

# 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 Horizons 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.



# 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

# NYU RESUME EVENT

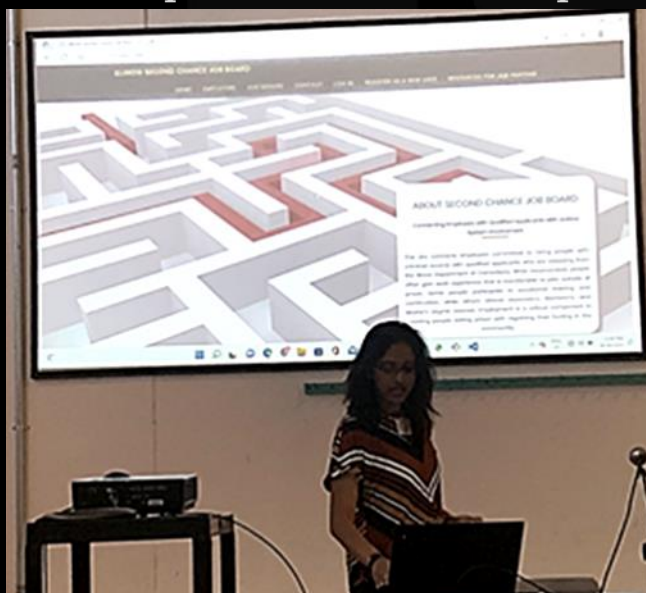
On August 24th A group of students and faculty from New York University (NYU) along with IDOC Administrators from Springfield visited KLSRC to give a presentation about a new program that the Department and new Chief of Programs and Support Services Parrack has been working on in conjunction with NYU. The program is focused on bringing together Employers looking to hire returning citizens and people in the custody of the Department who are looking for ways to put themselves in the best position to succeed upon release, namely to have employment set up and ready to go as soon as possible when they get out. NYU has been building out a computer algorithm and website that will help make this connection between these two parties. One of the more interesting features of their system was the verification of employers credentials and ability to hire, think of it as a system that holds employers accountable and verifies that they are equipped to employ “us” rather than placing that weight on the returning citizens. There are 20,000 people in IL leaving prison expecting to start a new life, we all want the best possible opportunity to make it after release and this program is a huge advantage to reach the goal of never returning to prison.



The reason you may not have yet heard about this program is because it is still in its infancy with regard to how the website will function. At their presentation the NYU group gave KLSRC Administrators, staff and individuals in custody a thorough demonstration about their ideas on how best to make this connection not only possible, but probable, leading to more successful employment opportunities tailored specifically to the needs of the employers on one hand and the skills and training that individuals in custody have learned, earned, or are otherwise in possession of on the other hand. The presentation was very informative and well done. There was a good discussion after the presentation that allowed for a



robust question and answer involving everyone in attendance. Something that **K.H.** was appreciative of was how important the feedback from individuals in custody seemed to be for the presenters. It is important to us that the buy-in from individuals in custody is an



important part of any programs that have to do with the end goal of making more successful transitions for us. The more input that individuals in custody have the easier it should be for administrators to understand the unique needs and abilities these returning citizen have. As always we are grateful for the opportunity to view and discuss the details of this new program and are appreciative of the administrative officials for providing this as well as many more new opportunities down the road.





# WHAT'S UP EVERYONE?

This is Corey Johnson, Eric Phillips, Eric Anderson, and Ronald Hood asking what's up to our **Community**. Those who are familiar with us know that we all have been in custody since we were youth and I.D.O.C. has been our **community** for decades. We know of numerous individuals who have been affecting positive change within our **community** for just as long, if not longer. From old cellmates, neighbors, and friends, to that guy on the gallery or wing who always had something positive to say. We are talking to you, all of you.

Kewanee Horizons may have started in Kewanee, but, we do this for our entire **community**. It's not widely known, but in 2014 the clinical services aides at Menard, including Demond Hendricks, John Foster, Mike Watson and Michael Ortega conducted a food drive for the local food pantry. And in 2015 helped raised nearly \$3,000 to support "By the Hand", a non-profit, after-school program in Chicago that emphasizes academic excellence and child development. Guys like DeMarcus Hillsman whose actions have continuously been about helping the **community**, from being a peer mentor helping individuals learn math on his own to being a caretaker for infirmed patients; some of which have since passed.

We are hopeful that this call to action can be heeded by those of you whom have helped us in our journey. We are well aware that none of us would be where we are today without you all. "No man is an island." We know this and it is what drives our responsibility, our purpose.



As individuals who have been in custody our entire adult lives and have taken responsibility for our actions and realize the reverberating effects those actions have had on our greater **Communities**. We know the power of choice and refuse to see ourselves as victims of environment, pressure from peers, or a home life. Even though we understand the impact that all may have had on our thoughts, beliefs and actions as youth.

We know that the choices we have made that resulted in us having life sentences were mistakes and we know how to navigate the pressure of the street life and how to rebuild from the bad choices of our past into men worthy of the story we have to tell.

**K.H.** is a unique opportunity for all the men and women in custody to not only give voice to our contributions to the positive atmosphere of our **Community**, but to motivate others to do the same. Take heed to the responsibility we hold in our surroundings and the responsibility we have in building up those surroundings, those **communities**. We wish to shed a guiding light on these actions and all the positive actions to come.

The place we find ourselves in life is not simply by chance. We are where we are now because a series of choices and decisions we have made over the years. There's power in our stories as we have transformed them from ones of sorrow and harm into tools made to heal and guide. We and many of **K.H.** readers are living our lives with purpose and not in vain. There are many individuals that we know that are doing good and powerful things, imagine all the moments of impact we don't know of. We would like to highlight the work you are doing to better our current **Community** and the greater **Community**.

Written by former juvenile lifers...







# RESTORE JUSTICE VISITS KLSRC





Restore Justice educates policy-makers and engages advocates in promoting positive solutions.

