



**KEWANEE**



**HORIZONS**



**VOLUME 18**



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WHITE=KEWANEE CONTRIBUTOR  
YELLOW=OTHER FACILITY CONTRIBUTOR

# RESTORATIVE JUSTICE

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

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

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

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

Merriam-Webster's Collegiate Dictionary Eleventh Edition

# MISSION STATEMENT

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

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

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



# THE POWER OF THOUGHT

*By: Zachary Martinez @ Illinois River C.C.*

My name is Zachary Martinez. I believe Horizons could truly help change the mood, the atmosphere, and the thoughts of the people around us. Thoughts are moving forces, thoughts are very powerful. Thoughts of happiness will attract happiness, if you make up your mind that today is going to be a good day, that energy will come to life. I work on that kind of thought and energy everyday because in a place like this, it's designed to keep you confined in a small room, which will break you down mentally, physically, and spiritually. I believe that us individuals in custody can't afford to waste thoughts of resentment towards individuals or circumstances because every idle thought will subtract a definite amount from our success and who we want to be as a person.

Today, as a man or woman, we have to be in control of our destiny and concentrate our thoughts on what we want to manifest for ourselves. I know that may be hard for the ones that will never see freedom again; that's why us as human beings don't deserve long

harsh punishments. We all make mistakes and yesterday doesn't define who we are tomorrow. The people that have actually been through this has the better ability to reach the younger generations. By sharing their story and giving insight to the reality of being stuck in the prison system because of poor decision making.

Instead of locking us away and getting rid of us, use our experience and our voice to reach the community and the youth. A parole board hearing for offenders with a lot of time in the state of Illinois could make a huge impact by giving the offenders who truly have changed their morals, behavior, and criminal thinking, another chance. This ex-offender could assimilate the people around him to be a better product of their environment. I know that I'm only one individual, but I would like to be a voice for the ones whom may never get heard again. Thank you for taking the time to read my story. I pray that this may reach the hearts of the people who could make a difference in our prison system and our community.

**"Success is not final, failure is not fatal: it is the  
courage to continue that counts."**

**- Winston Churchill**

# *A Life Long Quest*

**By: John Martin @ Centralia C.C.**

My name is John Martin and I have been locked up 29 years for a murder that I committed while under the influence of drugs and alcohol. I am serving a natural life sentence with two 30 year terms of imprisonment ran consecutively to the life sentence. When I committed my crime in 1993, my drug and alcohol intake was so extensive that I could barely formulate a sentence. For the first six months I was locked up I was in a total daze: that's how much damage I had done to my brain. Once I could think clearly, and had no chemicals to dull my senses, only then did the realization of the horrific act I committed become clear to me. I was so ashamed of myself that I



could not look into a mirror at myself for years. I couldn't live with what I had done. So, I threw myself into religion and involved myself in all the drug, alcohol and anger management classes I could take, not in hopes of "going home one day" or to have a neat certificate I could staple to the back of a clemency petition one day...I needed God and I needed those classes so that I could live with myself. Until I could be proud of the man I saw looking back at me in the mirror, I couldn't even attempt to give back to the victims of violent crimes, my community, or the world. To be clear: I will never be able to give back what I took from this earth in 1993 in this lifetime or the next...but that doesn't mean I'll ever stop trying.

The opportunity to give back has come in many ways, shapes and forms over the years, but the pandemic offered me the greatest opportunity. While I was at the Pontiac Correctional Center's Medium Security Unit, I played keyboards for the choir, and was the praise and worship leader for the weekly Celebrate Recovery Inside program. (When they closed Pontiac MSU in February, I was transferred to Centralia where I played keyboards, bass guitar and sang for our awesome praise and worship band and choir.) When the pandemic robbed the world of our ability to attend church services or go to Celebrate Recovery Inside meetings, I felt like the world needed a place to enjoy, share their experiences with the power of music. I know first-hand the healing power of music and the restorative effect Christian music has had on my life, and how it has changed the lives of so many affected by prison and/or substance abuse. So, with the help of a



friend who hooked me up with a web designer and graphic artist (both of whom had the time on their hands due to stay-at-home-orders), I created *Solafide Jam Music Ministry* ([solafidejam.org](http://solafidejam.org)). It is a non-profit music ministry that I like to call the Christian answer to Rolling Stone Magazine. It is a ministry directed at anyone whose lives have been affected by prison, drugs, alcohol, sex abuse (or any hurt, habit, or hang up) where the healing power of Christian music got them through the storm. My main goal was to win souls for Christ, but I also realized that if I could keep one person out of prison, or make one person think twice about doing the unthinkable, or brighten one person's day with a song, I would count it as a success. The website has my testimony, sermons I have written over the years, videos, tips for praise and worship leaders, and piano lessons. January 2023 will mark the third year of *Solafide Jam*. It is viewed in 40 different states and seven different countries, including Pakistan and China. From the feedback I always receive, it seems like I was able to bring a little bit of joy to some people's lives.

One of my favorite quotes comes from the late Senator Edward Kennedy who once said, "Redemption is a life-long quest." These are words that all of us who have hurt someone should live by. I'll probably never get out



of prison, but that didn't mean I shouldn't try to be the best version of myself. I have to look in the mirror every day for the rest of my life in OR out of prison. And we may never be able to fully give back what we took in this life or the next...but we have to spend the rest of our lives trying.

You see, at the end of the day, after we earn all of our "good time" and collect all of our certificates of accomplishment, and dutifully attend all of our drug, alcohol and anger management classes, that is just not to fix yourself for the sake of it. That is so you can fix yourself so you can put yourself in a much better position to try to fix the damage we did in the past.

So, I urge you, brothers and sisters, while you sit in these cells, rooms, and dorms, if you have something to give back to this world, give back freely and wholeheartedly. Do this regardless of how insurmountable that debt may be and regardless of what your outdate is or isn't. You don't have to wait to go home to give back. God knows your heart. God knows your heart.

Stay Prayed Up,

## John Martin

Founder, Solafidejam.org



# 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.

# SPOKEN WORD 101

By: Carlos McDougal

## **Greetings and welcome to Spoken Word.**

First I would like to thank Kewanee's administration, the officers, and staff members who work tirelessly to help us reach our full potential.

Today we're going to discuss the importance of the first class. Once everybody shows up, thank them for having the courage to step outside their comfortability. Encourage them to be open to the process but know that if you have an idea, let it be known.

The first hurdle you have to jump is getting these men to open up to strangers. So what do you do? The answer to that question may vary depending on who you ask. But we came up with being vulnerable (remember) you're already being vulnerable with yourself and now you've taken the next step in being open to the idea of being vulnerable with your community, that's why you signed up for the class.

Now once you have a clear understanding on how to move forward, it's time to rock & roll. Now you can choose whatever piece you want, but before you spit that particular piece, ask yourself: is this powerful enough to move these men to be open? If it is, the group will feel as if they've been in your shoes which, in most cases, that is true. Thus, further



encouraging them to let their guard down now that you've exposed your innermost thoughts and feelings.

The flood gates will open and these men will be comfortable enough to let those thoughts, emotions, and feelings come to the surface. You may be wondering how will you know if your spoken word has broken the proverbial ice? Well, it's quite simple, the moment will come when the stern looks have softened and they're looking around to see if anybody else felt how powerful your words were and their hands began to rise to engage in a Q & A.

Once the floor is open for dialogue, make sure you, the peer leading this class, doesn't take the most time talking. Let the group have the floor but there must be order. Now this could be an opportunity for someone in the group to spit an original piece and who knows, you may have inspired someone to write a spoken word for the first time. The possibilities are endless. The power of words is a wonderful thing. For those of you who have the ability to create a world within your words, I urge you to step outside your comfort zone, the reward will be more than you could imagine.

