



KEWANEE HORIZONS

VOLUME



KEWANEE HORIZONS VOL.14 PG.2

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BLACK=KEWANEE CONTRIBUTORS

RED=OTHER FACILITY 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 with in a larger society.

Merriam-Webster's Collegiate Dictionary, Eleventh Edition

MISSION STATEMENT

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

We give back because of what we have been given. We rebuild, by restoring back to a state 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 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.

"I WAS... SO THEY..."

*Written by a **K.H.** Member*

I was irresponsible so they sent me to a place where I had no responsibilities,
I wasn't a productive member of the community so they isolated me from the community,
I wasn't positive and constructive so they put me in a place where we're degraded and made useless,
I wasn't trustworthy so they put me where there is no trust,
I wasn't kind so they placed me where I was subjected to hatred and cruelty,
I wasn't loving so they put me where there was little love,
They wanted me to be nonviolent so they placed me where there is violence all around,
They wanted me to quit being a tough guy so they placed me where the tough guy is respected,
They wanted me to be a winner so they placed me where all the losers are housed under one roof,
They wanted me to quit exploiting people so they put me where people exploit one another,
They wanted me to see myself and when I looked around I didn't like what I saw,
I wanted to change what I was and I realized that I had to take responsibility and find change within myself in order to do that.

When I wrote this, I was extremely bitter, it felt like it was me against the world. It was early in my incarceration and I was frustrated. Frustrated because I felt I had been over-sentenced and was just being warehoused in a facility (Danville C.C.) with little to no opportunities. They told me I had too much time to get into school and I was getting turned down left and right for jobs. I was angry with the system and didn't understand how they expected me to better myself under these circumstances. However, I knew being bitter and sulking wouldn't do me any good. If I wanted things to change, if I wanted to change, then I was going to have to take responsibility and find a way.

First and foremost, I stayed positive. I know it's easier said than done but I surrounded myself with positive people, I studied, I read books, I taught myself things. I listened to my peers that had more experience in this environment. I gave back whenever I could, I helped people whenever I could, and eventually it started to pay off. Eventually I started to get jobs and eventually I did get into school. This is why I am so passionate about Restorative Justice and Restorative Practices. I know that I am extremely lucky to be where I am today. Yes, I am lucky that I made it to Kewanee as very few get this opportunity. Yes, I am even more lucky to be on the **Kewanee Horizons** team and be able to showcase the achievements of you all in our community. This is why I do it, because I know what it feels like to be bitter and hopeless. To be stuck in a cell with little to no prospects wondering "WTF??" I understand, and that's why I know how important what we're doing is, how important it is to change the narrative. That if given the chance, if given the smallest opportunity, we can make a huge difference. That we are more than our biggest mistake. **K.H.**

I ENCOURAGE YOU

By: Anthony Jaynes @ Danville C.C.

Greetings to all,

My name is Anthony Jaynes. An Individual in Custody at Danville C.C. In 1994 I was arrested, tried and convicted of first degree murder and subsequently sentenced to an extended term of 70yrs at 50%. I was 19yrs of age at the time.

During my adolescent years I joined one of Chicago street organizations due to peer pressure, a sense of belonging and the pursuit of money, power and respect. Inevitably, I dropped out of school during my sophomore year. I felt I wasn't mentally equipped to complete the task so I quit and the streets became my teacher.

Upon arrival at Pontiac in 1995, I was given an ultimatum to either carry a knife or carry school books. On one hand, I was concerned about carrying the knife because of the problems it would bring me. On the other hand, I was intimidated by the school books because I felt I couldn't do it. I wasn't smart enough. Ultimately, I chose the school books. As you can see I wasn't as dumb as I thought.

In 2009. I received my GED in Menard CC. One of the proudest moments in my life. Followed by an Associates Degree in Liberal Studies from Lakeland College in 2014. I am an unpublished author of 7 poetry books and a trilogy autobiography. I've successfully completed a plethora of behavior modification courses as well as a certified paralegal course.

To date, I am a student at DACC, as well as a student at EIU in my final semester of receiving a Bachelors Degree in Interdisciplinary Studies. All the while working the graveyard shift in dietary.

My message is quite simple:

“Whether you believe you can or believe you can’t, either way you are right.”

I encourage you all to take advantage of the situation and not become it.

A. Jaynes

“I do not know anyone who has got or gotten to the top without hard work. That is the recipe.”

-Prime Minister Margaret Thatcher

FOUNDATIONS FOR LIFE

By: Ronnie Carrasquillo

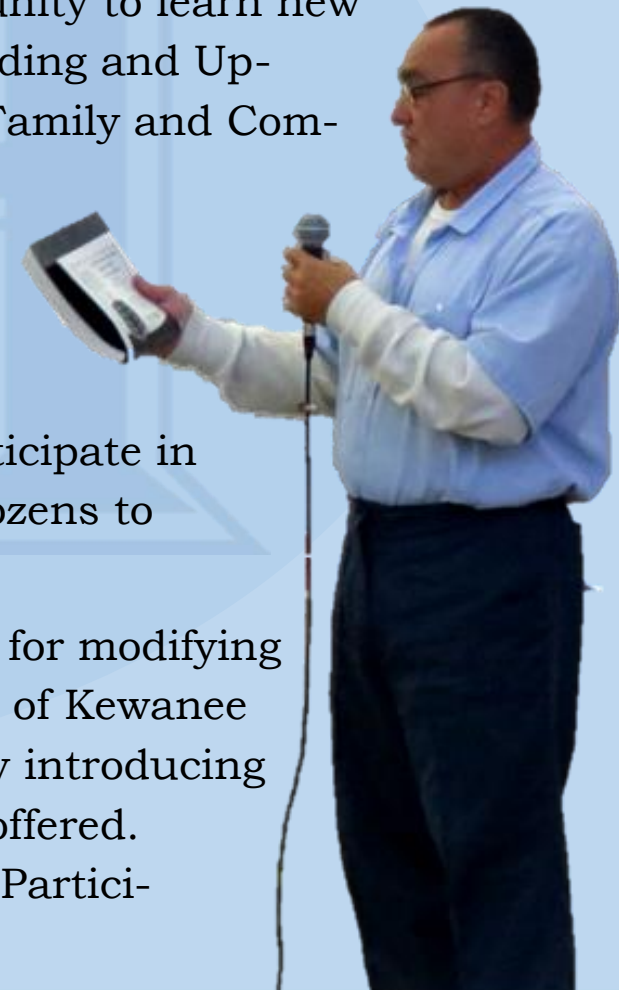
The Kewanee Life Skills Re-Entry Community says- “Thank You” to Cliff and Sue Parrish for successfully launching the Foundations For Life program at the Kewanee campus.

