



KEWANEE H  RIZONS

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VOL.17

# KEWANEE HORIZONS

# VOLUME 17

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COLOR KEY  
BLACK=KEWANEE CONTRIBUTOR  
GRAY=OTHER FACILITY CONTRIBUTOR



# MISSION STATEMENT

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

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

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



# RESTORATIVE JUSTICE

*KEWANEE LSRC* has agreed to allow us, consistent with COVID protocols, to engage in more Restorative Practices. In the Horizons newsletter you will see the terms **RESTORATIVE JUSTICE** and **RESTORATIVE PRACTICES** very often.

The aim of **Restorative Practices** is to develop community and to manage conflict and tensions by repairing harm and building relationships. **Restorative Justice** in general, is a process involving the primary stakeholders in determining how best to repair the harm done by an offense. The three primary stakeholders in **Restorative Justice** are: the victims, the offenders, and their communities of care; their needs are respectively: obtaining reparation, taking responsibility, and achieving reconciliation.

The **Kewanee Horizons** team believes creating a better community here is **Restorative**. By indirectly repairing damages and by giving back to our current community and with greater communities at large, we are engaging in **Restorative Practices**.

**Community: A group of people with a common characteristic  
Or interest living together within a larger society.**

Merriam-Webster's Collegiate Dictionary Eleventh Edition



# *It Takes A Village*

**BY: ANTONY BELL @ ILLINOIS RIVER C.C.**

Nicholas Crayton, in a past issue of **KH**, spoke on the us vs. them mentality that can be detrimental to a Restorative Justice Initiative, which is one of the most important pieces I've read, because this has been a sentiment I've voiced since I joined an initiative in Menard C.C. in 2013, and back then I was told I shouldn't because it could be seen as "police friendly". The us vs. them idea is too counterproductive to what we are all working to do, and we should do our part to end it.

This us vs. them mentality is a thick presence that permeates the entire system; individuals in custody will combat programs to rebel against authority, then there is staff that will sabotage programs as a form of punishment. Now, these are the extremes of the spectrum, somewhere in the middle lies two by-products of this mentality that is just as damaging; one, staff that are against us leading other individuals, or having a voice, with this they stifle any positive influence we can have, and two, the programs they do provide become nothing more than industrious entities— about numbers, quantity over quality.

I've seen fantastic programs get killed because we lead them. There is a claim that because they're peer-led, they're not good-time eligible, and no one will take them— they're non-productive. Though, I've been doing this a long time, and I've seen people sign up for these kinds of programs in droves, for whatever their reason(s), they take them. Sometimes, they are the most beneficial programs; their effects may not be seen in black and white, but can be seen in real life.

I am not just writing to highlight flaws in the system, I wanted to set the stage for the importance of what I'm going to write next.



Despite the sometimes hostile environment against us as leaders, having a voice and our Restorative Justice effort, there are those that cross the battle lines to work together, because they see the positive effect Restorative Justice has on the healing and strengthening of our society as a whole.

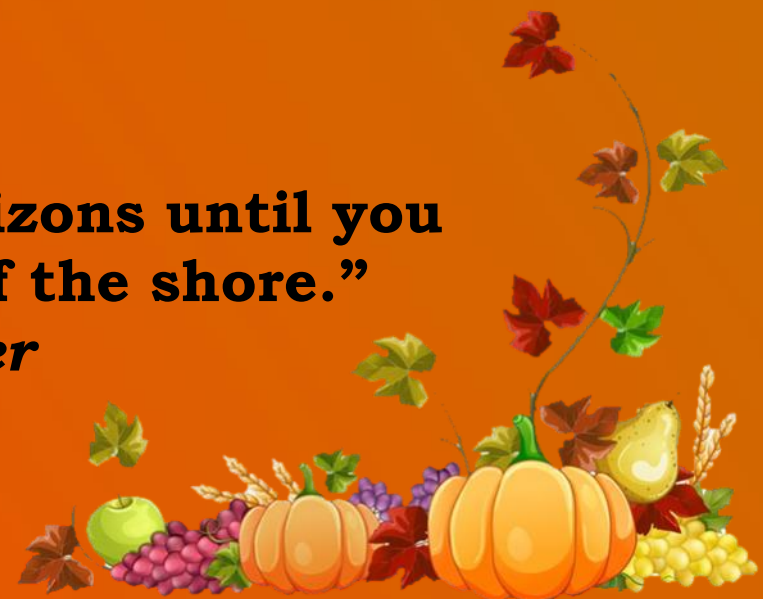
There was an article about me and my colleagues in **KH** (see The Ripple Effect) We do appreciate the acknowledgement, but we can do nothing without someone giving us the opportunity.

I want to take this moment to shout out Counselor Rivera (Illinois River C.C.), who works tirelessly, and with her faith, believing in us and our capabilities. She goes to bat for us, doesn't always win, but it gives us the confidence, and fortitude, to work hard for her. We can only work our restorative Justice efforts because she gives us the platform. We need more people like her.

I want to end with a thank you to **KH** for the on-going work they do to allow us access to use our voice for positive change, and encourage all individuals statewide to acknowledge staff members, administration, or anyone else that deserves recognition for their, sometimes, not-so-popular, choice to believe in us.

**“You cannot swim for new horizons until you  
have courage to lose sight of the shore.”**

***-William Faulkner***





# Strength Revealed

BY: *Cynthia Warren*

I'm stronger than I used to be  
Anyone who knows me, this they can see.  
I'm smart and kind and mentally fit,  
My words are true and full of wit.  
I try to write poems like the best,

I'm like a bird flying out of the nest.

I will be brave when I fight my beast  
Like the good witch of the east.

My words build me up when others tear me down

They can not make me leave this town

I used to jump from house to house

Trembling in fear like a mouse

Now I have help meeting up with me

To reach my full potential, to be all I can be.

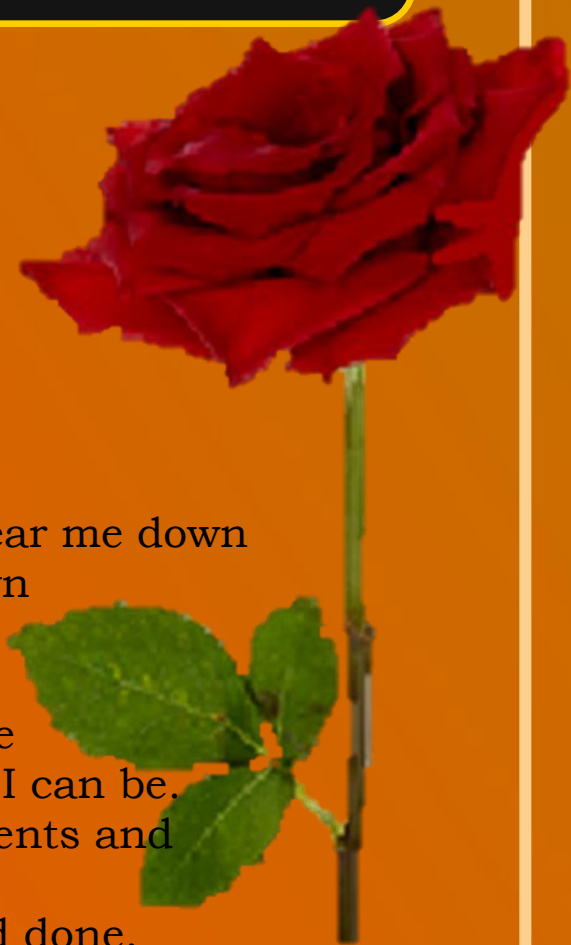
I write letters and poems to my parents and

Loved ones

And one day when all is said and done,

Apologies and forgiveness will flow like a stream,

But for now I wait, visualizing a dream





# The Village

**By: Kareem J. Cobbins @ Illinois River C.C.**

If I can wish upon a better tomorrow,  
Why can't I be a restorative branch of a better today?  
What will it take for my village to flourish?  
It's very malnourished,  
If only I can find my way.

Whenever my village is in shambles,  
I try to rack up the debris that be,  
I wanna restore every lost soul in sight,  
Because they are rooted from my family tree.

Our children are the fruits of what "we" The Village produce,  
It's deeper than the bitter images that are seen.  
If it takes a soul to uplift another soul,  
Why do we continue to ignore the cries coming from our teens?







