

KEWANEE
HORIZONS
VOLUME: 20
THE GREAT GOOSEBY



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COLOR KEY:
 WHITE=KEWANEE CONTRIBUTOR
 GOLD=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.

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HOPE

By: Demario R. Brooms

What is hope? There are several different meanings of this word; some referenced by our culture while others are pulled directly from the dictionary. I'll be using the latter. As defined by Merriam-Webster's Collegiate Dictionary, Eleventh Edition, circa 2003, hope is defined as "a desire accompanied by expectation of or belief in fulfillment."

I was engaged in a very fruitful conversation today, one that made me think on the topic at hand and beyond. This conversation was held with three other gentlemen that I consider "men of thought". "Men of thought" are men that actually speak with insight regardless if they agree with your specific stance...they are not "yes-men" or "ear-ticklers" (people who tell you what they think you want to hear). Genuinely, I value their opinion and/or point of view because we can either agree on any given topic or agree to disagree without losing respect for each other. In fact, the dialogues we share do the exact opposite, they produce a greater amount of respect which is why I enjoy our conversations.

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This moment's conversation was centered on opportunities, those wasted and those taken advantage of. Admittedly, we were discussing the loss of two guys from our community. There's no need to mention the names of these individuals that we lost, at this point you either know or you don't. Anyway, to get to the point, although the community lost a couple of its dwellers, those same dwellers lost some great opportunities. This has led to the amazing question, "What were your hopes when you submitted your application to Kewanee?" Before giving me the credit for this, know I wasn't the one to pose this question. The individual that did doesn't want any recognition, only insight from within. We all know what we were thinking when we asked for and submitted our application to Kewanee.

As for myself, when I requested the application for Kewanee, it was year 20 of a 27year term of incarceration and it felt like I couldn't catch a break. I was a boxer getting up off of the canvas after a perfectly timed uppercut from my opponent. The opponent at that time was the State of Illinois/IDOC and that uppercut came in the form of a denial of my clemency. All the things I'd done to rehabilitate myself meant nothing to those in power. Mind you, the things that I was doing weren't being done for "the powers that be", they were absolutely being done for my own selfish reasons. Every step I took towards rehabilitation was done with thoughts of myself, my family, and my community in mind. Since 2009, my motto has been, "How can I expect anyone to take a chance on me if I won't take a chance on myself?" From the time that thought entered my mind, I began to take advantage of every opportunity

to better myself that came my way, be it via education or cognitive behavior classes. That said, I thought that those steps would be at least recognized by those that are coupled with a system that says their mission is “to serve justice in Illinois and increase public safety by promoting positive change in individuals in custody behavior, operating successful reentry programs, and reducing victimization.” My efforts carried no weight when my clemency was reviewed. I was at my wits end and on the doorstep of throwing in the towel.

After months on end of reading “**Kewanee Horizons**” and seeing what I was missing out on, I was rejuvenated. That rejuvenation caused me to complete and submit my application to KLSRC. I poured out my heart on the spaces and lines provided with the primary “hopes” of being chosen to be a member of their community. My secondary “hopes” centered around my motto (see previous paragraph). I want to be the best version of myself because I know how this version of me can and will affect everyone as well as everything attached to me in the form of positive, productive energy.

Here I sit six months after submitting my application, two months and three days into being a member of Kewanee’s community, and I’m taking advantage of every opportunity they present to me. It’s safe to say that I’m looking forward to what lies ahead. In full disclosure, some of the things I was looking forward to before my arrival here are not readily available (the welding and manufacturing classes), however, there are plenty of positive things here to get involved in. Perspective

is everything! A word to the wise, if we spend our time complaining about what is not then we will never be able to focus on what is!