Foundations For Life gives individuals in custody the opportunity to learn new “Practices and Life Skills” that are Restorative Justice based, Building and Up-Lifting. We build through restoration of Self; that in turn, builds Family and Community.

Cliff and Sue teach Life Foundation Building concepts in their primary course, such as: Inner Strength, Individual Dignity, Abundant Living, Authentic Friendship, and Meaningful Impact.

The Kewanee Community has shown their willingness to participate in the **LEARN, APPLY, AND ENGAGE** principles by coming out in dozens to change their worldview.

Thank you Cliff and Sue for modifying your program to fit the needs of Kewanee Life Skills Re-Entry Center by introducing the first “TURBO VERSION” offered. Thanks to all Assistants and Participants.



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A Hebrew's Point of View Part II

By: Alvin Harris

While the minds of idle men continue to exist within its folly, men of Yah must contemplate the proverbial attributes and seek clarity in the wisdom of the history that was left behind to help guide us. From a Hebrew's point of view, the book of Proverbs teaches us that the path of righteousness is simple and plain, very easy to understand. As men of Yah we use biblical scriptures not as a tool to convert or beat people over the head with religion, but in fact we use many biblical verses merely as guidelines for situations that may develop in our day-to-day living.

Ask yourself these questions and see what your first and second or even third thought will be.

How would you feel if you found out that your next door neighbor has stolen your car? Now think, how you would feel if you found out that your wife has been sleeping with your neighbor?

Was religion one of your first three thoughts? I asked these questions to multiple people from different walks of life and different faith beliefs and not one gave an answer related to religion. However, every answer was related to how someone had done something wrong to them. From a Hebrew's point of view our communications of biblical verse like "thou shalt not steal, commit adultery" (ten commandments) etc. was never intended to promote any particular religion but to serve as a universal law as to how a society should build and treat one another regardless of belief, gender, or ethnicity. The objective of Truth and Righteousness has always been to challenge and overcome the trappings of lies, negativity, wrongdoing, and serving that objective won't come without struggle and criticism, but I believe those two things are prerequisites for greatness. Something was impressed upon me studying the works of a highly esteemed Hebrew scholar, Dr. Rakemeyahu B.S. Aytahniel, my takeaway was this: There will be some pains in life but a lot of the time we can choose what type. Either the pain on the path of righteousness and success or the pain of being haunted with regret while reaping the rewards from the negative energy that was sowed.

I hope that some questions were answered from a Hebrew's point of view.

Shalom Uvrahkah

(Peace & Love)

"Moving ourselves to the background and others to the foreground is evidence that the (spiritual) search is achieving its purpose" -Arianna Huffington

PEER LED SHOWCASE

The Kewanee campus along with **Kewanee Horizons** wants to shine a light on the individuals who 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 effecting change in the future of the rest of the men who live here on campus. They serve as an example to all of us that with effort, dedication, hard work and a generosity of spirit, great things can and do happen for us here on campus. Our hats go off to you. We hope to include more Peer Educators from other facilities throughout the state in future editions of the **HORIZONS**.

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



BIG ROB'S ROOFING CLASS



This month we are talking about: Ceiling Joists, Collar Ties and Purlins and Rafter and Truss Anchors!

Welcome back for lesson #4, let's get started.

Ceiling Joists

Ceiling joists are an important structural factor in roof systems. Ceiling joists secure the tops of the walls in place and prevent the weight of the roof from pushing walls apart. Ceiling joists usually run in the same direction as roof rafters. Whenever possible, seat ends of rafters should be nailed to the sides of ceiling joists and top wall plates.

Ceiling joists are usually spaced 16" inch. OC and roof rafters are usually spaced 24" inch. OC. Under these conditions, rafters can be nailed only into every third ceiling joist.

The following nailing schedule is recommended for ceiling joists and roof rafters at exterior wall plates:

Ceiling joists to wall plates, Toenail: three 8d nails

Ceiling joists to parallel roof rafters, Face Nail: three 16d nails.

Rafters to wall plates, Toenail: three 8d nails.

Refer to the local building code for nailing schedules permitted in your area. Lumber used for ceiling joists is often wider than lumber used for roof rafters. In this case, a slope must be cut at the end of the joist. A framing square can be used to mark the angle of the slope.

Collar Ties and Purlins

One method of strengthening a roof is to install collar ties (collar beams) at every second or third pair of rafters. Collar ties should be installed in the upper third area of the attic space and fastened at each end with four 8d common nails. Long rafters can be supported

Long rafters can be supported by purlins, which are horizontal members placed beneath and perpendicular to the rafters at an intermediate point between the roof ridge and exterior wall. Purlins are supported by braces that extend to the nearest interior partition.

Rafter and Truss Anchors

Roof and other structural damage may occur as a result of a roof separating from its supporting walls. Extreme weather conditions, such as hurricanes and tornados, may generate enough force to significantly damage a roof or possibly remove the roof from the building. As high-velocity winds pass over a pitched roof, an uplift force exerts pressure on the roof surface. See Figure 46-11. If roof sheathing is not adequately fastened to the rafters or trusses, the sheathing panels may become dislodged.

If the roof sheathing performs as designed and stays attached, the uplift force is transferred to the rafters or trusses and their connections to the building walls. If the rafter-to-wall or truss-to-wall connection is successful, the uplift force is transferred to the wall-to-foundation connections.

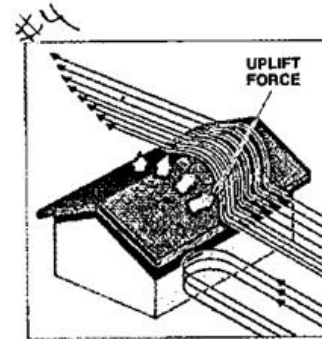


Figure 46-11. As high-velocity wind passes over a pitched roof an uplift force is created, pulling on the roof surface.

Metal connectors, such as rafter and truss anchors, are vital in connecting the wall frame to the roof rafters or trusses. Rafter and truss anchors are available in a variety of designs. Rafter anchors are nailed to the rafter and into the plates or the studs below. See Figure 46-12. Truss anchors are embedded in grout in the lintel course of a CMU wall, fastened to a CMU or concrete wall with screws, or fastened to a wood-framed wall with nails. Always refer to the manufacturer instructions for proper installation and to the local building code for wall-to-roof connection requirements.

ROOF SHEATHING

Sheathing should be nailed to a roof as soon as framing is completed. Roof sheathing serves as a base for the finish roof material and also strengthens the roof structure. See Figure 46-13.