If it takes a village to raise them,  
It may be fair to say they look for us to save them,  
So put on that cape and plan for their escape,  
View it as a privilege.  
We birthed, fed, and buried them; now, each one teach one!  
Now's a perfect time to resurrect our village,  
I hope for a better today *and* tomorrow,  
Because I wanna do more than fantasize about it,  
I want to live it!

Lets stop indulging in the poison,  
That's been clogging our neighborhoods for years,  
They may've been designed for failure,  
But we can prove to ourselves, the government and the mayor...  
That we have the fortitude and wisdom to unite and redesign our blocks.  
We're not a bunch of livestock that some label us,  
*We are the blueprint for the positive reform!*  
Not a negative, lucrative class of crops,  
Also in our village it starts with getting rid of fear,  
Believing! And building trust.





United in a provident, peaceful direction, we can all grow,  
I yearn for a better present and future,  
To silence the cynics and confront injustice,  
While advocating, attempting, to do away with this New Jim Crow.

With proper guidance and discipline,  
We can avoid prisons and self-destruction.  
Let's stop pointing the finger!  
Try using it to draw up a plan,  
To protect our seeds with logical Reconstruction,  
They've closed and demolished most of our inner-city public  
schools,  
So lets build 'em back up and implement higher education.

As I wish upon a better tomorrow,  
I should wanna be a participant of a better today.  
We need to be productive in our village; regard it as a privilege,  
It seems to be in a perpetual state of confusion,  
However, it can become robust!  
I know eventually we'll find our way.





# OLIVE IS A HECKIN' GOOD GIRL!

Hi my name is Deborah “Dee Dee” Sims. I am a trainer within the Helping Paws program here at Logan. I am also a sophomore masters student in North Park University in their School of Restorative Arts.

As Kewanee has put out the call for restorative practices stories I'd like to share this with you and your readers.



\* “HECKIN’ “ IS A TERM USED IN DOG-LOVER INTERNET CULTURE, HAVE YOUR PEOPLE GOOGLE IT



I am currently incarcerated for first degree murder. I accept and acknowledge the harm that I have caused through my actions. I recently received word that one of my service dogs, Olive, a black lab/hound mix is being placed as a facility dog for the Normal Police Department. I believe this placement is restorative for me. Her job will be to provide comfort and therapy practices for children who have witnessed or been victims of a violent crime.

I love the fact that a dog that I have trained will be able to assist a child tell their story and get through a traumatic situation.

By: Deborah “Dee-Dee” Sims @Logan C.C.

**K.H.** gratefully acknowledges our sister Dee-Dee’s contributions here. She is an amazing example of the perseverance and commitment to **Restorative Justice** and **Restorative Practices** that we are committed to promoting and highlighting with our opportunity here in this publication. Her personal recognition and accountability was impactful to all of us here at **K.H.** and we’d like to thank her for help and in putting herself out there. Dee-Dee, you are an example to us all, thank you for helping to change the narrative of our community here in Illinois prisons, and for allowing us to continue in our efforts to be as inclusive as possible with the voice of **K.H.**



# "WORDS AND PEOPLE CHANGE"



By: Nick Ogden  
Pinckneyville C.C.

Words and people change. When I first started my time, myself and other guys had to be very careful with what we said. Certain words could get you hurt or worse. You had to pay attention to your words because they carried weight and meaning.

As the years passed the world changed but prison was slow to do so. Negative behaviors and words ruled. The new guys coming in were different, their words had changed. What would have gotten someone hurt now had no meaning to them. But to us it still meant something. So those of us that have been incarcerated for years had to adapt. Change was needed. These new guys said things that didn't make sense so questions had to be asked before action. We had to learn to let things slide.

The new guys call each other names that I still can't say but meant nothing to them. In the past those words got you hurt so we had to adapt and grow, we had to see things in a new light. We learned to speak to guys before acting and ask not to be spoken to in a certain way. Change occurred. Things that once demanded violence now allows words to settle things down.



Its hard to let go of all the negative behaviors the past has taught us but by dealing with the new generation and how they speak and act. It has allowed us older guys to change for the better. By learning to cope and deal with this generation we have changed how we operate, how our words are used and to not allow certain words to dictate our actions.

This could not occur without first acknowledging that things need to change. Time and programs have helped this happen. Guys with more time than me have shared their wisdom and helped me see things differently.

I attended Houses of Healing with 20 other guys who have done a lot of time. We spoke of the past, our inner child, and how we used to react to certain words and the negative behavior it carried. We learned to notice things and speak of them. Words, people, and change were a topic.

Pay attention; notice the things that cause problems. Adjust to the world and become better for it. Attend programs that help you recognize negative behaviors and change. Pick old school's brain on your deck. There's wisdom there. Prepare for a future devoid of words that cause harm. The change is possible. Know that we are better for it. Tough talk is talk and there's no need for action: Words and people change.





# PEER LED SHOWCASE

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

However, thank you to **Everyone**, and please, keep up the good work!

Trust me, it's not going unnoticed.

# BIG ROB'S ROOFING CLASS

**Welcome back community to another lesson from Big Rob's Roofing class. So lets get started with Lesson Five. This time we are talking about:**

## **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.

Plywood and non-veneered panel products, such as oriented strand board (OSB) and composite panels, are used for Roof sheathing. When OSB is used for roof sheathing, the stamped face should be faced down with the rough side facing up. Structural insulated panels (SIPs) may also be used for roof sheathing. Structural insulated panels consist of a thick layer of rigid foam insulation pressed between two OSB or plywood panels. SIPs are commonly used with exposed-beam roofs, but may be used with most construction methods. Space-board sheathing may also be used for roof sheathing. Typically, space-board sheathing is used as a base for certain types of roof shingles.

Panels are placed with the long dimension parallel to the roof ridge and at a right angle to roof rafters. When nailing panels to the roof, ensure the first row of panels is in a straight line. Since the end joints of panels should be staggered, start the second row with a half panel. Roof sheathing panels should be continuous over two or more rafters.





# BIG ROB'S ROOFING CLASS

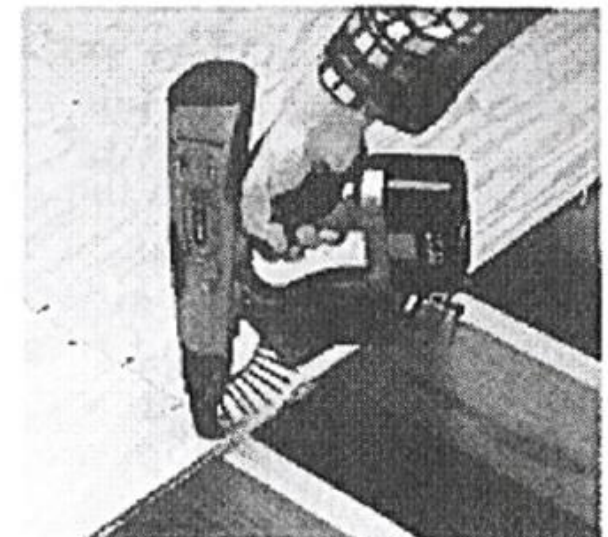


Roof sheathing panels are usually  $5/8$ " or more, depending on rafter spacing. Plywood and OSB panels are usually fastened with 8d smooth- or ring-shank common nails spaced 6" OC (on center) along the edges and 12" OC at intermediate rafters. However, in areas where higher wind loads are anticipated, ring-shank or specialized hurricane nails should be used and spaced 3" to 6" apart. Always refer to the local building code to determine approved fasteners and spacing. Various sections of the roof, such as along the eaves, corners, ridges, and gable ends, may experience greater wind uplift pressures and require more closely spaced nailing patterns than interior sections of the roof.

Screws or staples may also be used to fasten roof sheathing to rafters. Screws (#8 x  $1\ 3/4$ ") are spaced in the same pattern as nails. Staples may be used with thinner roof sheathing panels if permitted by the local building code. Staples should be  $1\ 3/8$ " long for  $3/8$ " panels and  $1\ 1/2$ " long for  $1/2$ " panels. Staples are driven 4" apart at panel edges and 8" apart at intermediate rafters.



*Southern Forest Products Association*



*Senco Products, Inc.*

**Figure 46-13.** Panel products such as plywood and OSB are typically used for roof sheathing. Panels are attached to roof rafters using 8d common nails or screws.