**Until next time!**

**"People who succeed have momentum. The more they succeed, the more they want to succeed, and the more they find a way to succeed. Similarly, when someone is failing, the tendency is to get on a downward spiral that can even become a self-fulfilling prophecy."**

***--Tony Robbins***

# Adversity

By: Tayrod Fields

**Adversity: a state or instance of serious or continued difficulties or misfortunes.**

Adversity is a word that has stuck with me for my entire incarceration. Even though I have been faced with adversities long before I came to prison with things such as poverty, violence, drugs, racism, and death; it wasn't until I came to prison when these adversities became magnified. All of these, along with the adversities I have been met with in prison, I became tired of accepting these situations as losses. In life, we all face adversities. Although our stories may be different, adversity at its core, is something that we all have in common. These adversities we face give us strength and allow us to grow. It was only through my experiences in prison when I started to realize that when you fight through these adversities that there is a blessing waiting for you. I know that adversities can be overwhelming and at times you feel helpless. I spent my entire life blind to the power that I possess in times of adversity. That is the power to choose how I deal with adversity. So next time you are met face to face with adversity, I encourage you to choose perseverance.

# S.T.R.E.N.G.T.H.

By: Tiiyon T. Byrd

**Strive:** to make great efforts; try very hard (to strive to win).

**Think:** to form or have in the mind. To use the mind for arriving at conclusions, making decisions, or drawing inferences.

**Re-claim:** to demand the return of; try to get back.

**Envision:** to imagine (something not yet in existence) picture in the mind.

**Normalize:** to make normal; to bring to the natural, or usual, state.

**Give:** to produce in a person or thing; cause to have. To offer. To relay or pass along.

**Tackle:** to undertake or solve (something difficult) (to tackle a job).

**Humble:** to lower in pride; make modest or humble in mind.

**Striving** to be our best of selves is the driving force that delivers us to our success. When we envision ourselves, (future-tense), we must realize that immediate success, or gaining success, isn't possible without making great efforts to achieve the goals set-forth in order to reach "success". Utilizing the time spent behind these prison walls to better understand "success", and how to reach "success", is vital to us all.

The very same people that we watch on television, and are envious of their lifestyle, we often fail to realize that all of the things they have is because they put forth the effort it takes to become successful. Instead of being envious, we need to take that as motivation. For some, things in

life come easy, and for others, we must strive to make it happen. One thing that I can tell you for certain is that if you truly put your heart into something, give it your all, the end result when you do become successful, is a sense of pride that is earned, not given.

**Thinking** of where you want to be in life is the small pebble that is the beginning of your road to success. Nothing in life suddenly appears out of nowhere. Everything has a beginning; a start. Putting your plans/goals on paper may sometimes sound like a waste of time, however, nothing that pertains to how you're going to reach your success in life is a waste of time. Having goals, and keeping track of those goals, is a constant reminder for you to stay the course, never allow yourself to get side-tracked with frivolous activities that will throw you off.

**Reclaiming** who "you" are as a person is one of the most important things to take heed to. Along the way during our times of ripping and running the streets, we've lost sight of who we were before all of the chaos. I'm quite sure that none of us woke up one day and suddenly had the bright idea to become a criminal. Life sometimes throws things at us that we either catch gracefully, or we fumble horribly. The beauty in that, is having the ability to correct our faults, and or, wrongdoings. Reclaiming your individuality, your self-identity, is vital if your aim is to truly be successful.

**Envisioning** your future is necessary for you to set realistic goals that are achievable. By no means am I saying that anything isn't possible, but at the same time, be real to yourself. For example, you can't have a vision of being a senior accountant if you have no experience as an accountant to begin with. Make simple goals and set out to achieve those goals. Show yourself that you are indeed capable of putting forth the effort to get to where you want to be in life. A lot of times we may have full intentions of doing things, while at the same time not being mindful that we may have put too much on ourselves, which can often times become stressful and leave us unmotivated. Envisioning your success will help you map out the road to "your" success.



**Normalizing** your behavior so that you're not feeling "institutionalized" is another vital tool for your success. Being incarcerated for any amount of time, we are accustomed to adapting to our environment and we adopt certain behaviors that aren't usually normal. We are a world, within a world, with our own set of rules and ways to live, which most of the time is incorrect. For instance, when in life has anyone ever cared about how shiny their sink is? That's one of the things that I became obsessed with, and still, to this day I can't believe I really gave a damn about keeping a sink dry and shiny. When have we ever called eating breakfast, lunch, or dinner, chow? Some of us are so far gone in prison terminology that it's sad. Getting back used to, (normalizing), the way we speak, think, and go about everyday life is what we need to focus on as well. There is a wonderful instructor here at Kewanee (Ms. Rowan), who challenges all of us here to call one another by our "ACTUAL" name, our birth-given name. For some of us, that has proven to be difficult because it's not what we're used to. I haven't heard my actual name in so long that it felt weird when I heard someone say it. Point is, it shouldn't be that way. Some of us feel that people that don't know us, don't have the right to call us by our name, which I completely understand. Our names are considered "personal", and for some of us, that's all we have that we can keep private. Realistically, we need to get out of that mind-set. In the real world, unless you're already set in life, nick-names isn't going to cut it, neither will prison-slang, or the behavior.

**Giving** back to your fellow peers, your community, or just in general, is what I hope everyone has the full intention of doing. Everything that we endure in life, every obstacle that we've overcome, every failed attempt to do something, has all been learning experiences. What we learn from our mistakes can be passed to others so that they hopefully won't have the same experiences. Being able to contribute to someone else's success is rewarding for the soul. Your intention should not be go gain recognition, but to be genuine when you contribute to anything. Everyone has something to give, no matter what your status in life is. Simply telling your story is

giving, it's giving someone knowledge about who you are and what you've endured in life, which may possibly help them in a way you never imagined.

**Tackling** the goals that you've set shows that you mean business. It shows vigor, ambition, and determination. When we set out to achieve something, our full focus and attention should be on just that, achieving it. Procrastination will sometimes lead us to failure. Setting a realistic pace, and sticking to that pace, will teach you patience, as well as discipline. From personal experience, I can tell you that when you set a goal, then achieve it, you're showing yourself your capabilities. That's what most of us need, to prove to ourselves that we are indeed "capable" of accomplishing goals. Some of us lack the much needed self-esteem to do anything. I promise you, if you give yourself a chance, you can do anything you set your mind to.

**Humbling** yourself and understanding that you are a work in progress, is also one of the most important things you need to do. There are instances when we may become over-excited after accomplishing something we've spent a lot of time and energy working towards, but it's important to remain humble. Don't ever allow yourself to become too "big-headed" and forget about your beginnings and all the hard work you put in it. One thing that I want us to all remember is that, just because we've made it somewhere, (that's fantastic), but it's the journey that got us there that is equally, if not more important, than anything else. Your footprints mean more than you'll ever realize, not only does it show your path, it leaves a map for the person behind you.

*Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.*

*-Mohandas Karamchand (Mahatma) Ghandi*



## Creative Writing 1.0

By: C. T. Bashaw

Ever thought of writing your ideas down into a story? It's easier than you think: all you need to begin is to know the fundamentals to construct a cohesive storyline and let your imagination drive your mind. In this series of articles I will give you the simple steps to writing fiction, screenplays, comic books & graphic novels, and storyline formats for RPG games. So let's get started....

### **FICTION, Part 1**

Writing fiction is writing a story utilizing imaginary characters and events that you create. Some authors write fictional tales based upon real people and/or events, but the underlying quality is that the story arises from the author's imagination. In this section I will introduce you to the fundamentals of writing fiction.