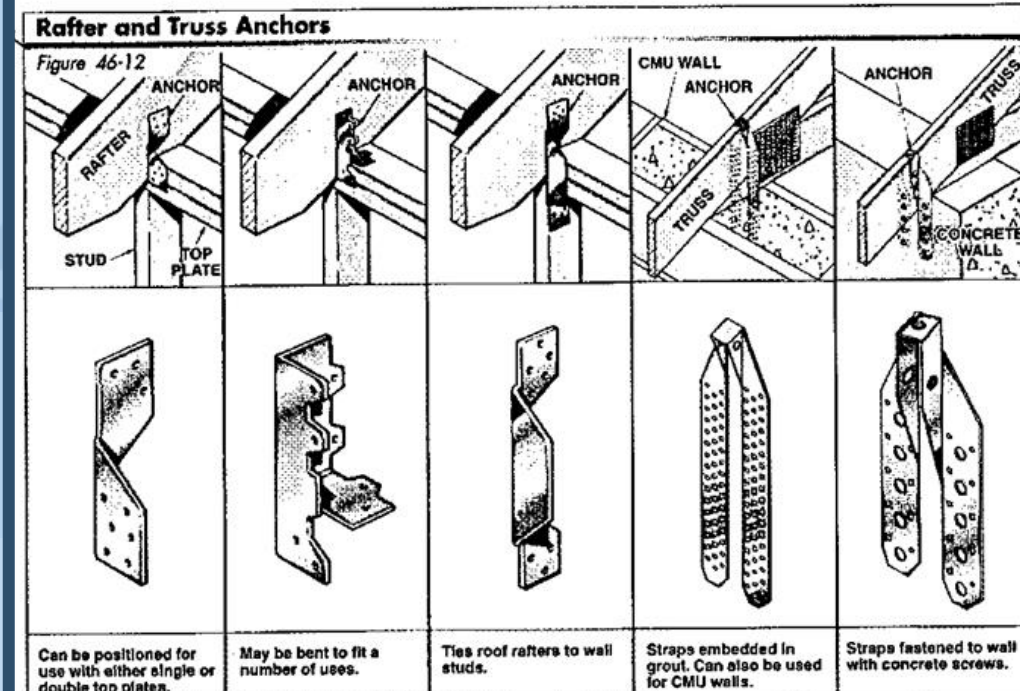


Figure 46-12. Rafter and truss anchors tie rafters and trusses to the building walls.

by purlins, which are horizontal members placed beneath and perpendicular to the rafters at an intermediate point between the roof ridge and exterior wall. Purlins are supported by braces that extend to the nearest interior partition.

Rafter and Truss Anchors

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spans for roof rafters are given in Figure 46-9. Rafters for low-pitched roofs must be able to support greater live loads than rafters for steeper roofs.

Ceiling Joists

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- ceiling joists to parallel roof rafters, face nail: three 16d nails
- rafters to wall plates, toenail: three 8d nails

Refer to the local building code for nailing schedules permitted in your area.

Lumber used for ceiling joists is often wider than lumber used for roof rafters. In this case, a slope must be cut at the end of the joist. A framing square can be used to mark the angle of the slope, as shown in Figure 46-10.

Collar Ties and Purlins

One method of strengthening a roof is to install collar ties (collar beams) at every second or third pair of rafters. Collar ties should be installed in the upper third area of the attic space and fastened at each end with four 8d common nails.

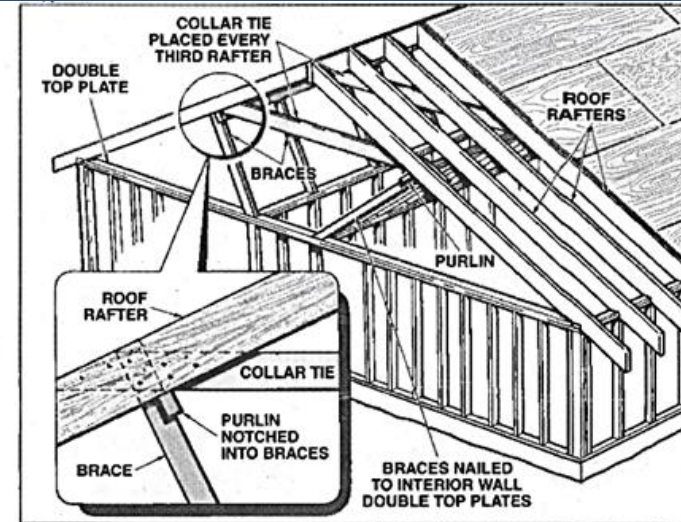


Figure 46-8. Purlins and braces help support spans of longer rafters.

ALLOWABLE SPANS			
Rafter Size	Rafter OC Spacing ¹	Maximum Allowable Span*	
		Slope Less than 4 in 12	Slope 4 in 12 to 12 in 12
2 x 4	12	9'-6"	10'-0"
	16	8'-0"	9'-0"
	24	6'-6"	7'-6"
	32	6'-0"	6'-6"
2 x 6	12	18'-6"	17'-6"
	16	14'-6"	15'-6"
	24	12'-0"	12'-6"
	32	10'-6"	11'-0"

* in ft and in
† in in.

Figure 46-9. The allowable span is the distance from the ridge to the outside wall plates. Rafter spacing and roof slope determine the allowable span. For example, 2 x 4 rafters spaced 16" OC have an allowable span of 8'-0" if the unit rise of the roof is less than 4". The allowable span is 9'-0" if the unit rise is 4" or more.

Using Framing Square to Lay Out Ceiling Joist Slope

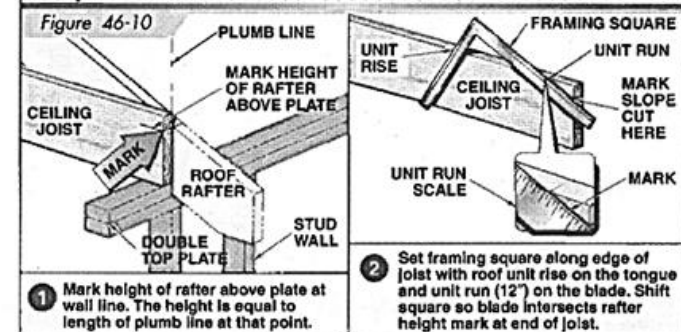


Figure 46-10. A slope cut must be made on the ends of ceiling joists.

Metal connections, such as rafter and truss anchors, are vital in connecting the wall frame to the roof rafters or trusses. Rafter and truss anchors are available in a variety of designs. Rafter anchors are nailed to the rafters and into the plates or the studs below. Truss anchors are embedded in grout in the lintel course of a CMU wall, fastened to a CMU or concrete wall with screws, or fastened to a wood-framed wall with nails. Always refer to the manufacturer instructions for proper installation, and to the local building code for wall-to-roof connection requirements.

