



KIEWANTEE HORIZONS VOLUME 15





TABLE OF CONTENTS

1) COVER	17)CEO OF YOUR NEW LIFE	38)BRAIN FACTS
2) TABLE OF CONTENTS	18)CEO OF YOUR NEW LIFE	39)BRAIN TEASERS
3) RESTORATIVE JUSTICE	19)PEER LED SHOWCASE	40)YOGA INFORMATION
4) MISSION STATEMENT	20)CDL LESSONS	41)YOGA INFORMATION
5) YOU ARE NOT ALONE	21)CDL LESSONS	42)YOGA INFORMATIO
6) YOU ARE NOT ALONE	22)CDL LESSONS	43)HOROSCOPES
7) THE ADVANTAGES OF EDUCATION	23)KEWANEE'S VETERANS	44)HOROSCOPES
8) THE ADVANTAGES OF EDUCATION	24)KEWANEE'S VETERANS	45)HOROSCOPES
9) THE ADVANTAGES OF EDUCATION	25)VETERAN'S DAY FACTS	46)MEME PAGE
10)UNITY IN COMMUNITY	26)VETERAN'S DAY FACTS	47)MEME PAGE
11)UNITY IN COMMUNITY	27)THE MARKET CORNER	48)SHAWNEE BOOK CLUB
12)BLAME ME	28)STAFF INTERACTIONS	49)GRAHAM VETERANS SHOUT OUT!
13)BLAME ME	29)STAFF INTERACTIONS	50)STATEWIDE CALLOUT
14)DEFY VENTURES AT PONTIAC	30)STAFF INTERACTIONS	51)STATEWIDE CALLOUT
15)DEFY VENTURES AT PONTIAC	31)BUILDING TRUST PT. 1	52)SEND US SUBMISSIONS
16)DEFY VENTURES AT PONTIAC	32)BUILDING TRUST PT. 1	53)SOCIAL MEDIA PAGE
	33)BUILDING TRUST PT. 1	
	34)BUILDING TRUST PT. 1	
	35)Blueprint of your life	
	36) Blueprint of your life	
	37)BRAIN FACTS	

CONTENTS COLOR KEY
BLACK=KEWANEE CONTRIBUTORS
WHITE=OTHER FACILITY CONTRIBUTORS
RED=FREE WORLD CONTRIBUTORS

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 within a larger society.**

Merriam-Webster's Collegiate Dictionary Eleventh Edition

MISSION STATEMENT

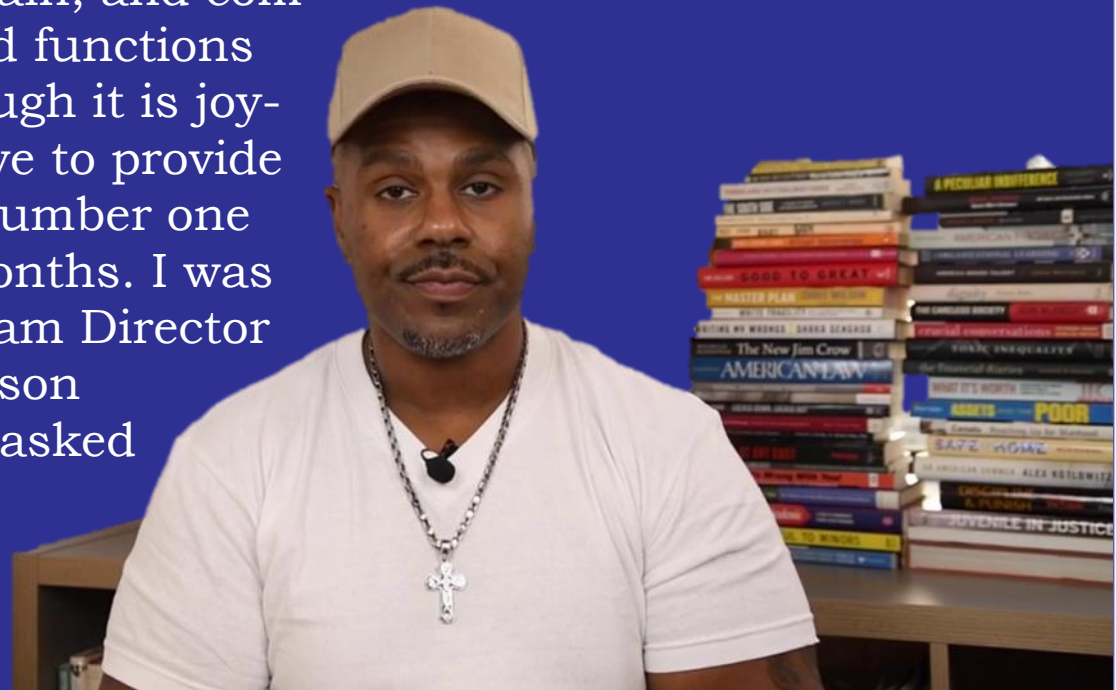
Kewanee Horizons has adopted the Restorative Justice and community theme. Partly because this has been the fight of our lives, those of us who have sought not only freedom in its many forms, but, also a way to give back, rebuild, and uplift our communities.

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

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

YOU ARE NOT ALONE

My name is Demetrius Jackson after 25 years in the IDOC I came home in January. Since being home, my experience was like anybody else's who came home after 20 plus years: Happy, but different at the same time. The most challenging thing for me when I came home was being open to talking and being around other people again, and computer literacy. nowadays the world functions mostly through technology. Although it is joyful to be home, being a man, I have to provide for myself, finding a job was my number one agenda. After being home for 5 months. I was blessed with a call from the Program Director at Restore Justice, Wendell Robinson who is also a returned citizen, he asked me to join the RJ team as an

