

KEWANEE

VOLUME
HORIZONS

HORIZONS

1) COVER	20)HORTICULTURE	TABLE OF CONTENTS	
2) TABLE OF CONTENTS	21)BAG CHAMPIONS		
3) MISSION STATEMENT	22)CHAMPIONS		40)BRAIN FACTS
4) RESTORATIVE JUSTICE	23)NEW DAY RELEASE WORKERS		41)MENTAL HEALTH
5) MR. TALBURT AND MR. EDMONSON	24)NEW DAY RELEASE WORKERS		42)HOROSCOPES
6) SAVE A LIFE	25)BRADFORD DAY RELEASE		43)HOROSCOPES
7) FORGIVENESS SEMINAR	26)BRADFORD DAY RELEASE		44)HOROSCOPES
8) FORGIVENESS	27)PEER LED SHOWCASE		45)MEMES
9) RADICAL PRAYER	28)PEER MENTORS		46)MEMES
10)RADICAL	29)TREO		47) ADVENTURES OF J-DAWG
11)RADICAL	30)TREO		48)STATEWIDE CALL OUT
12)MY RESCUE STORY	31)TREO		49)STATEWIDE CALL OUT
13)RESCUE	32)TREO		50)DO'S AND DO NOT'S FOR HORIZONS SUBMISSIONS
14)TRANSFORMATION	33)THE BARBERSHOP		
15)MARKET CORNER	34)BRAIN TEASER		
16)MARKET	35)BRAIN TEASER		
17)MARKET	36)FAQ-PERSONAL RESPONSIBILITY		
18)HORTICULTURE	37)FAQ-PERSONAL RESPONSIBILITY		
19)HORTICULTURE	38)KEWANEE VETERANS		
	39)KEWANEE VETERANS		



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



SAVE A LIFE



KERRY TALBURT

WILLIAM C. EDMONSON

On July 28th two individuals at Jacksonville Correctional Center went above and beyond to save the life of a fellow individual in custody. Kerry Talburt and William Edmonson rendered first aid procedures for an individual who was choking on food in the dietary. Due to their selfless and heroic actions, Mr. Talburt and Mr. Edmonson were presented with **Certificates of Recognition for Extraordinary Personal Action** by Warden Cherryle Hinthorne and Assistant Warden of Operations Haroletta Givens. This is an amazing display of selflessness and reminds us all of the importance of protecting and helping one another.

If this isn't impacting your community, nothing is. We at **K.H.** not only appreciate the actions of these individuals, but congratulate you on your ability to take charge of your environment and save **a life**, a brother, a son and possibly someone's father. Think of the headache Mr. Talburt and Mr. Edmonson saved an entire family. We are all in here for negatively impacting our communities in some way, so it isn't often we are able to make such a huge positive impact on multiple communities. These two through their actions embody what **K.H.** is all about. Giving back, restoring and uplifting our communities. I as well as the rest of **K.H.** are just a few who are uplifted In this moment in time, all we can do is to attempt to extend the moment and say thank you.

Whether it is making a difference through one another or through many, through one action or many, we should strive to make the changes within our selves if we ever expect to see a change anywhere else, in anything else. These are among the ideas that lie within Restorative Justice, within personal responsibility and in impacting **our** communities. Mr. Edmonson and Mr. Talburt may or may not agree with anything written by **K.H.**, but that certainly doesn't change how Heroic their actions were saving this individual's life. Thank you to Warden Hinthorne and A.W.O. Givens for stepping up and making sure Mr. Edmonson and Mr. Talburt were recognized for their actions.



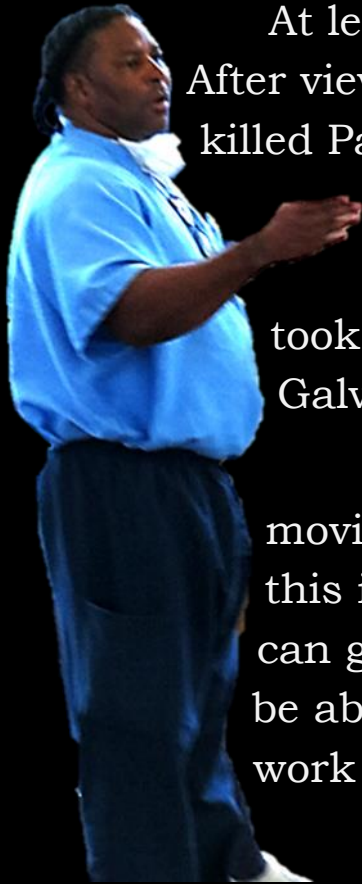
FORGIVNESS SEMINAR



Radical
Reconciliation
with
Nelson Vargas &
Carlos Colon



On Friday August 26th, we were blessed enough to have had the privilege of being able to take part in an event set up by some of our guys here on the campus who are part of a mental health facilitated gang intervention group called **Breaking Point**. The group who proposed the **Forgiveness** event are truly grateful to Warden Jackson, AWO Carothers, Chaplain York, and Mr. Ross and Mr. Kuster from the mental health dept., for the manifestation of the proposal.



At least 75 people attended the event to witness the testimony about forgiveness. After viewing the video of Pastor Nelson Vargas forgiving Carlos Colon the man who killed Pastor Nelson's son; the audience sat in total silence as Pastor Nelson and Carlos Colon walked into the gym and engaged with the audience.

Breaking Point thanks the participants who attended; the many staff who took the time to come and hear the testimony. Also, thanks to the members of the Galva Church for their support by being there.