# BIG ROB'S ROOFING CLASS

For certain applications, rafters may be spaced further apart than the allowable distance between rafters for the thickness of panels. In these situations, blocking is nailed between the rafters, or panels with tongue - and - groove edges are used. Panel clips may be used instead of blocking or tongue - and - groove panel. When placing sheathing on a pitched roof, carpenters should fasten roofing jacks and planks to the roof sheathing as they work toward the top of the ridge. In addition, appropriate personal fall-protection equipment and techniques should be employed to prevent falls.

Next time we will start talking about Gable, Gambrel, and Shed roofs.

Also I have some really exciting news. I will be starting a new class with a N.R.C.A. (National Roofing Contractors Association) curriculum and certification real soon. I will let you know more about a time to sign up.

Until next time have a great month and God bless you!

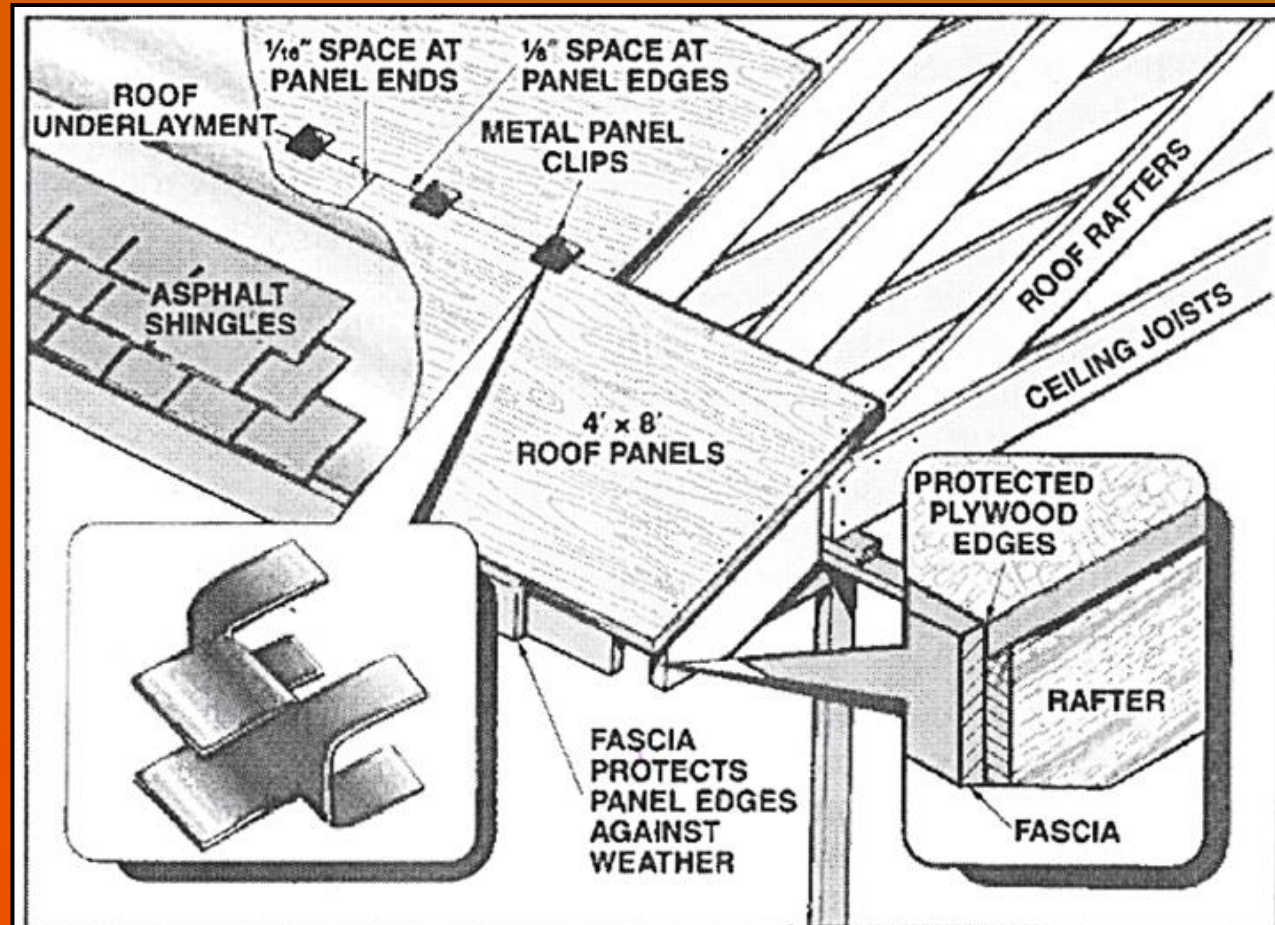


Figure 46-14. Panel clips are placed at the unsupported edges of roof sheathing panels and eliminate the need for blocking between rafters. Panel clips are made of galvanized steel and accommodate all panel thicknesses used for roof sheathing.



# CAN YOU DIG IT?

## Horticulture 101: How to dig a new flowerbed

Kewanee's Peer-Led Horticulture Class took advantage of the recent beautiful weather to beautify the grounds and learn how to construct a new flowerbed from scratch. We were recently blessed with a donation of perennial starters and mulch. As a class, everyone chipped in to turn over a corner of the lawn, we then removed the sod and brought in soil from the garden via wheelbarrow since the existing soil was a dense clay texture. We then planted the varieties of divided perennials that we had on hand (Lily, Hostas, Purple Coneflower, Iris, and Peony) and left some room in order to plant annuals in the spring. Perennials are flowers that regrow year after year as opposed to annuals whose lifecycle lasts only one season. Perennial tops die back to the roots and go dormant during the winter and then regrow in the spring. They can be divided and transplanted in the fall, which is what we did.





It was extremely rewarding to see such a diverse group of individuals coming together to enthusiastically learn and share in the experience of building and giving back to our community. We all look forward to more projects like this in the future. Below are the steps to creating your own flowerbed from scratch, whether you do it at home with your family or at your institution with your peers:

## **Step 1: Select an Area**

- Full sun flowers need at least 6 hours of direct sunlight a day, partial shade flowers need around 3-4 hours so a south facing area will receive the most sunlight. Pay attention to drainage, if there are large pools of water that form when it rains, your plants will drown.

## **Step 2: Asses the Soil**

- What is the texture and quality of the soil? Dig up a shovel's worth of soil to see what kind of soil you're working with. Loose, dark, rich loam soil is the best soil for planting. If your soil is dense with clay you'll want to amend it with organic matter such as compost or aged manure and with sand or sawdust to loosen it. If you have access to high quality garden soil nearby or bags of topsoil then you can just replace the top layer of soil like we did.

## **Step 3: Remove the Sod**

- With a spade shovel, start by marking the outer edge of your flowerbed. You want to remove the top layer of sod with your shovel and discard it. Continue removing the sod until the area is clear of it.





## **Step 4: Amend the Soil**

- After the sod is removed you will want to go back through and turn over the soil. Use your shovel to dig down about the length of the spade (1 & 1/2 feet deep) throughout the entire bed. Mix in your soil amendments (compost/sand/manure etc.) Add your bags of topsoil or imported garden soil on top, the soil will settle over time.

## **Step 6: Finish With Mulch**

- Put a layer of mulch on top of your new flowerbed. Mulch protects the soil, keeps it moist, keeps weeds down, and slowly breaks down over time adding nutrients and organic matter to the soil.

## **Step 7: Plant your Flowers!**

- Transplant perennials in the fall or early spring.
- Start annuals from seed in the spring or transplant seedlings.





# *A Writer's Journey*

***By: Brian Beals***

***Dixon Performing Arts Facilitator***

***Sometimes we are too humble to tell our own story.***

**T**oussaint Daniels is my friend and colleague. He has been on a remarkable journey, because he is too humble to write about himself, I asked for his permission to write this story.

Toussaint grew up on the South Side of Chicago. He lived in both the Englewood and Chatham communities. Unfortunately, like far too many kids from Chicago, he got caught up in the lure of the streets, which subsequently led to his being swept up into the criminal justice system while still a juvenile, a “Lost One,” Toussaint ended up serving a man’s time.

Without fully understanding what he was doing, Toussaint began to write poetry as a form of therapy. Writing helped him explore the inevitable questions that becoming an adult brings. Those questions would’ve been difficult ones in any environment, but, coupled with self-exploration, in the arid eco-system of a maximum security prison, required a tremendous amount of self-determination.

To cope, Toussaint poured his pain over countless pages of poetry. He honed his skills on the hard concrete floors and cold steel galleries of Stateville. By the time he transferred out of Stateville the DNA of his unique spoken word style could be heard in the lyrics of the poets he left behind.