### **POINT OF VIEW**

Stories are always told by someone—a narrator—and the narrator's voice is commonly referred to as the story's point of view, aka POV. There are three basic points of view utilized in written storytelling: First Person, Second Person, and Third Person (with some sub-types). No particular POV works for all narratives; it is up to you to decide which POV works best for the story you wish to tell, and which feels most comfortable to you. Once you choose a POV, be mindful to maintain that POV throughout the story.

## **FIRST PERSON POV**

In this POV, the narrator is an active character within the story—usually the main character. This form puts the reader squarely into the story and allows you, the writer, to delve intensively into your character’s thoughts, emotions, and motivations. First person POV is often considered the most natural view to write in, but it is also the most restrictive in that the story is told from one side only.

Everything is experienced through the narrator; he or she will not necessarily know what the other characters know or feel. You can, however, get the other characters’ thoughts, feelings, and motivations across to the narrator (and thus the reader) by using some creative methods such as dialogue, actions in the scene, and the narrator’s subjective opinions. In this POV you will use the word “I” a lot when the narrator speaks, thinks, or describes what he or she is seeing and experiencing.

## **FIRST PERSON (SERIAL)**

This is a variation on the first person POV where the story is told from the POV of a series of characters. When the different characters express their narratives of the same event(s), each will notice different details that will reveal different feelings, thoughts, and motivations they have, as they propel the story forward.

The POV character may also be a character that observes your principal, or main character—thus the story would be narrated by a minor character.

## **SECOND PERSON POV**

This is not commonly used as a POV in fiction because the narrator’s voice intrudes upon the readers’ experience, asking them to accept the character’s thoughts, feelings, and actions as their own. This style can become problematic for novels—it can

be difficult to sustain for great lengths of narrative—but has an interesting and persuasive quality for short stories and gaming narratives. The narrator will employ the reference of “you” when referring the character.

## **THRID PERSON (LIMITED)**

Similar to first person POV in its format, Third Person (Limited) follows one character’s thoughts, feelings, and actions as if inhabiting that character. Third person (limited) is different from the first person POV primarily in that the pronoun “I” in first person is replaced with the pronouns of “he” or “she” in the third person (limited) POV, effectively removing the narrator as a character telling the story.

## **THIRD PERSON (SERIAL)**

This POV follows several main and/or minor characters throughout the story, focusing on each character individually, at one time, or in sections. To illustrate this method, imagine an old woman sitting on her front porch watching a young couple walking by holding hands. What does the old woman see about the couple—what each is wearing, their hairstyles, or their mannerisms? Does she remember her late husband? Do these memories have good feelings attached to them, etc.?

Now take the same scene and reveal the details from the couple’s POV. How does the woman see, feel, and think about the old woman? Does she even notice her? Or the man with her, what does he experience? Is he having thoughts about something other than what is happening at that moment? Maybe he’s feeling anxious about finances or providing for his new wife.

Just as in the first person (serial) POV, third person (serial) reveals each character's experiences through their eyes; but like third person (limited), the narrator is removed from the story as a separate character, and describes the action as if inhabiting the characters themselves as their point of view arises. The characters don't need to be in the same scene together (or ever know of each other), but tying their individual journeys together at the end can be a great reward for your readers!

## **THIRD PERSON (OMNISCIENT)**

From this POV, the story is told by a singular, distinct, usually unnamed narrator who can reveal the thoughts and feelings of any character within the story. Commonly called GOD's point of view, this view gives the writer freedom to drive the story on multiple levels. This POV also gives the narrator license to simultaneously use their own voice to reveal background details like time, location, and other characters in the story, or privies the reader to objective observations unknown to the characters within the tale.

Omniscient narrators can place themselves in the middle of a scene, or back away and passively observe the action free from a character's thoughts and emotions.

Next time we will discuss Story Structure, Characters, Setting, and Dialogue.



# SELF-DISCIPLINE

By: Marcus Harris

What does self-discipline mean to you? Webster's online definition states, 'self-discipline is training that corrects, molds, and perfects physical ability, mental ability and/or moral character.' I believe self-discipline is committing to setting goals and completing tasks while ignoring all distractions and temptations along the way—continuing doing the right thing even when no one's watching because your patience, determination, and perseverance will be rewarding. I'm sharing my weight-loss story with you and how much self-discipline is needed to achieve one's goals.

I began my incarceration on March 14, 2014, at 340lbs. Spending three weeks in Stateville NRC, my weight decreased due to malnutrition and depression. My mental state was fragile because I was 23 years old and was going to spend the next 14 years in prison. My sentence is 28 years at 50% on my first case with no criminal history. Arriving at Big Muddy River Correctional Center (BMR) on April 2, 2014, I discovered I lost twenty pounds from stress. Once I accepted my fate and learned the daily prison operations, I created a routine which I followed religiously for years. I know I.D.O.C. had my body, but I refused to give them my mind. A part of this routine was eating large quantities of food in



the evening after eating both the lunch and dinner trays during the day. I'd even go all out when preparing special meals for Toonami on Saturday night. I exercised when my house had rec, but I still ate too much. I maintained a weight between 315lbs and 330lbs until February 2018. That's when someone enlightened me about health and nutrition.

While working in the gym, Gonzo (a friend and coworker) asked me what I wanted for myself. I asked for clarification. He asked about my health goals. This was our second time working together and he critiqued my exercise routine. I consider him an authentic friend because he identified my blind spot—giving me an honest assessment on how poorly I was doing on developing my area(s) of weakness in a respectful and assertive manner. He said I was repeating the same routine as before when working in the gym the first time and I wasn't improving my body. I explained my weight-loss goals and why I needed to take my health seriously. I have several relatives who had (and still have) bad eating habits in their youth who're paying for it now. Diabetes and high-blood pressure runs in the family as well. Once I disclosed this personal information, this compelled Gonzo to educate me about health and nutrition because he knew I was doing it for reasons bigger than myself. He asked about my eating habits. I told him I ate the lunch and dinner trays in dietary and a large dip in the evening which consisted of  $\frac{1}{2}$  noodle,  $\frac{1}{2}$  bag of white rice,  $\frac{1}{2}$  bag of spicy refried beans,  $\frac{1}{2}$  spicy summer sausage, 4 strips of turkey bacon,  $\frac{1}{4}$  pickle,





1 pack of jalapeño peppers, 1 turkey stick, 12 pepperoni slices, and one wet pack along with several scoops of melted cheese. That's when he introduced me to the 'Gonzo Diet.'

The Gonzo Diet consist of learning how to count calories, not exceeding the daily calorie limit, and balancing one's exercises with cardio and weight-lifting. Rest is extremely important as well. Gonzo gave me a book called ***The Ultimate Calorie, Carb, and Fat Gram Counter 2<sup>nd</sup> Edition*** by **Lea Holzmeister, RD, CDE**, which has calorie counts for over eight thousand foods and beverages listed; including many foods served in dietary. We sat at a table one evening during dayroom with a weekly dietary menu and discussed locating food items in the book and how they're portioned. He was challenging me to undo a lifetime of bad eating habits. Every prison menu has portion sizes listed next to the food. For example, 1 Grilled Hot Dog (250 cal.), 1c Mac & Cheese (228 cal.), 1/2c Green Beans (14 cal.), 1 Apple (54 cal.), 2sl. Bread (134 cal.), 2ea Ketchup Packets (32cal.), 1ea Mustard Packet (12cal.), and 1ea Relish Packet (16cal.). That's 740 calories, but you won't eat the mac & cheese and bread of course because you're using self-discipline. So, it's 378 calories. (\*\*Note: the prison dietary menu won't have the calorie counts next to the food items, even though it's a FANTASTIC IDEA to add them to it). Using the book, locate the foods you eat and write their calories down. Do this for each meal and add the totals (e.g., 7am Meal = 400 cal., 10am Meal = 412 cal., etc.). Prefer eating commissary food? Counting calories is much easier with commissary items because the nutrition labels are on the packages/boxes. The Gonzo Diet was created not to exceed over 2,500 calories a day—that means not eating certain foods like cakes, cookies, ice cream, bread, flour tortillas, chips, fruit crisp, pasta, cheese, popcorn, crackers, candy and pastries. I only drank water and milk during my diet, but others may enjoy coffee in the morning. I created a hand-written calorie counting spreadsheet similar to the one below and logged everything I ate. I used self-discipline every meal to not exceed the limit. My only cheat days were visiting days.