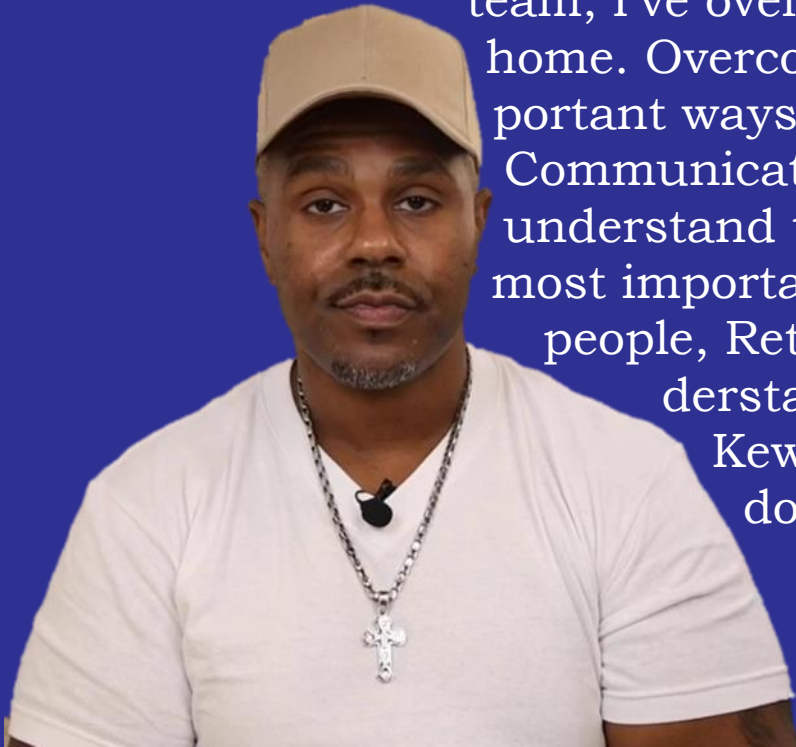


apprentice in **F.L.A.P.**: Future Leaders Apprenticeship Program. Which is a program for returning citizens that helps turn your skills and passions for social good into new and fresh tangible leadership opportunities. When I joined at first, I couldn't believe that an organization so geared towards reforming sentencing laws, improving prison conditions, creating opportunities for the release of long term offenders, increasing government transparency, as well as overcoming computer literacy, even existed. But I was wrong, the work at RJ is really amazing, and it's like working with family. The learning experience is made for you to succeed. Since I've joined the

team, I've overcome the barriers I spoke of when I first came home. Overcoming barriers is key, and one of the most important ways of overcoming barriers is communication.

Communication is not only informative, it also helps us to understand that we are not alone. Which is one of the most important things here at RJ. We want incarcerated people, Returning citizens, and family members to understand, you are not alone. My goal is to send

Kewanee Horizon bimonthly an article breaking down prison myths.



The Advantages of Education

By: Maurice Jones @ Danville C.C.



My name is Maurice Jones and I'm currently incarcerated at Danville C.C. where I'm pursuing my bachelors degree with Eastern Illinois University. In 2012, I was convicted of Armed Violence at 24 years of age and sentenced to serve 25 years at 85%. When I first entered the court system in 2008, I never fully understood my rights as a citizen and couldn't comprehend the legal language used which put me at a disadvantage. So, I hired legal representation while still remaining silent and not able to process how the courts would be able to dictate how I would spend the next 20 years of my life.

As a peer educator in the Building Block program here at Danville, I often hold group discussions about education and the impact of not accessing resources given to receive an education. Drawing off my own narrative entering the Department of Corrections, the first thing offenders were handed by the institution is an orientation manual. In this manual are the names of staff, the position they hold, rules and regulations that govern offenders in custody, etc.. I remember guys throwing those manuals away, never attempting to read them and some guys couldn't read them. Now, coming into a prison

institution uneducated, not able to read or write translates to being voiceless and often ignored.

Imagine a collective of people broken and screaming for help, you know their stories exist but when they cry out the cement brick walls mute their voices. You know there is physical, mental, and verbal abuse transpiring but there's no record of these mistreatments. What is being communicated is when you're at a disadvantage in prison, you have no voice, you have no power, just comply with all rules regardless if you suffer injustices. My moment happened in the court room when I was given a sentence I didn't understand, I vowed to educate myself so I'll be able to articulate to society that I'm human and I do exist.

Education has opened up doors for me in ways that changed my perception on life and afforded me with multiple options on how to navigate the world. In these group discussions, majority of the class always agree with the saying "my thinking led me to prison." Most people I encounter in these groups like me had limited options, and entered prisons at a disadvantage. Education challenges your existing worldview overall, it helps you analyze your thinking, your principles and raise questions to what works and doesn't work. Questions like, "who benefits from my mishaps and the time I spend in prison?" Or "who interests does it benefit not receiving an education or accessing resources that would better myself and family in the future?"

What I emphasize in all my groups is understanding that society has a way of benefiting from people's mistakes. For example, I was uneducated when I first entered the courtroom in 2008 and did not know the law or my rights. Once I began hearing other stories about guys around me being taken advantage of by public defenders and hired lawyers, I began to do my own research. Earlier I touched on options, that's what my



legal research resulted in-“Multiple options on how I could’ve fought my case”. Now, what are the advantages of education provided in all prison institutions?

We have to understand that a vast majority of people enter the department with no education, no life skills, some people never had employment in their lives. Education will provide options for all individuals in custody who would choose to access it if given the choice. The advantages would come when individuals are able to re-evaluate their thinking, their decisions in the past, and understand the rules and regulations that govern society. Individuals in custody would be equipped with skill-sets to thrive and enable them to pass down knowledge to their children. People that are incarcerated often have thoughts about opportunities we missed, and what we could’ve done different. The most important thing is acknowledging you have a second chance at life and are prepared to make the best of you opportunity (Freedom).

“People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success.”

-Norman Vincent Peale

"Unity In Community"

By: DeMarcus Hillsman @ Centralia C.C.



My name is Demarcus Hillsman. I have been incarcerated for the past 22 years of my life for a crime that occurred when I was 17 years old. I was sentenced to 32 years at 100% without the possibility of parole. My journey has taken me through the worst prisons in Illinois... Big Joliet, Statesville, Pontiac, Menard, Galesburg, Pinckneyville, and Centralia.

I decided early on in my incarceration that I was going to turn a negative situation into a positive one, and that is exactly what I did. I began reading anything of value. Not only did reading help me escape the thoughts of my physical incarceration which was enough to drive a teenager crazy, but it also increased my knowledge in the areas of my life that were lying dormant. While some brothers were focused on external factors, my focus was on the internal factors such as peace, self-control, discipline, sincerity, integrity, etc. Focusing on these things became the foundation upon which my character was built. Being able to take serious introspection allowed me to discover my weaknesses and the mistakes that I made as a teenager, which ultimately led me down the wrong path and here in prison.

Through self-education, as well as the structured programs offered (i.e. ABE (Adult Basic Education), Lifestyle Redirection Class, Alcoholics Anonymous, Narcotics Anonymous, Thinking for a Change, mentoring my peers, college classes, etc.) working different assignments ranging from hospice care full time for ill and handicapped brothers, working in the major's office as a clerk (one of the most sensitive/secure areas in any prison,) and currently I work in the industry program I.C.I. here at Centralia Correctional Center.

Through my years of programs and work assignments I have been able to stay close and connected to and with the communities at the different prisons and I have always been of the mind state of leading by example, paying things forward, and treating others in a manner in which I truly want to be treated.

I would like to thank and salute you brothers at Kewanee who are leading by example and being the voices to the voiceless. The spotlight is on ya'll, and it is through ya'll that brothers like me and many others can finally be heard.

Within the word "community" is the word "unity"...it is now time for "us" to unite and bring about a serious change within IDOC. Even though I am not eligible to receive any good time credits for good behavior, the completion of programming or school participation, I am dedicated to change and restoring self to useful citizenship without any incentive other than just simply wanting to be the best example of me.