Toussaint arrived at Henry Hill C.C. a heralded spoken word artist, but he focused on the college courses this new prison provided. He acquired his Associate's degree and Paralegal Certification while still managing to work on his poetry. Instead of flowing on galleries, he could be heard at the ciphers in the units and on the yard. As he matured, so did his poetry. He was now using his lyrics to teach. I attended an event in the Hill Gym in which a visiting group of spoken word artists, from Western Illinois University, performed. Toussaint participated, more than holding his own, he turned the gym out.

The next stop on his prison journey was here, in Dixon C.C. the first thing he focused on was knitting together a community of writers. I was in the outer circle of that community, as I was an out-of-work prison newspaper journalist who had never written anything besides articles. Nevertheless, Toussaint brought me into the inner circle of that community. In late 2018, C/O Stramka, an officer, highly regarded by the individuals in custody here at Dixon, was appointed interim Chaplain. Once installed, Chaplain Stramka made a bold decision. He empowered the writing community to create what is now known as the Dixon Performing Arts (DPA) Program. Toussaint, and Darrion Benson co-wrote the vision and mission statement. They also wrote the curriculum that the DPA workshops are taught from. Toussaint helped engineer the most impactful program on the culture here in Dixon. At the same time, he has produced, directed, or performed in every production that DPA has done. He's also done a lot to lift up other guys. He has mentored and supported every writer and performer that has participated in DPA projects.

Now, as Toussaint's prison journey nears its end, the DPA is about to tackle its most ambitious production yet. This upcoming Black Heritage Month, the DPA will present: "The Story of Violence," a play written by Toussaint Daniels and his select team of writers. The play is set in Chicago and it examines the high level of violence that plagues the city's under-resourced Black and Brown communities. The team of writers is comprised of men from different areas and eras. They have lived this story. They didn't stop at examining the root



causes of violence, they also offered solutions they believe could help curb the violence. The dialogue is infused with spoken word pieces that elevate the grief, as well as a range of other emotions portrayed by the characters.

This play is the culmination of Toussaint's journey through prison and the launching pad for his life as a free man for the first time in his life.

Toussaint, as well as the other DPA facilitators, thank Paramount Theatre and Theatre School for their help and support with this project. We also thank South Side Weekly, Chicago's top community newspaper, for their generous support and coverage of this project. We also especially thank Still Point Theatre Collective. The company will hold a public reading of "The Story of Violence" next month. We are confident that the reading will result in the play being produced beyond the wall. We thank our current DPA sponsor, Chaplain R. Thomas and Assistant Warden A. Tack. Although other administrators allowed the DPA to begin, we appreciate you both for recognizing the value we bring to the Dixon community and letting us continue under your watch.

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**“The things you do for yourself are gone when you are gone,  
but the things you do for others remain as your legacy.”**

***-Kalu Ndukwe Kalu***

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# DIXON'S HISPANIC HERITAGE MONTH CELEBRATION



**By: Israel Gonzalez  
Dixon C.C.**

In addition to being entertaining, cultural events can be very inspirational and change your life. As an example, take the Hispanic Heritage Month showcase recently held here in Dixon C.C. under the sponsorship of the chaplaincy department. As our brother Jesse Martinez mentioned before, this celebration of the Hispanic culture was created, organized, and produced by the Dixon Performing Arts and also by the Dixon Sound Project ( DSP, a little group of talented musicians and singers) with the support of AWP Tack (thank you so much Ms. Tack!) and the direct supervision of chaplain Robert Thomas who by the way went above and beyond to make this event possible and has definitely earned the MVP honors.

Although our brother Jesse gave you an account of the effect this event had on him, I'd like to share with you guys my perspective from a musicians point of view and how this event changed the core values of the Dixon Sound Project on a personal level. First let me give you some background info: The DSP (recently created), is composed by the Chapel band and a couple other musicians and singers; just a few of us because there's very, very few musicians in these prisons, a fact the Kewanee Chapel band probably knows too well. Our backgrounds are as diverse as our heritages: Rock, Folk, R&B, and even Grupero, and alt-



though this may seem chaotic, it has helped us grow as musicians which is why we called ourselves Dixon Sound Project, because we are still growing in all areas of our lives.

Back to my initial statement: A cultural event like this can be a good way to both entertain people and to highlight the wonderful things Hispanics have contributed to American society, but more importantly, it can be a powerful tool to teach something positive to an entire community like ours here in Dixon C.C. Now, you would think that only spectators would learn something from an event like this and you'd be wrong; because we, as musicians, learned a lot of great things like team work, time management, problem solving skills, social skills and how to be responsible in general, among other things. Basically, this taught us or reinforced traits that can help us both to positively change our mindsets while in the IDOC and to live productive lives in our communities once we return to them.

It all began back in July when we had to meet, some us for the first time, to discuss exactly what we were going to play. Chaplain Thomas said that although everything was subject to his approval, including the music, everyone had a voice and a vote. This gave some of us a sense of belonging to a community again (yes, even in prison) and taught us how true democracy works. We had different ideas like songs in Spanglish (yes, it should be an official language), songs about famous Hispanics, original songs and even poems, among other ideas. Coming up with songs was easy. The hard part was figuring out how to play them; how to fit them together into a setlist that would both entertain and educate our brothers. "Should we play a cumbia after the skit?" "No because our horn player won't be ready after being part of said skit, so lees sing a bolero a capella instead." "But we would just have played ten minutes earlier; we need more space between songs" "Then let's bring out the emcee to tell a joke." "Yeah, I don't know about that." It was challenging, but through orderly discussion and the democratic process we managed to come up with catchy songs, very good material, and the best possible setlist.



That was hard, but it was even harder to actually put this project into production because of conflicting schedules. Work assignments, mandatory call-passes, school, and lockdowns made it very difficult to rehearse. When we had the stage to rehearse music, the guitar player would be on a call-pass. When the guitar player was present, then the drummer would be on a writ, and when everyone was available, then we would go on lockdown. Personally, it was very frustrating since some of the musicians had to learn how to play Latin music for the first time ever. This taught me how to best manage my time, work with those who are present and work tomorrow with the absent ones, but more importantly, it taught some of us how to make the most of what we are given and how to be patient.

Dress rehearsals were nerve-wracking to say the least because the date of the event was rushing at us and some of us had never played Latin music or emceed (is this word also a verb?) or even spoken to a crowd before; and the conflicting schedules continued. In addition to learning some of these things on the fly, we also learned a little bit about sacrifice. We realized that in order to get this thing off the ground, some of us would have to miss a yard today and the others would have to miss a dayroom and a phone call the next day so we could all get to the rehearsal and not leave our fellow musicians hanging. Sacrificing some of the things we regard as essential in our daily lives here in these prisons for the benefit of others is not only noble and worth it but also more valuable than giving away everything you own. If you don't believe me, just try it.

As we continued to rehearse and became more familiar with our music, things got much better and some of the worry and stress turned to confidence, and we actually started to enjoy ourselves while still being serious about it. That's got to be a magical formula because the day of the event, although we had some minor glitches, everything was smooth sailing.



No system is perfect but our horn player played like he was in a bullfighter's arena, our guitar player reminded me of the Mariachis of my homeland, and our drummer drummed like never before, but the best thing was the reaction of the crowd: they paid attention and enjoyed themselves and clapped. They were actually entertained and I'm sure that they even learned something about the beautiful Hispanic culture. This fact alone has given me a purpose and the will to continue to participate in this type of events. This whole thing began as a celebration of the Hispanic culture, a way to both entertain and inform the Dixon C.C. community, but to us as musicians it soon became a class with many lessons and subjects with the biggest lesson being taught at the end of the event. We learned that no matter our circumstances. we still can and should be of service to our communities. Our community probably picked up a little Spanish (good for them), but we as musicians learned so many valuable things that have positively changed our attitudes and core values, all thanks to the opportunity to be a part of something greater than ourselves given to us by AWP Tach, Chaplain Thomas, and our celebration of the Hispanic culture. Which, needless to say, was a big success. I can't wait to see what we come up with for Christmas. I'll try to keep you posted.

**"Success is ... knowing your purpose in life, growing to reach your maximum potential, and sowing seeds that benefit others."**

***--John C. Maxwell***



# THE MARKET CORNER

## A WAY INTO THE STOCK MARKET



**By: Robert Kennedy**

Many of us have been incarcerated for quite some time. It can be very difficult to gain exposure into the stock market without someone on the outside to help us open a brokerage account, deposit our funds into it, and purchase the stocks we would like to own. This can be a huge obstacle obstructing us without the help of someone on the outside assisting us....until now!