On August 25th, Restore Justice visited five individuals in custody here at KLSRC. From Restore Justice there were eight people who came to visit, some were RJ staff and some were part of their Board of Directors. Of course, **K.H.** wanted to know how things went on the visit and after talking to all the people involved it seems that all in all it was a very positive and engaging event. We know that some of our readers may know who Restore Justice is and some may not, so we'd like to briefly explain who they are: Restore Justice is a non-profit group that advocates for the men and women incarcerated in the IDOC, they try to do this mainly through outreach to



family members of those impacted by the criminal legal system, they also try to educate legislators about diverse issues such as sentencing reform and conditions of confinement. They also try to reach out and provide information to incarcerated individuals about legislation that is introduced, pending, or passed that affects those incarcerated and their loved ones. Their organization has been around for a few years now and even though they are a relatively small group, as far as employees go. One of the most important facts to know about this group is that they currently have more formerly incarcerated individuals working at their office than people who have not been incarcerated. Many of these individuals are men who have served more than twenty or twenty-five years each and spent the majority of their time in prison serving Life without Parole sentences (these men were subsequently re-sentenced to terms of years after the U.S. Supreme Court decision in Miller v. Alabama in 2012). That is an amazing accomplishment.

Before the visit began, AWO of KLSRC, Mr. Carothers came and introduced himself and some of his staff members including Major Jones, Mrs. Scott from the Clinical Services Dept., and Ms. Natalie Mason, the IDOC's family liaison, they took the time to explain some of the programming available here and also answered some questions about how things came to be the way they are at KLSRC and how those things could be translated to other parts of the department. A few of the successes spoken about here that the Restore Justice team members were impressed with were the outside worker program, the newly dubbed Employee of the week (who is an individual in custody) and the efforts this Administration has made to reintegrate the individuals on campus back into society through these programs.



There are a few key points we'd like to highlight about conversations that took place during this visit, many of which are things you'd expect anybody to talk about, however, something that should be noted is the fact that almost none of the RJ visitors or individuals they visited knew each other prior to the visits. Also of note, as mentioned above, the start of the visit included some positive interactions between the visitors, the individuals in custody, and the IDOC officials. The greatest topic of conversation was some of the efforts being put forth by Restore Justice, which include among other things, changes to sentencing guidelines for sentences such as Felony Murder, Accountability, and for those of us sentenced under the Truth in Sentencing statute the ability to earn good time, as well as any perspectives the five individuals had about furthering any of these issues or others. Some of the conversations were how these sentences affect the community, not just the individuals in custody, and how Campuses like Kewanee with it's unique re-entry programing give those released from such facilities an advantage upon release, which also affects the communities. The conversations were also quite extensive about the future plans or interests of the individuals in becoming advocates themselves. Restore Justice is interested in not only sentencing reform but the current and future well being of the incarcerated as well as the communities they return to.

The Restore Justice team members come from a wide range of backgrounds, not only in experiences, but in motivations for becoming advocates. A few have family members incarcerated, some have a history in philanthropy or fighting to create change, but all share the same passion to make a difference and impact their

communities in the largest way possible. They have fought intensely to change imbalanced sentencing guidelines and prison conditions for decades. All of us here at **K.H.** thank them greatly for their tireless efforts, sleepless nights and a few of us for our freedom! If not for their unrelenting willingness to impact their communities and fight, I and the rest of the Former Juvenile Lifers would never have received the opportunity to go home, to be a productive member of society, have children, or fight for our communities in the same powerful way.

As we have said multiple times here in our pages, we believe in our community, we believe in our brothers and sisters, they are the ones we need to shine a light on so that we can inspire each other to make the changes that we want to see in our lives. Have you heard the mantra, “if you can see it you can be it”? We believe in that because we believe in us, all of us.

Marcus Aurelius



Just as nature takes every obstacle, every impediment, and works around it--turns it to its purposes, incorporates it into itself, so, too, a rational being can turn each setback into raw material and use it to achieve its goal.

AZ QUOTES

# CONGRATULATIONS GRADUATES

We here at **K.H.** would like to congratulate the 9 guy's at Dixon correctional center for becoming A.B.O. certified . There are several A.B.O. alums present here on the Kewanee Campus who truly appreciate the journey to achieve such a certification. To accomplish this feat, it takes an increased level of commitment, dedication and sacrifice: Reading several different books continuously for months, learning and retaining formulas like ' Ap-

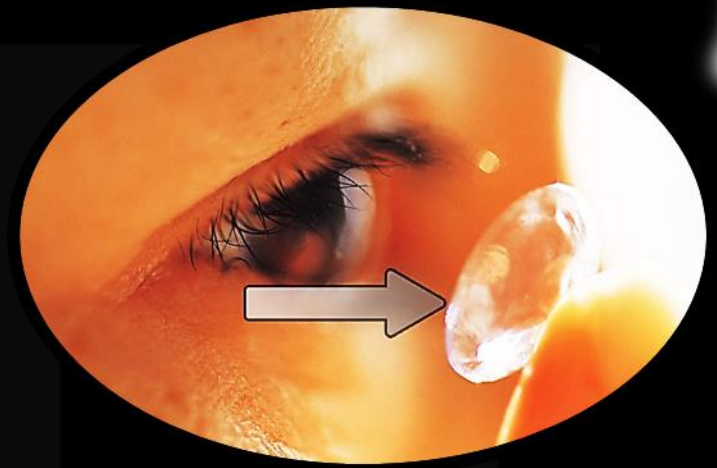


By: Byron Jones

prentice Rule & Oblique meridian; as well as taking a 100% practice test specks volumes to that. I passed the test in 18' right before the program was put to a halt, so for those of you who passed really showed an appreciation for Supervisor Klinger's relentless effort to get the test reinstated. I'm sure passing the A.B.O. was a lot of hard work and initially intimidating as it was for me, but through perseverance in the end, it was all worth the self-fulfillment, reassuring your self that you can do whatever you intentionally put your mind to, as well as solidifying a head start to a career path while incarcerated.

Salute to my newly fellow A.B.O.C. can't wait to see the names of the next group.

# A.B.O. CERTIFICATION



The notification came in the prison's mail call: Congratulations, you have passed the American Board of Opticianry (ABO) National Contact Lens Examiners Exam! The look of relief, joy, and to some, surprise spoke volumes. The high fives flew, honey buns were opened, and the celebration began. In a place so devoid of hope this was a rare ray of light an otherwise dreary existence.

In the summer of 2022 nine persons in custody at Dixon Correctional Center became state certified opticians: Ignacio H. Carrillo Jr., Bobby Luga, Christopher Trotter, Christopher Caldwell, Johnny Wells, Jimmie Green, Krzysztof Bajdo, Modesto Echezarreta, and Michael Paulson.