Thank you for reading lesson #4 from Big Rob's Roofing Class. Next time we will be talking about roof sheathing. Until then have a great month and God Bless. Remember bang, bang, bang lets get to work!

“The only limit of our realization of tomorrow will be our doubts of today.”

-President Franklin D. Roosevelt

HEALTHY RELATIONSHIP TIPS

Every relationship is unique, and people come together for many different reasons. Part of what defines a healthy relationship is sharing a common goal for exactly what you want the relationship to be and where you want it to go. Being incarcerated and developing relationships with your fellow peers is sometimes very difficult. Throughout time spent being incarcerated, we've all become accustomed to building new relationships with those around us, but the difficulty comes when it's time for those relationships to come to an end.

As human beings we are all reliant on one another for emotional support, and have the desire to feel connected to those around us. What must not be misconstrued is that because most relationships built within these prison walls are short lived, it doesn't mean that they aren't genuine. I want you to remember this. Being able to communicate who you are, as well as your thoughts, are two key components to being successful in life in general. You never know who it is you'll encounter in life, being prepared for such encounters comes with the practice of healthy relationship-building tips. I encourage you to continue to practice them.

**“Coming together is a beginning; keeping together
is progress; working together is success.”**

-Henry Ford-

RELATIONSHIP BUILDING

Healthy relationships are about encouraging one another and building each other up through good times and bad.

Support is about:

- Being able to count on each other in times of need
- Celebrating each other's successes
- Think about the people close to you. Who are your best supporters?
- How does it feel to have these people in your corner? Who do you cheer for in life?
- Supporting people doesn't just mean being a shoulder to cry on. It also means being a fan or cheerleader when they are doing something that's important to them.
- Relationships are not always easy. Sometimes they are hard work. But there should be more good times than bad.

BEING ASSERTIVE

Part of being a good communicator is being assertive. This means telling someone confidently what you think, feel, and want. Being assertive is especially important when someone has hurt you, or when someone is trying to make you do something you don't want to do. This will help others learn what you want and how you expect to be treated.

Being assertive doesn't mean being aggressive. Being assertive means clearly telling someone what you think, while still respecting their feelings. Being aggressive means demanding your way, while ignoring the other person's feelings. Learning how to communicate assertively isn't always easy. When you first start practicing, it can feel awkward, but keep at it. It will get easier over time and will help you build better and healthier relationships.

DID YOU KNOW?

- You can't change someone else. That's why it's important to know yourself so you have a good idea of who you want to spend time with.
- Only by knowing yourself and exactly where you are at in your life can you know what direction to take your next steps in order to achieve your goals
- Respect means being brave and saying sorry when you've hurt someone. Saying sorry (and really meaning it) will help you feel better about yourself. It's also important to learn from your mistakes so that you don't keep making the same ones again and again.

**“Everyone wants to change the world,
but no one thinks of first changing themselves.”**

-Patrick Klein

WHAT A MISSTAKE

By: Walter "Wally" Makowski

First, please allow me to thank all of you who have had an impact on my life throughout the years, and for allowing me the space to have an impact on yours. This is the greatest reason I decided to write this piece.

Just this morning, as I made my way through my first cup of coffee in the television room at Kewanee Life Skills Re-Entry Center, I was reminded of my time as a mentor at Hill C.C. (thanks to counselor David Patch and fellow Mentor Edward Willingham) where a pre-covid program entitled "Man to Man Mentorship" not only thrived, but helped challenge and change the mindset of many men... including myself. Among the topics was one that forced guys to claim responsibility via some pretty intense debates. It was simply categorized and entitled "Decision or Mistake". This weighed heavily on my mind because after having been transferred to Vienna C.C. back in May of this year, "I made a mistake" all over again by guys coming straight from their Co. Jails. So, in the spirit of the "Man to Man Mentorship" program let me say, let us all get to the bottom of this once and for all.

We have used the word MISTAKE so often that it has somehow become a ready-made excuse for all the things in our life that seem to run off course. However, if I make a decision to cheat on my wife (over and over again), over indulge in alcohol, do drugs or carry

on with actions that are criminal or anything else that may have a severe consequence, how can I then say I made a mistake when we get caught doing something we shouldn't have? After all, we don't claim to have made a mistake when our actions lead to a positive result. I would like for all of us to take responsibility for our actions and close the mistake loophole. Because the fact of the matter is this... most of our poor decision making is because we made those decisions at the spur of the moment and didn't really put a lot of thought into what we were getting ready to do. However, there was a moment in time that ran its course between our thoughts and our actions and that is when mistakes are made. Once you put that thought into action, it was deliberate and intentional so it can no longer be called a mistake. The only mistake was that you never took into account any consequences that may have to be dealt with prior to turning those decisions into actions.

So let's all own our actions and stop making the mistake of allowing your decision to turn into actions without really thinking things through...once those decisions are turned into actions, the outcome is yours.

“The weak can never forgive. Forgiveness is an attribute of the strong.”

-Mahatma Gandhi

Blueprint for you future

By: Warnsing

Seems live over the last few months I've been having a number of the same conversations. In these conversations I've noticed that the comment "I don't have the time for ..." comes up. One of my pet peeves is that statement. I believe that the truth is that it is not about having enough time, it is about priorities. During the last conversation like this I was reminded of an activity that I use to have individuals in my class complete and it was always productive and insightful. Over the next couple volumes I'm going to run through process that we did in class to help guys develop a blueprint for their future,

So to get started here is some advise to complete this process. Grab some paper and something to write with and attempt to block off some time where you have peace and quiet to complete each step. As I go through each step I will lay out some examples to that may help you.

The first step is to define and prioritize the different roles that you take on in your life. When we are looking at all the different roles start thinking about all the different ways you spend through out your day. It doesn't have to be super specific. So a quick run down of a few of the roles that I have in my life.



My Roles

Father
Husband
Son
Brother
Friend
Leader
KH Facilitator
Poker player
Jiu Jitsu Practitioner
EFA
Citizen
Mentor
Entrepreneur

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The big thing here is to not hold back on your roles list them all. For the sake to time and space, I limited my list. I threw out some of the east ones to think of like father, husband, son, etc.. While these roles are easy to list don't forget to list the roles that you are in for fun, I listed poker player because it is something that love to do more than just time to hang out with friends, I study poker and read books about it. Don't forget to list your roles at work. You might have multiple roles at your work, for example I listed EFA, Leader, and KH Facilitator as these are all roles that I have here in Kewanee.