For those of you who have never seen this video, it is a very powerful and moving display of what true forgiveness looks like. To all of those who are reading this in other institutions, try to ask someone where you are at and maybe they can go online and get it for you guys and show it where you are at. They might not be able to have mass gatherings due to COVID restrictions, but maybe they could work it out so that they could show it on your institutional movie channel.



RADICAL PRAYER CONFERENCE



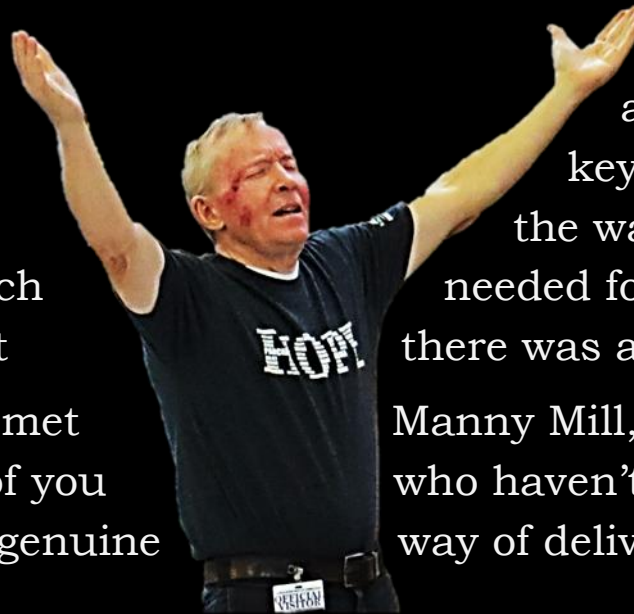
Our weekend kicked off with the Pastor Nelson Vargas and Carlos Colon reconciliation event on Friday the 26th. Followed by two jammed packed days of an awesome prayer conference hosted by Mr. Manny Mill and his team who included Mr. Bart Rusk, Mr. Mark Macy and Mr. Gary Reynolds. We have to thank Mrs. Barbara Mill for letting Manny come to fellowship and visit with us, even though she couldn't make it to the event we know she was there in spirit.

The conference was based prayer. Manny hit on all of the power and necessity of praying. It was very informative and much had never even been aware that

For those of you who have met of a person he really is. Those of you an awesome energy and a very genuine

around the power of radical key points that bring to light the the way our Father meant us to pray. needed for a lot of people who most likely there was a proper way to pray.

Manny Mill, you already know how special who haven't met him, you need to! He has way of delivering the gospel.



One of the things that you will always remember about him is how fired up for GOD he is, with his trademark *ALLELUIA!*

Mr. Manny can really relate to us in the fact that he himself was right where we are at...in prison. He has a real affinity for us, since he is one of us. The Compass Church, which is located in Wheaton, Illinois, is Manny's home church. They really care about us and love us so much that they even invite our families to go there every Thursday night for a sermon and a dinner on them. Manny invites us all to attend when we get out, which I definitely am! He goes to prisons all over the world and talks to the populations who live inside those prisons. He even has a program called "Meet me at the gate" where they will actually come and meet you at the gate the day you get out.



They help with finding you a place to stay and employment. Manny just wants and loves to help us in whatever ways he can.

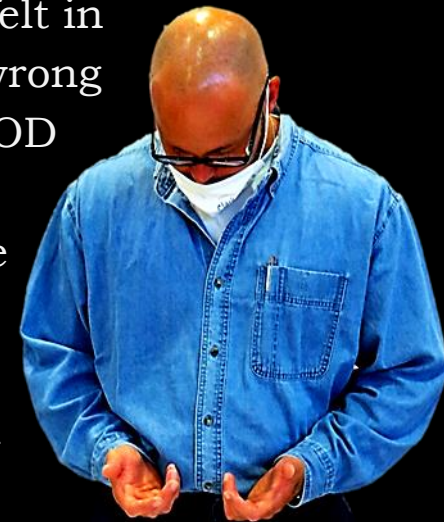
He has also written a few books. Two of which he gave us at the conference. The first one is called Radical Redemption is his autobiography and life story. He also gave us another book called Radical Prayer. I'm currently reading his autobiography and it is a real page turner. I have had a smile on my face the whole time I've been reading it because in my mind it's Manny's voice I hear reading it in my head. He has a very distinct accent. He is a Cuban immigrant who came to America many years ago to escape the communism in Cuba. You will have to read the rest of his story when you have your family send you his book(s).



MY RESCUE STORY

The most impactful and beneficial decision I ever made in my life was to stop getting in my own way. I used to have a lot of self doubting and self defeating behavior. I was angry at myself and the world for reasons I couldn't even figure out. I just started to believe that I was a naturally angry person. I know now today that is the farthest thing from the truth. What I came to the realization of later in my life is that I was missing something...

I got locked up when I was 20 years old and I'm now 37. When I first came to prison I was in complete shock that I was going to have to do almost 20 years strait in prison. I kind of just shut down and went into auto pilot. Then several years ago, I did something I hadn't done since I was a young boy. I got back into reading the Bible. I grew up going to a Baptist Church, went to Sunday school and all the usual related things. When I moved to Illinois from Florida I stopped going to church. Which in turn made me distant from GOD. I always believed in him, but I was distant nonetheless. Fast forward all those years later when I was sitting in a cell staring at the ceiling, that was the most alone I had ever felt in my life. I felt like that for a long time and I couldn't figure out what was wrong with me. Years later I figured out what was missing in my life. It was a GOD sized hole in me that only HE could fill. Once I started to change my life, things in my life really started to come together. The most notable change is how when I yielded to HIS will how my anger issues are now non existent. I no longer have those feelings of self doubt, or those self defeating tendencies I once did. I have used my energy these days to focus on what



I can do to help my community while here in Kewanee. I was able to get our movie nights in the west gym started back up, and I also pitch in my help any way I can with events here on campus. In days past, my old self never would've allowed me to do such things. I'm encouraged and happy to help anyone that's in need of a helping hand these days, and that's something that I can say is 100% from the big man upstairs. Today I can say with certainty that I am truly Blessed and highly favored.