They all work fulltime at the prison industry optical lab making glasses for the Illinois state prison community. They create glasses from prescription to completion. Passing the ABO exam will mean state certification, 180 days EPSC (for those who qualify), and a \$50 bonus on their monthly paycheck.

## Studying:

Their journey to certification began in late 2021. They attended a peer-led class for an hour and a half three days a week for five months. “There was tons of reading, homework, quizzes— stuff I haven’t done in years,” says Wells. “It took a while to wrap my mind around it.” The class ended a few months before the test. They were left to study independently, “The hard part is trying to find a quiet time and place. Sometimes I had to wait until after lock-up to study. I was studying for two hours every night when most everyone else slept with my little pen light,” Trotter told me. “I missed Yards and Cancelled visits during the weeks before the exam to study,” Paulson added.

## The Test:

On May 26, 2022 the Optical Lab Industry closed after lunch and ten men sat down with two freshly sharpened #2 pencils and a calculator to take the 120 question two and a half hour proctored exam. Caldwell recalls, : It

# American Board of Opticianry



*Having demonstrated competency and knowledge by passing the  
National Opticianry Competency Examination*

*Ignacio Carrillo, ABOC*

*is designated a*

**Certified Optician**

*Certification may be renewed upon demonstrating  
that the Continuing Education Requirement  
of the ABO has been completed.*

*Certificate*

*Issued*

*June*

*2022*





*Curt Duff*  
Chairperson



*Certificate Number*

*249023*



was dead quiet. I felt one bead of cold sweat trickle down my chest and then it was go time.”

#### The Results:

“The awaiting was the worst part,” says Bajdo, “it was weeks before we heard back about our results. If we had taken it online we would have gotten immediate results, but since it was a written test we had to mail it in to get graded. I felt confident, but you never know.” On June 8th at mail call ten notification letters were distributed. ( Not everyone passed, but those who failed are already studying for the next exam date scheduled for September 22, 2022.) “I rushed to the phone to call my family,” says Luga, “I was supposed to share my accomplishments with my pops before he passed.”

#### The Certificate:

On July 19, 2022 they received their official certificates and certification cards. Echezarreta handled his glossy certificate gently, “It’s not just about the extra money. It’s about achieving something through dedication and sacrifice. I won’t lie though, I’m glad it’s over.” He explained.

Optical Lab ICI Supervisor Klinger said, “I’m very proud of them. It’s not an easy exam (Klinger is ABO certified). It’s a tenet of the ICI to prepare these men to succeed upon release. I hope more workers will be inspired to study and take the exam; when people in custody learn a new trade or gain an education it benefits everyone.”

Updates: Due to the credited good time Paulson was released earlier this summer. Ten persons-in custody at Dixon C.C. have signed up to take the next ABO exam scheduled for September 22.

By Ignacio H. Carrillo, A.B.O.C.

Ignacio Carrillo is an individual in custody at the Dixon C.C. and a member of the Dixon C.C. writing Team. He works as a Support Clerk at the Optical Lab Industry.



# G.E.D. GRADUATES



Brock Isbil and Phillip Tewel

Here are two more members of our community who have achieved an accomplishment that will pay for itself in the future without a doubt. Both of these men are part of the outside worker program which should serve to further illustrate the commitment of time and effort they put forth to make it through the G.E.D. exam process. Even though they both go to work 5 days a week and even though they could have rested on their laurels and been content with the position they put themselves in, they didn't allow those factors to deter them from pushing forward with their education goals. They did what they set out to do: earned their G.E.D.s, and we should all be proud of them for this.

So, congratulations to Mr. Isbil and Mr. Tewel on their G.E.D. award.

**YOU CAN'T GET SICK OF YOUR PLAYLIST**



**IF GTL ERASES IT**

# THE MARKET CORNER

## The Market Corner: Dollar Cost Averaging

When you purchase stocks, particularly as a long term investment, it's very common to do what is considered "dollar cost averaging" along the way. Dollar cost averaging simply means adding money to your investments on a regular or consistent basis over time. Lets look at an example. Suppose you were interested in initiating a position in the S&P500 as an investment. You chose the Direxion Daily S&P500 Bull 3X Shares (SPXL) to gain some exposure in all 500 stocks trading within the S&P500. Currently at the time of this writing, the (SPXL) is trading at \$71.52 per share. You decide to buy one share every month for the next 20 years. Well, as you know, the market will go up and down every single day as buyers and sellers determine the value of each company in the US stock market. However, this is of no major concern to you. If you bought one share of the (SPXL) every month, all year, you would be dollar cost averaging. Hypothetically speaking, lets say you started today with your first purchase of the SPXL. Every month to follow, you added a single share to your portfolio, no matter what the price is. You would capture a different price per share every month and over time your overall price or your "dollar cost average" would be approximately the average price the SPXL was being sold at for the entire year. In other words, sometimes you will buy it at a high price when the market is rising and at a much lower price when the market is falling. It may look something like this:



Mr. Robert Kennedy



# THE MARKET CORNER



September: \$71.52 October: \$73.60 November: \$76.80 December: \$69.40 January: \$68.30  
February: \$66.90 March: \$67.40 April: \$68.10 May: \$71.20 June: \$70.25 July: \$74.10  
August: \$72.05

Your dollar cost average after the entire year of investing would = \$70.80 per share. You currently own 12 shares of (SPXL), at an average cost per share of \$70.80, for a total investment of \$849.60. As you can see, you bought (SPXL) on 12 different occasions throughout the year, ranging from a low of \$66.90 to a high of \$76.80, yet your “dollar cost average” was somewhere in the middle, (\$70.80).

The broker platform you choose, (i.e. TD Ameritrade, E-Trade, Robinhood) will do the dollar cost averaging for you, but the idea is to add all 12 months of purchases together then divide the total amount by 12 to get the average cost over the whole year. In our example, you would continue this for the next 20 years, choosing to buy as many or as few shares as you wish. This is just an example of having complete exposure to the U.S. stock market without worrying about what the stock market is doing every single day. You will actually be better off when the market is in a downward trend, so you can buy (SPXL) at a lower price. As a long term investor, in my opinion, this is a smart move. Essentially, you are betting the U.S. stock market will increase in value over time. The U.S. economy is the strongest economy in the world. The U.S. stock market has always come back from any crash it has ever encountered, only to become stronger. In my opinion, the U.S. stock market will continue to increase in value in the future. In my opinion, dollar cost averaging into the S&P 500 will make a lot of dollars and a lot of “sense.” Just something to take a look at. Catch you next time!