Now the hard part comes when you have your list complete. Now you have to prioritize them. On your list number each role in where it fall in which role is the highest priority all the way to the last. Start with one and work you way down. This is not as easy as it sounds and is very specific to you. This is demonstrated with my number 1. Currently my number 1 is my role as a husband with my 2 being role as father. This was always a large conversation when I did this in the classroom. For me being a positive and supportive husband is a priority of being a good dad. That doesn't mean I'm not a good dad but just that my wife is priority over my kids. 5 years ago this took a long time for me to decide but as my kids have gotten older and more self sufficient the divide between 1 and 2 had become greater. At some point my kids may fall to three.

Don't forget these priorities are timely. The roles may fall one way today and differently in 6 months. One example of this for me is Jiu Jitsu. I started to really practice it about 3 months ago and currently it takes up a lot of my "free" time. I've cancelled plans with friends, skipped poker games, and do more research on Jits than most other things so it has moved way up in my priorities. Remember this list is for you, no one else. Be brutally honest with yourself! Going to stop here for today. Hold on to this list we will use it again with the next step!



The Market Corner: Short Selling

By: Robert Kennedy

What does it mean to be “shorting the market”? Being short, commonly referred to as “short selling”, is what investors/traders do when they suspect a stock, ETF, or other commodity will decrease in value. If the value of the stock goes down, the investor who “shorted” the stock will make a profit. When someone “shorts” a stock, they borrow shares of the stock, usually in blocks of 100, from their brokerage platform (e.g. TD Ameritrade, E-trade, Robinhood etc.), then immediately sell the shares back to the open market. The broker will charge the investor interest for this transaction. Once you’ve sold the 100 shares of stock you borrowed from your broker, you are considered to be in a “short position”. If you buy stocks in the more conventional manner, where you buy and hold, expecting your stocks to go up in value, you would be in a “long position”.

However, let’s get back to your “short position”. Now that you’re “short”, your goal is to get the price of the stock to decrease in value so you can buy the stocks back at a much lower price and basically pocket the difference, minus the interest fees you have to pay your broker. Let’s look at an example: For whatever reason, you decide to short Apple (AAPL) because you think Apple’s stock price will go down. Apple is trading at \$140.00 per share. You

borrow 100 shares of Apple from your broker and immediately sell them on the open market. \$14,000 appears in your brokerage account ($\$140 \times 100 = \$14,000$). As you predicted, Apple's stock price falls \$12.00 per share to \$128.00 in a couple of weeks. You use the \$14,000 you received from the broker and buy 100 shares of Apple at \$128.00 per share for a total of \$12,800, then you return the 100 shares of Apple to your broker and keep the difference, for a total of \$1,200 profit ($\$14,000 - \$12,800 = \$1,200$) minus any interest charged to you by the broker, which varies. Good job! You're an official short seller! On the other hand, what if instead of Apple's stock going down, it actually goes up? This is what's known as a "short squeeze", which is what makes short selling very risky. When you short a stock and its price goes up, short sellers get nervous. When other investors are buying stocks, increasing the price, and you are short, you must eventually chase the price to cover your short position which only pushes the price higher. When investors push prices up, short sellers get "squeezed" trying to cover their shorts. If in our example Apple went up \$12.00 per share instead of down. The investor would have to buy back the shares at a much higher price than they originally sold them. If you borrowed 100 shares of Apple at \$140.00 per share, then sold them, but now the price has soared to a price of \$152.00 per share, guess what? You are on the hook to purchase Apple at \$152.00 per share for a total of \$15,200, ($\$152.00 \times 100 = \$15,200$) But, when you sold the shares you borrowed, you only received \$14,000 into your account, which leaves a difference of \$1,200 ($\$15,200 - \$14,000 = \$1,200$). Where

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do you think the difference is going to come from? You guessed correctly: from your personal funds. In other words, you got “short squeezed” and just lost \$1,200 of your own money. Ouch! Shorting the market can be very lucrative, but it is also very risky and could destroy your account.

Remember, no matter what, you still have to pay the interest fees to your broker, whether you make a profit or take a loss. In times of falling markets, short selling can be profitable. It can also be very risky if it doesn't go your way. I don't recommend short selling. Buying “put” options are safer and less risky. Be careful in your decision-making with these markets. These are tough times. Stay focused. Stay Invested. Catch you next time.



COMMITTMENT THROUGH CONDITIONING

By: Maurice Jones @ Danville C.C.



My name is Maurice Jones and I'm a peer educator here at Danville C.C.. I have taught classes such as parenting, criminal thinking, critical thinking, etc.. The subject I would like to write about takes place in my "Jumpsuit" class, the topic is called, "What is Thinking". These classes make up a collective of guys fresh out of segregation who have to serve day-room restriction time in population. The "What is Thinking" topic is one of my best discussions in the group because you're able to hear the class opinion on their thoughts. I love when the conversation shifts to how these thoughts were developed and we'll touch on culture, principles, and conditioning.

When we touch on conditioning, that's a special topic for myself, and other individuals as well, who have served lengthy sentences. Conditioning played a huge role into how I landed in prison, it contributed to staying in physical altercations, and had a huge impact on my life in general. I grew up in a culture where I was awarded for being impulsive, being aggressive, and just responding without processing my thoughts clearly. I carried those beliefs into adulthood where I committed myself to those beliefs, though they didn't benefit me in the long run. Guys relate to my narrative, and through one-on-one sessions, I realized that we all commit ourselves to these beliefs through conditioning.

Culture cultivated our beliefs, our principles, our perception on what life is, or how a man

should carry himself. I met an older guy back in 2014, in segregation, who challenged my beliefs, and I blew up on him because he told me I believed in an illusion. He was patient with me, giving me insight on how to analyze my thinking and identify how my conditioning impacted my life overall. Some people could never make sense of their life and experiences in the real world, but I began to understand that I conditioned myself for prison. That's the objective for my "Jumpsuit" guys, I want them to understand that those old beliefs we're committed to are killing us, incarcerating us, and separating us from our families.

I see a lot of my younger self in these guys, and I'm invested in helping guys better themselves because I lacked guidance growing up. I wasn't a part of a group setting where we talked about real life, or where we built on our frustrations, and came up with solutions together. Some of these guys are getting ready for society and haven't utilized the time to really re-evaluate who they are as men. All they have is what they know, and they're conditioned not to trust and be open to different experiences in life.

Our communities need the men to balance out these households, we need men in our communities who could set the pace for real leadership. I always emphasize my experiences, and how my incarceration impacted the relationship with my only child. Losing family members, friends, relationships, and years of life based on principles that don't exist anymore. We always talk about education, guidance, vision, plans, options, and knowing the outcome of whatever decisions we make. I understand at times I could be met with resistance, reckless outbursts, and cold-stares, but I'm committed to reaching that (ONE) guy if I could. I'm doing years of my life so none of you have to.