In summation, my “hopes” are being seen in 3D, at 5G speeds, and I’m extremely thankful for the opportunity I’ve been blessed with. **I challenge IDOC’s community at large, my brothers and sisters in communities outside of Kewanee, as well as my brothers that are here with me, send us your thoughts regarding your “hopes”. For those beyond, what are your hopes in your current community? For those here, what were your hopes when you submitted your application and are you seeing them come to fruition?** It wasn’t shocking that the four of us all had different answers. Therefore, it won’t be a shock when your answers don’t line up with or mirror ours.

We at “**Kewanee Horizons**” look forward to hearing from you knowing that there is no wrong answer, just the sharing of hope. Wishing you, your family, and friends nothing but happiness and success.

**"You must find the place inside yourself where nothing is impossible."
— Deepak Chopra**

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RESTORED

If you have been following **K.H.** since the beginning, then you have read the mission statement and the interpretation of what **Restorative Justice & Restorative Practices** mean to us. One of the functions that coincide with these Restorative Practices is when you have read about men speaking about their experience with the **Day Release Program** here at Kewanee...

Day Release is an Unprecedented Program started by **Warden Carothers** affording us the opportunity to leave the facility every day, enter into society, and work a Real Job with Real wages. In addition, I have been awarded the opportunity to participate in the program, and would like to share my perspective on how this affects me/**US** beyond measure.

When I received the official news that I would be going out to work for the city of Kewanee I was immediately Thankful. **Thankful** to the staff for recognizing all that I have shown towards rehabilitation, and giving me a chance to display I am not my crime. Because, it takes a level of **Trust** on their behalf to award a man the **Freedom** to be **Free** while still **incarcerated**. Being who I am, selfless and contributing to my community in positive ways afforded me the opportunity to arrive here at Kewanee and excel in a place where thriving is limitless. Moreover, as grateful and appreciative as I am for the opportunity, it is even more humbling to know you deserve it... So with much of the **Reward** that is given to me, even more **Responsibility** is **required** which I take great pride in. Pride in the responsibility for the

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privilege of sitting in a seat along a path that has been carved out for few, but understanding the magnitude of a position that will open the door for many.

The first day I went out, the other three men were telling me what to expect due to their own experience on their first day out. As we left the facility, riding in the van over to the worksite I laid my head on the window and basked in the moment of what was actually taking place. When we arrived, I introduced myself to the bosses and shook their hands. Our first job assignment for the day was to cut down 3 big trees. That's when my experience got a little emotional... as I was cutting the tree with the saw, I thought, here I am, a 41 year old man being taught how to cut down a tree for the first time. It was that reality, along with the fact of how eager my fellow workers, officer, and boss were for me to learn and succeed. And because they pushed me to embrace the space of freedom that we were in, it felt like humanity again. When we returned to the facility, people were asking me how it felt to walk outside of the institution without handcuffs. My reply was; it felt like **I was where I belong. FREE!** I felt like a productive citizen, working hard, and giving back to a community that definitely appreciates it. You see, our official job is to work for the city of Kewanee keeping the cemetery pleasant and clean. Restorative Justice and Practices...

First, you are out there amongst civilians, and they treat you as one. They wave, they speak, and they have conversations with you even though you have a red shirt on that says IDOC. True story... an older woman approached me with my red shirt on, and asked me if I knew who Larry Johnson was because he jogs

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around the cemetery for exercise. When I said no, she said, “Well if you happen to see him, could you tell him that my husband Mr. Clark is in the hospital and not doing too well”. Now tell me that is not Restorative Justice as a returned citizen!

Secondly, our work ethic is unmatched because we appreciate the opportunity to do real work, as well as work most never envisioned themselves doing. And with that, we take pride in doing a great job knowing we aren’t just doing it for ourselves. We are doing it for the ones who entrusted their faith in catapulting the program, as well as establishing precedent for the men coming behind us.

Thirdly, as we refer to Restorative Practices and the greater communities at large... look at what we are carrying out... We are giving back to a community that we all hold sacred whether in or out of prison. We are keeping a cemetery clean and presentable so that when families come to visit their loved ones, they can still relish in the reality of their loved one Resting in Peace. We are responsible for helping families see what they feel; retaining pleasant memories in a pleasant environment. And they go out of their way to let you know how much they appreciate it!