# 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 from Danville C.C currently leads a class called W.R.A.P  
(Wellness Recovery Action Plan )



# BIG ROB'S ROOFING CLASS

## Roofing Lesson # 2

Hello community welcome to lesson two in Big Rob's Roofing Class. Today we are talking about:

### Roof Layout Principles

A roof that slopes in two or more directions is based on the shape of two or more right triangles. A shed roof, which slopes in one direction, is based on the shape of one right triangle. A gable roof slopes in two directions and is similar to the shape of two right triangles placed together.

Carpenters must have the following information to layout a sloping roof:

- Total span; overall width of a building is the total span. The total span dimension is shown on the floor or roof plan of the prints.
- Total run, one half the total span is the total run
- Total rise, the actual height of the roof is the total rise, or true rise. Total rise is measured from the top wall plate to the ridge of the roof.

## Roof Pitch and Unit Rise

Pitch refers to the angle (slope) of a roof. The amount of pitch is determined by the unit rise. On the prints (usually on elevation or section drawings) a small triangle or slope diagram, is shown with the unit rise and the unit run of the roof. The unit run, indicated along the base of the slope diagram, is always 12 inches.

The unit rise is indicated along the side of the slope diagram. The unit rise is the number of inches that the rafter rises vertically for every foot of unit run. As the unit rise of the roof increases the slope of the roof becomes steeper. Unit rise is specified on the vertical leg of the slope diagram.

Depending on the house and roof design, a moderate roof pitch of 3:12 to 6:12 is an optimal pitch to reduce wind loads. Gable roofs are more susceptible to wind loads than hip roofs. Roof overhangs wider than two feet produce higher uplift forces than narrower overhangs.

### Total Rise

The total rise of a roof must be known before setting the roof ridge to its correct height and attaching the rafters. The total rise is calculated by multiplying the total run (in feet) by the unit rise (in inches).

Tune in next time for structural factors and roof design. Until then have a great month.



# STAYING INVOLVED WITH YOUR CHILDREN WHILE INCARCERATED

One of the things that **K.H.** tries to emphasize every chance we get is the importance of community in our lives. At the heart of community is family and the bonds that family represent in our lives.

We believe that family can be an integral part of the rehabilitation process, especially for the men and women in custody who identify themselves as parents. We understand that for many incarcerated people parenting from behind the fences is an amazingly difficult process fraught with anxiety and confusion. We are amazed and honored to hear from people who manage this feat and still find the time to engage our community in positive ways. We know of people who have engaged in the “Inside out Dads” programs and the “Day with

Dads” visiting programs here at KLSRC and at other facilities around the state. Something we are unaware of is whether or not there is a similar program in the women’s facilities? We are hopeful that there is, and even more hopeful that some of the participants of these programs, at both men’s and women’s facilities, in whatever capacity would be willing to write an article or two for possible inclusion in an issue of **K.H.**

We want to build our base of contributors with as wide of a cross section of our community as possible. Let us promote what you are doing to be a parent from where ever you are right now. With all that said here are some tips we found for staying involved with your children...





## 1. BECOME AN EXPERT ON YOUR CHILDREN AND THEIR STAGES OF GROWTH

What are your kids learning in school? What difficulties do they face? What physical, emotional, and social changes are they experiencing? If you don't know, use the prison library to find a book, video, or other resource that explains the developmental phases of children and gives you a better understanding of what your kids are facing.

## 2. PAY ATTENTION TO YOUR CHILDREN'S INTERESTS

What's their favorite hobby? Their best subject in school? The activities they prefer? Find out what interests them the most, then get interested yourself—and discover new things together. For example, an incarcerated parent whose son was interested in biology wrote to a health organization. Free materials were sent to both the parent and the son so they could learn at the same time and then share what they discovered with each other.

## 3. BECOME A LONG-DISTANCE COACH ... OR FAN

Do your kids like basketball, dance, or some other sport? Learn all you can about the athletic

interests that mean the most to your kids. What skills are needed? What are the rules of the game? Who are the role models your children look up to? When you know more, you can share more and cheer on their efforts in a more meaningful way.

## 4. KEEP THE FAITH

Many incarcerated mothers find that a relationship with Jesus Christ provides tremendous support through troubled times. Because Jesus died on the cross for your sins, you can have a relationship with God as your loving heavenly Father. Tell Him about your fears and your desire to be a good parent. Take time to read the Bible daily—it is filled with promises that He will take care of you and guide you. Take advantage of the activities and programs offered through your chaplain's office. Share your spiritual beliefs with your children and encourage them also to trust in God. Pray for your children every day.

## 5. RESPECT YOUR CHILDREN'S CAREGIVER

It can be hard not seeing your children on a day-to-day basis and having regular input on their upbringing. And you may not always agree with what the caregiver is doing. Even so, be careful to speak about and treat the caregiver respectfully in front of your children. Hearing you criticize the caregiver will only add to their stress and confusion.



## 6. UNDERSTAND THE IMPORTANCE OF FATHERS

An involved, responsible, and committed father (or father figure) is an essential part of the healthy development of your children. Except in circumstances where contact with the biological father is not possible, safe, or wise, it is important that you keep a positive relationship with your children's dad. Even if you don't get along with each other, encourage contact between him and your children for their benefit. Contact National Fatherhood Initiative (12410 Milestone Center Drive, Suite 600, Germantown, MD 20876) to find more ways to help your children's father learn to be a better dad.

## 7. TAKE CARE OF YOUR HEALTH

You want to be around when your children are adults. How about being there for your grandkids and great grandkids? How well you take care of yourself today may determine whether you are around in years to come. Exercise, eat right, don't smoke, and try to live as healthy as you can.

## 8. RISK BEING VULNERABLE WITH YOUR CHILDREN

It may be very difficult, but taking the risk of being completely open, honest, and humble with your children can help you rebuild strong bonds with them. Admit to your kids that you have made some

bad choices and ask them to forgive you for hurting them. Be ready and willing to receive their anger or other strong emotions. Accept that their feelings are normal, and don't make them feel guilty. This can help your kids regain their trust in you and show that you will always be there for them.