A few years ago, a good friend of mine told me about a brokerage firm I could purchase stocks from, without the assistance of anyone on the outside. He told me how this brokerage firm would allow me to purchase stocks with money I could send off my books, directly to the firm while allowing me to establish an account in my own name. This was my way into the market! If you can identify

with any of the obstacles I've mentioned, I would like to introduce you to your way into the market by creating your own brokerage account from the institution you currently reside in. The name of this brokerage firm is: Computershare Ltd.

Computershare allows you to buy stocks through the mail, while establishing your very own account with some great companies to choose from. However, there are some rules and limitations that apply we'll need to discuss. First of all, Computershare does not offer EVERY single stock being traded on the New York Stock Exchange and the NASDAQ. You will be limited to perhaps 500 or so stock to choose from. However, here are a few of the stocks that I purchased through Computershare when I got started that I would like to share with you:



**AT&T**  
**Ford Motor Co.**  
**Microsoft**  
**Chevron**  
**IBM**

**Qualcomm**  
**Coca-Cola**  
**Intel**  
**Starbuck's**  
**Dow Inc.**

**Nike**  
**Verizon**  
**Exxon Mobil**  
**McDonald's**  
**Wal-Mart**

Each of these companys paid me dividends at the end of the quarter, which I reinvested back into the company's stock. You can choose to reinvest the funds or Computershare will send you a check at the end of each quarter, complete with a statement of your account's information. This is a very good opportunity for those of us with some time left until we are released and who have a long term investment plan we would like to pursue. This can provide an avenue for us to achieve that goal. There are many more companies to choose from. You will need to write to Computershare for a list of all the companies they have available. However, we need to discuss a few more details about the process. First of all, this is a slower process than a conventional broker online. We all know it takes time to get money sent off our books and for the check to finally arrive at it's destination. Next, there is a fee you will be charged for every transaction you make with Computershare. Usually in the neighborhood of 3 or 4 dollars per trade. In my opinion, for the service they are providing us in our current situation, it's worth it to own good stocks in the market, especially long term. It feels good to get a statement with your name on it from a Fortune 500 company that you own at mail call. It gives you a sense of accomplishment because your money is being invested. Your money will be creating wealth for you long term, instead of just sitting on your books decreasing in value, because all you can do is go to commissary with it. **Think of your future.** To get started, write to Computershare and inquire about one of the many companies I mentioned earlier or request a list of all companies they offer to invest in.



They will send you an application for every company you select, requesting some of your personal information such as your name, birthdate and social security number. When you send out a money voucher, you will need to make a note in the corner for you business office saying “**Please put individual in custody’s name and number on the check. Computershare will not accept the check without my name and number. Thank you .**” This is **crucial**. Your business office shouldn’t have a problem with this simple request, just be courteous in your note like I was, because you **need your name and number on that check!** Most companies require a minimum deposit of anywhere between **50 to 500 dollars** to get started, but each company is different, so make sure you look for that **minimum requirement**.

**Finally, be patient!** This is a **legitimate company** that will buy and sell stocks for you while you are incarcerated. This is **not** a scam. You can withdraw your money **anytime** you choose to. This is an opportunity for you to buy stocks from prison without the help of anyone on the outside and have an **account in your name**. Just remember that things being processed through the mail take time. If you are **consistent** in your purchases, in time you will receive a dollar cost average that is respectable, not to mention the joy of the dividend payments you’ll be receiving for being a shareholder. It’s up to you. **This could be your way into the market!**

I hope to catch you next time at the Market Corner!

**Computershare Ltd.**

**P.O. Box 43078**

**Providence, Rhode Island 02940-3078**

**-WARNING!-**

**INVESTING IN THE STOCK MARKET INVOLVES RISK. THE MARKET CORNER IS MEANT AS AN INFORMATIONAL TOOL, NOT AS INVESTING ADVICE. INVEST AT YOUR OWN RISK!**



## A Look at Leadership—Part 1

Over the next few volumes we will take a look at leadership. We will be pairing an article from Tony Robbins on the 13 Fundamental Leadership Qualities and some different leaders from the world of business, politics, self help, etc.

### ESSENTIAL LEADERSHIP QUALITIES 13 QUALITIES OF A GOOD LEADER YOU CAN DEVELOP STARTING TODAY Posted by: Team Tony

Think of a few great leaders you either know personally or who are known by many. They may have very different leadership styles – from friendly and democratic to authoritative. Some may display stereotypical leadership qualities like being outspoken or organized, but great leaders can also be introverts, creative types and visionaries.

Don't hold yourself back thinking that the potential for leadership is something you either have or don't. Eliminate the belief that it's something you're born with. These limiting beliefs keep you from your full potential and exist only in your head. When you dig deeper into the qualities of a great leader, you'll find that even vastly different leadership styles have many traits in common. Whether you're responsible for leading a Fortune 500 company or working to attain your personal goals, first determine what kind of leader you are. This is your foundation for developing the traits of a good leader – traits that are absolutely essential to your success. Leadership qualities will help you surmount obstacles, take risks and find ways to live joyfully and thrive even during the most challenging times.



### WHAT ARE LEADERSHIP QUALITIES?

Leadership qualities are traits that every great leader shares, from executives in the C-suite to the team leader on the sales floor. They're not dependent on your job title, pay or role. They're not dependent on your personality. They are a set of values and beliefs that anyone can adopt.





Your leadership style is unique to your set of skills, but leadership qualities are something all of the best leaders have in common. Understanding this and then working to cultivate your leadership qualities is the best way to become the leader you need to be to reach massive success. So what are the traits of a good leader? To answer this question, first consider what defines leadership.

A dictionary definition of leadership includes being in a position of governance or control over people or an organization. True leadership digs deeper into the nuances of what it means to be in charge. When you're running a business you're leading people, and that means you must develop people skills on top of your business know-how.

To be an effective leader, you must be able to consistently interact with your staff, colleagues and clients to achieve your goals. Great leaders don't force collaboration – they invite it. As Apple's Steve Jobs famously said, leadership is about inspiring people to accomplish what they thought they couldn't do, whereas management is about persuading people to do what they never wanted to do.

## 13 FUNDAMENTAL LEADERSHIP QUALITIES

What are the qualities of a good leader? Leadership isn't something people are born with – it's a skill that can be cultivated over time. When you're able to develop strong leadership attributes, you're positioned to inspire your entire team. Here are 13 basic leadership qualities that everyone can refine in order to be a more productive leader.

### 1. CONFIDENCE

True leaders are confident and know they can think – and act – outside the box to take their companies to the next level. They know that leadership qualities like openness, emotional agility and resourcefulness are often more important than being able to make a sale or wow a group of investors.

How does one display the confidence necessary to be a good leader? More than half of human communication comes from nonverbal cues. Know how to set the right tone as a leader by letting your confidence show. Confident leaders win over and inspire others because everyone else wants to embody confidence, too. Practice strong nonverbal communication by standing tall, making eye contact and learning to control your fidgeting. When you appear confident – even if you don't feel confident – others will be more likely to follow your lead and believe in your authority.



Come back to our next volume for quatiles 2 and 3

Check out the whole article at: [Top 13 leadership qualities that define great leaders \(tonyrobbins.com\)](http://Top13LeadershipQualities.com)



## Gary Vaynerchuk (AKA Gary Vee)

Here is a quick look at the biography of Gary Vaynerchuk from his website.

### BIOGRAPHY

Gary Vaynerchuk is a serial entrepreneur and serves as the Chairman of **VaynerX**, the CEO of **VaynerMedia**, and the Creator & CEO of **VeeFriends**. Gary is considered one of the leading global minds on what's next in culture, relevance, and the internet. Known as "GaryVee," he is described as one of the most forward thinkers in business – he acutely recognizes trends and patterns early to help others understand how these shifts impact markets and consumer behavior. Whether it's emerging artists, esports, NFT investing, or digital communications, Gary understands how to bring brand relevance to the forefront. He is a prolific angel investor with early investments in companies such as **Facebook**, **Twitter**, **Tumblr**, **Venmo**, **Snapchat**, **Coinbase** and **Uber**.





# NO-SHAVE NOVEMBER

## What Is No-Shave November and What is Movember?

I have been asked numerous times over the last 10 years in November when am I going to shave. And in keeping with the purpose on No Shave November I always took it as an opportunity to discuss prostate cancer. When asked did I think something should be in **KH** about No Shave November I responded hell yeah.