Peace & Respect,
DeMarcus Hillsman

Blame Me!

Poem By: Marvin Alexis @ Robinson C.C.

Hey Lil' man, blame me
You wanna know where I was when you needed that fatherly cuff? Sh** I was up
My first response was to blame it on your mama
I made the excuse that we fell out of love
Nah, she cheated! Nah, nah, she talked too much and ran me off truth was though, I
couldn't take her nagging
About me lagging in my responsibilities as a man and a parent
But, what was apparent was that I couldn't handle it
And still be a pimp, player, and part time wino?
Sh** not the kid. So, I slid. I hid, and abandoned my family
Hey Lil' homey, blame me
Where was I when you needed a role model?
I was there, passing you the blunt and letting you sip off the 40 bottle
With the come up in my eyes and the allegiance of the guys I didn't give a damn
about your essence
I had you in the middle of that session, blessed in
Professing loyalty to a cause that would've definitely destined you for death, jail, or

addiction

Yeah, I was like "shawty, skip school and spit tool for the nation"

Post up on the block like a power forward or a sidewalk mailbox

With a mouth full of rocks, and get gwap for me

And if you die, R.I.P.

We'll just send a wreath and an airbrushed or silk screened T with your face on the front

Drape it over the casket

And chalk it up to a part of the game which we basked in"

At some point, we must begin to put the focus on Dr. Frankenstein for creating
this monster

Instead of thinking osmosis is what contributed to the actions of these youngsters

We condemn these kids committing street violence Like these minors have access to gun
stores

Poppy fields, or cargo boats to bring the drugs ashore

Who mis-educated them?

Lil' Yummy didn't murder himself

So, who assassinated him?

It was rumored that drugs were found in his system during autopsy

So, who medicated him?

Bad fruit comes from a bad tree

Sprouted from a bad root of a bad seed So when it's all said and done, and you want to
know who's responsible for what you see happening in these streets...

Blame Me!

DEFY VENTURES AT PONTIAC C.C.



On September 21st, Pontiac Correctional Center hosted DEFY's Business Coaching Day Event. This event occurs about halfway through the duration of the DEFY program and offers residents, Entrepreneurs in Training (EITs), an opportunity to work on their resumes, develop their personal statements, and focus on their business ideation. In addition to one-on-one career coaching and business planning activities, this event includes icebreakers and powerful empathy-building activities. It also supports employment readiness and entrepreneurship skills and, through conversations and connections with DEFY volunteers, enhance EITs' self-esteem, ambition, and sense of hope that is critical to their transformational journey.

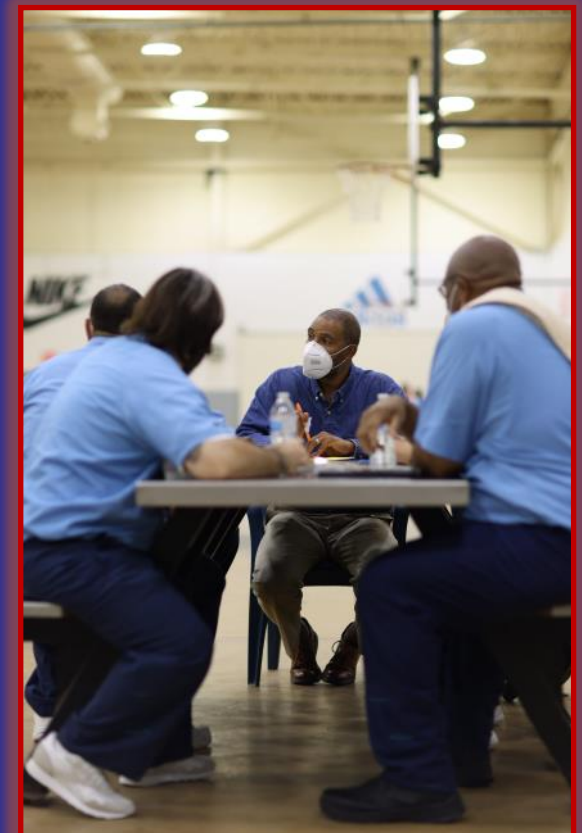


Defy Ventures is a 501(c)3 nonprofit organization that provides an entrepreneurship, employment readiness, and personal development training program to currently and formerly incarcerated men and women across the United States. Their mission is to shift mindsets to give people with criminal histories their best shot at a second chance.

Defy's CEO of Your New Life curriculum works to empower Entrepreneurs in Training to plan for reentry, develop

healthy thinking habits, enhance professional etiquette, gain skills to prepare for meaningful employment, learn the foundations of entrepreneurship and rebrand for their future.

Defy's presence at Pontiac Correctional Center has not only brought excitement and hope to our residents but has also given them an opportunity to achieve positive well-being, become successfully employed and launch successful, legal entrepreneurial endeavors upon their release. Our residents are proud to be part of this innovative program, eagerly seeking personal growth, motivated more than ever to invest in themselves, and are beyond grateful for the chance to rewrite their future.



C.E.O. OF Y.N.I.



By: Antonio Aguirre

Acknowledging the Defy Ventures, “Entrepreneurs in Training” program and how it positively impacts the Restorative Justice Ideology and mission for all the individuals in custody that are soon to be released.

Defy Ventures isn’t just about teaching us on how to become successful business men and women by just sharing their years of entrepreneurial research that went into the program, but, by also restoring our confidence and instilling in us the ability to become business minded power-houses, in charge of our own lives and futures.

Defy does this by providing us with the knowledge, opportunity and tools to make a significant “Change in Self.” Anyone can learn a trade, but can anyone unlearn how to give up making fast money and/or being criminally minded. The answer is, yes! Defy ventures believes in people who have persevered through the most unbearable of circumstances, and wish to nourish that strength and to help them flourish personally and financially.

In all honesty, when I first heard about Defy, I was like, yah, rich and successful people who actually care enough about helping felons’ to invest their own money into grass-root startups. I was like, would ya, please, knock it off! But then, I began reading the course book materials, of which, to my surprise seemed contrary to my initial belief; and even seemed a bit irrelevant pertaining to just simply starting up a business.

The course materials did not begin with a collegiate approach of breaking down, the all too obvious and mundane business ideologies and numeric theorems for a successful start-up. Instead, Defy's call it, as it is approach, broke down barriers and defenses, which at times, may hinder a person's ability to learn or be receptive in this particular environment.

This course has completely helped transformed people's incorrigible mind-sets by replacing it with thoughts of empowerment and self-awareness with merited information that can renew our self-confidence and perspective.

Defy is only interested in real-solutions to long-term problems affecting our world today. Problems like, the high recidivism rates, acquiring jobs which provide livable wages, and of course, side stepping the stigma that comes with being recently incarcerated that may hinder our progress from succeeding at a 2nd chance at life.