-Are your beliefs aligned with your success?

"Before you plant the seed, you have to prep the ground first".

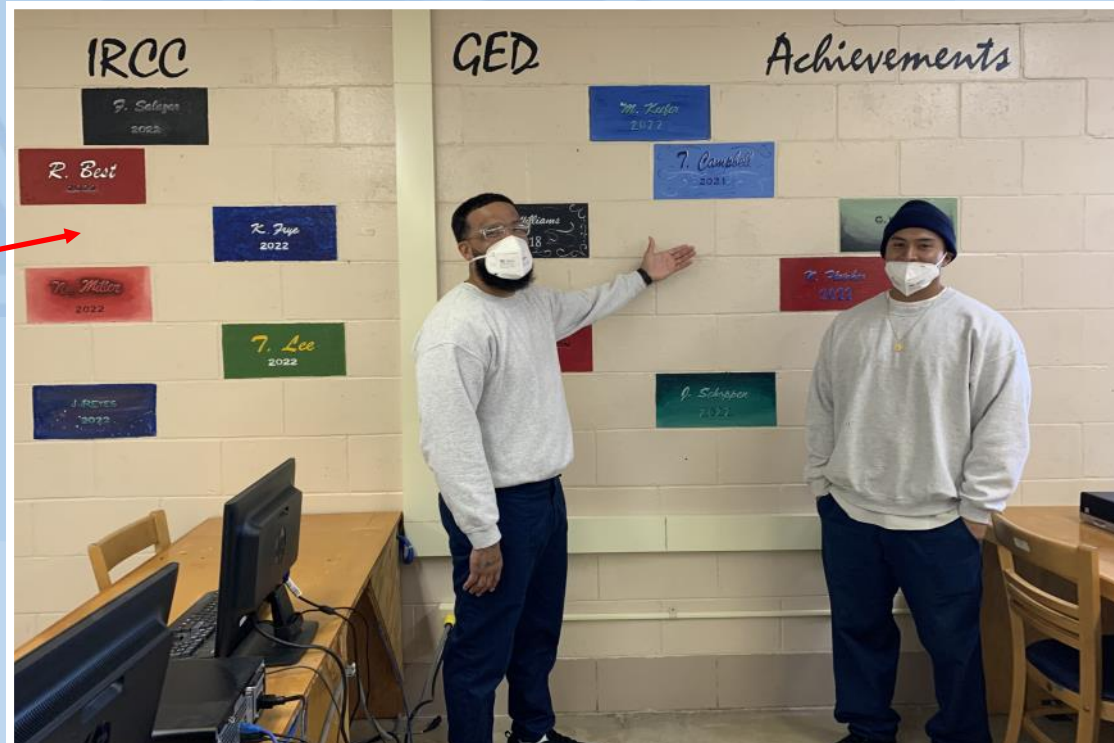
CHECK OUT ILLINOIS RIVER

Tyshontis Campbell and Nicholas Miller work on a G.E.D. mural to celebrate their own most recent accomplishment of earning their G.E.D., along with Jesus Hernandez who assisted with the mural. Mr. Campbell and Mr. Miller are among 12 other recent students that have earned their G.E.D. at Illinois River. The idea for the G.E.D. mural came from Mr. Driskell, who is the instructor for G.E.D. program. Once a student earns their degree, they select a block on the wall in the G.E.D. classroom to design. Mr. Driskell wanted to celebrate those who have achieved their G.E.D. and persevered through the pandemic. This is also a great motivator for other students who are pursuing the same goal. Way to go and Congratulations to Mr. Campbell and Mr. Miller and to all the other

graduates!

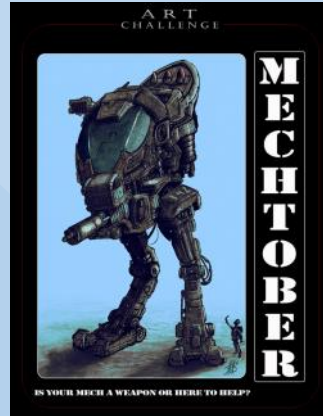
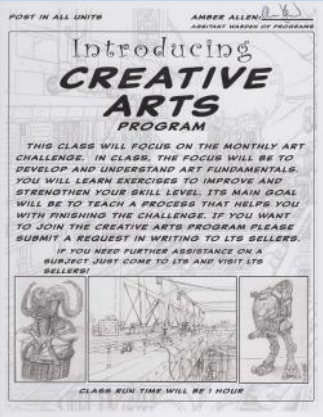


**G.E.D.
MURAL**



EAST MOLINE PONTIAC MURPHYSBORO

WE SEE YOU!



Everybody here at **K.H.** wants to give a huge shout-out to East Moline, Pontiac, and Murphysboro. We recently received some flyers from East Moline highlighting different creative events taking place at the facility including “Mechtober,” a monthly creative arts challenge with a “mechanized” theme and a creative arts class to go along with it, teaching art fundamentals. They are also advertising a “Cookbook” essay/recipe writing event inspired by **K.H.** and Italian American Heritage Month. Pontiac is also holding an art/essay/poetry contest revolving around the theme of Domestic Violence Awareness Month. To top it off, our brothers At Murphysboro released their “Building Bridges Newsletter,” a newsletter with a wide variety of different articles and information put together by individuals at MLSRC. What really caught our eye though was the Ad for the entrepreneurial/small-business group, Murphysboro’s first weekly peer-led group. We see you guys positively affecting your communities and taking initiative to better yourselves and those around you! This is what restorative justice looks like, making a difference in our communities and in ourselves. We tip our hats to you guys and we look forward to seeing more of this. Keep it coming!



Coping With Post-traumatic Stress Disorder

Many of us suffer from PTSD but either fail to recognize it or caught up in the stigma that says seeking help for our mental wellbeing is negative. Some of us are exposed to violence at an early age and become desensitized to it. Even prison desensitizes us to violence. I'm personally a survivor of child abuse, stabbings and violent assaults. At an early age I witnessed my mother get assaulted by her boyfriends. And other people including family members and close friends get assaulted. Violence was a normal part of my life. So I started to view it as no big deal when in fact it is. The following is a two part series on what is PTSD and tools on coping with PTSD. It's not a one size fits all so chose the one(s) that works for you. I found these to be of great help. Also note that while I am incarcerated and most of the readers of **K.H.** are as well, these tips can apply to every one reading this. After I sought professional help for my PTSD, my knowledge of it became clear and I was able to cope with it.