The closer I get to leaving this phase of my incarceration and moving on to A.T.C. I can't help but think of the guys who are in that same spot I was in all those years ago. I would like to say to you, don't give up hope. Things will get better. For the time being, get into the word. Really take it serious and apply it to your life. You will be amazed at how things will just start to click into place in your life! Don't **EVER** think that you are not worthy of GOD'S love or forgiveness, no matter what you may have done in your life. You were forgiven under Grace when you accepted Jesus Christ as your Lord and Savior. One verse that is really impactful and helps me to see the bigger picture is ROMANS 8:28..."**ALL** things work together for good to those who love GOD" When he says all things, he means **ALL** things. Even the things in life that seem terrible at the moment, HE turns them for good always! No matter how dismal you may feel right now, when all is said and done he is going to take the biggest mess and turn it into the biggest message!

GOD Bless,

Joshua Clark



TRANSFORMATION

My personal experience of how I started transformation to see through a new worldview; a new way of walking through life, began after my aunt (a minister) sent me a book called “Good Morning Holy Spirit.” being conscious of the spirit within was crucial to slow me down.

I adopted the belief of what it took to balance life. Three aspects became important for me. Mental, physical and spiritual training. Constantly learn for the mental, constantly flush toxins out of the body by exercise for the physical and train spiritually to keep a personal relationship with **GOD**.

I became a T. A. in multiple classes and would relate to people the need for transformation. We all have to come to the point that we start building good in our life and overcome the destruction. That takes balance! I lived through youth in ignorance, unbalanced, not training mentally, not training spiritually. I was strictly physical. In that unbalanced walk, it drew me to be only physical, attack mode at all times, leading me to prison.

Thank GOD for awakening me to balance, that I became a giver, an up lifter, an exalter, letting go of the taker. Find your balance, you’ll find your peace in yielding and humility. “Know ye not that your body is the temple of the Holy Ghost which is in you, which you have of GOD, and you are not your own?”

1 Cor. 6:19

Ronnie Carrasquillo



THE MARKET CORNER



Mr. Robert Kennedy

Wouldn't it be great to make money even when the stock market is crashing? Last issue, I discussed call options, which gives you a profit when stock prices go up. Now, allow me to introduce you to the other type of option, known as a "Put" option. Most of the rules of the call options apply to "puts" with the exception of two very distinct differences. Remember, when you purchase a call option you are purchasing the "right" but not the "obligation" to **buy** 100 shares of a particular stock, but when you purchase a put option, you want the price of the stock to go down. So, when you purchase a "put" option, you are purchasing the "right" but not the "obligation" to **sell** 100 shares of a particular stock at a particular price for a particular amount of time, known as the "strike price" and "expiration date" respectively. You are speculating that a company's stock price will fall.

Let's take a look at an example of a potential purchase of a "put" option: (hypothetically) You think inflation is out of control and consumers are starting to slow down on their spending habits. You take it a step further and decide that Amazon (AMZN), may not meet its profit expectations for the upcoming quarterly earnings report due to be released soon. You think the price of Amazon's stock is going down as a result of this subpar report and decide to purchase a "put" option to profit on the possible fall of Amazon's stock price.





THE MARKET CORNER



At the time of your decision to buy a put option, Amazon's stock is trading at \$140.00 per share. You purchase a put option contract with the right to sell Amazon's stock at a strike price of \$140.00 per share and an expiration date of 30 days from today. The cost of the premium to own this "right" costs \$5.00 per share multiplied by 100 shares in the contract, giving you a total cost of \$500.00 for one contract. Well, the earnings report is released to the public and it's not good. You were absolutely correct, Amazon's stock price falls \$11.00 per share and is now trading at \$129.00 per share. You are thrilled because you have a "put" options contract in play, which entitles you to sell 100 shares of Amazon stock, at your chosen "strike price" of \$140.00 back to the market. So, if you take the put contract's strike price of \$140.00 and subtract the current stock price of Amazon at \$129.00, you get a total of \$11.00. Now, multiply \$11.00 by 100 shares contained in the contract and the new value of your contract will be \$1,100.00. However, you originally paid \$500.00 for the contract, so take the new value of the contract which is \$1,100.00 and subtract the price you originally paid which is \$500.00 and you get \$600.00 profit. You just made a \$600.00 profit on a \$500.00 investment for a whopping 120% gain. (600 divided by 500 multiplied by 100 = 120) All because Amazon's stock fell. Wow!