Have you noticed that each November, there seems to be a little more facial hair around? Maybe a typically clean shaven co-worker starts showing up to work looking like Grizzly Adams? Or perhaps you've noticed a friend suddenly sporting a handlebar mustache? It's no coincidence; your friends are likely taking part in No-Shave November or Movember.

While both involve growing facial hair for the entire month of November, No-Shave November and Movember are actually a little different from one another. So, what is No-Shave November? What is Movember? And how can you get involved in the hairy fun? Let's find out!

## Origins of No-Shave November and Movember

### What is No-Shave November?





No-Shave November was a Facebook campaign started in 2009 by the sons and daughters of a father who had passed away from colon cancer. The idea was simple: grow a beard to raise awareness about cancer.

This grassroots movement quickly caught on, eventually garnering the attention of the American Cancer Society, which is now a partner.

Today, No-Shave November is an organization that encourages people to forgo shaving for the month of November. This includes both men *and women*.

How does all this hair help cancer? Well, in addition to general cancer awareness, at the end of the month, No-Shave November asks participants to donate all the money they saved on razors, shaving cream, and other grooming products to the American Cancer Society. Not a bad deal!

## **What is Movember?**

Movember is similar to No-Shave November, and actually predates it by a few years. Movember began back in 2003. A group of men in Melbourne, Australia, decided they would each grow a mustache for 30 days in order to raise awareness for prostate cancer and depression in men. The group would go on to found the Movember Foundation charity.

The idea behind Movember is also pretty simple. Grow a mustache (and a mustache only). When people ask you about it, you can use it as an opportunity to have a conversation about men's health issues, like prostate cancer. People are also encouraged to donate to charities that help.

Movember is a portmanteau of the Australian-English diminutive word for mustache, "mo", and "November". The organization has campaigns in 21 countries, and has expanded to also include men's mental health and men's fitness.



## How Can I Participate?

The best part about No-Shave November and Movember is that it is actually easier to participate than not to. I mean, does anyone really like shaving? It's painful, time consuming, and generally just a hassle.

If you do plan to partake in either, it is best to start off with a nice, clean shaven face for the 1st of the month. For those growing a mustache, remember to use your new furry friend as an opportunity to talk about men's health. You can also raise funds, too. Just make sure to keep that mustache on point.

For No-Shave November, let that body hair grow everywhere. Put those grooming materials away for the month, and channel your inner mountain man. Any money you save by not shaving can then be donated to charity. It might not seem like much, but imagine if everyone did it? Sometimes, a little can go a long way.

But what if you can't grow facial hair? That is totally okay. Not all beards are created equal. Grow what you can, and embrace your patchy, unique beard or moustache.

## Why Is Prostate Cancer Awareness Important?

Did you know that prostate cancer is one of the most common types of cancers in the U.S.? It is estimated that 14% of all new cancer cases are prostate cancer. It is also estimated that 29,000 people will die of prostate cancer this year, or about 5% of all cancer deaths.

Other than skin cancer, prostate cancer is the most common cancer in American men. About 1 man in 9 will be diagnosed with prostate cancer during his lifetime. Prostate cancer can be a serious disease, but if caught early, is usually treatable. That is why it is so important for older men to know the facts and get checked routinely.





# THE HISTORY OF THANKSGIVING

America's Thanksgiving holiday, born in the 1500s, mythologized in 1621, and observed even during the bleakest hours of the Civil War, now stands as one of the nation's most anticipated and beloved days — celebrated each year on the fourth Thursday in November (November 24, 2022). Perhaps no other nonsectarian holiday has more tradition. Family, friends, food, and football have come to symbolize Thanksgiving — a rare celebratory holiday without an established gift-giving component. Instead, the day urges all of us to be grateful for things we do have.

This story doesn't necessarily start with Pilgrims. Evidence shows that Spanish explorers and settlers held thanksgiving services during the late 1500s in what is now Florida and New Mexico. Thanksgivings also took place in what became the Commonwealth of Virginia as early as 1607, with the first permanent settlement of Jamestown holding a Thanksgiving in 1610.

## **The 'First' Thanksgiving**

It wasn't until a decade later that the Plymouth settlers, known as Pilgrims, arrived in the New World. They celebrated at Plymouth for three days after their first harvest in 1621. The gathering included 50 people who were on the Mayflower (all who remained of



the 100 who had landed) and 90 Native Americans. The feast was cooked by the four adult Pilgrim women who survived their first winter in the New World, along with young daughters and other servants.

### **Revolutionary Times**

During the war, the Continental Congress appointed one or more thanksgiving days each year, each time recommending to the executives of the various states the observance of these days in their states. George Washington, leader of the revolutionary forces, proclaimed a Thanksgiving in December 1777 as a victory celebration honoring the defeat of the British at Saratoga.

The Continental-Confederation Congress, the legislative body that governed the United States from 1774 to 1789, issued several “national days of prayer, humiliation, and thanksgiving.” This would eventually manifest itself in the established American observances of Thanksgiving and the National Day of Prayer today.

In 1789, New Jersey congressman Elias Boudinot proposed that the House and Senate jointly ask President Washington to proclaim a day of thanksgiving for “the many signal favors of Almighty God.” Washington then created the first U.S. government-mandated Thanksgiving Day. It read in part: “Now therefore I do recommend and assign Thursday the 26th day of November next to be devoted by the People of thee States to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be.”

The holiday would remain inconsistent for decades.

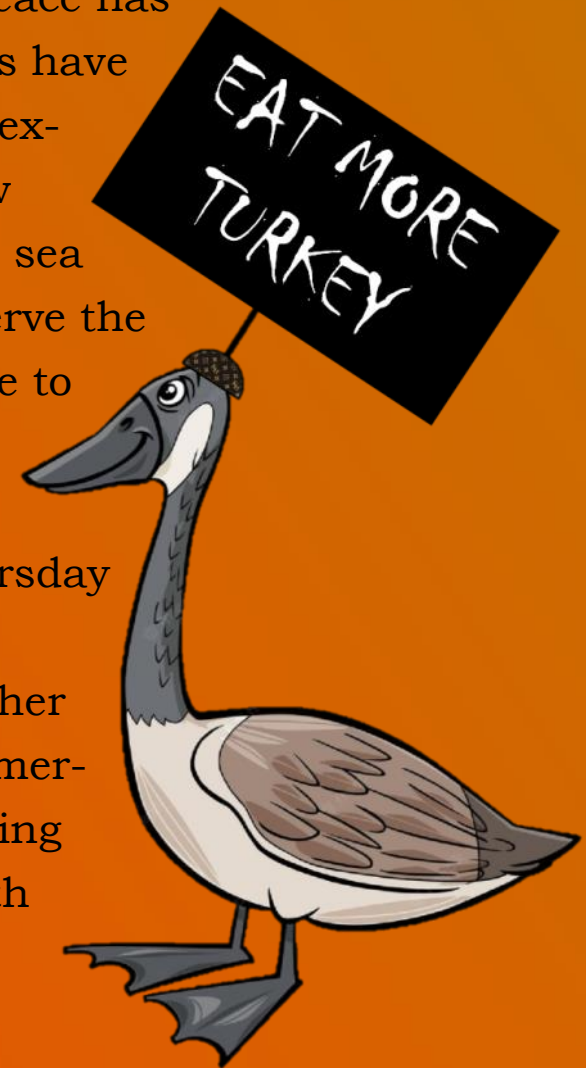


## Civil War Era

President Lincoln proclaimed a national Thanksgiving Day in 1863, to be celebrated on November 26 — the final Thursday of the month. Secretary of State William H. Seward wrote the proclamation that read in part:

“In the midst of a civil war of unequalled magnitude and severity, which has sometimes seemed to foreign States to invite and to provoke their aggression, peace has been preserved with all nations, order has been maintained, the laws have been respected and obeyed, and harmony has prevailed everywhere except in the theatre of military conflict. “I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens.”

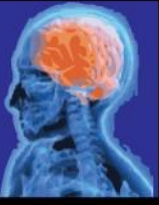
The U.S. has observed Thanksgiving ever since. Future presidents followed Lincoln’s example of annually declaring the final Thursday in November to be Thanksgiving. But in 1939, President Franklin D. Roosevelt declared November’s fourth Thursday as Thanksgiving rather than the fifth one. FDR thought an earlier Thanksgiving would give merchants a longer period to sell goods before Christmas — and help bring the country out of the Depression. A 1942 law — making the fourth Thursday a federal holiday — has stood ever since.