Defy encourages us to trust again; through mutual transparency, respect and honesty. I know this transformation won't be easy, but achieving greatness never is. I thank the Defy Venture's organization for believing in the humanity of the "Individuals in Custody," after all, "To Err is Only Human," but to "Forgive Is Divine, so let's all join in on "Defying the Odds" by supporting entrepreneurs for the individuals' in custody who ready to make a difference. Thank you!



PEER LED SHOWCASE

The Lady, and Gentlemen, that you see pictured below, are the very people that help make our vision come to life. These individuals dedicate their time and effort to help teach our fellow peers things that are much needed in their personal development in life, which we anticipate will inspire us all to step up and do the same. We are beyond appreciative for the submissions we've received from other facilities, other peer educators, and it's truly a wonderful thing to see. We all lead by example, and the example that we've set with these peer-led classes show that we are more than determined to prove our worth. We are all leaving behind a roadmap to success, and for all of those that are involved, to everyone that makes this possible, our gratitude cannot be expressed in simple words. However, thank you to **Everyone**, and please, keep up the good work! Trust me, it's not going unnoticed.

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



PEER-LED C.D.L. GROUP

By: Harry Thompson, Forrest Bayer, and Rockie Douglas

Hello again from all of us here! Hopefully now you all have had a chance to review sections 1, 2 & 3 now and are ready for the next set of test questions here! Please don't forget that our main goal here is to prepare you for the CDL permit test you will have to take at the DMV.

Here's a few more questions for ya!

1. If you load cargo wrong or do not secure it, it can be dangerous to others and yourself.
A. True B. False





2. You should inspect your cargo and its securing devices within __ many miles after beginning a trip?

- A. 10mi B. 25mi C. 50mi

3. What is the minimum # of tie-downs for a 20' load?

- A. At least 2. B. At least 4. C. At least 6.

4. What are blocking and bracing?

- A. Driving technique B. Form of coupling
C. A way to keep coupling secure

Please be sure to check out the next few chapters in the CDL book!

One trucking company that will contribute to you obtaining your CDL is T.M.C. They are located nationwide and currently seeking applications here in Illinois! Their average weekly pay ranges from \$1,230 to \$1,600 and offer health insurance. You must be a minimum of 23 yrs. old to work for this company and have no recent accidents or DUI's.

So before deciding what company to work for you should give some thought to if you would like to be a OTR, regional, or local truck driver.

-OTR stands for over the road or on the road. This is the most common job for new truck drivers as it helps with experience. More pros are that it is the highest pay for drivers since most truck drivers are paid by mile. They also get to see the full beauty of

the USA and they have some independence on their schedule as long as they make their load on time. A few cons are that OTR drivers are gone for weeks at a time and can be at a higher risk for health issues from eating fast food and sitting too long.

-Regional means that you are driving in a particular part of the USA like the Northeast or Southwest. For us it would be Midwest. Regional drivers typically have weekends at home but may have to begin work at unreasonable hours i.e. 4AM. Most of the time regional drivers are under more strict deadlines compared to OTR.

-Local Trucking is usually within a 200-mile radius and the typical workday is 8 to 10 hours with many breaks. The pros to this are that you get to spend a lot more time at home and the added health benefit of not sitting for such long periods. The downside to local drivers is typically the pay since it is much lower than the other two options.

DID YOU KNOW

- If you lined up all the trucks in the U.S, they would reach the moon!
- Average trucker drives 100,000 miles per year



KEWANEE'S VETERAN'S

BY: STEVEN "STEVE-O" HANSERD



Well family... Veteran's Day quickly approaches us. I want to personally thank all parties involved and those who shared the experience of Patriot's Day, for their time as well as their patience, for helping to make the event a huge success.

Coming from a place where sometimes I continually feel like the odds are stacked against me, it's a liberating experience to have served our country as a war veteran.

The respect and recognition that we as veterans receive here at Kewanee is profound. You all give us a reason to be proud, for the necessary sacrifices that we made, to show our patriotism and courage, for our fellow countrymen. And, to that, I want to say thank you, on behalf of all my veteran brothers, here on campus.

To our brothers in Graham and all of the women in their home facilities, as well as other service men stationed in other facilities; I want to commend you all for your efforts and initiative to spread hope and connectivity to other veterans, who are locked up across our land. "Attaboy!"





Finally, we have a brother down on his health here in our infirmary, Robert “Bulldog” Kennedy. I want to take this moment to let him know, that he is in our prayers. And, that we wish him a speedy and full recovery. We miss you, your energy and your positivity...

We are working on something small for Veteran’s Day, and hopefully we can help share a current event and activity with our community here at Kewanee. If I know anything about Lt. DeCoster, Mr. Kuster, and Mr. Ross, everything will somehow fall into place.

So, as the seasons change, let’s keep pushing, programming, encouraging, and doing our best to love our fellow men in our communities. “Kewanee” is what “we” make it, and let’s keep it a great place.



VETERAN'S DAY 2022



Here is a brief rundown of the history of how Veteran's Day came to be celebrated. Everyone knows somebody who has served, and there are many of our brothers and sisters incarcerated who have served in the armed forces. Their sacrifices are not undone just because they are incarcerated. They are an important part of our community and it is

important that we recognize and thank them.

Veterans Day is a U.S. legal holiday dedicated to American veterans of all wars, and Veterans Day 2022 will occur on Friday, November 11. In 1918, on the 11th hour of the 11th day of the 11th month, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in World War I, then known as "the Great War."



Commemorated in many countries as Armistice Day the following year, November 11th became a federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became known as Veterans Day.

The Treaty of Versailles was signed on June 28, 1919, marking the official end of World War I. Nonetheless, the armistice date of November 11, 1918, remained in the public imagination as the date that marked the end of the conflict.



One year later, in November 1919, U.S. President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day. The day's observation included parades and public gatherings, as well as a brief pause in business and school activities at 11 a.m.

On November 11, 1921, an unidentified American soldier killed in the war was buried at Arlington National Cemetery near Washington, D.C. On the same day the previous year, unidentified soldiers were laid to rest at Westminster Abbey in London and at the Arc de Triomphe in Paris.

THE MARKET CORNER

By: Robert Kennedy

In the stock market there are two different types of traders/investors. Some are considered “bulls” while others are considered to be “bears”. Which one are you? When you are a “bull” or “bullish,” you want the stock market to go up or increase in value. There are many stories as to where the term “bull” comes from. The one that stands out to me refers to how a “bull” charges. When an actual bull charges at you, it starts with its head in a lower position. Then strikes in an upward motion with its mighty horns. This is why the “bulls” are the traders/investors that want the market to go upward, just like real bull’s horns. When you are a “bull”, you are considered to have a “long-position” in the market.

