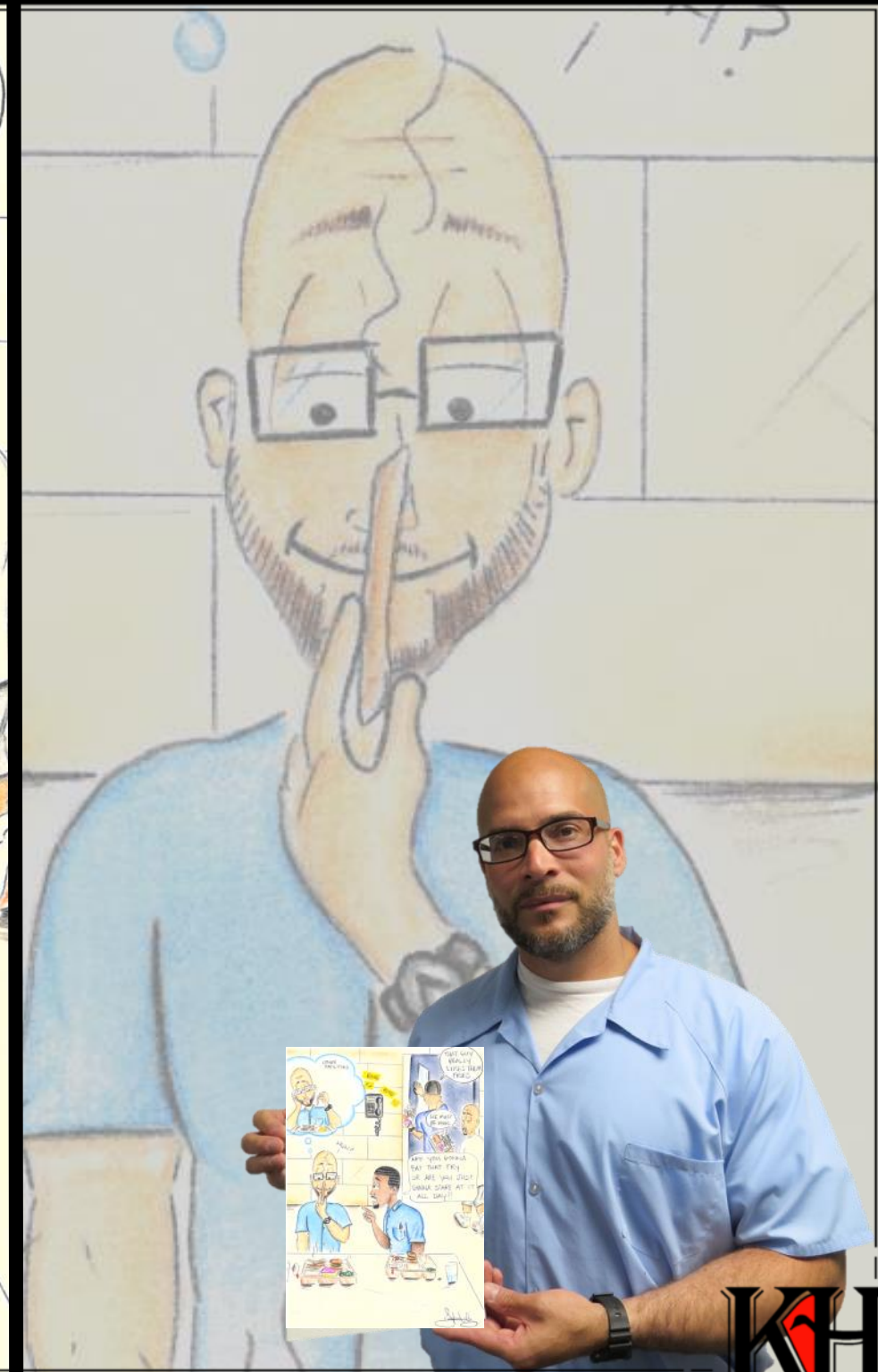


Softball

Sponsored by LTS Supervisor Louck, Major Jones, Mr. B> Jones
and Mr. T. Buggs...

The Kewanee Softball Classic was created to establish a tradition celebrating inclusiveness on Juneteenth. Everyone came out to participate & support their respective houses as 4 house beat 5 houes12-8, and carved their names in history, as the **FIRST** Kewanee recipients of the coveted Trophy.





STATE WIDE REQUEST FOR UPDATES

Kewanee Horizons' guiding principles include Restorative Justice practices with an emphasis on community building. This is the second issue that we have produced, the first was limited to the Kewanee campus itself. I would venture to say that it was a proof of concept kind of situation because we specifically had never participated in creating a newspaper, newsletter, e-zine or however you'd like to define what this is. We remembered how important the Statewide Informer and Two Roads were to us during some of the darker stretches of the on-going COVID lockdowns around the IDOC and we wanted to create something like that. We really wanted to make our own thing though, based on what drives us, something we could be passionate about ourselves, namely community. Our unique community of the incarcerated men and women of the IDOC. Our thought is to try and encourage each other through highlighting some of the most positive achievements of members of our community. In this issue you will see our efforts in that direction, however, what is missing are the updates from all of the things that our fellow brothers and sisters around the state are doing! We want to give a huge shout out in recognition to the amazing achievement to the Master's Degree recipients from Stateville! You are awesome! You are an inspiration to so many of us. (If you haven't read the pieces written on the Feather Bricks document you are tripping! It is really good, get to it.) So, we are pretty sure you can guess where this is going... send us your updates! Let us know about the things you or others are doing in your facility.

We are working out a way for these submissions to be submitted to us here at Kewanee so that we can put them together and show the immense talents and drive that our community has. The ability to see each other's accomplishments can only serve to inspire each other to reach for more. At least that is the belief that we have. And so, we are asking for you to let us know what's up. Of course there are guidelines that will have to be followed, for example the first thing we'd ask to hear about are any graduations or certificates earned or anything in that space. We welcome all submissions and we reserve the right to edit for clarity, grammar, spelling etc. the main idea though is to be able to put your work on the tablets and kiosks to share with the rest of the community at large here.

Danville, Taylorville, Centralia, Big Muddy, Dixon, Stateville, Sheridan, East Moline, Illinois River, Jacksonville, Graham, Menard, Pinckneyville, Shawnee, Mount Sterling, Vienna, Robinson, Lawrenceville, Pontiac, Hill, Lincoln, Southwestern, Vandalia, Logan, Decatur, Murphysboro...

This is a call to you, think about some things you could write about. We want to hear from you, all across the state, we know you are trying to do some amazing things and any successes you achieve need to be highlighted!



Two Roads

We are calling out to anyone that would like to share their story of triumph over adversity. This story is about hope and how you have found it in the darkest time. Who were you when you first entered corrections and how did you choose to become a better version of yourself. Stories should be no longer than 500 words and the deadline for submissions is August, 15 2022. Join us on this Road of Redemption and leave a positive imprint on someone's life.