**Daily Calorie Counting Sheet (Gonzo 5 Meal Diet 2,500 cal.) (Marcus 4 Meal Diet 2,000 cal.)**

Date	7am Meal	10am Meal	1pm Meal	4 pm Meal	7pm Meal	Total Calories	Wk/Mo Total	Weight
1st	400	526	489	536	409	2,360		255lbs
2nd	400	517	398	578	428	2,321		
3rd	400	399	594	501	483	2,377		
4th	400	503	571	402	436	2,312		
5th	400	389	375	357	589	2,110		
6th	400	409	387	548	483	2,227		
7th	400	487	523	520	476	2,406	16,113	253lbs
31st	400	368	620	584	496	2,468	64,452	247lbs

I'd eat a Big AZ Cheeseburger and two bags of white cheddar popcorn. There were plenty of healthy options in the visiting room like yogurt and fruit cups. My calorie limit on visiting day is 3,000. Once I learned how to count calories, the Gonzo Diet began.

At 7am, I ate 2c cold cereal (320 cal.) with 1/3c milk (80cal.). If you don't have a measuring cup, 1/3c is the equivalent of 1/2 medicine cup. 1c (Styrofoam cup) is equivalent to the old 8oz cheese cups. The new ones are 4oz. I filled my 16oz tumbler with 8oz of cold water and added milk. My 10am, 1pm, 4pm, and 7pm meals were the same, unless I ate in dietary. Those meals consisted of 1/3c white rice (106 cal.), 1/3c spicy re-fried beans (170 cal.), 1 hot sauce packet (7 cal.), 1 mustard packet (12 cal.), and one wet pack (calories vary). When I saw the small portions, I told Gonzo that no one can get full from this, and there's nothing in the bowl. He said, "Marcus, you don't eat to get

full; you eat to stop the hunger pains. And you need a smaller bowl bro. You know, to trick the mind.” He encouraged me to try the Gonzo Diet for thirty days, and if I didn’t see results, then I can return to exercising my way (which wasn’t working).

Since we worked in the gym, I did cardio from 8am-10am—running laps around the gym and completing exercises like jumping jacks, step-ups, sit-ups, crunches, lunges, push-ups, burpies, and pull-ups. I’d return to the gym to lift weights from 12pm-2pm—focusing on one muscle group a day. I weighed myself every 7-10 days and logged my progression. **DON’T** weigh yourself every day. It’s pointless. Some days were rougher than others and more self-discipline was needed at certain times. After 30 days, I discovered I lost 9lbs. This motivated me to go even harder by tweaking the Gonzo Diet and creating the ‘Marcus Diet.’ The only difference is I reduced the number of meals from 5 to 4 and the daily calorie limit from 2,500 to 2,000. I ate at 7am, 11am, 3pm, and 7pm. This required ever more self-discipline because I had more stomach pain, but I pushed through it by drinking lots of water. In five months, I dropped from 315lbs to 235lbs.

The Marcus Diet became a life-style. I’m healthy, more energetic, and smarter about which foods I eat. My weight increased during the pandemic to 280lbs, but I managed reducing it to 250lbs. My winter goal is 235lbs. It took, and still takes, major self-discipline eating healthy and exercising regularly, because there’s always someone, or multiple people, cooking burritos, nachos, pizzas, and large dips everyday who’ll offer you some. But, remember to show self-discipline by saying, “No thank you,” and walk away. People will try convincing you to break your diet, but trust me, **DON’T**. Once you reach your target weight, those same people who tried convincing you to break the diet will ask you how you did it. I remember thinking one day, “How’d I look being skinny?” I’d been obese my whole life. I watched the movie Creed starring Michael B. Jordan and said, “I think I’ll



look like Creed.” I haven’t quite gotten there. I’m sort of stuck looking like a broke a\*\* Will Smith, but I’m still progressing toward my goal.

I wanted to share this story to encourage those who feel like they can’t accomplish something because of their situation. Yes, the judge may have thrown the book at you, but you have to play the cards you’re dealt. You can accomplish amazing things; you just have to show self-discipline and progress forward no matter what. There’s always going to be obstacles to overcome, but if it were easy, then everyone would be doing what you’re trying to do. Make a list of things you want to complete while being incarcerated and DO IT. The only thing limiting you is your lack of self-discipline. Don’t think for a moment that since you have a lengthy sentence, all hope is lost. Use your time wisely to effect change in your life and others. You’ll never know who’s rooting for you until you step up and go for it.

Special shout out to Alejandro “Gonzo” Gonzalez for educating me, and many others, about how important caring for the body during youth plays an important part in your future. Gracias Carnal. And special shout outs to Mark “Football” Hamilton for encouraging me to always show self-discipline while ignoring haters, and to L.T.S. Shaun Hudson for allowing me to work in the gym for three total years. Thanks guys.

If you have stories about how you showed self-discipline in order to accomplish small or major feats, please share them by writing to Kewanee Horizons. We use self-discipline every day without even noticing it. So, please share your experience with the community. Your story **WILL** inspire others. And remember, if **I** can do it, so can **YOU**.



# Class Act

**By: Walter "Wally" Makowski**

Here I find myself again, enjoying my first cup of coffee in the television room here at Kewanee's Life Skills Re-entry Facility. Having been here now for just over a month, I am still quite overwhelmed by the vast differences between this facility and every other facility, I've been in during my near 35 years' incarceration. One of the brothers I talked to today liked the programs here but thought there should be more of them. This, of course, reminded me of a conversation I had with my good friend Gary "Diesel" Walthes back at Hill Correctional Center. Coincidentally, he was studying Buddhism and I had just finished my associate's degree. We essentially spoke of all the things we studied and went on to excel at without ever stepping foot in the classroom. With two of his feats being the study of Buddhism and learning how to draw among the list of his achievements. I cannot even imagine how any of us would learn anything if we waited for a seat in a classroom.

Case in point, having been extremely persistent, I got nowhere in trying to find a seat in the GED classroom back at Menard C.C. in the very early 90's. I was told that my fresh 85 year sentence put me at the back of any "priority" list that may have existed. After a tug of war (of sorts) I convinced the dean of the Rend Lake College to provide me the material and I

would study in my cell. NOW, please note, that because of ADD, ADHD, and borderline dyslexia I spent all of my pre-incarceration (education wise) in special education classes so teaching myself things like the fundamentals of algebra was a task, to say the least. About a month after taking the test I was called to the school building where I was greeted by the warden, dean, assistant director of education, and the southern regional director of IDOC, all to honor me for having not only gotten the highest score out of nearly 27,000 Illinoisans that took the test the same time as me but because I had achieved it without any instruction from a teacher.

The point is, my fellow individuals in custody, you do not need a classroom to learn and add to that which is you. All you have to have is a desire to learn and grow and you will find the material that will lead you in that direction. You may not achieve the highest GED score, but I can almost guarantee that if you are persistent, you will help create a far better version of yourself that you ever thought possible and that's a class act!

**NOTE:**

**Books To Prisoners**

**P.O. Box 515**

**Urbana, Illinois 61803**

This nonprofit will give you 3 books and help you find titles and subjects. I believe you can repeat the process every three months or so, you may want to ask about frequency of requests. Happy learning!