On the other hand, when you are a “bear” or “bearish”, it is believed to come from the way an actual bear strikes. When a bear attacks its enemy it typically starts with its massive paws in a very high position, then swats in a downward motion to pummel its victim. So, when you are “bearish” in the market, you like to start from a high position, then want the market to plummet to a much lower position, similar to an actual bear’s paw. When you are a “bear” you are considered to have a “short-position” in the market. If you recall, we discussed short sellers in our last issue. So there you have it, it’s basically a “tug of war” in the stock market with the “bulls” versus “bears”, buying and selling stocks all day, every day, all year. When the bulls dominate the bears, meaning there are more buyers than sellers, the market goes up. However, when the bears dominate the bulls, meaning there are more sellers than buyers, the market goes down. This is the basic premise of what makes an open market work. This is how price discovery is achieved. Prices are constantly being revalued every single day. This never stops, and neither should you! Hope to catch you next time!

Staff Interactions

By: Tiiyon T. Byrd

Speaking from my own experience interacting with staff, I can't say that it's always been positive. There was never a moment that I didn't wish that it was the complete opposite, but for the most part, throughout my incarceration, negative interactions have always been the norm. From what I've come to learn, it's not always about where you're at (facility), it's more about how you come across to others, how you present yourself to staff, and how you choose to interact with staff. We come from a culture where "ANY" kind of interactions with staff is mostly frowned upon. Much of that comes from our fellow peers having the wrong perception, which I fell into that very same way of thinking as well.

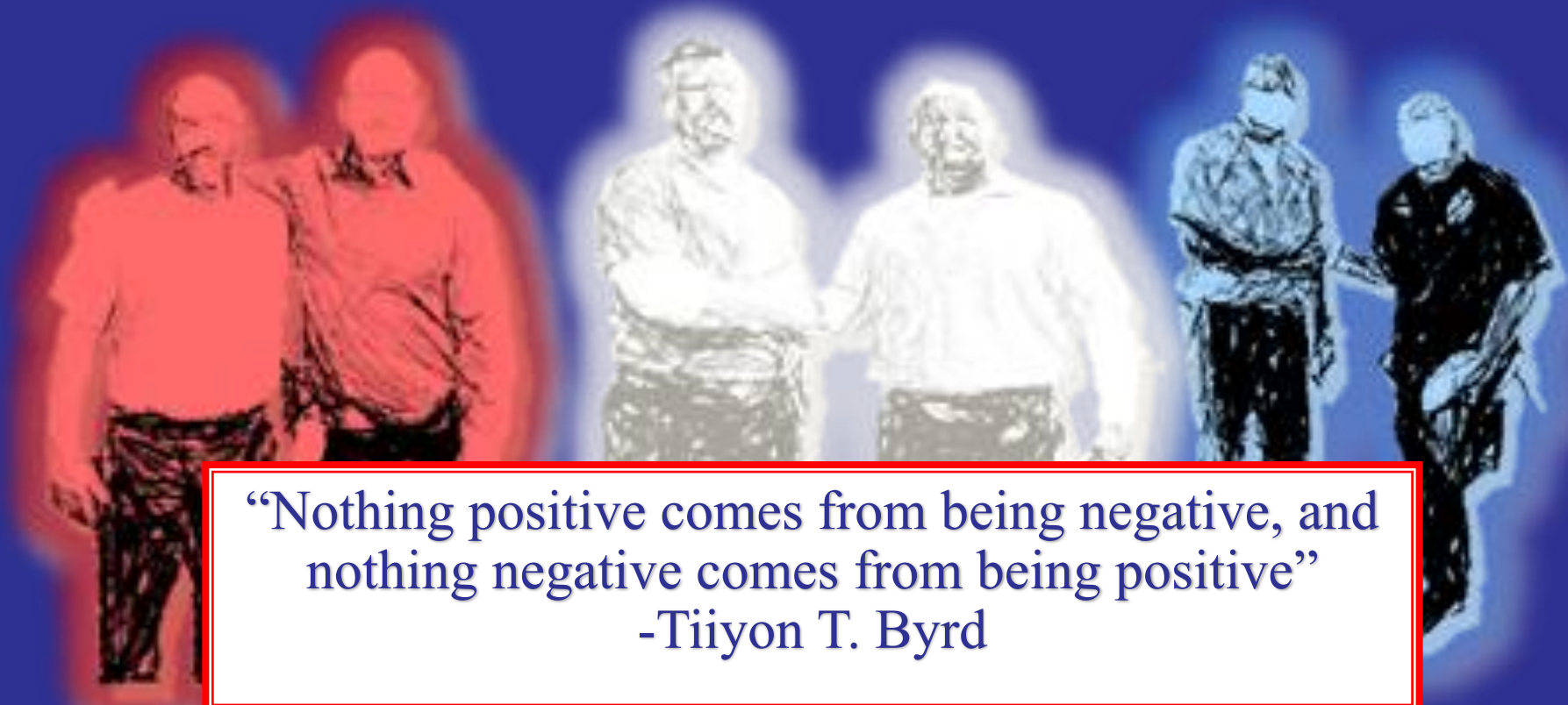
One of the main things that we must all remember is that we are all human, period. I recall a time when I had nothing to really care about, especially a CO's feelings, and one day it all changed for me. I won't get into specifics, however, I can say that there was a CO in Galesburg that I related to in more ways than I could've imagined. He opened my eyes to a lot of things that we all sometimes seem to forget, which is, we are indeed **ALL HUMAN!**

To touch back on how we present ourselves to one another, it's important to realize that if we want to be met with respect, we must first give it. That applies to **EVERYONE**. Without a doubt, there will always be people on both sides of the fence that make it difficult to deal with one another, unfortunately, that's just life.

The thing that I would like to stress is that we must lead by example, take the initiative to show that regardless of our status, individual in custody or CO/staff working in any facility, it costs nothing to be kind to one another. It costs nothing to greet one another with respect. I've had several jobs throughout my incarceration that has given me the opportunity to shed some light on the disconnect between individuals in custody, and staff, and how positive interactions are important for us all. What I've learned from those experiences is that one simple conversation can change everything. One of our weaknesses as a whole is that we are quick to "assume". It's easy to assume that a group of people are all alike, but without getting to know each and everyone one of those people individually, we'll never know or understand who they truly are (individually). I've had the opportunity to meet some Staff that I'd give money to if I ever won the lottery, and as crazy as that may sound, I mean it.

Interacting with Staff that treat people with respect, show compassion, empathy, and try understanding that those of us that are incarcerated are more than just the crime we committed, truly means a lot. It actually inspires a desire to be better than what we were before, which was oblivious to the effects of positivity. I would like to reiterate that it is

“US”, all of “US”, that need to take the initiative to change our sometimes toxic environment. Indeed, we must lead by example. My hope is that we can all come together, though physically distanced from one another, and promote nothing but positivity. It’s bad enough that we have a million and one things to stress about as it is, any kind of negativity does nothing but worsen any situation. Please my brother’s and sister’s, let us all try and be better. Let’s do what we can to inspire a change throughout every facility in Illinois. Let’s lead by example.