What is PTSD? Post-traumatic Stress Disorder (PTSD) is an anxiety disorder that can develop after exposure to an experience in which there was the potential for serious physical harm or death. Traumatic events includes military combat, natural disasters, terrorist incidents, spousal abuse, child abuse/neglect, automobile accidents, and violent assaults. PTSD is distinguished from "normal" remembering of stressful events because it is persistent, creates emotional distress, and disrupts functioning in daily life.

Here are some tips that can help you if you have PTSD:

Practicing relaxation methods -These can include muscular relaxation exercises, breathing exercises, meditation, swimming, stretching, yoga, prayer, listening to quiet music, spending time in nature, and so on. While relaxation techniques can be helpful, they can sometimes increase distress by focusing attention on disturbing physical sensations or by reducing contact with the external environment. Be aware that while uncomfortable physical sensations may become more apparent when you are relaxed, in the long run, continuing with relaxation in a way that is tolerable (i.e., interspersed with music, walking, or other activities) helps reduce negative reactions to thoughts, feelings, and perceptions.

Increasing positive distracting activities - Positive recreational or work activities often help to distract a person from his or her memories and reactions. Artistic endeavors have also been a way for many trauma survivors to express their feelings in a positive, creative way. This can improve your mood, limit the harm caused by PTSD, and help you rebuild your life. It is important to emphasize that distraction alone is unlikely to facilitate recovery; active, direct coping with traumatic events and their impact is also important.

Talking to another person for support - When survivors are able to talk about their problems with others, something helpful often results. Of course, survivors must choose their support people carefully and clearly ask for what they need. With support from others, survivors may feel less alone, feel supported or understood, or receive concrete help with a problematic situation. Often, it is best to talk to professional counselors about issues related to the traumatic experience itself; they may be more likely than friends or family to understand trauma and its effects. It is also helpful to seek support from a support group. Being in a group with others who have PTSD may help reduce one's sense of isolation, rebuild trust in others, and provide an important opportunity to contribute to the recovery of other survivors of trauma.

Here are some things you can do if you have any of the following symptoms:

Unwanted distressing memories, images, or thoughts -Remind yourself that they are memories, that it's natural to have some memories of the traumatic event (s). Talk about them to someone you trust. Remember that, although reminders of trauma can feel overwhelming, they often lessen with time.

Sudden feelings of anxiety or panic -These are a common part of traumatic stress reactions and include sensations of your heart pounding and feeling lightheaded or faint (usually caused by rapid breathing). If this happens, remember that these reactions are not necessarily dangerous. If you had them while exercising, they probably would not worry you. Monitor negative thoughts. Often, it is the addition of inaccurate frightening thoughts (e.g., I'm going to die, I'm having a heart attack, I will lose control) that makes them especially upsetting. Slow down your breathing and use proper relaxation techniques. Remind yourself that the sensations will pass soon. By thinking about your arousal/anxious reactions in these positive ways, you work toward making them happen less frequently. Practice will make it easier to cope.

Feeling like the trauma is happening again (flashbacks) -Keep your eyes open. Look around you and notice where you are. Remind yourself where you are and that you are safe. The trauma happened in the past, and you are in the present. Get up and move around. Have a drink of water and wash your hands. Remind yourself that this is a common traumatic stress reaction. Tell your counselor or doctor about the flashback (s).

Trauma-related dreams and nightmares -If you awaken from a nightmare in a panic, remind yourself that you are reacting to a dream and that's why you are anxious/aroused, not because there is real danger now. Consider getting up out of bed, regrouping, and orienting yourself. Engage in a pleasant, calming activity (e.g., listen to soothing music). Talk to someone if possible.

Difficulty falling or staying asleep -Keep to a regular bedtime schedule. Avoid strenuous exercise for the few hours just before going to bed. Do not lie in bed thinking or worrying. After 15 minutes, get up and enjoy something soothing or pleasant; read a calming book, drink a glass of warm milk, or do something boring.

Irritability, anger, and rage -Take a time out to cool off or think things over. Walk away from the situation. Get in the habit of exercising daily. Exercise reduces body tension and helps get the anger out in a positive and productive way. Remember that staying angry doesn't work. It actually increases your stress and can cause health problems. Take classes in anger management. This is greatly beneficial whether you are in custody or not. If you blow up at family members or friends, find time as soon as you can to talk to them about it. Let them know how you feel and what you are doing to cope with your reactions.

Difficulty concentrating -Slow down. Give yourself time to focus on what it is you need to learn or do. Write things down. Making to do lists may be helpful. Break tasks down into small do-able chunks. Plan a realistic number of events or tasks for each day. Monitor your feelings; many people who are depressed have trouble concentrating. Again, this is something you can discuss with your counselor, doctor, or someone close to you.

Having difficulty feeling or expressing positive emotions -Remember that this is a common reaction to trauma, that you are not doing this on purpose, and that you should not feel guilty for something you did not want to happen and could not control. Make sure to regularly participate in activities that you enjoy or used to enjoy. Sometimes, these activities can rekindle feelings of pleasure. Take steps to communicate your caring to family or friends in little ways: write a card or phone someone and say hello. Get up and move around. Have a drink of water and wash your hands. Remind yourself that this is a common traumatic stress reaction. Tell your counselor or doctor about the flashback (s).

SOFTBALL CHAMPIONS

We took it to the Sandlot and battled it out in a 16-inch Softball Tournament for Hispanic Heritage Month. These are your champions!



LOTERIA & CAPI



TOURNAMENTS

HISPANIC HERITAGE MONTH

By: Ronnie Carrasquillo

We'd like to end this series of articles about Hispanic Heritage Month, the way I started: Bienvenidos! It has been a blessed month of Hispanic Heritage education and celebration here at Kewanee. We hope that with our previous articles you may have picked a few facts about our Hispanic Culture and come to believe as we do that Hispanic Heritage is American Heritage. Our small group that you see pictured here has tried our best to engage our community in ways that bring joy and information. Along with sharing information, we also helped hold a softball tournament, a capi tournament and, a loteria event. We used these events to draw our community together and to build bridges of communication and understanding. Bendicion!



BRAIN FACTS

TIME

We can measure time objectively, days, hours, minutes, etc. with clocks, however our brains also measure the passing of time. Our internal clocks are all set at different speeds and even change within our lifetime.

The Timekeeper Brain

Our concept of time is linked to a neural network involved in memory and attention. Neurons in the network fire, or “oscillate,” and the brain uses this to keep time. The more oscillations in a measured second, the more we think that time is lasting longer. Events (such as near-death experiences), state of mind (such as depression), stimulants (such as caffeine), and disease (such as Parkinson’s Disease) can all affect the rate at which the neurons fire, skewing our perception of time.