THE MARKET CORNER



How cool is that? On the other hand, if you were the owner of 100 shares of Amazon's stock, you wouldn't be very happy at the moment. Let's say you purchased 100 shares of Amazon at a price of \$140.00 per share for a total investment of \$14,000. ($\$140 \times 100 = \$14,000$) Currently, Amazon is trading at \$129.00 per share, and when multiplied by the 100 shares that you own, it leaves the current value of your investment to be only \$12,900. Ouch! ($\$129 \times 100 = \$12,900$) This is a loss of \$1,100.00 ($\$14,000 - \$12,900 = \$1,100$) However, even though your blood is boiling and your blood pressure is probably going through the roof, you haven't really lost any money, technically only on paper. This is considered an "unrealized" loss or "paper" loss for short. Even though the stock you own is down right now, you won't lose anything unless you hit the sell button. Tomorrow is another day and your stock could rebound higher than ever! Don't panic. Maybe this is a buying opportunity instead. When your stock price is trading lower than you purchased it and you choose to buy more, you are doing what's referred to as "dollar cost averaging". I will discuss this topic and a few more things next time. Hope to catch you then!

This content is intended for educational and informational purposes only and is not investment advice or a recommendation of any particular security, strategy or account type. Purchasing stocks and options involve financial risk and may not be suitable for everyone.





Peer led Horticulture class





Welcome to horticulture! My name is Patrick Klein and I am the creator of Kewanee's Horticulture and Gardening 101 peer-led class, co-facilitated by my friend and fellow gardener Franklin Heindricks. We are passionate about horticulture and our mission is to educate our community here at Kewanee by showing the ease and reward of growing something beautiful and nutritious. The class consists of an 8 week long rotating curriculum and meets once a week. The purpose of the class is to introduce students to the basic techniques and knowledge necessary in order to plan and execute their own vegetable garden and sustainably produce their own food. With rising food costs and inflation there has been a huge surge in interest in gardening and I believe being able to sustainably grow your own food is an extremely important life skill that will benefit students and their communities. Did you know that with less than \$1 worth of seeds you can grow over \$75 worth of produce? Growing your own food is literally like printing your own money! We have a health crisis in this country and the number one culprit is people in impoverished communities not having access to healthy foods.

Many of us live in "food deserts" where fresh produce isn't even an option. Where you have to travel 30 minutes round-trip just to buy a fresh tomato. Food is the problem and food



is the solution. My hope is that students will be able to take the skills and knowledge they learned in the class back to their communities and share with their families and friends the joy, power, and honor of growing your own food. This valuable skill falls right in line with restorative practices and re-entry by teaching students how to plan and execute a project, problem solving, the responsibility of caring for and nurturing a plant, and the sense of accomplishment that comes along with it. Aside from all of that, it's fun!! We have a great time in the class learning from each other and exploring the subject of horticulture in an open forum and by, most importantly, getting our hands dirty in the beautiful garden we have here at Kewanee. I have a passion for teaching and a passion for taking complex subjects and making them fun and easy to understand. With the class, we hope to generate comradery and a sense of community. To change a community, you have to change the composition of the soil. We are the soil! Doing positive things and making positive life choices helps make us responsible and prepares us for re-entry. There is nothing more therapeutic than growing your own food. It's amazing the effect it has on people. In the future we hope to expand the gardens here at Kewanee and start a beautification program for our green spaces. I'm excited to see what we're capable of and watch Kewanee's horticulture program "grow!"





The verdict is in! Sousan and Bolden are the UNDISPUTED bag champs of the world. They came out victorious in a single elimination tournament. In a post game interview, a sweaty Sousan said “Bro... I coulda went pro, if I didn’t get locked up I coulda went pro”. Bolden was fresh off a Championship of his own after winning the obstacle course in May. The two, who are also cellies were trained by Kewanee’s own LTS Supervisor, Coach Michael Louck.



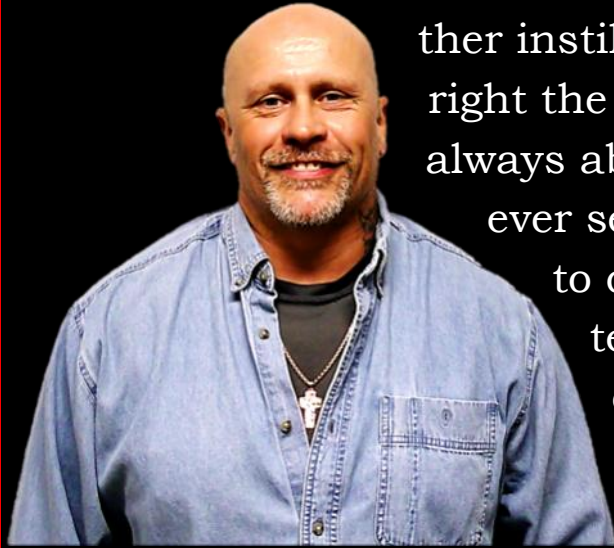


“LTS is like life. With hard work and dedication, anything is possible; if you put your mind to it. And with my 10 week program, YOU too can be a Champion!”

- LTS 4 Michael Louck



NEW DAY RELEASE WORKERS



I have always had a great work ethic and it has gotten me a lot. My father instilled in me from a very young age to work hard and to do things right the first time. Things like, 'measure twice, cut once' or that, 'quality is always above quantity.' My father was one of the hardest working men I've ever seen. Work ethic to me is always doing your best, taking your time to do things right, be on time, learn from your mistakes, clean up after yourself, always think about your customer or employer, don't ever cut corners, admit when you screw up, and do your best to fix it.

Unfortunately, my work ethic didn't keep me out of prison. Although I have a great work ethic, I was lagging in a lot of other areas in life skills. I've never been one to learn from others' mistakes. I always had to make them myself and instead of putting in the hard work to change, I tried to cut corners and do things the fast and (so called) easy way. Obviously that wasn't so easy!