## 9. TELL YOUR CHILDREN THAT YOU LOVE AND ACCEPT THEM NO MATTER WHAT

Everything you say or write shows them how you feel. Even your body movement and facial expressions reveal your feelings. When children think that apparent is critical, uncaring, or disinterested, they start to feel unwanted or inadequate. To win back the love and approval they feel they have lost they may turn to destructive behaviors or look for love and acceptance from other possibly harmful sources. If your children know they are unconditionally loved and valued by you, they will be far less likely to resort to unhealthy relationships or damaging habits.

## 10. HELP YOUR KIDS TO BE KIDS

When a parent goes to prison, children often have to take on "grown-up" responsibilities—like helping to care for younger siblings and doing more workarounds the house. When they

come to visit you, take time to relax and play with them. Don't burden them with the emotional baggage of your problems and frustrations. This can make them feel responsible for your wellbeing and feelings—which isn't their job.

### 11. ASSURE YOUR KIDS THAT THEY ARE NOT RESPONSIBLE FOR YOUR ABSENCE

Although they may not put their feelings into words, children often think that they are somehow to blame for a parent's imprisonment. They may wonder if they did something wrong. "Did Mommy go away because she doesn't love me anymore? Did Mommy start using drugs because I was bad?" Reassure your kids that you are in prison because of what *you* did, not because of anything they did.

### 12. TAKE A PARENTING CLASS

Your facility—or volunteer groups that come into your facility—may offer programs on parenting skills. Participate in these programs. The more you can learn, the better parent you'll become.

### 13. SEEK MENTORSHIP

Organizations like Big Brothers Big Sisters can offer mentors for your children. Your counselor or chaplain can help point you in the right direction. Mentors provide your children encouraging support and help them find new ways to deal with issues. Mentors will never replace you as a mother, but can help you guide and nurture your children.





... taking the risk of being completely open, honest, and humble with your children can help you rebuild strong bonds with them.



# MR. TURKOWSKI ANSWERS THE CALL

We at **Kewanee Horizons** are extremely grateful to be able to receive submissions from our community around the state (and outside of it if you feel so inclined, just saying) and a recent letter we received was from Mr. Mark Turkowski. Mr. Turkowski took the time out to write to **KH** and we appreciate that. We also appreciate the many things that Mark listed in regard to how often he has gone above and beyond what could be expected or even asked for when it comes to trying to contribute to his (our) community's successes. Individuals in custody in the IDOC have a long history of doing amazing things to try and reach out beyond the fences and walls to give back in positive ways. Mark has continued that tradition in many ways and we are humbled by his generosity. What follows is an excerpt from his letter that we hope can be inspirational to the rest of us:



“My name is Mark Turkowski, but everyone calls me “Turk.” I have been incarcerated 27 years since September of 1995, and I am a Christian. There are currently a few guys there at Kewanee that know me, who can attest to me and my character. I like to help people when and however I can, with whatever it is I have the ability to do. I even give money to organizations for varying reasons and



things I believe in wholeheartedly.

In July of 2012 I was transferred from Stateville C.C. to Pinckneyville C.C. and while there I got my G.E.D. with high scores. Immediately after that I made sure I was enrolled in Lake Land College Associate's Degree program. The whole time I was taking these classes, I held a daytime cell house porter job (laundry porter) and was teaching classes in the Academic Building for Clinical Services. I taught both the "Lifestyle Redirection " and "T.R.A.C. 1" classes there, for a time and was very good at it.

I recently saw the posting on our tablets about the 27 or so men who were the first graduating class of the Statesville master's degree program. I was blown away at the success of many of these individuals and the high scores the men achieved with this program. Mostly, though, I was happy that I could be a part of something that has made a change in IDOC and made a change in their lives." Mr. Turkowski goes on to illustrate in his letter to talk about the many programs that he has contributed to in ways large and small, the reasons why he has made these contributions, the ways in which the programs he has supported



have affected the lives of our brothers and sisters in custody, and how those outcomes have affected him emotionally and spiritually. To quote Mark again, “...A single act of kindness goes a long way, and may have far reaching affects that go beyond what we initially imagine. This simple act could be a smile, a “hello” or a plain complement that boosts someone else’s esteem or morale, which may cause that person to affect someone else. The person who you smile at or say something nice to might be having a bad day or moment. Your act towards that person might determine how he interacts with the next person, thereby causing the “ripple affect” or “chain” of events that may have started with you.” “...I truly do believe that you get out of life what you put into it. If you put in good, then you (largely) get good. If you put in bad, then you (largely) get bad. Do you want to know the very best part about all of this treating others good? It doesn’t cost you a single thing!”

Our heart felt thanks go out to Mr. Turkowski for writing to **KH**, for all of his work and efforts, and also for giving us this great lead in to talk about some of the other ways people in custody have given back and continue to do so.

# Continued Transformation

Many know me as Poke and I was in it– in it. I was not the one to start something or send the deck up. No! I was the one those guys were happy that I was around, because they knew 100% no matter what, right or wrong I would be on the front line with them I took pride in never running. I started to change around 17 years ago when my grandmother came to visit me while in segregation. She walked in crying I instantly assumed that somebody else had passed. Come to find out she was crying because it hurt her to see me in chains. That night in the cell pained from seeing my grandmother cry because I placed myself in those chains. Something switched in me, the full switch didn't just happen over night it took years. But just a few months ago I thought I was transformed and ready for the world. Then three months ago I came to K.L.S.R.C. I realize I am not finished with my transformation and that I could still use some help with preparations for the free world. Seeing the types of classes, the groups and the peer led courses that K.L.S.R.C. is offering has me back sliding with my patience. Not in a bad way but in a way that I see so much potential that this place will help me develop into my best version. That has me eager to sign up for so much. Just going through orientation had an effect on me. Ms. Rowan's class helped me share a sociable side of me I would've never shared with a stranger. Mr. Price's class gave me a foundation on how to maneuver through the world of credit out there. Which I'm positive would've ate me alive if it wasn't for his preparation. The overall atmosphere has been good for my spirit, soul and my mentality. Though I am not free, yet. I am so glad that I landed in K.L.S.R.C. to help in building and preparing me mentally as well as physically for the free world. Because now I take pride in my CONTINUE TRANSFORMATION to be a better version of self. For my family, my community and for myself. Thanks to all of those who had a helping hand in getting me down here.