Most of the time in life, you do not know you need something until you go through it. Re-Entry Centers like Kewanee, and programs like Day Release help us find a sense of belonging outside of prison. They help our confidence in knowing our value, as well as showing it, Restoring the faith that there is a world on the other side of these walls that are forgiving, non-judgmental, and welcoming with open arms.

Safety, Trauma, and CAVE

By: James Kral

I remember when I first heard the question: “Have I ever felt safe?” My first inclination was to think about that in the physical terms. However, that question and the discussion that followed opened the door of discovery to the complexities that surrounded the topic of safety and what it consisted of. The discussion segued into talks about trauma, and how our trauma affects our ability to feel safe. All of this was new information for me, and I began to realize that I’ve made decisions that actually brought me more harm than refuge. It was confusing at first, at that moment I was challenging my beliefs and the culture I grew up in. It was my beliefs and this same culture that I now challenged which caused me to believe that I was doing things that were conducive to my safety.

I grew up in a lower middle class home and although I had both my parents, I was raised in an overwhelming dysfunctional and toxic environment. The level of abuse I suffered from my father, and at times my mother, would mold me into an anxious, hyper-sensitive, hyper-vigilant, and hyper-aroused, violent adult. The emotion that resonated with me the most was anger and the behavior I was accus-

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tomed to and displayed most often was aggression. At that particular time, when I was discovering all the perplexities of what made me who I am, I realized that I never once questioned or truly understood where the anger originated from. I wasn't aware of how I was supplementing my anger to other people and suppressing the initial ones which led to me being less connected and emotionally numb in some regard. Those things made it difficult for me to develop healthy boundaries, relationships, and coping skills.

Within my home and the culture I was raised in, I was taught to never be weak. If you're weak, you were susceptible to being a victim of some sort. My father was a rigorously strict authoritarian, and placed immense pressure on me to exemplify perfection in everything I did. This was done at a young age and it's a ridiculous expectation set for a child. However, as most children do, I made mistakes and when I did I paid for them. My father inflicted crippling verbal and physical abuse on me. His actions resulted in me having a fragmented self-esteem and led me to having a serious fear of failure. These feelings dictated how I would live my life throughout my adolescence into my adulthood.

In those moments of traumatic terror, I felt helpless, the very thing I was taught not to be. That helplessness evoked shame, a feeling so overwhelming, so paralyzing and disabling, that it must be defended against. The common reaction to that is anger which breeds a strong willingness to seize back power. That anger

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then becomes a rage so profound that it creates an insatiable desire to seek revenge to defeat the shame. The greater the helplessness, shame, and/or suffering, the greater the temptation will be to avenge oneself to at least preserve a fragmentary sense of pride. So, what does all this look like in my adulthood? When I feel slighted, when someone raises their voice at me, or when I feel like someone is trying to dictate my pace in some capacity, that anger surfaces and takes action to avenge the past while at the same time trying to prevent myself from reliving it.

It was my participation in CAVE (Community AntiViolence Education) that aided me in identifying and putting a name to my experiences. This allowed me to develop an understanding of how my traumas influenced my behaviors, perceptions, and emotional responses which motivated my reactions to people, places, and things. All of which were predicated on my need to self-protect. I learned that trauma is the scar that's left behind from a traumatic experience and the fragmentation of those experiences will create a mental maze that seems impossible to escape. Many of us who are incarcerated came from broken or dysfunctional homes that were filled with all sorts of concentrated disadvantage. It was here that crime and violence were the norm, weakness was frowned upon, and survival was paramount by any means necessary. All of that exposure to repetitive toxicity, danger and chaos on top of the experiences we've faced inside of these prison walls, when you contemplate the notion of safety, it actually seems foreign.