**“Nothing positive comes from being negative, and
nothing negative comes from being positive”**

-Tiiyon T. Byrd

TRUST PART 1

Being trustworthy is an important part of building positive healthy relationships in your life. We aren't talking about romantic relationships; we are talking about all of our relationships in our lives: family, friends, cellies, authorities, people we work with, people we work for etc.; all the relationships we have in our lives. Being a trustworthy person is a key part of success in all the possible different aspects of our lives. People know about you, they have a thought about who you are when they meet you, that thought may be positive or negative, either way they have a thought about who you are. The good thing about this is, you have the power to change that thought, you can show, through your actions who you are. you can either reinforce those thoughts or mitigate them, or change them completely. We are constantly taking in new information and reassessing how we view each other and each situation, you can use this constant fresh start within yourself and with others to become a trustworthy person and be viewed as one as well. The path to success in any situation starts with a strong foundation of prosocial relationships and positive intention put into action. What follows is an interpretation of information we have come across and that we hope will be helpful to you.

Being a positive force:

- Be of good character. Have more than 'good intentions' in life. It's far better to show people that you're a person who is reliable, tries their best at all times and thinks clearly. Meaning well can end in all sorts of problems, including excusing oneself for failure to follow through. On the other hand, good character lets other people know that you have traits they can always rely upon. Actions prove far more than words. Good character is forged in good, caring and thoughtful actions.

- Be honest. Be honest in everything you do. Honesty is the keystone to people knowing where they stand with you. Honesty includes having **good manners** though; when being frank, at least be polite. Sometimes it is necessary to sugarcoat the truth so that its bitter pill is swallowed with greater ease. Some honesty can be hard but is still essential. For example: Your least favorite coworker has spinach stuck in their teeth after a work function. Do you tell them? Of course you do, they deserve to know that. You may hesitate because you initially think it's funny or payback, but realize that by being honest here, you gain respect from people who would otherwise be a thorn in your side. They owe you one and know you are someone solid. Even in hard situations, **always tell the truth.**
- Be compassionate, kind and considerate. These traits feed into trustworthiness because they let people know that you care about all people and that you're willing to give second chances. Compassion must be felt from within and learned through experience by standing in other people's shoes, seeing things from their perspective. Practice looking at things from the other person's perspective until it feels second nature. When you are able to think of the other person first, because you're already internally strong and well self-nurtured, then you'll be viewed as trustworthy.
- Make good friends. Avoid befriending the gossiping types other than to say hello to them as you pass by. Instead, find people of good character, who are also aiming to be trustworthy, caring and strong, just like you. Support each other and help each other to continue growing as good human beings throughout life. Try to stay accountable to each other through honesty and if you both have positive intentions this is a good way to stay on track. Don't try to make this happen with someone you feel just wants to catch you up to hold things over your head.

Ridding yourself of negative behaviors

- Don't deceive people, don't lie. There will be times when deception and lying seem like the right way out of something. Yet, the truth will eventually come out and it is better to take control of bad actions, bad news and bad happenings before your deception or untruthful statements unravel. Be the better and bigger person and tell the truth and avoid the temptation to cover things up. The truth always comes out, one way or another. Remind yourself of this. A good analogy is that telling the truth is like lifting weights: yes, it can be easier in the moment to not push that weight up, but that won't help make you any stronger, the same goes for telling the truth in a prosocial way, it may be easier to deceive a person but that is negative for you in the long term.
- Apologize when it is needed. Tell people you may have hurt that you're sorry for making a mistake, for getting them wrong or for being totally out of order. You may like to explain the reason you did something, but that depends on the situation. Sometimes it's just best to say sorry and to own your mistake. Then, do your best to make it up to the other person. Tell them that you are doing your level best to be a better, more trustworthy person now and that you don't follow any of the old ways that involved hurting people.

Staying trustworthy

- Realize that being trustworthy is a journey, not an endpoint. It takes time to change bad habits, a poor attitude and bad ways of reacting to others. Earning trust takes time too, especially if you have been a difficult human being in the past. Yet, it will happen, especially as you continue to prove through your actions that you are reliable, honest and of good character.

- Remind yourself at all times that being trustworthy is a valuable asset to your life and to the lives of the people you care about. When people you care about know they can rely on your word and that you are honorable and honest, you will be given important tasks, you will become the keeper of great confidences and you will be respected. These are worthwhile outcomes to aim for.

Tips

- Become trustworthy around everyone, not just your nearest and dearest. Being trusted is even more of a compliment than being loved.
- Loyalty to those not present proves your loyalty to those who are present.
- Hanging out with good role model friends inspires you to be a good human.

Warnings

- Trust takes years to build but mere seconds to destroy. Always think carefully before acting in haste.
- Half truths are whole lies. Omissions are often lies too.
- Don't let your friends tell you who you want to be. Such friends will get you back to gossiping in no time. Quietly tell them off and move on. And realize that in some cases, if friends fall behind, your role model behavior will cause them to catch up.

Blueprint of your Life

Continued by Warnsing

Continuing where we left off last week, you now should have a list of all the roles of your life and have them prioritized. Now before we move on to the next step there are two things to remember:

1. This list is an ever changing list. Roles of your life will drop off and some will be added. And depending on where you are in your life some of the roles will become more or less important to you. Look back often!
2. The roles in your life will occasionally conflict with one another. You will have times when your work interferes with your family and you will have to make hard decisions. Sometimes you can compromise and take work to your kid's activities. Don't do it all the time, but in a pinch it will work.

Now that we have that clear it's time to put in the work. For this part of the exercise we will be defining the purpose of some of your roles. There are many different ways to do this. From the article where I first did this, they suggested a method utilized by Stephen Covey. Take the role and write out how you would like it to be remembered at your funeral. Now that can be pretty dark but it helps you focus in on what type of legacy you would like to leave in each role. Obviously some of the roles will be harder to define in this way but looking at each role in a way of how you would like to be remembered in that role or how you would like it to look in the end will help with the rest of this exercise.

Moving forward through this exercise I'm going to use my role of "Jits practitioner" to give each example. There are a number of reasons for me using this role but mostly if you know anything about Jiu Jitsu or like CrossFit, people who do these activities almost exclusively talk about those activities! Secondly Jits is something I just began in the last 6 months so it is a role that I have never put this through this activity. So here we go:

“ I want to be remembered as a black belt Jiu Jitsu practitioner that trains, learns and competes with respect, sportsmanship, intensity and grit. I want to be known as the guy that didn't just show up but worked on his game in physical, mental and technical areas. I want my teammates to say that I was there and had their backs and rolled with them in a way that showed respect and helped everyone grow and achieve their best.”