# MENTAL HEALTH



## THE STAGES OF CHANGE

The following is a brief summarization of the Transtheoretical Model of Change (TTM). The TTM is a model for change, not a method. The usefulness of this model is that it offers a theory for positive behavior adoption, a way to really engage and build upon successes thereby truly internalizing healthy, positive behaviors.

### **Stage 1: Pre-contemplative Stage**

- No awareness of a need to change. Characterized by a state of denial or ignorance.
- EXAMPLE: Doing 3 bits and not realizing it might be my choices that have lead me here.

### **Stage 2: Contemplative Stage**

- Questioning our own contribution to our unhappiness. Characterized by being conflicted and ambivalent.
- EXAMPLE: Asking myself “could it be the choices I’m making?”

### **Stage 3: Preparation Stage**

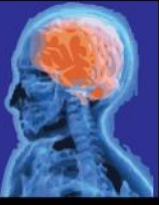
- Information is gathered pertaining to what is necessary to change followed by experimentation and small changes (baby steps).
- EXAMPLE: Taking small steps such as meditating for 5 minutes a day or counting to 10 before bugging up on anyone who irritates you.

### **Stage 4: Action Stage**

- Characterized by setting smaller goals in furtherance of achieving larger long-term goals.
- Setting up systems (Behavior Modification Programs) that address negative cognitive distortions such as rehab or outpatient treatment.



# MENTAL HEALTH



- Actively engaged in making the change.
- EXAMPLE: Understanding the needs that you have and taking classes or going to groups that address those needs, i.e. anger management, AA/NA, etc.

## **Stage 5: Maintenance Stage**

- Continuing to practice the systems and behavior that have been effective.
- EXAMPLE: Attending weekly meetings, continuing with therapy sessions.

## **Stage 6: Termination Stage**

- Ceasing to practice the systems that lead to the change occurring due to the fact that the change is now concrete.
- EXAMPLE: Formally concluding your relationship with your therapist, or whatever system you had in place, graduating from your class-(es), ending your parole etc.

## **Stage 7: Relapse**

- Returning back to a previous unhealthy behavior or substituting a new unhealthy behavior for a changed behavior
- EXAMPLE: You learned how not to smash every honeybun commissary has ever sold, however now your go to move is to overindulge in foot-long burritos everyday.

**These are the stages of change as we understand them, in the next couple of volumes **K.H.** will take a bit of a deeper dive into the different stages. We hope to tackle the first three (or four maybe) stages next volume to try and show how we can make an understanding of these stages an effective tool in our strategies toward making positive, healthy changes in our lives.**



# BRAIN FACTS

## BRAIN FUNCTIONS AND THE SENSES, PART 1

### Fun Fact

You can survive an average of three to four days without water, but you can go up to two months without food in certain circumstances.

### Hunger

There are two types of hunger. Hedonic hunger involves eating food - particularly foods high in fat, sugar, and salt - when we are already full, while homeostatic hunger is a response to our energy stores depleting. Once food has passed through the stomach and intestines, the now-empty stomach releases a hormone called ghrelin. This acts on neurons in the hypothalamus to tell us that we are hungry, prompting us to eat. A hunger-inhibiting hormone called leptin is then released by adipose (fat-bearing) tissue to stop us from overeating.

### Feeling Hungry

The brain, digestive system, and fat stores form an interconnected system that regulates our feelings of hunger. The sensation of hunger can be caused by internal factors, such as our stomach being empty or our blood sugar levels falling, or by external triggers, such as seeing or smelling food.



## 1 Empty stomach

Once the stomach has been empty for around two hours, levels of sugar and insulin in the blood decrease. This causes the stomach to produce the hormone ghrelin.

## 2 Urge to eat

Rising levels of ghrelin instruct the hypothalamus to release a chemical signal called neuropeptide Y, which stimulates our appetite.

## 3 Signals from the pancreas

After we have eaten, the small intestine releases the hormone incretin. This, combined with the stomach stretching and increased glucose in the blood, causes the pancreas to release insulin.

## 5 Feeling full

Signals that leptin and insulin levels are increasing stimulate the hypothalamus to produce the hormone melanocortin, which makes us feel full.

## 4

## Signals from adipose tissue

To prevent us from overeating, adipose tissue cells release a hunger-inhibiting hormone called leptin, which travels to the hypothalamus.



BRAZILIAN

# 1



It's not easy to figure out who's who when the Brewer family gets together. The brother of Nick's uncle Manny is named Mark. Lisa's grandparents are Nick's parents. Mark is married to Lisa's grandma. The children of Angela's daughter Sandra are named Lisa and Sasha. So who is Angela's brother-in-law?

1.) Answer: Manny is Angela's brother-in-law.  
 2.) Answer: A spare tire.  
 3.) Answer: Noon  
 4.) Answer: James and Paul are the two liars.

# 2



What four letter word can be written forward, backward, or upside down, and can still be read from left to right?

# 4



Which tire doesn't move when a car turns right?

# 3



Mr. Jenkins is trying to find a butler he can really trust. Out of the four candidates, James, Hudson, Paul, and Steven, he knows that two are honest and the other two are compulsive liars. From what each one of them says, can you work out which two are the liars?

JAMES: "Neither Paul nor Hudson tells the truth."  
 HUDSON: "If Steven is a liar, then James is trustworthy."  
 PAUL: "If, and only if, James is not an honest person, then Steven, too, has a rather loose attitude to the truth."  
 STEVEN: "What Paul said is untrue."



“WHEN WE FOUND OUT ‘THE MARKET CORNER’ WASN’T GOING TO BE IN THE NEXT FEW ISSUES!”  
-BENNY ‘BYRD’ BAKER  
@TAYLORVILLE



“WHEN THE C/O YELLS OUT ‘YARD IS CANCELLED!’”  
-BREON DAVIS @GALESBURG



“WHEN YOU HAVE NO FOOD IN YO BOX, AND YOU MISS LUNCH AND THEY TELL YOU CANNOT GO TO MAKE-UP CHOW.”  
-RYAN ALEXANDER@CENTRALIA



“WHEN YO HOMIE COMES BACK AFTER GETTING OUT ON PAROLE AND ASKS, ‘YOU STILL GOT THOSE BIG HEADPHONES I GAVE YOU? YOU KNOW THEY DON’T SELL THEM NO MORE.’”  
-AMBER ‘COCO’ CANNELLA @LOGAN



“WHEN YO HOMIE COMES BACK AFTER GETTING OUT ON PAROLE AND ASKS IF YOU STILL GOT THEIR PERSONALS?”  
-AMBER ‘COCO’ CANNELLA  
@LOGAN



“WHEN THE MENU SAYS PORK AND CORNBREAD, BUT YOU GET TO CHOW AND IT’S GOULASH.”  
-AMBER ‘COCO’ CANNELLA  
@LOGAN



“YARD IS CANCELLED AGAIN TODAY,” “WHAT YOU TALKIN’ ABOUT WARDEN?”

JEFF CRABTREE  
@GALESBURG

“WHAT’S IN THE MEAT-LOAF?”

JEFF CRABTREE  
@GALESBURG

“YOU TELL EVERYONE YOU’RE GOING TO DIET AND EXERCISE EVERYDAY”

EVERYONE ELSE:

CARLOS BERRUM  
@LAWRENCE



“BRO YOU GOT A MACKEREL?”

“NAW BRO”

“WHAT’S THAT SMELL THEN?”

ZACHARY MARTINEZ  
@ILLINOIS RIVER

As you can see, we have gotten a few submissions for the meme caption request. Our sincerest thank you goes out to everyone who sent us something, we are accepting more submissions, we just wanted to get some out there, maybe to inspire someone else to drop a new submission. We really enjoyed all the captions, there were some that couldn't get past the censors, sorry... still funny just not appropriate. If you have a new idea send it to us, if you have ideas for different memes send us those ideas too! We are going to publish them as often as possible assuming we can get 6 or 8 together at a time.

**-K.H.**

# ADVENTURES OF J-DAWG





# HOROSCOPES



**Aries:** Hopefully you have spent time working through any financial issues because this week brings a full moon eclipse in your money zone. If you have your cash ducks in a row, this can be the time that you turn everything around in terms of your incomings and outgoings.