- **Time and Age:** It can feel like time speeds up as we get older - a trip that felt like an eternity as a child passes quickly as an adult. Part of the reason for this is that our perception of time develops as we age. As infants, we live in the moment - we cry if we are not fed on time, but we are now aware of the passage of time. As toddlers, we are taught to become aware of time, and we learn how long it takes to perform everyday tasks, such as brushing our teeth. By the time we are six years old, we can estimate time, applying our knowledge of how long something takes to new situations.

Factors affecting time perception: As adults, we are more conscious of time, as we have responsibilities and schedules. These routines of moving from one event to the next can speed up our perception of time. However, there are also biological, proportional, and perceptual theories as why time seems to speed up with age:

Metabolism

In a 24-hour period, a four-year-old's heart will have done 125 percent of the beats of an adult heart. Other biological markers, such as breathing, are also faster. This means children take in more information, so time appears to move slowly.

Proportional Theory

As we age, time intervals constitute smaller fractions of our lives as a whole. For example, one year is 10 percent of a 10-year-old's life but only 2 percent of a 50-year-old's life.

Perceptual Theory

The more information we absorb and process, the slower we perceive time to be. Children, who are experiencing many things for the first time, pay more attention to details that adults dismiss, which may stretch out time.

Pathways in the brain

As we age, the pathways in our brain grow more complex, so signals take longer to travel along them. This means older people view fewer images in the same amount of objective time, so time seems to pass more quickly.

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VISITING ROOM PARTITIONS GOT ME FEELING LIKE:



ADVENTURES

OF J-DAWG

PLEASE PEOPLE!
WHEN YOU SEE
ME IN MODE,
DON'T BE PEEKING
OVER MY
SHOULDER.



HOROSCOPES

Aries: Your emotions have been pulled out of shape and you need to do a little backtracking. Communication will be your strong point and you should be able to persuade others to see things your way. Deception may cause disputes you can do without.



Translation: The bears suck bro, you can't convince anyone otherwise.. No matter how hard you try..

Taurus: Your positive attitude and intellectual outlook will draw others to you. Get together with friends who like to participate in indoor sports. Try not to take others for granted. Tempers could get out of hand this month.



Translation: Sign up for that basketball tournament! And don't take them bogus calls from the refs personally...

Gemini: You will find that friends or relatives may not understand your needs. Compromise if you wish to have any fun at all. Uncertainty about your relationship is prevalent. You will have to be sure not to burn the candle at both ends.



Translation: Just tell 'em they right, even though they ain't...

Leo: Stress coupled with diet will add to stomach problems. Your creative ideas will be put to good use if you dig in and do things around the house that will make your family happy. You might not be as reserved on an emotional level as you'd like.



Translation: Stomach problems? Try not eating 3 stir-fry's a day...



Virgo: You may find that someone you live with may be irritable; you're best to leave them alone. Others may want to steal your thunder when they realize your ideas are pretty solid.

Translation: Your celly's a crank, don't take it personally bro!



Libra: Don't count your chickens before they hatch. Deception is evident around you. Be confident in your endeavors and others will believe in your efforts. Avoid lending money or belongings to friends.

Translation: That noodle bro asked to borrow, you ain't getting it back...



Scorpio: You could be blind to the defects of those you love. Tell it like it is. Responsibilities with respect to older relatives may be a burden. Do not yield to children or relatives when they really don't deserve it.

Translation: Tell it like it is, but remember, you can't un-send emails..



Sagittarius: Be sure to think twice before you say something that might hurt your partner's feelings. Debates will stifle passion and result in estrangement. You need to make your lover feel wanted, not like a piece of the furniture.

Translation: Maybe try another tactic instead of yelling at the top of your lungs on the phone...just a thought?



Capricorn: Your creative imagination will help you in coming up with unique ideas. Leave things as they are for the moment and focus on reaching your highest potential at work. You are ahead of your time, and trying to stay in one spot could be asking too much.

Translation: You got the joint on the cookin' homie!



Aquarius: Be sure to keep communication open with those you live with. You could pick up valuable knowledge through conversations with experienced individuals. Erratic behavior at home may be hard to handle. Don't overspend on luxury items.

Translation: Your celly might be old but he is wise, listen to him.



Pisces: Children may pose a problem if they don't like suggestions. Some of your new friends may not be that trustworthy. Try to be patient and understanding. You are best to do your research before taking on such a venture.

Translation: Or just hit 'em with the Heisman, uh!



Cancer: Travel opportunities should be your first choice. Do not allow colleagues to hinder your ambitions. Stay away from social unpleasantness. Take a close look at contracts and agreements that have been offered to you.

Translation: Don't bug up at work, you need that \$1.17 a day homeboy!

1



If you have a 7-minute hourglass and an 11-minute hourglass, how can you boil an egg in exactly 15 minutes?

2



Four cars come to a four-way stop, all coming from a different direction. They can't decide who got there first, so they all go forward at the same time. They do not crash into each other, but all four cars go. How is this possible?

3

$$ab = <100$$

$$1/5 ab = ba$$

Find a number less than 100 that is increased by one-fifth of its value when its digits are reversed.

4



Is the capital of Kentucky pronounced Louisville or Luee-ville?

BRAIN TEASERS

1.) Answer: To boil the egg in exactly 15 minutes, follow these four steps:
 -Start both hourglasses as you start boiling the egg.
 -After the 7-minute hourglass runs out, turn it over to start it again.
 -Four minutes later, when the 11-minute hourglass runs out, turn the 7-minute hourglass again.
 -Wait for the 7-minute hourglass to run out, which will take another four minutes and get you to exactly 15 minutes of boiling time.
 2.) Answer: They all made right-hand turns.
 3.) Answer: 45 (1/5 of 45 = 9, 9 + 45 = 54).
 4.) Answer: Neither. The capital is Frankfort.



← Decatur CC Horticulture Instructor, Mr. Vercellino got some Facebook love for an amazing fall display!

Couldn't help but notice that Restore Justice posted on LinkedIn about the article written about their visit to Kewanee in a past volume! So this would be us seeing them about seeing us about seeing them when the saw us on a visit, not that is a little confusing! →

Restore Justice
333 followers
1d · 🌐

In August, members of the Restore Justice staff and Board visited people, including people who originally had life without parole sentences for youthful convictions, incarcerated at Kewanee Life Skills Re-Entry Center. Kewanee is different than other correctional centers in Illinois; it is designed to help people prepare to return home and re-enter society. Some of the men we visited put out a weekly newspaper, Kewanee Horizons. Read about our visit: <https://bit.ly/3fbxw78>

RESTORE JUSTICE VISITS KLSRC

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

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

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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.

MAILING US SUBMISSIONS

The address for **Kewanee Horizons** is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

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

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

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

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