# A LOOK AT LEADERSHIP- PART 2

## 2. FOCUS

Have you learned how to really focus in on what you want? Those who embody strong leadership qualities keep their eye on the prize. They are very organized and plan ahead while still remaining flexible enough to handle unexpected challenges. Like a grandmaster in a chess game, a good leader thinks out each strategy and understands how each action will affect the rest of any given scenario.

Distractions can be one of your biggest business saboteurs, but those who display strong leadership attributes don't let them intrude. Focus is a key leadership quality because, as Tony always says, where focus goes, energy flows. Limit distractions by creating an environment that is conducive to focus.

For example, your office can have an open door policy between certain hours so your team can freely communicate, but make it known that you will not be as available during your "focus times." This helps you get deeper into your work without having to deal with the many moving parts of your business.

## 3. VISION

Think of some of the world's greatest leaders: Martin Luther King, Jr. Nelson Mandela. Mother Teresa. Each of them had very different leadership attributes, but they all had one thing in common: a powerful vision not only for their own lives, but for the world. They had an unstoppable belief in themselves and in their dreams.

This type of vision can only come from having a purpose that is so crystal-clear, others see it too. A purpose that gives your life meaning and leaves you feeling fulfilled. One that is so strong you inspire others to join you. Having a clear purpose allows you to not only achieve your goals, but to foster leadership among your staff as well.



# ERIC THOMAS

Eric Thomas, Ph.D., is a critically acclaimed author, World-renowned speaker, educator, pastor, and audible.com Audie Awards Finalist. As he is better known, ET has taken the world by storm with his creative, common-sense approach to living a successful, satisfying professional and personal life.

“

Whatever you do in **24 hours** will determine where you'll be tomorrow. That's what people need to focus on.

Get off of “**I want to make six figures, I want to drive this car, I want to live in this house.**”

What people should be focusing on is “**I have 24 hours.**”

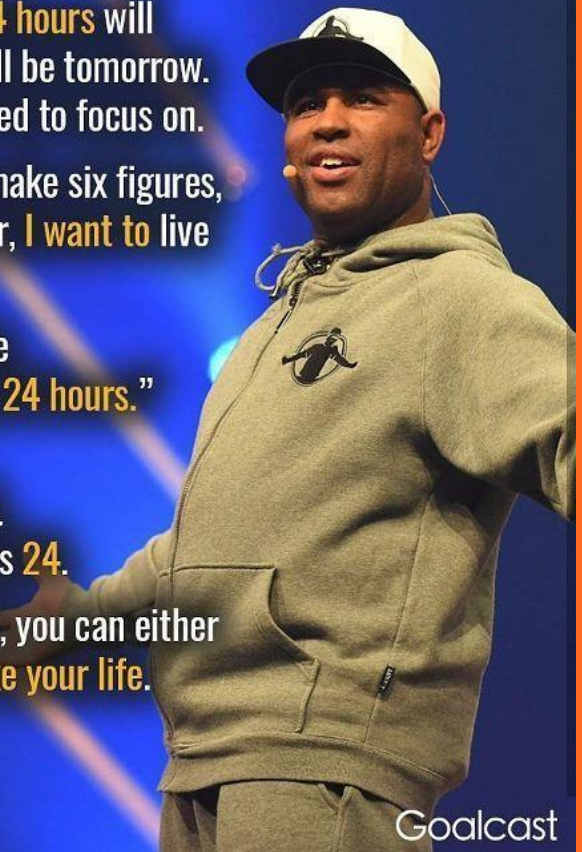
Oprah only has **24.**

Bill Gates only has **24.**

Warren Buffet only has **24.**

In that 24 hour period, you can either break your life or **make your life.**

- Eric Thomas



Goalcast



Eric's spiritual walk, tenacity, and drive are the perfect example of his quote, "When you want to succeed as bad as you want to breathe, then you'll be successful."

Drawing from his personal experiences: homelessness, the absence of his biological father, academic struggles, and various other obstacles, ET's life story allows him to connect with others fighting for greatness.

No matter who they are or, what they've encountered, ET's perspective and approach offer insights that exchange cycles of failure for patterns of success.

ET is the epitome of hustle, drive, determination, and success. Millions of followers have been able to apply the principles revealed in his award-nominated autobiography, *The Secret to Success*, and equally successful subsequent releases: *Greatness is Upon You* and, *Average Skill, Phenomenal Will*.

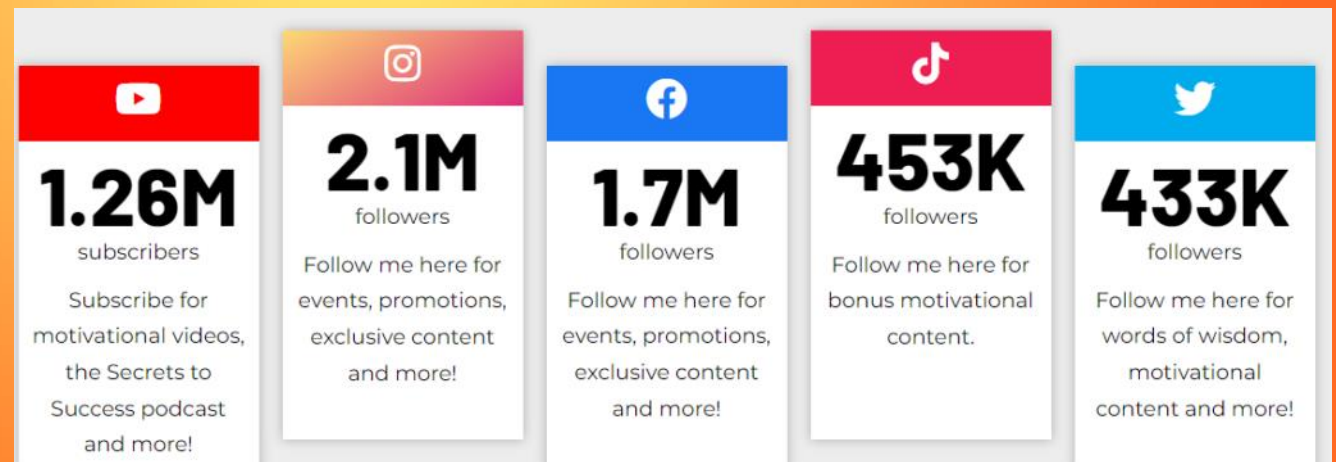
ET's passion is never more evident than when he's in a school, changing students' lives forever. Whether he's meeting and greeting students with warm hugs and a bite to eat on bitterly cold Michigan winter mornings or helping them to recognize their superpowers in a district-wide assembly, where ET goes, greatness follows.

ET believes that Every kid has the promise of greatness within them — every single one. The key to nurturing that greatness is knowing each child's unique approach to learning. By identifying that unique approach to learning, their "superpower," teachers can better coach their students to greatness! Unfortunately, most kids don't even know that they have a superpower, and "You Ain't The Boss Of Me" seeks to fill that gap by highlighting the greatness within each of us. Every student CAN succeed! They just need the right tools to make that happen. Every child wants to achieve excellence; it's our job to teach them how.

I firmly believe if you don't know you can fly, you'll always think you can't.  
— Eric Thomas

Info from:

**[Ericthomas.com](http://Ericthomas.com)**





# TAKE CHARGE OF YOUR LIFE

**By: Jeff Kennedy**

Generally speaking, there are three types of people in this world and they are as follows:

- **Category 1** - People who dig in, get involved and make things happen.
- **Category 2** - People who tend to sit back and watch things happen.
- **Category 3** - People who wake up one day and say, “I wonder what happened.”