Sincerely, Adisa Wheeler

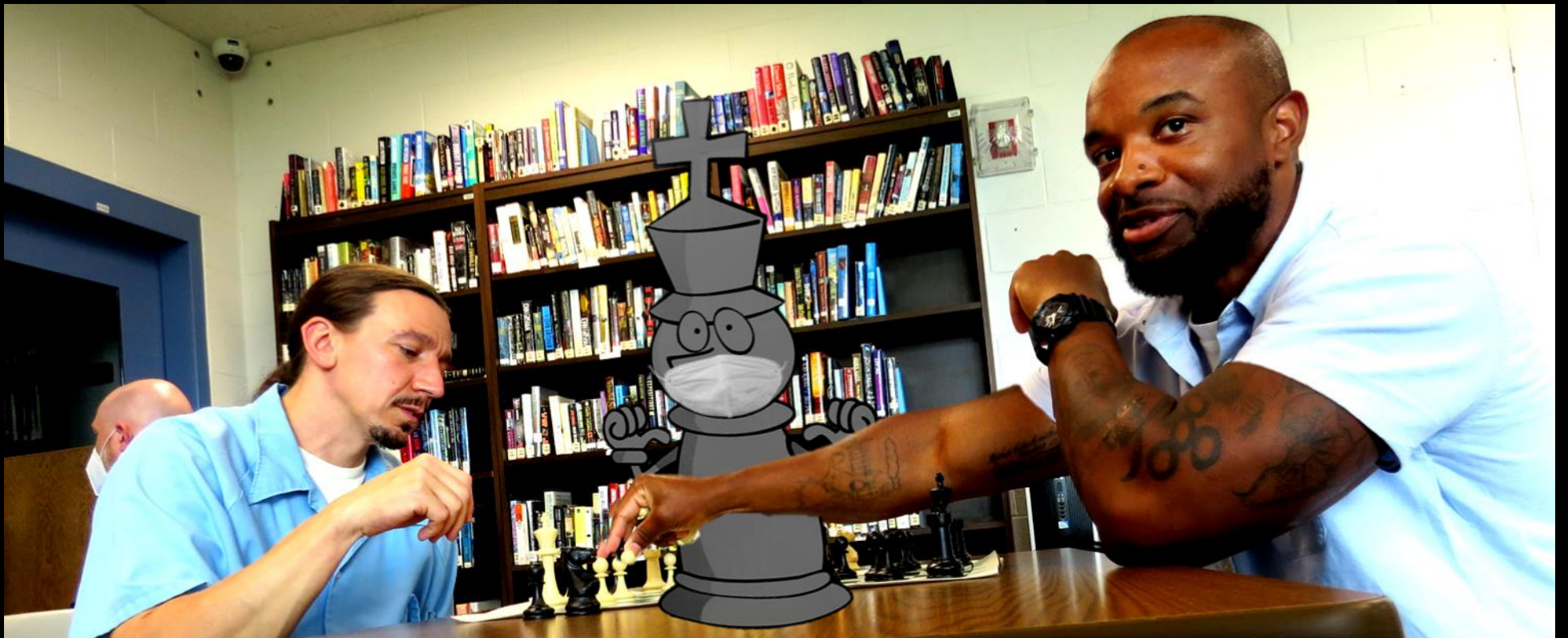


# IF C-GRADE WAS A PERSON





# CHESS DAY PART DUEX



# Mental Health

We'd like to thank our Mental Health staff again, Mr. Kuster and Mr. Ross. They have gone above and beyond to make sure that we have been able to get this information.

**NAIKAN:** (Japanese, literally 'introspection') is a structured method of self-reflection developed by Yoshimoto Ishin (1916-1988) in the 1940's. the practice is based around asking oneself 3 questions about a person in one's life:

- 1) What did I receive from this person?
- 2) What did I return to this person?
- 3) What troubles, worries, unhappiness did I cause this person?

The practice of self-reflection goes back many centuries and is rooted in the world's great spiritual traditions. Early adherents of such practices include the Christian desert hermits and the Japanese samurai. More recently people such as Albert Schweitzer, Ben Franklin, and Bishop Fulton J. Sheen. Ben Franklin in particular had a rather systematic and comprehensive approach to this idea. He developed a list of 13 virtues and he contemplated and evaluated how his conduct relative to one of these virtues each day. Daily self-reflection was a fundamental aspect of his life.

Formal methods of self-reflection generally involve certain basic characteristics. First, there is the requirement of time (got it.). Time should be set aside specifically to engage in this activity. Second, space to reflect on your thoughts (also, got it). Third, a structured application of questions that have an emphasis on our conduct related to other people, creatures, and/or objects.

# Mental Health

It is through our use of this structured self-reflection, that we can thoroughly examine our relationships with others. We utilize this examination as a mirror in which we can see ourselves, reflecting on what we have received from others and what we have given to others. We can look into whether what we have given has been beneficial or harmful to others. This type of self-reflection is not easy, it takes work and time and effort. This type of work can be extremely healing if you put the time and effort into it.

The reason that we do not focus on a fourth question that is related to the other three questions, namely, “What troubles and worries have other people, creatures or things given to me?” is because focusing on ourselves in this way can lead to unhappiness in our day to day lives.

Taking the time to engage in self-reflection is a good practice for regular mental health hygiene and can lead to a better understanding of how we can make better, healthier choices for ourselves on a regular basis. This can take time to build up to though, give yourself room to work into a routine and build upon your successes. Hold yourself accountable for taking the time to invest in yourself in this way and you can be sure that you will see progress eventually. It is worth the time and effort, especially in our current environments, to take the time to do everything in our own power to help ourselves in whatever ways are available to us.

# Thinking errors And their corrections

Not Receptive. Not **Self** Critical. No Disclosure

Good at pointing out, giving feedback on faults

Of others. Lies of omission.

## *Closed Channel Thinking*

Correction:

Active listening, Self-criticism, regular disclosure



Views self as Victim, Blames others

## *Victim stance*

Correction:

Blame yourself, take personal

Responsibility for every action and outcome.



Focuses only on her positive attributes.

Fails to acknowledge his destructive behavior.

Builds self up at others expense

## *Views Self As Good Person*

Correction:

Self-disgust, honest and balanced self-perception.



Unwilling to do anything he finds boring

Or disagreeable. "I can't" meaning "I won't"

## *Lack of Effort*

Correction:

Push ones self to do the difficult.