I have been a burden on my family for so long, there isn't a day that goes by that I don't think about the hurt I've caused. A long time ago I decided to work hard at making the right choices because I am tired, as I'm sure a lot of people in my situation are. I decided to apply my work ethic to my life, keep my head down, stay out of the way (circle small stuff) and apply my life lessons to life.

This in itself got me to where I am today, in Kewanee, in the day release program. Thanks to Kewanee I finally found people who cared about teaching me how to change. Things that were lacking to compliment my work ethic. Being around like-minded people and having staff



around who truly care, was worth the hard work. There is nothing like the feeling of hard work, right? Seeing the results from hard work is irreplaceable. I took all the classes I could and thanks to AWO Carothers and Major Jones hard work, I got the chance while in prison to interview with a real company who wanted to hire people like me to give us another chance a company who cares about re-entry programs like Kewanee, and thanks to my hard work I was hired, making a real wage, not a “dollar a day” either, a real paycheck while in prison. Now that was a good feeling, being able not to be a financial burden on my family and for once to be able to send money home to help them. There is no feeling that beats that.

I applied my work ethic and I got the job. I began to learn real life lessons. I was able to take what I learned in the classroom to the job and I’ve been learning so much more ever since. The company I work for believes whole heartedly in giving me another chance and I’ve learned things I couldn’t learn in a classroom. Things like socialization skills, dealing with co-workers, bosses, owners, free people. Learning work skills, and how to be a part of a team to get the job done. Also learning how hard work makes me feel every day. I can never change my past but, I can change my future. The opportunity given to me all stems from my work ethic. It feels good to not be just another number. Being released from prison is hard, you go back to the rat race and it is overwhelming and it’s easy to go back to what you know. Getting this job while in prison has taught me more than I thought possible and I’m not yet back in the rat race. Tell me any program in the history of IDOC that’s better than that! Thanks to all those at Kewanee that helped me, I will never forget the time I spent here and the lessons I’ve learned. Having a job and a good work ethic got me here! Thanks Dad. *–James Gouty*



DAY RELEASE



I never imagined at 18 years old sitting on nine gallery in Menard looking out at the Mississippi river watching the barges, 20 years later I would be approved for a day release program. This whole experience has been so surreal. Not earning good time for programs I've done through out the years, but for my future, has finally paid off. There were times when I had to truly dig deep within to keep pushing on, because I couldn't see the point. This Kewanee experience has been all about advocating for self, finishing out this last part of my sentence decompressing from prison life. I've spent more of my adult life in prison than I have in society. So having this step-down experience and learning career building skills is a plus all around for me. When I got the opportunity to go visit the company and to a second interview, I was a little nervous to go without handcuffs, a Lt. told me we made it through the final processes, "we didn't need hand cuffs anymore." It was a twenty minute drive, time to do some sight seeing and decompress. Walking into someone's business and seeing the shop was awesome. The owners of the company were so inviting, polite and embraced us like family. As I write this article, I've finished now. Everyone I talked to this week says I haven't quit smiling yet. Working around people everyday in society has been new to say the least, soaking it all up. I'm hoping to build roots in this area, so I can save money to relocate, this has given me such a great head start. I was on the fence about going on the second interview, major jones took time to talk all of the pros and cons out with me. Everyone who's done a lot of time in prison, you just don't see authority treating us like that. I understand that we are ambassadors for



this program, we want to see this grow for guys coming behind us. We are always pushing community here at Kewanee, I'm honored that I can represent this program. I'll leave you with Colossians 3:23 "And whatever you do, do it heartily for the LORD and not to men."
God Bless -Joe Moore

You before me *1* Corinthians *13*

DAY RELEASE

When I first got to this re-entry center I never thought I'd be working on the outside. And when I heard about a work program for day release workers, I just knew I'd be at the back of the line. I thought it was a pecking order or seniority thing. Well I was wrong. "Look at me now!" Anyway, this opportunity has opened up my eyes to the outside. I see that I can thrive, grow and I see that I can fit in. I'm confident. Not that I haven't always been sure of myself but I am realizing that in society, I belong. Thank you Kewanee Re-Entry. Thanks to Kewanee's staff, all those that take a chance with us. Now let's get it.

-Charles "Chucazzo" Murray



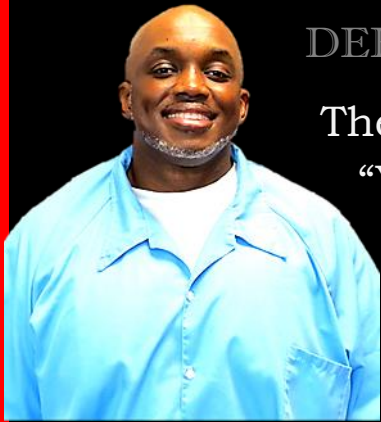
PEER LED SHOWCASE

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

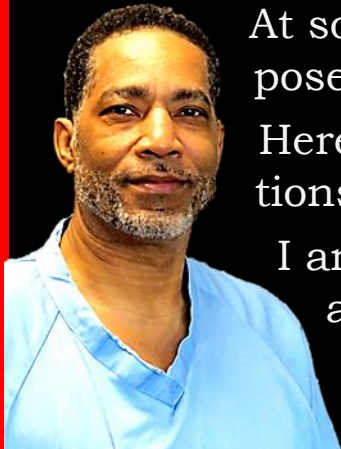




DEEN OF AL-ISLAM

The Deen of Al-Islam is a way of life, the way of peace. Prophet Muhammad said, "You want for your brother what you want for yourself." Success in this world and the next is goal. Come to prayer, come to success! Join us for Jumah and Taleem here in Kewanee.