Where do you see yourself? If you're in Category 1, you are already on the right track. Stay the course and don't be afraid to continue growing. Focus your efforts towards activities which are aligned with your personal objectives and values. In turn, you will achieve success. I like to consider myself a Category 1 guy. If I'm being honest though, I have spent way too much time in Category 2, and I even find myself dipping into Category 3 more than I care to admit. That means it's time to change my way of thinking and doing. By the time I go home in 18 months, I want to be thriving in Category 1. I need to take charge of my life, what about you?

If you're also ready for a change, then you should ask yourself the following question: "What is my mission?" Better yet, "What is my purpose in life?" Here's my answer: I want to close the book on my past, forgive myself and release all that heavy baggage, write a fresh script and begin anew. I want to earn the trust of others and build healthy, authentic relationships. I want to create a legacy of love, compassionate loyalty, hard work and commitment, that my family & friends will remember me by. A legacy consisting of the next 40 years versus the last 40 years, not of who I was or what I'd done, but who I became and what I've accomplished. I'm 54 years old with absolutely nothing to show for it but pain and misery. I'm not okay with that. Sure my kids and family love me, but that's unconditional.

A very helpful tool is a self-assessment, sometimes called a personal inventory. Write it down and be honest. Evaluate your strengths & weaknesses. Then you can begin to adjust your moral compass based on your principles & values. Ask yourself if you possess any of the following qualities: open-mindedness, humility, initiative, integrity (doing the right thing even when no one is watching), purpose, active listening, patience, trust and motivation. Actively practicing a majority of these qualities will most likely guarantee personal success. Practicing just a few will surely improve your chances. If you're content living in Category 2 or 3, hey – I wish you the best. If you're like me, (learning, growing, changing, adapting, searching for balance, and practicing every "quality of life" skill within my reach) then please stop procrastinating and begin your transformation now.

In conclusion, I want to issue a challenge to anyone reading this. Remove one negative influence in your life right now! Replace it with a positive one and feed it! Just making that one change could positively impact someone else to make a change, thus creating a ripple effect of positivity. If we're willing to humble ourselves and work hard to find freedom from within, only then can we unleash our true selves, our personal masterpiece. You can take charge of your life, but it has to start with you. Just remember, never stop growing and never stop learning. Thank you for your time and I wish you great success on your journey. Thank you to all the guys who have been positive influences in my life over the past 12 years, you know who you are. I love you all.

**We must let go of the life we have planned, so as to accept the one that is waiting for us."**

**— Joseph Campbell**

# The Market Corner: Candlesticks

**By: Robert Kennedy**

The Japanese introduced candlesticks back in the 17th century. Candlesticks were used as a form of technical indicator for rice market trading. Technical indicators are tools used to help try to predict price trends in the market. Today, candlesticks are used to evaluate the price action of stocks and commodities. Candlestick charts are very useful in trying to determine what direction a stock's price may be heading. A candlestick contains some very useful information about a stock's path for a certain period of time, anywhere from a few seconds to several years.

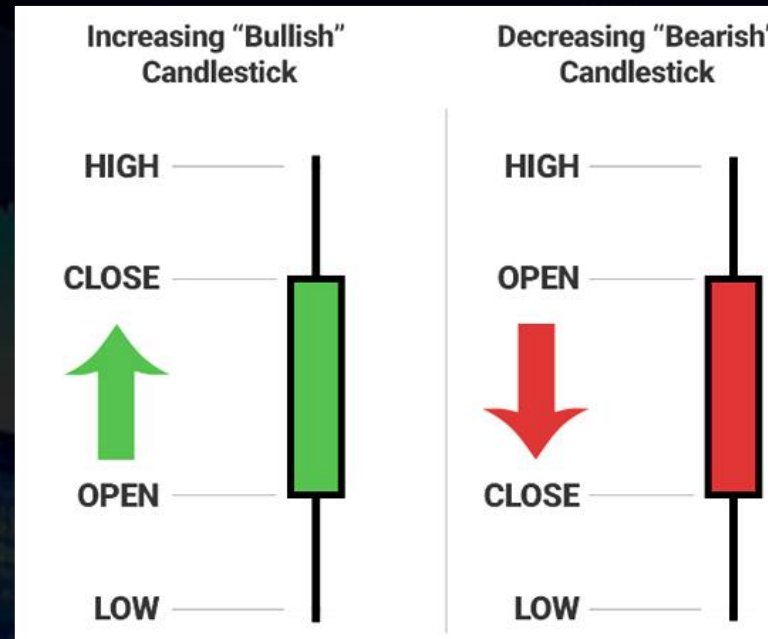


When we look at the body of a candlestick, it actual resembles a real candlestick but with two wicks attached instead of just one. The body of the candlestick represents the price action from the opening price of the stock to it's closing price. The two wicks, one on top of the candlestick and the other on the bottom, show how high the stock's price rose for the day and how low the stock's price fell during the day's trading session. Usually, the candlestick's body will be green, or some other bright color or red or some other dark color. If the candlestick is green, it means the stock's price ended higher at the close than when it opened. On the other hand, if the candlestick is red, it means the stock's price ended lower at the close than when it opened.

Gainers	Price	Change	%Change
AFC	172.55	▲+6.25	+3.70%
BPIRT	29.51	▲+1.05	+3.56%
GOH	42.03	▲+1.28	+3.05%
AITA	23.16	▲+0.63	+2.72%
JTAS	7.24	▲+0.96	+13.26%
RCA	0.19	▲+0.01	+5.26%
AEC			
YVW			
PE			
VS			

Sector	3 Month % Change
Health Care	+8.88%
Technology	+2.88%
Consumer Services	+1.41%
Consumer Goods	+0.55%
Energy	+0.41%
Financial	+0.32%
Industrials	+0.17%
Real Estate	+0.15%
Telecom	+0.14%
Utilities	+0.13%





Candlestick charts are good technical indicators of a stock's price movement over a certain period of time. It's a good way to track the past performance of a stock's price. Many analysts use these charts to try and determine the next possible direction of stock prices. While no one can ever know for absolute certain what direction a stock's price will move, many investors/traders do their very best to predict a stock's path.

This is what makes the market so fascinating! No one knows where the stock market will go next. It truly has a mind all it's own. When you invest in the stock market, you have an equal opportunity to obtain the American dream: wealth and prosperity, so stay invested!

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

# KEWANEE MENTAL HEALTH

We would like to thank and express our gratitude to Mr. Kuster and Mr. Ross, the MHP's at Kewanee, for continuously helping us with these segments!

## A DEEP DIVE INTO THE STAGES OF CHANGE

Building on last volume's article in the mental health pages concerning the Trans-theoretical Model of Change (TTM), as promised we are going to try to take a bit of a deeper dive into the first few steps. The point of this explanation is; hopefully, to give you an insight that sparks a thought in you about where you might fall in the steps. This is the most important step actually! Figuring out where you are on the steps. It may be that you are in the **PRECONTEMPLATION STAGE** (stage 1).

- 1) **Precontemplation:** failing to recognize the need for change. This stage is where you are at when you say shit like, "I ain't crazy. The rest of you people are crazy." Or, "I know what's really going on here, you just don't get it, I am good though." These are just examples to illustrate the idea that in your thought process, there is absolutely nothing wrong or unhealthy about the ways you are acting or interacting with other people or your environment. People may try to give you a pull-up and let you know that you have shit twisted, but, literally, you don't see anything wrong at all with your behavior. Or, just as importantly, you might believe that there is no possibility that you could change, even if you wanted to.



# KEWANEE MENTAL HEALTH

- 2) **Contemplation:** seriously considering the need for change. This is where you are aware that things need to change. You are aware that there are problems with your behavior, reactions, or interactions; however, you might still believe that your possibility of change might be especially difficult or not worth the effort, basically you are trying to figure out whether the benefits outweigh the cons. You can think about talking to people you trust and who you know care about you, or at least willing to be honest with you about how you act. The insights they give you can help you figure out the new direction you'd like to take your life.
- 3) **Preparation:** making small changes. Basically you are doing some information gathering to see what supports are available to you to make changes in the future. This could include doing research on the internet, reading books, or speaking with a professional or someone who has experience dealing with the issue. You might even be taking small trial and error steps to see if the ideas you have to make changes will work for you and how they will work in your life.