**Translation: It's the holidays again, don't jag that money so quick and it could last you until next holidays season.**



**Taurus:** The full moon eclipse is in your sign this week. Think of yourself as a chrysalis about to transform into a beautiful butterfly. That might sound a bit fanciful but truly, with the eclipse this week, anything is possible if you believe in it. Dreams really can come true!

**Translation: a new year is coming soon, maybe the person you miss the most will drop you a message.**



**Gemini:** The past few weeks have been all about your daily routines and whether or not you're looking after yourself. This week's eclipse adds to the picture. You need to find a balance between all your duties, versus your need for peace.

**Translation: Self-care is health care, do mental health stuff for realz yo.**



**Leo:** Once a year you get a reminder to find a work/life balance - and this year you're getting it with bells on! Seek a balance between everything you need to do to earn a living and what you need to do privately to have a personal life!

**Translation: New year, new joint, new cellie, new attitude, NEW YOU!**



**Virgo:** Are you suffering from grass-is-greener syndrome? In other words, are you always thinking that things would be better if “X” happened, or you lived somewhere else, or things were different, or that other people seem to have it easier, etc.? Focus on what’s good and more good will follow!

**Translation: If happiness is always in the next event, the next relationship, the next joint, or the next whatever, then happiness will never be where you’re currently at! Try being more grateful.**



**Libra:** Guess what? This week brings an eclipse in your love zone. So it’s time for you to move on from the past. Whatever you’ve been through. Or whatever has happened between you and your beloved, or you and your ex, just let it go. A new love day is dawning.

**Translation: Your homie got someone new on the pen pal side and guess what? There is room in the car for you too!**



**Scorpio:** It’s time to move on from money issues, in particular in terms of how your money is tied up with someone else. I’m referring to your income, rather than your debts and loans. Get financially smarter.

**Translation: It’s time you realize that you’re terrible at poker. Step away from the table.... No you cannot borrow \$5!**



**Sagittarius:** Focus on your mental health this week. What keeps you up at night and how can you work through it? Use the power of the full moon eclipse to forgive anyone you feel has done you wrong - ever. Also forgive yourself for anything you’ve done that you regret.

**Translation: Forget the moon, just read **KH**’s mental health section and actually do that shit!**



**Capricorn:** Upsets you've had with a friend could magically be fixed up now. But ask if you're getting as good as you're giving, friendship-wise. Learn your lessons. For some, there's exciting news to do with a lover, a child (your own or someone else's) or a creative project. Have some fun.  
**Translation: Don't go for that fake-ass kick-it ticket, fake shit is fake shit, don't take L's (losses), instead learn lessons!**



**Aquarius:** If you've been very focused on your work life but you know that changes are needed at home, or that you need to invest some emotional energy into your family or roommates, this full moon eclipse will help you. In fact, things can happen quite quickly. Tend your nest.  
**Translation: Clean your hut, going to your job assignment all day, everyday is no excuse for living like a slob.**



**Pisces:** There's a strong tug of war between where you are and where you want to be. Perhaps the most important lesson is that you need to make the most of whatever is going on wherever you are.  
**Translation: Does this need a prison translation? C'mon, make the best of your situation, self is the best teacher, if the worst comes to worst you can learn from books, work your number!**



**Cancer:** This week brings a full moon eclipse, so expect to be extra emotional. Try not to let it get to you! It's also a very good time to ask if you're getting as good as you're giving from your friends and vice versa. A long-held dream can come true now.  
**Translation: It sounds like you finna be in your fee fee's bro bro!**



# STATEWIDE CALLOUT

Everyone here at Horizons would like to take the time to express our sincerest gratitude for all of the viewers, supporters, and participants of **Kewanee Horizons**. Our approach is different from other material that has been of benefit to us all, especially in regards to highlighting the successes of our fellow peer's, as well as highlighting the fact that we have an outstanding amount of friends, family, and loved ones that contribute to our overall success. Horizons is more than just a platform for us to use to spread content throughout I.D.O.C., it's also valuable to us all to show that we are indeed a community made up of "real" people, striving to make it through this journey. With Horizons, we are experiencing amazing things. Things that weren't the norm just a few years ago, and that's the evolution of "US", (the incarcerated individuals), and our desire to spark an already contagious thing, which is a change in the utmost positive direction. Change begins with us, and that's exactly what's been shown, as well as proven.



Being able to see some of the Peer led groups is something that is a blessing for us all. For so long, some of us didn't have the courage to teach what we knew, and quite possibly, the issue was that we didn't know what we knew would help anyone. Kewanee doesn't make Horizons, we "ALL" make Horizons. It's about all of us. The things we do during this incarceration not only impacts us, but our community as well. If we want people to believe in us, we first have to believe in ourselves. The entire Horizons team is honored to be able to be a voice for some of those that feel that you don't have one. Our focus is on positivity and how any occurrence that you've encountered since being incarcerated has impacted you in a positive way. Our driving force is positivity with a Restorative Justice mind-set. We don't look to focus on anything negative, we don't want anyone dwelling on yesterday's bad decisions, we want everyone focusing on tomorrow's goal of productivity, positivity, and finding ways to help one another in the best way possible. Please don't shy away from submitting your article to Horizons. WE WANT TO HEAR FROM YOU!

**-KH TEAM-**





## **MAILING US SUBMISSIONS**

The address for **Kewanee Horizons** is:

Kewanee Horizons Editor, KLSRC  
ATTN: EFA Mr. Warnsing  
2021 Kentville Rd.  
Kewanee, IL 61443

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

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

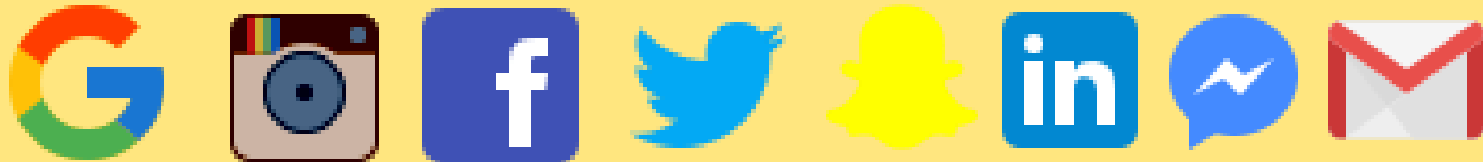
**KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!**

**[doc.kewaneehorizons@illinois.gov](mailto:doc.kewaneehorizons@illinois.gov)**

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## BIG ROB'S ROOFING CLASS


Welcome back community to another lesson from Big Rob's Roofing class. So lets get started with Lesson Five. This time we are talking about:

### 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.


Plywood and non-veneered panel products, such as oriented strand board (OSB) and composite panels, are used for Roof sheathing. When OSB is used for roof sheathing, the stamped face should be faced down with the rough side facing up. Structural insulated panels (SIPs) may also be used for roof sheathing. Structural insulated panels consist of a thick layer of rigid foam insulation pressed between two OSB or plywood panels. SIPs are commonly used with exposed-beam roofs, but may be used with most construction methods. Space-board sheathing may also be used for roof sheathing. Typically, space-board sheathing is used as a base for certain types of roof shingles.

Panels are placed with the long dimension parallel to the roof ridge and at a right angle to roof rafters. When nailing panels to the roof, ensure the first row of panels is in a straight line. Since the end joints of panels should be staggered, start the second row with a half panel. Roof sheathing panels should be continuous over two or more rafters.



**See how the guys at Kewanee LSRC are learning about roofing on Kewanee Horizons!**

**#kewaneehorizons**



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## CAN YOU DIG IT?

### Horitculture 101: How to dig a new flowerbed

Kewanee's Peer-Led Horticulture Class took advantage of the recent beautiful weather to beautify the grounds and learn how to construct a new flowerbed from scratch. We were recently blessed with a donation of perennial starters and mulch. As a class, everyone's chipped in to turn over a corner of the lawn, we then removed the sod and brought in soil from the garden via wheelbarrow since the existing soil was a dense clay texture. We then planted the varieties of divided perennials that we had on hand (Lily, Hostas, Purple Coneflower, Iris, and Peony) and left some room in order to plant annuals in the spring. Perennials are flowers that regrow year after year as opposed to annuals whose lifecycle lasts only one season. Perennial tops die back to the roots and go dormant during the winter and then regrow in the spring. They can be divided and transplanted in the fall which is what we did.



**See how the guys at Kewanee LSRC are beautifying the campus and learning about horticulture on Kewanee Horizons!**

**#kewaneehorizons**