By: Kenyatta Turner



CHRISTIANITY

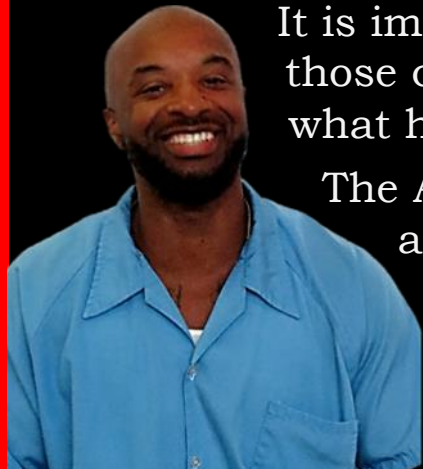
At some point in life everyone will ask the question...Who are we, what's our purpose in the universe and ultimately is there a God?

Here on the Kewanee campus there is a community of people where these questions and many more can be answered.

I am Reginald Spencer a man of God with over 30 years of Bible study experience and an everlasting relationship with God.

My life testimony is one that lives witness to the miracles of God. Please join me and my brothers in faith on a Biblical journey I'm certain you will not re-

AFRICAN HEBREW ISRAELITES



It is impossible to explain every individual aspect of what Kewanee is offering to those committed and dedicated to doing what is right and good, so I'll touch on what has been the most fundamental in helping shape me into who I am today.

The African Hebrew Israelites classes here at KLSRC is peer led and we believe and teach that the Bible is to be accepted as an inherent and infallible, historical and spiritual document. We're willing to extend the hand of Brotherhood to all wanting to express Righteous/Positive behavior and conduct and promote the unification in principle and truth of everyone, regardless of race, religion, creed or color.



Trade Ready Employment Opportunities



We explained in our last TREO article our goals for TREO here at Kewanee. In this issue we want to introduce all of you to the trades that are out there. These are the bread and butter of TREO. If any of these trades peak your interest and you want more information on them, submit a request at your facility when the process is finalized to do so. We want you to have the opportunity that all of our guys here have to request information from us. Information is power and you know what we do with power in TREO...we dance! I look forward to helping introduce you to the trade of your future.



2021 AVERAGE SKILLED TRADES PAY RATES IN U.S.

1. Construction Manager

- Average hourly pay - \$47.84
- Top-end hourly pay - over 76.12
- Main tasks - Planning, overseeing, and handling the coordination of construction or maintenance activities (including budgeting and scheduling) related to specific building projects.

2. Rotary Drill Operator for The Oil and Gas Industry

- Average hourly pay - \$27.47
- Top-end hourly pay - over \$41.91
- Main tasks - Extracting oil or natural gas (or core samples) from underground sources by setting up and using large drilling equipment.

3. Boilermaker

- Average hourly pay - \$29.90
- Top-end hourly pay - over \$41.25
- Main tasks - Assembling, installing, or fixing very large containers or vessels designed for holding liquids or gases (such as closed vats, steam boilers, and boiler furnaces)

4. Aircraft Mechanic

- Average hourly pay - \$29.42
- Top-end hourly pay - over \$42.25
- Main tasks - Inspecting, repairing, adjusting, or overhauling airplane or helicopter engines and other important systems.

5. Avionics Technician

- Average hourly pay - \$29.51
- Top-end hourly pay - over \$40.03
- Main tasks - Installing, testing, and fixing high tech equipment used in space vehicles or aircraft for purposes like navigation, radar detection, weather tracking, radio communications, and weapons control.

6. Pile-Driver Operator

- Average hourly pay - \$29.68
- Top end hourly pay - \$47.52
- Main tasks - Using large pile-driving machines that are mounted on barges, cranes, or skids to hammer long beams of steel, wood, or concrete, into the ground as part of a big construction project.



7. Plumber, Pipe Fitter, or Steamfitter

- Average hourly pay - \$26.94
- Top-end hourly pay - \$43.53
- Main tasks - Putting together and installing, adjusting, or repairing pipes and related equipment used for liquid or gas distribution.

8. Electrician

- Average hourly pay - \$27.24
- Top-end hourly pay - over \$43.47
- Main tasks - Wiring buildings for electrical power, lighting, or communications systems (and maintain or repairing those systems)

9. Crane Operator

- Average hourly pay - \$26.58
- Top-end hourly pay - over \$39.71
- Main tasks - Lifting and moving construction materials, manufactured products, or machinery using mechanical beam and cable equipment.

10. Wind Turbine Technician

- Average hourly pay - \$26.13
- Top-end hourly pay - \$36.66
- Main tasks - Installing, inspecting, fixing, and maintaining large wind turbines used for generating electricity.

11. Millwright

- Average hourly pay - \$25.94
- Top-end hourly pay - over \$37.69
- Main tasks - Assembling industrial machines, performing maintenance or repairs on them, and dismantling them when necessary.

12. Brick Mason

- Average hourly pay - \$25.69
- Top-end hourly pay - over \$40.43
- Main tasks - Constructing or fixing walls or other structures by placing and binding bricks, cinder blocks, structural tiles, or other similar materials.



13. Commercial Diver

- Average hourly pay - \$25.96
- Top-end hourly pay - over \$40.26
- Main tasks - Using various construction tools and scuba diving gear to help build, assemble, inspect, or fix components of large structures under water.