Next week we will continue down this path and dive deeper into the remaining steps. We here at **KH** hope this is helpful in some way, change is hard, but it's worth it.

# BRAIN FACTS

## BRAIN FUNCTIONS AND THE SENSES (PART 2)

### THIRST

When water levels in the body drop, salt levels in the blood increase. Thirst areas in the brain detect rising salt levels and signal to the body to increase water levels by reducing urine output and taking in more fluids. After drinking, it takes around 15 minutes before salt concentration levels in the blood return to normal. It is thought that the gulping action of the throat when swallowing liquids sends signals to stop drinking.

**Heart and kidney receptors detect decreases in blood volume and increases in salt concentration. They alert the brain.**

**The SFO and OVLT also receive signals about blood volume and salt concentration. They signal to the hypothalamus.**

**The hypothalamus passes these signals to the pituitary gland, which then produces antidiuretic hormone (ADH).**



High levels of ADH tell the kidneys to retain water and secrete renin. This in turn forms the hormone angiotensin II.

The SFO detects angiotensin II and stimulates the hypothalamus to prompt the formation of more ADH.

The hypothalamus creates the sensation of thirst, prompting the urge to drink so as to restore water levels.

Inhibitory neurons in the LT are triggered by gulping movements in the throat. These neurons stop further intake of water.

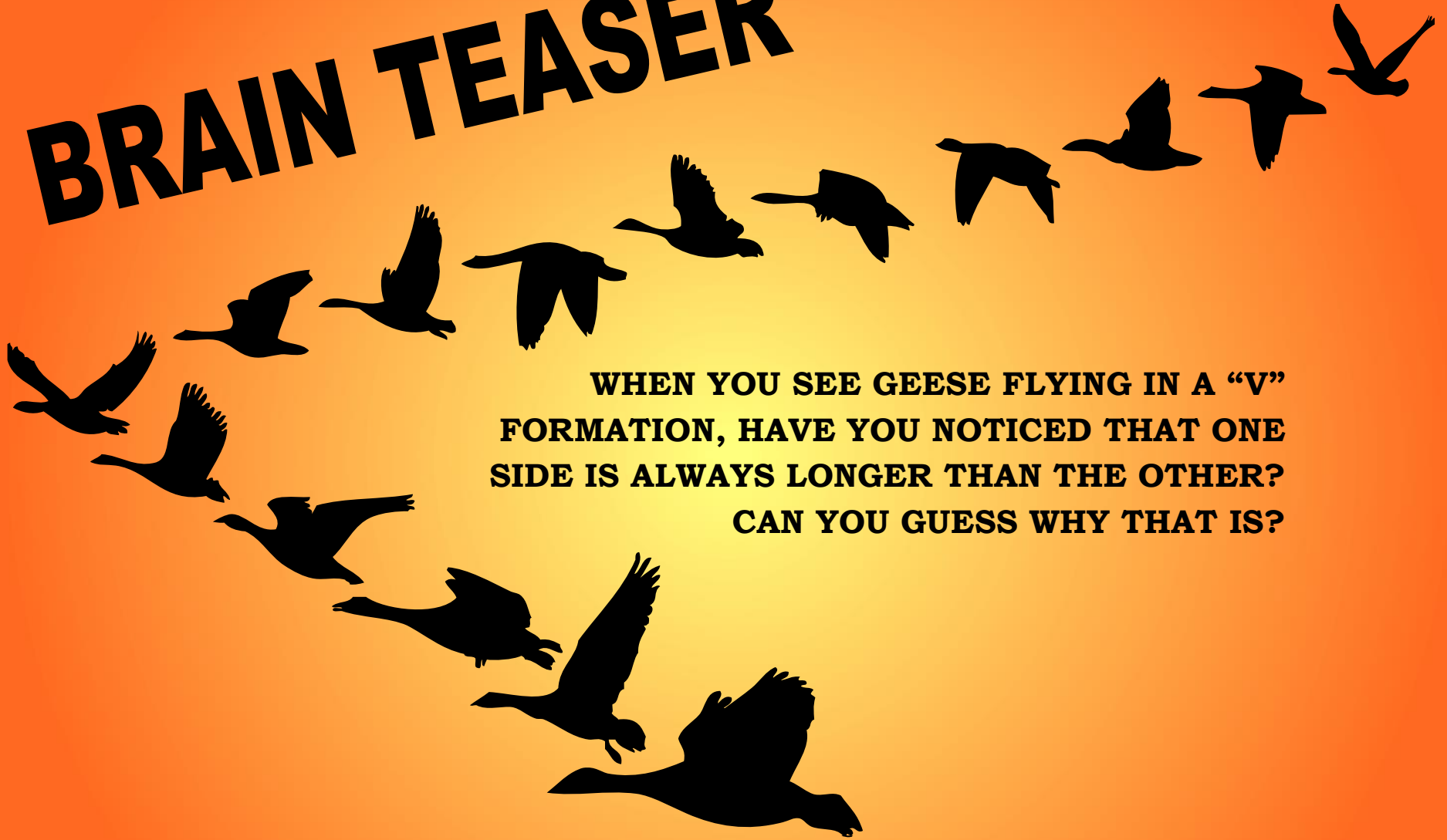
## THIRST AREAS OF THE BRAIN

Two structures, the organum vasculosum (OVLT) and the subfornical organ (SFO) - both linked to the hypothalamus - help create the sensation of thirst. They lack a blood-brain barrier so are thought to be able to detect salt levels in the blood.

## HYDRATION

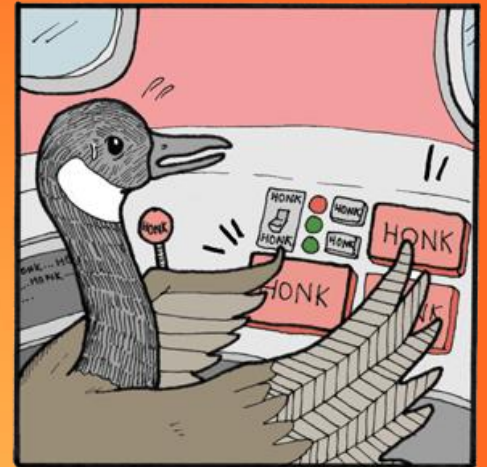
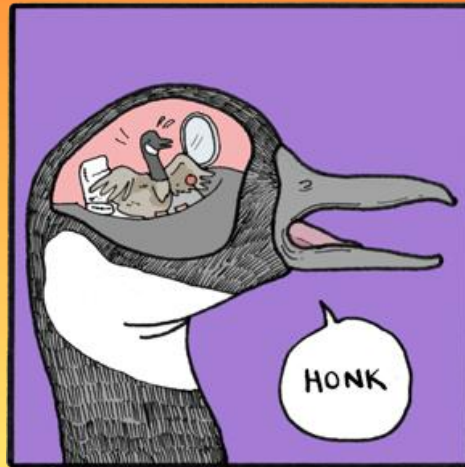
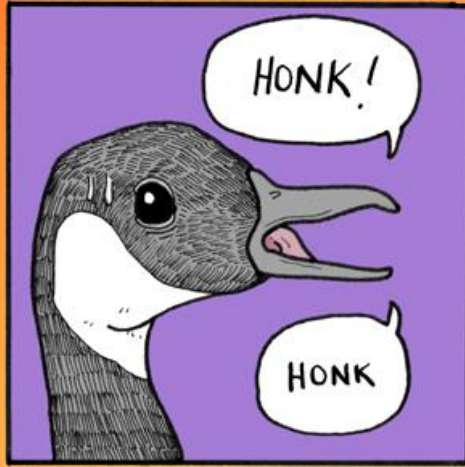
Brain cells need adequate hydration (water supply) in order to function effectively. Studies have shown that dehydration can impair our ability to concentrate and to perform mental tasks and negatively affect memory. Some of our water intake comes from the food we consume, but it is helpful to drink several glasses of water each day to maintain a healthy level of hydration.