Continuing with our Restorative Justice themes of personal accountability and personal responsibility we'd like you to consider going over this list of different types of thinking errors and possible corrections. Everyone engages in these errors to some degree or another, the problems arise when we allow these things to dominate our thought processes in ways that result in unhealthy, anti-social behaviors with negative outcomes (like ending up in prison).

Does not use past as learning tool. Expects others to act immediately on his

Demands. Decisions on assumptions, not facts

## *Lack of Interest in Responsible Performance*

Interest in Responsible Performance

Correction:

Develop goals, learn from the past



Irrational fears (many) but refuses to admit them.

Fundamental fear of injury or death. Profound fear of put down. When held accountable experiences "zero State" - Feels worthless

## *Fear of Fear*

Correction:

Use fear as a guide



Compelled to be in control of every situation.

Uses manipulation and deceit. Refuses to be dependent unless he can take advantage of the situation

## *Power Thrust*

Correction:

Put one's self in another's position identify hoe you are controlling others



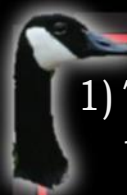


Different and better than others. Expects of others that which he fails to meet, super optimism cuts fear of failure, quits at first sign of failure.

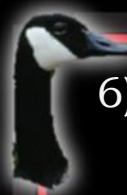
## *Unique*

Correction:

Understand commonalities with others.



- 
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- 
- 1) The Corpus Callosum, which links the brain's left and right hemispheres, has been found to be larger in females. It has been associated with greater cognitive skills in females, possibly because brain functions are shared between hemispheres, but not in males.
  - 2) Males have a larger anterior (front) hippocampus, which governs acquiring and encoding new spatio-visual information, while females have a larger posterior hippocampus, which governs retrieval of existing spatio-visual knowledge.
  - 3) The thalamus, the “relay station” between the cortex and deeper brain structures, is larger in men than in women. The two sides of the thalamus are more likely to be connected in females, but the significance of this feature is not known.
  - 4) Certain areas governing male-typical sexual behavior and responses to stress in the hypothalamus are larger in heterosexual males than in females or homosexual males.
  - 5) The amygdala, involved in emotional responses, making decisions, and forming emotional memories, is slightly larger in males. However, differences in functions such as responses to negative versus positive stimuli, are more significant.



6) Some psychological traits, such as the tendency to develop depression, have been linked to particular genes—but they usually involve dozens or even hundreds of the genes acting together. The more of those genes a person inherits, the more likely they are to develop that trait.

7) We inherit our chromosomes, which contain our DNA, from our parents. It's the chromosomes that, at the point of fertilization, determine the chromosomal sex of an embryo (XX for female and XY for male). Chromosomal abnormalities can also cause disease or developmental problems.

8) Studies on children have found that growing up poor or deprived can impair the development of areas related to memory, language processing, decision-making, and self control. However, a safe happy home, with interesting things to do, seems to reduce the harm.

9) Chronic emotional stress in children can impair development of the amygdala, hippocampus, and frontal lobes, leading to problems with memory, emotion, and learning. It restricts the action of genes regulating the growth of networks of neurons. However, moderate “positive” stress (fun) can aid learning.

10) Loneliness has been found to alter the production of neurotransmitters, so people perceive less reward from social contact and are more likely to misinterpret others' attitudes as threatening. However, maintaining close social ties can support memory and cognitive skills.



**MORE CRAZY  
FACTS ABOUT  
YOUR BRAIN**

1995

1

1990



10 YEARS OLD

15 YEARS OLD

A person is 10 years old in 1995, yet they are 15 years old in 1990. How is this possible?

2



Timepieces:

A sundial has the fewest moving pieces.

What timepiece has the most moving pieces?

NUMBERS

8,549,176,320

3

What is unique about this number?

1)They were born in 2005 B.C. 2)An hourglass, it has thousands of grains of sand. 3)It has the numbers 0-9 in alphabetical order. 4)The word "SHORT". 5) A surname.

4

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A B C D E F G H I J K  
L M N O P Q R S T U V  
W X Y Z

What five letter word becomes shorter when you add two letters to it?

5



Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna does not use hers. Bill Clinton always uses his. The Pope never uses his. What is it?

# HOROSCOPES



**ARIES:** Another lovely feel-good day! Romance is saucy and provocative. Relations with females (regardless of your own sex) will be warm and friendly. You are in touch with your creative vibes!

TRANSLATION: **Your game is on point today!**



**GEMINI:** Conversations with your everyday contacts are smooth and mutually friendly. You find it easy to cooperate with others and listen to their point of view. In part this is because you feel well liked. You feel appreciated.

TRANSLATION: **You and your girl are getting along for once, enjoy it!**



**TAURUS:** Invite the guys over for pizza because this is a great day to entertain at home. You will also enjoy redecorating your home, while some of you may explore real estate options.

TRANSLATION: **Your parole site got approved! Time for pizza!**



**CANCER:** Once again, business and commerce are favored today! This is a great day for financial negotiations, business transactions, exploring ways to boost your earnings, or get a better paying job.

TRANSLATION: **Ask your boss for that \$5 a month raise!**





**VIRGO:** This is the classic day for secret love affairs. You might also pursue secret financial transactions, or perhaps buy something beautiful (especially pricey clothing).

TRANSLATION: **Buy your side-chick a portrait!**



**LIBRA:** This is another wonderful day to enjoy the company of friends, as well as groups, classes and participation in organizations or conferences. This is because your ability to relate to others is excellent, especially relations with females.

TRANSLATION: **Go to that AA meeting, you need it!**



**SCORPIO:** This is a popular time for you, and today you look especially good in the eyes of bosses, parents, VIPs and the police. People will notice you because you are highly visible. Because people in authority are favorably inclined to you, you can make your pitch or ask for what you want.

TRANSLATION: **You always in them peoples faces.. slow down homie, people noticing!**



**SAGITTARIUS:** Grab every opportunity to travel or do something different to shake up your world. You might be attracted to someone who is unusual or different from the kinds of person you normally see.

TRANSLATION: **You need some new friends...**



**AQUARIUS:** This is a positive week for relations with others. With Venus opposite your sign today, people will be friendly and cooperative with you. However, the moon is also opposite your sign, which means you will have to go more than halfway with dealing with others.