14. Industrial Machinery Mechanic

- Average hourly pay - \$24.95
- Top-end hourly pay - over \$36.59
- Main tasks - Fixing, maintaining, or putting together machines used for industrial processes like manufacturing or oil, gas, or chemical refining and distribution.

15. CNC Machine Tool Programmer

- Average hourly pay - \$25.75
- Top-end hourly pay - over \$37.86
- Main tasks - Giving instructions to computer numerically controlled machinery for making objects like tools, mold, and dies.

16. Mobile Heavy Equipment Mechanic

- Average hourly pay - \$24.43
- Top-end hourly pay - over \$34.97
- Main tasks - Troubleshooting, adjusting, and fixing large mobile equipment used for construction or natural resource excavation (such as bulldozers, road graders, cranes, and conveyor systems)





THE BARBERSHOP

Ja'Frai. I'm a barber here at Kewanee LSRC. I know everybody has heard about all the great things KLSRC offers and the benefits of being in a place like has, so I'm taking one of the many opportunities here to share what inspired me to become a barber, my experience and expertise working in this field, and the value and impact a barbershop has on the community.

By: Ja'Frai Bradshaw

Growing up was a struggle and mom couldn't afford for her 3 boys to get haircuts every other week. I was a freshman in high school and there was pressure to look the part so I wouldn't get jokes cracked on me about having a head that looked a mess or a crooked hair lining. I took it upon myself to learn how to cut hair, in the beginning practicing on myself, brothers, and neighborhood kids. Now let me tell you, there is probably a few of those kids still traumatized from the first time I cut their hair. I didn't know what I was doing. I was just trying to do what I thought I seen the barbers in the shop doing, it was an epic failure. But over time I got better, through trial and error, and being taught by pros. At 19 years old, without having attended barber school, I helped open and worked in a new shop. Although getting incarcerated is a hindrance, I diadn't let that deter me from practicing my craft on the decks (when allowed to), or working at the institutional barbershop. Until this day I'm still learning, and pursuing my goal to become a licensed barber. The hair and beauty industry is still one you can thrive in in spite of having a background.



BRAIN TEASERS



A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

Answer: His son.

**JOB
POLISH
HERB**

What is special about these words:
job, polish, herb?

Answer: They are pronounced differently when the first letter is capitalized.





Forrest left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?

Answer: The catcher and the umpire.



A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

Answer: The river was frozen.

Only 2 percent of people can solve Einstein's riddle. Can you do it?



Frequently Asked Questions About Personal Responsibility

WHY IS PERSONAL RESPONSIBILITY IMPORTANT IN DECISION MAKING?

You will keep yourself accountable for taking responsibility for the decision you make. It shows that your actions speak louder than words. By keeping the promises you make, you build a dependable and trustworthy image for others.

It also serves as a powerful reminder that you are responsible for the way your life turns out with the decisions you make.

HOW DO YOU SHOW PERSONAL RESPONSIBILITY?

There are many ways for you to show personal responsibility. As a responsible person, you will not blame or complain about the circumstances you get yourself into.

Instead, you will learn from it and take immediate action to deal with the problems. You will also not take others' comments or feedback personally because you know these are critical for your success. Personal responsibility also means knowing that you are accountable for your every action or decision.



WHAT ARE MY RESPONSIBILITIES TO MYSELF?

Each person's responsibilities differ from one to another. Here are some personal responsibilities that are critical for almost everyone. Taking good care of your physical, mental, and emotional well-being is another responsibility of yours.

Keep in mind not to engage in behaviors that are morally or ethically wrong. Learn to view setbacks as opportunities to grow and improve yourself.



Kewanee's VETERANS



By: Steven "Steve-O" Hanserd

Not only did Mrs. Scott and Lt. DeCoster know that I was one of two veterans, out of fourteen men. But, they both knew what branch I put my life on the line for.

We as veterans here in Kewanee are a small group, but are individuals who have a large portion of our heart, dedicated to loving and being loyal to one another.

Every veteran here on the campus has become a brother to me. And remind me of the importance that vibing with other veterans has on remaining team oriented, and having something worthwhile of being loyal to.

Here are a few more quotes from the men here around me, that have sacrificed their lives to serve their fellow man and country, and have been blessed to become a part of the Kewanee experience...

I have four months under my belt here in Kewanee. From the moment I was uncuffed for the last time, and taken to gather with the new individuals in custody that came down from different locations on that day, I was recognized and honored for my acts of service and being a veteran of the military.

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Kewanee's VETERANS

"It's an honor and privilege to be recognized as a veteran here in Kewanee, and, have a platform to gather and interact with other veterans."

-Robert "Bulldog" Kennedy



"I feel a degree of added support at having my service recognized, here in Kewanee"

-Keith "Aquil" Talley



"I've been locked up twenty-five years. I've been in six institutions and this is the first time I've been able to join a veterans group."

-Clyde "The Glyde" Best



"It's transformational and there's nothing like a brotherhood with people who identify from past traumas and are willing to embrace you throughout your journey here and beyond."