# BRAIN TEASER



WHEN YOU SEE GEESE FLYING IN A "V"  
FORMATION, HAVE YOU NOTICED THAT ONE  
SIDE IS ALWAYS LONGER THAN THE OTHER?  
CAN YOU GUESS WHY THAT IS?

ANSWER: THERE ARE MORE GEESE ON THAT SIDE...LOL



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#477

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# HOROSCOPES

**Aries:** Your head is full of ways to make money. Hidden opportunities get revealed. Take advantage of a surprising development cautiously.

**Translation:** Yo! They runnin' store again? They just ran store last month, must be election season. Time to buy six more noodles and a soap, if they have them of course.

**Taurus:** You've got the confidence to make things happen. Check your course, before plunging ahead. Watch your step. Avoid assumptions. Keep your patience. Look around.

**Translation:** Yes, you can plan for your family to catch a ride to visit with your cellie's family when they come down, be on top of your shit tho' don't make an ass of u and me by thinking they ain't gotta chip in for gas, it's just chipping in though not filling the tank yo.

**Gemini:** Indulge in peaceful solitude for private contemplation. Avoid noise, chaos, or crowds. Consider circumstances from a higher perspective. Look for benefits hiding in change.

**Translation:** Use that meditation time to contemplate. That 3 o'clock count time is good for a nap but it may be better used to think out and strategize where you are going with your life. Make positive life choices.

**Leo:** Take charge to resolve a professional puzzle. New circumstances require new solutions. Things may not go as planned. Discover an unusual option with potential.

**Translation:** They are going to hire you to work in the kitchen? Don't dismiss that pots and pans job just yet, it may lead to something better real quick.



**Virgo:** Expand your horizons. Explore uncharted territories and take notes. Study, research, and investigate a subject that takes you in unexpected directions.

**Translation:** Read a frickin' book that ain't just another urban novel! Something educational might help, try "The 4 Agreements," I heard there was a dope book club based on it!



**Libra:** Cash flows in with greater ease, take advantage of an unexpected opportunity. Collaborate for common gain. Together find new markets, profits or savings.

**Translation:** Tell your people to keep half that holiday money they were going to send and instead, try learning about investing and get into the market.



**Scorpio:** Connect with your partner at a deeper level. Change directions intuitively together. Collaborate to adapt with recent changes. Strengthen foundations.

**Translation:** You ever seen them big ass clouds of birds that all fly together and then all of the sudden they all change direction at once? Do some shit like that with yo bae somehow.



**Sagittarius:** Prioritize vitality, fitness, labor, and health. Stay open-minded with shifting circumstances. Discover unusual solutions. Learn from experts. Practice to build strength and endurance.

**Translation:** This shit is about working out, you can't just do bench and curl everyday, do some fucking burpees once in a while.



**Capricorn:** Relax and have fun with someone you love. Take advantage of an unexpected opportunity. Enjoy sweet moments together.

**Translation: Stop spending your whole 20 arguing on the phone, at least spend 10 on some positive fun convo.**

**Aquarius:** Manage practical domestic objectives. Fixing one thing can reveal another repair needed. Make upgrades and improvements to avoid greater expense later.

**Translation: Fixing the problems with your shorty not going to school is good, your communication with your co-parent needs work. Buy you some phone minutes and message credits... it is going to be process.**



**Pisces:** You're especially brilliant. Capture ideas, musings, and creative possibilities in writing. Research from multiple perspectives. To learn something deeply teach it to others.

**Translation: you been talkin' that "I'm finna learn Spanish"- shit for like 5 years. Get a book and a homie and learn that!**

**Cancer:** Support and be supported with recent changes. Help your crew adapt around a challenge. Go for distance, and not speed. Don't over extend.

**Translation: This is about playin' ball, -(not every horoscope is some deep shit)- all money ain't good money on a fast break, you gotta let your squad get back for defense. Facts.**





# TECH SUPPORT

“WE’VE RECEIVED YOUR SUPPORT TICKET, THANK YOU FOR YOUR PATIENCE. HAVE YOU TRIED BARKING AT IT?”

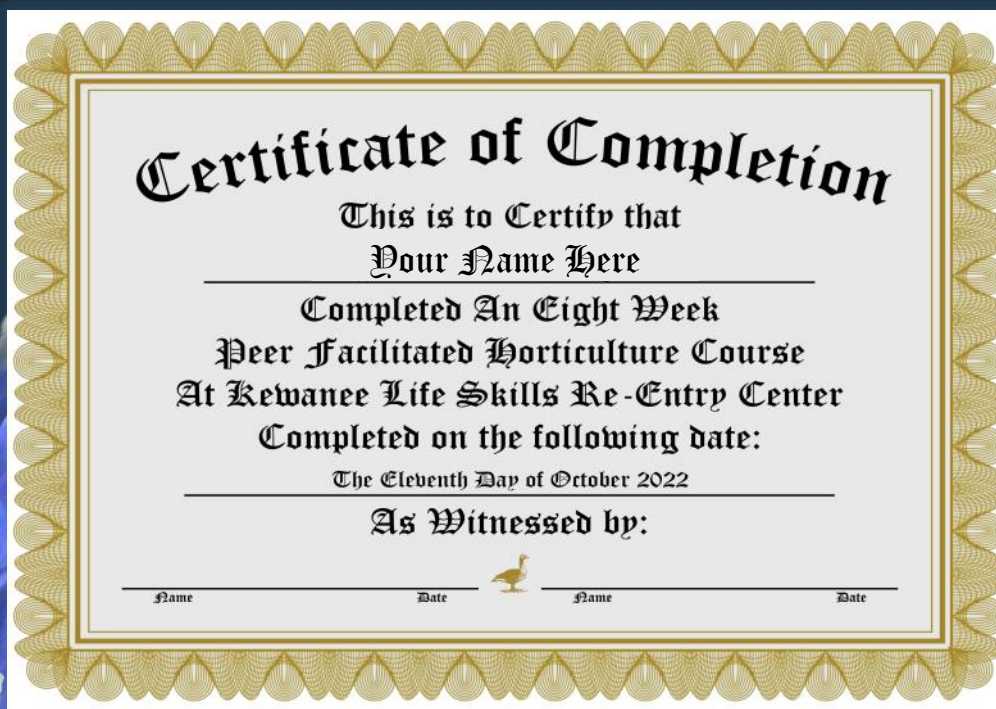


GTL EMPLOYEE  
OF THE MONTH

GTL  
  
Good, Boy  
Senior Tech  
Support Specialist

# SEND US YOUR ACHIEVEMENTS!

Did you complete a program recently? Did you earn a Horticulture, Custodial Maintenance, Construction, Culinary Arts, etc. Certificate? Did you get your GED? Did you graduate from Bible College, earn an associates or bachelors degree? Let us showcase your achievement, that's what **Kewanee Horizons** is all about! Have your teacher or EFA send a picture of you and your certificate to our email address [doc.kewaneehorizons@illinois.gov](mailto:doc.kewaneehorizons@illinois.gov). Your achievements are what make **KH** great!



# 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!

## 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)

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

**#KEWANEEHORIZONS**



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

**IDOC HOME PAGE → CLICK "ABOUT" → CLICK "NEWS"**