So now this may sound very “after school special” like but it should. As cheesy as that above sounds for me to read, it is truly where I want to be when I'm done with this journey.

The other part of this step is to define your current reality. This is pretty simple you are just directly stating where you are at in this role. This can be hard as you are pulling back the curtain and stating where you are right now. This is an opportunity to make yourself vulnerable and be honest. Now remember, you don't have to share this with anyone, this is just for you so there is no reason to not be honest. So what is my current reality in Jits:

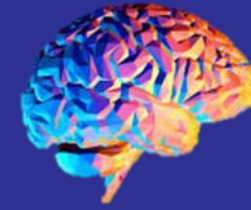
“I am currently a white belt with three months of true experience. I am pretty good in drilling and learning new techniques. I am able utilize the new techniques in rolls and make adjustments to those techniques to fit my ability. I struggle in roles with higher belts and white belts with more experience. I also struggle with cardio and flexibility while rolling.”

So for to write both where I want to be and my current reality took about 3 minutes. Now I would work on the rest of my roles writing first where I want to be and then the reality. Each role will vary in amount of time to complete. If you are doing a role that is with a direct person like a child or spouse, write it with them in my. How would you want your child to remember you. Those can be the toughest ones. Again remember to be honest in where your reality is!

Last bit of advise for this step. Don't feel like you have to do every role you listed. List your top three to five roles. Focusing on them is normal as they are your most important. You can always go back later and looks at your other roles.



BRAIN FACTS



HOW WE SEE

Seeing is both a conscious and an unconscious action. Each type follows its own pathway in the brain. The conscious route helps recognize objects, while the unconscious route guides movement.

STEREOSCOPIC VISION

Our ability to see in 3D - known as stereoscopic vision - is produced by having both of our eyes looking straight ahead and moving together. As the eyes are slightly apart, different views are received from each, although they overlap to a small extent. The brain computes the spatial information from each eye to create an overall image, using previous experience to speed up the processing time and fill in any gaps.

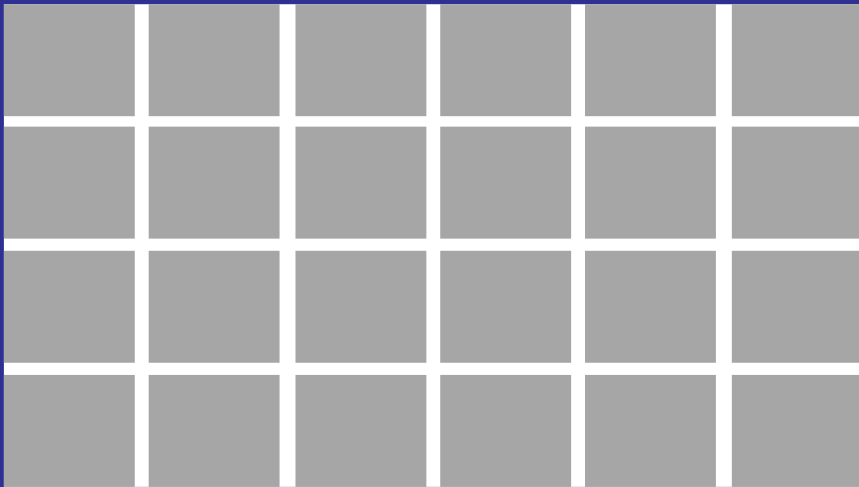
FIELDS OF VISION

Animals such as primates have a large field of stereoscopic vision and can judge distances better than herbivores or most birds. However, they have a blind zone behind them that can be seen only by turning the head. Animals with eyes on the sides and top of the head have a wider field of 2D vision and greater all-around awareness.

ILLUSIONS

An illusion occurs when what the eye sees is interpreted by the brain in a way that does not match up with the physical reality of the actual image. With so many competing signals going to the brain, it tends to look for familiar patterns. It also tries to predict what will happen next to compensate for the slight time delay between stimulus and perception. Both these facts can lead to our brain misinterpreting visual stimuli.

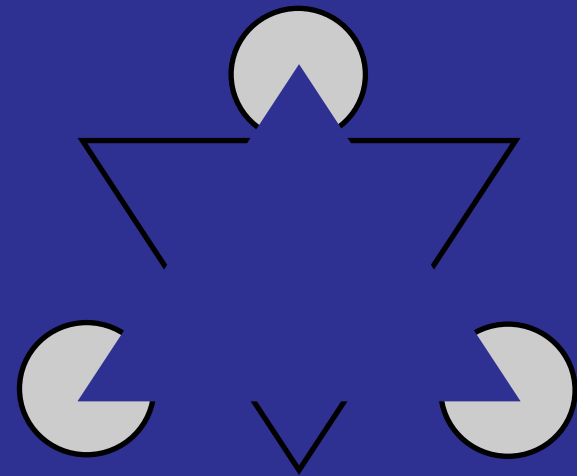
HERMANN GRID



Physiological

Physiological illusions are thought to arise from excessive or competing stimuli, such as brightness, color, movement, and position. In this grid, gray spots seem to appear at the intersections as your eyes flick over them but vanish when you stare at them.

KANIZSA'S TRIANGLE



Cognitive

Cognitive illusions happen when the brain makes assumptions about movement or perspective when viewing an object. Sometimes these can lead to the brain switching between two different images or seeing shape that is not there.



1

You're in a dark room with a candle, a wood stove, and a gas lamp. You only have one match, so what do you light first?



2

Put a coin into an empty bottle and insert a cork into the neck. How can you remove the coin without removing the cork or breaking the bottle?

3

D R M F S L T _

What letter comes next in the following sequence?



4 **5**

10

I have a large money box, 10 inches wide, and 5 inches tall. Roughly how many coins can I place until my money box is no longer empty?

BRAIN TEASERS

1.) Answer: The match.

2.) Answer: Push the cork down into the bottle. Then shake the coin out.

3.) Answer: D—each letter represents one note in the diatonic musical scale: Do, Re, Mi, Fa, Sol, La, Ti, Do.

4.) Answer: Just one, after which it will no longer be empty.

9 BENEFITS OF YOGA



If you've done your "downward dog" yoga pose today, you're probably feeling more relaxed. Regardless of your level of yoga expertise, if you're practicing regularly, you can feel better from head to toe. Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing.

A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.

1. Yoga improves strength, balance and flexibility.

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

Try it: Tree Pose

Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. Try to focus on one spot in front of you, while you balance for one minute.

2. Yoga helps with back pain relief.

Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line

treatment for chronic low back pain.

Try it: Cat-Cow Pose

Get on all fours, placing your palms underneath your shoulders and your knees underneath your hips. First, inhale, as you let your stomach drop down toward the floor. Then, exhale, as you draw your navel toward your spine, arching your spine like a cat stretching.