TRANSLATION: **Keep an open mind when you talk to your girl, she's gonna test you.**



**PISCES:** This is a productive time for you because you are willing to help others, especially coworkers; and meanwhile, they are willing to help you. Because you have this mutually beneficial energy happening, make the most of it. Reach out to help someone.

TRANSLATION: **Your homie in dietary is finally gonna hit your tray!**



**LEO:** The moon is in your sign lined up with Venus, which will stimulate your appreciation of beauty, especially in the arts and music and your everyday surroundings.

TRANSLATION: **You might actually be a decent rapper....**



**CAPRICORN:** Once again, you have a favorable day to discuss financial arrangements with others. These could include discussions about debt, inheritances or insurance issues. It's important to know that you have the upper hand and things will easily go your way.

TRANSLATION: **Ask your OG to send you some bread, she's in a good mood!**

# THE ADVENTURES OF J-DAWG



## Lesson 1 from *Start With Why*

By EFA Warnsing

The reason I became an educator is that I love the process of learning and being able to share it with others. One of the lessons over the last few years that I first learned and now love to teach came from the book "Start With Why" by Simon Sinek. One part of the book that has really been on the front of my mind lately deals with the concept of the Law of Diffusion of Innovation. In general terms the law describes the pattern and speed at which new ideas spread through a population. After studying the law someone developed the bell curve that is on this page. There are hour long videos online and lectures that you could watch to get a complete understanding of the curve and the concept but the guys of KH were nice enough to give me one page! So I want to focus on when you have a new idea and how the law can impact that. Take any new idea or product and understand that when you are introducing that to a population that the innovators and Early Adopters (about 16%) will be there willing to listen and run with the idea. To make your new idea a success you need to be able to influence past those 16%, past the tipping point. The early majority will follow when you get past the tipping point. So quick example.... Smart phones. When smart phones first came out people did not feel that it was worth the cost. A small portion of the population bought in and wanted to be first to have them and spent thousands of dollars to get one. Now after years of smart phone development and the number of apps that are out there, last year I was able to convince my parents in their mid 70's that it was time to get a smart phone. So everyone has one beside that laggards and they probably still have a brick phone or one you have to carry in a bag!

So why is this important? In life no matter the circumstances you will be trying to influence other people, maybe as a parent, as a coach, as a boss, as a business owner, as a friend, etc. Sometimes we can get overwhelmed if we do not understand this bell curve. If I came to work everyday thinking that I need to get all 230 individuals here at Kewanee motivated to program, that would get stressful. But due to my understanding of this

concept, I know that out of the gate I will get about 16% (35 guys) who are super eager to program here at Kewanee. My goal has to be to get about another 10 to 15% of the guys (another 35) excited to program. By accomplishing this it will get the momentum rolling and when that happens and because everyone else is doing it, people will start to program. Will everyone follow, obviously not, but if I only have to work on around 15% and that will help get about 70% of the guys to program that makes everything work that much smoother. So the question isn't what do I need to do to get 230 individuals to program, the question becomes what do I need to do to get 35 guys to program! The answer to that question may come in the next few weeks, I'll try to look at some more concepts from this book!





## Sentencing Policy Advisory Council= S.P.A.C.

The Re-Sentencing Task Force of the Sentencing Policy Advisory Council is currently soliciting comments about Re-Sentencing and its potential impacts and effects on individuals in custody, their loved ones, and society in general. They have specifically asked for individuals in custody to submit written testimony for consideration. S.P.A.C. is made up of a diverse group of individuals from different aspects of the legal system, everybody from prosecutors to public defenders, legislators to criminal justice reform advocates and more. S.P.A.C. reports to three main entities: 1) the Illinois General Assembly, 2) the Illinois Supreme Court, and 3) the Governor's Office. They issue recommendations about sentencing issues, in this case, about Re-Sentencing of individuals in custody. Here are some guidelines developed and put together to help you put a comment letter together if you'd like to have your voice heard.

### DO'S AND DON'T'S OF PUBLIC COMMENTS:

#### DO:

- \* Do share your story
- \* Do talk about how a resentencing process would affect you, people you love, and others in similar situations
- \* Do clearly state what your main argument is
- \* Do support your argument with facts, anecdotes, and evidence
- \* Do keep your comment brief, clear, and specific
- \* Do thank the Task Force at the end of your comment
- \* Do ask others for feedback before you submit your comment

- 
- 
- \* Do edit your comment
  - \* Do include your name, address, and whether you support or oppose resentencing in your comment
  - \* Do try to type your comment or have it printed from a computer or have someone e-mail at [SPAC.RTF@illinois.gov](mailto:SPAC.RTF@illinois.gov)
  - \* Do mail your comment to: S.P.A.C.: Re-Sentencing Task Force

400 W. Monroe, Suite 206  
Springfield, IL 62704

DON'T:

- \* Don't include vague or overly general statements
- \* Don't submit your comment without reading through it first
- \* Don't wait too long to submit your comment
- \* Don't share information that you do not want to be made public (this is public)
- \* Don't focus on what you think should happen in a specific person's case
- \* Don't comment on something unrelated to sentencing in your comment
- \* Don't include irrelevant information to resentencing

**All comments must be submitted by September 26th, 2022 at 5 p.m.** Please mail it to:

S.P.A.C.: Re-Sentencing Task Force

400 W. Monroe, Suite 206

Springfield, IL 62704 or have it emailed to [SPAC.RTF@illinois.gov](mailto:SPAC.RTF@illinois.gov) before 9/26/22 at 5 p.m.



# PARC: Prison Activist Resource Center

“National Prison Resource Directory”

The PARC NPRD is a newspaper type publication that is free to prisoners. It has listings and descriptions of resources available to incarcerated individuals. We are not making any promises that you will find anything useful in this publication or that anything that you do find will be exactly what you were looking for it to be. We are saying that it is free to prisoners and that you can write them and ask to get your name on their mailing list. Their publication offers addresses to different kinds of organizations and outreach groups, many of which are free to participate in. Their listings range from free book projects to women’s rights organizations to religious groups to prison writing and art groups to educational resources and more. If you think they might have something to offer that you’d like to hear about, just write them and ask to be placed on their mailing list or for a copy of their latest directory. Good luck to you, we at **K.H.** hope you find something positive that you can invest yourself into.

Prison Activist Resource Center



PO Box 70447

Oakland, CA 94612

# 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 **KH** 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