-Tyrone "T.Y." Delaney



"It's a great opportunity to work with the guys and help them become better citizens"

- L.T. De Coster



CRAZY FACTS ABOUT YOUR BRAIN

The human brain contains about 86 billion neurons. **1**

On average, an adult human brain weighs 2.6-3.1 lb., which is about 2% of total body weight. **2**

The human brain makes up just 2% of the body's total weight, but it consumes 20% of its energy. **3**

The brain is 73% water, while the body as a whole is closer to 60%. The average brain contains around 35 fluid oz. of water. **4**

During our teenage years, we need plenty of sleep as our brain continues to develop. But, at this time our circadian rhythms shift as melatonin, the hormone that is released in the evening and makes us feel sleepy, begins to be released later than usual. This is why teenagers often want to go to bed later than children and adults. **5**

After birth, babies' brains are like sponges; they are incredible at taking information from the world around them and trying to make sense of it. Brain volume doubles in the 1st year of life. Synapses grow and form new connections rapidly and easily, a process called neuroplasticity. **6**

About 40% of the brain's tissue is gray matter, which is tightly packed nerve-cell bodies. **7**

About 60% of the brain's tissue is white matter. This is made from long wire like extensions of nerve cells covered in sheaths of fat. **8**

The brain reaches its largest physical size between ages 11 and 14. **9**

The body's entire supply of blood is pumped through the brain every 7 minutes. **10**



KEWANEE MENTAL HEALTH

Our thanks again go out to Mr. Kuster and Mr. Ross here at KLSRC and to all Mental Health staff everywhere in and out of the IDOC

- Here is another grounding technique exercise to try. Grounding techniques can help control the uncomfortable symptoms that are normal to experience after trauma. These symptoms can include: flashbacks, anxiety, or other physiological activities. Try to using this mental exercise to take your mind off uncomfortable thoughts and feelings. They are discreet and can be used at nearly any time or place. Experiment to see which works best for you.
- Name all the objects you see.
- Describe all the steps in performing a task you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7's.
- Pick an object and describe it in detail. Describe its color, texture, size, weight, scent, and other qualities you notice.
- Name all your family members, their ages, and one of their favorite activities.
- Spell your full name, and the names of three other people, backwards.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and “draw” it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.



HOROSCOPES



ARIES: Oh joy! Today you are full of marvelous, creative ideas! Not only that, you're keen to socialize and enjoy the company of everyone. Accept all invitations to party. Enjoy sports events and fun times with kids.

TRANSLATION: **It's your turn to cook!**



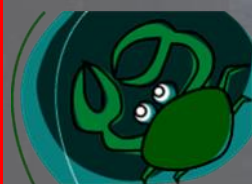
GEMINI: This is a wonderful, upbeat day! Today you have something to say, which is why you want to share your ideas. You're full of positive energy, which makes conversations with others, especially siblings, relatives and neighbors pleasant and invigorating!

TRANSLATION: **Those new phone numbers finally gonna be on there!**



TAURUS: This is a great day to entertain at home and enjoy family gatherings. It's also a lovely day to explore redecorating ideas or to shop for beautiful things for your home. Many of you will explore real estate ideas either for speculation or personal use.

TRANSLATION: **You're finally getting that bottom bunk!**



CANCER: This is an excellent day for business and commerce. Look for ways to boost your income. If you are negotiating a financial deal, be confident that you can ask for a little more or expect the best because you just might get it.

TRANSLATION: **Ask for an extra bag of chips at the store!**





VIRGO: Two different influences are at play for you today. One message urges you to seek solitude in beautiful surroundings and pamper yourself privately. The other message makes you want to go out and be seen and talk to everyone. Maybe you will do a bit of both?

TRANSLATION: **To go to dayroom or not to go to dayroom, that is the question!**



LIBRA: You are a social sign and today is a fabulous day to socialize with others. In particular, you will enjoy time spent with friends as well as any kind of participation in groups, clubs, classes, or conferences. You have lots of energy to interact with others, and you have something to say!

TRANSLATION: **Put down the tablet and go to yard!**



SCORPIO: You make a great impression on everyone today, which is good because people notice you today. In fact, some are discussing personal details about your private life. Fortunately, you are confident about whatever happens.

TRANSLATION: **Haters gone hate!**



SAGITTARIUS: Grab every chance to get away and do something different today. If you can travel, by all means get outta dodge. You will also be stimulated by the adventure of learning something new and meeting new people from other cultures. Do whatever you can do to expand your world!

TRANSLATION: **Cut off the TV and pick up a book for once!**





AQUARIUS: This is a great day to socialize with others. You will enjoy talking to partners, close friends or members of the general public. In fact, you might attract someone who is very energetic.

TRANSLATION: **Send that article to Kewanee Horizons!**



PISCES: Relations with coworkers are excellent today. People are upbeat, warm and generous. In particular, others will respond in a positive way to your positive energy by wanting to please you. Certainly, they will listen. You might see ways to boost your income or get a raise!

TRANSLATION: **See how much smoother life is when your not complaining about every single thing?**



LEO: This is a wonderful, powerful day because the moon is in your sign getting energy from Mars while it also dances with lucky Jupiter. (It doesn't get much better than this.) Trust your good fortune. Rally your forces and set them marching!

TRANSLATION: **Sorry homie, even I don't know what this means... probably something about an outdate or... I don't know?**



CAPRICORN: This is an excellent day for financial discussions. It's also a good time to deal with disputes about shared property, inheritances, or insurance matters because you will likely come out smelling like a rose. Good fortune is with you.

TRANSLATION: **State pay is on the way!**



HER

HIM

THE LAST GUY I
MET ON THIS
SITE WAS A
CLOWN. YOU'RE
NOT A CLOWN
ARE YOU?

NAH I AIN'T
NO CLOWN.



**WHEN THE GUY ON THE PHONE NEXT
TO YOU IS ARGUING WITH HIS GIRL**



THE ADVENTURES OF J-DAWG



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. The **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.** or Two Roads 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
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