3. Yoga can ease arthritis symptoms.

Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis, according to a Johns Hopkins review of 11 recent studies.

4. Yoga benefits heart health.

Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.

Try it: Downward Dog Pose

Get on all fours, then tuck your toes under and bring your sitting bones up, so that you make a triangle shape. Keep a slight bend in your knees, while lengthening your spine and tailbone.

5. Yoga relaxes you, to help you sleep better.

Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

Try It: Legs-Up-the-Wall Pose

Sit with your left side against a wall, then gently turn right and lift your legs up to rest against the wall, keeping your back on the floor and your sitting bones close to the wall. You can remain in this position for 5 to 15 minutes.

6. Yoga can mean more energy and brighter moods.

You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga.

7. Yoga helps you manage stress.

According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

Try It: Corpse Pose (Savasana)

Lie down with your limbs gently stretched out, away from the body, with your palms facing up. Try to clear your mind while breathing deeply. You can hold this pose for 5 to 15 minutes.

8. Yoga connects you with a supportive community.

Participating in yoga classes can ease loneliness and provide an environment for group healing and support. Even during one-on-one sessions loneliness is reduced as one is acknowledged as a unique individual, being listened to and participating in the creation of a personalized yoga plan.

9. Yoga promotes better self-care.

HOROSCOPES



Aries: You may have let some information slip that you should not have, and now you have to do some serious damage control. Aries, Be diplomatic and do so quickly!

Translation: You called your girl by your other BM's name? WTF? She knows who that is...Now is NOT a good time to ask about that bread.



Taurus: An unexpected expense could cost you big now, Taurus, causing you a lot of stress. You may need to dip into alternate sources of money to make things work out right.

Translation: Uh oh, your tablet's head phone jack finna break again...



Gemini: Your bold statements and ideas shock some people, but others find them refreshing. You'll want to get out and meet new people now, Gemini.

Translation: You must be a progressive, talkin' that talk *tips hat* Stay woke.



Leo: Relationships may be fraught with tension and bickering now, Leo. You may confuse others, so be sure to share what is going on in your head these days.

Translation: You need to vent to your celly bro, don't bottle that shit up.



Virgo: You've put a lot of energy into defining your values and beliefs, but these could be changing now. You may come to a bit of an internal crisis about how you want to move forward when you find your ideas clash with someone else's, Virgo. Consider all sides.

Translation: Put your pride to the side.. let someone else get a lil shine.



Libra: You may have a difficult time balancing everyone's needs now, Libra. Make sure to prioritize where your time is spent lest you hurt someone's feelings inadvertently.

Translation: Just tell everyone to put them feelings in an envelope and send em' home.



Scorpio: Frustrations may erupt on the job front, making everyone feel anxious and tense. You could come up with a better solution than the one proposed, Scorpio.

Translation: Yes, we know you can eat some shit in the kitchen, you don't have to finish everything there ...



Sagittarius: Make your point clearly and without resorting to name-calling or pouting, Sagittarius. The other person will come around eventually, so give it time.

Translation: You still talking about Mike v. LeBron? Everyone knows it will always be Mike. No cap.



Capricorn: Choose how you spend your time to match your mood and health and you'll be back to your usual self, Capricorn, as you may be low energy for a little while.

Translation: That 3 o'clock nap is a beast of a pick-me-up, it is okay to take a nap, it does not mean you are old. Really.



Aquarius: You want to find happiness doing the things you love now, but you could also feel thwarted at every attempt, Aquarius. You need a break from expectations.

Translation: You can get that drawing/painting/writing project done, just tell your celly to let you have the floor for a minute.



Pisces: It could be you bit off more than you can chew, Pisces, and your feeling the effects now. It's OK to delegate—someone else can bear the burden for a while.

Translation: You promised to cook for the whole wing? You better get a new "NO" button. Your homies know how to cook anyway.



Cancer: You may find a solution to a problem simply by letting go of the outcome, Cancer. Create a space for yourself to get lost in your thoughts now.

Translation: That meditation shit really works. Put on some of that crazy lo-fi beat shit on the tablet and allow the universe to answer the eternal question, "When is COVID done?" WTF



ME WAITING FOR GTL

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TO FIX THE NEWSFEED



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They can't serve you slick meat



If you don't go to chow... roll safe!

SHAWNEE BOOKCLUB

Good news! K.H. has heard that Shawnee is starting a book club. We don't really have any details yet, but we wanted to make sure that we gave a big shout out in recognition to everyone involved in that process and all the people who are going to participate. Take our word for it, as first time members and original participants in KLSRC's book club, we cannot stress enough how enjoyable and rewarding book club can be for us. K.H. has the highest hopes that one, some, or all of Shawnee's book club participants (including staff if possible) will send us some articles that reflect their experiences and insights from their group. Please take this as a callout to get in touch and let us know what you have learned, if you'd like to and are able, try to send us your format of how your club talked about your book so that we can share that information with everyone and maybe inspire the next group to get started. We want to be able to highlight what you are doing and highlight who is putting in the work to get things going. Book clubs are a great way to get together and interact in prosocial ways, there is a positive exchange of ideas and what is more rehabilitative than that? Congratulations to everyone there involved and thank you in advance for what you are doing. Things like this are very important for our community to see and be able to emulate. You are awesome! -K.H.

SHOUT OUT TO GRAHAM VETS!

All of us here at K.H. wanted to make sure that we went out of our way to give a huge shout-out to everybody over at the Graham Vet's "Behind the Lines" publication: Richard Rife, John Nuckles, Joseph Welch, Albert Kimber, Drew Hibbs, Javier Joiner. The latest issue looks awesome and we are all inspired by your hard work and dedication. It pushes us to step our game up even more! We encourage you guys to keep doing what your doing and continue to push out quality content!



STATEWIDE CALLOUT

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

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

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

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

“THOSE WHO ARE QUITE SATISFIED SIT STILL AND DO NOTHING; THOSE WHO ARE NOT QUITE SATISFIED ARE THE SOLE BENEFACTORS OF THE WORLD”-

-WALTER SAVAGE LANDOR

DON'T ACCEPT THAT YOU CAN'T DO ANYTHING TO IMPROVE YOUR LIFE AND SITUATION; EVERYDAY PUT IN THAT WORK, PUT IN THOSE HOURS TO BETTER ONE THING OR ANOTHER. IF YOU IMPROVE 1% EVERYDAY OVER YESTERDAY, IN 100 DAYS YOU WILL BE 100% ABOVE WHERE YOU STARTED.

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 at: doc.kewaneehorizons@illinois.gov
- **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

KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

**TELL YOUR FAMILY AND FRIENDS TO SCREENSHOT THIS PAGE
AND SHARE IT TO THEIR SOCIAL MEDIA WITH THE HASHTAG:**

#KEWANEEHORIZONS



AND DON'T FORGET TO CHECK US OUT ON THE IDOC WEBSITE!

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