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Being able to feel safe with other people is probably the single most important aspect of mental health. However, many traumatized people find themselves out of sync with people around them. The notion of trusting is a cynical perspective for many who've experienced repetitive trauma. Our pain and fear rob us of language and split us away from our innate need to share our experience with others, causing us to view disclosing our vulnerabilities dangerous. In CAVE, the space endeavors to break down those barriers to provide an individual the opportunity to feel safe, to be vulnerable, and explore the intricacies of their trauma maps. This space also aids them in unpacking and analyzing the adverse experiences that have shaped them and their interactions with the world.

CAVE strives to create a sanctuary within a group setting that has shared experiences while utilizing seven commitments that help consolidate the group to build trust. That process can only begin with getting everyone on the same page. This entails surfacing, sharing, arguing about, and finally agreeing on the basic values, beliefs, guiding as well as philosophical principles that are to guide our decisions, decision-making processes, conflict resolution skills and behavior. There are no shortcuts here. It's a space like no other. It affords an individual transformation, empowerment, encouragement, and sanctuary.

I am now a facilitator of CAVE, and I love the work that I have the privilege to do in that space. I'm passionate about what I do and what CAVE represents, and I

enjoy helping out the homies navigate their mental mazes as they help me navigate mine. Together, we find an escape and relief from the traps of our traumas to live life at its fullest. I firmly believe that a program like CAVE should be in every institution. All individuals in custody should have access to such a unique space because it promotes restorative practices and grants participants the agency to become peacemakers to the communities they'll be returning to. Quite frankly, I believe the world needs a space like CAVE considering the social climate we're in today. I hope to be a part of that development upon my release.

Peace & Love,

James

**"Whatever you think the world is withholding from you,
you are withholding from the world."**

— *Eckhart Tolle*

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.

T.R.E.O.



Hey guys! Thanks for checking out another article about T.R.E.O. Today we'd like to cover underground utility flags. These color-coded flags are used to mark different utilities and can help you either find the utility you are planning to excavate, or to help you avoid damaging a utility during your excavation. Whether you are the one digging or perhaps you work for a utility company

and you are called out to mark your specific utility, it will be good to know all the other utility flags.

- The first one is electric power lines, cables, or conduit. It's **color coded red** and has a light-bulb as the symbol.
- The next is gas, oil, steam, petroleum, or chemicals. It's **color code is yellow** with a flame symbol

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These first two can be very dangerous if you damage the lines so be very careful when digging around these lines.

- Another is water, irrigation, or slurry lines. These are **color-coded blue** with a droplet symbol.
- After that comes reclaimed water which is **color-coded purple** with waves as the symbol.
- Sewers and drains will be **color-coded white** with a shovel symbol.
- Communication, phone, cables, and alarms are **marked orange** with a traffic-light symbol. These can be very expensive to repair if damaged.
- Temporary survey markings are used to mark property lines and are **color-coded green** with a graph like symbol.
- Lastly is your planned excavation flags which are **pink** and have the utilities needed before any excavation.

All it takes is a phone call to Julie (811) and it is usually free if you are doing it at home. Otherwise the company you work for will pay for it. If you don't do this and you damage a utility you may be liable for the cost of repairs.

REMEMBER: safety on the job is always the priority! That should be your first, second, and third consideration.

ASPIRE.

By: Tiiyon T. Byrd

Acknowledge: to take notice of; to recognize.

Simplify: to make simple or simpler; to diminish in scope or complexity.

Protect: to cover or shield from exposure, injury, damage or destruction; to maintain the status or integrity of.

Improve: to enhance in value or quality; make better; to advance or make progress in what is desirable.

Rectify: to set right; to correct by removing errors.

Earn: to receive as return for effort; to come to be duly worthy of or entitled or suited to.

Before we can even fathom the thought of “change”, we must first **acknowledge** that our previous ways of thinking were incorrect. Many of us consider ourselves to be products of our environment, and as far as we knew, that’s just what our life was, our environment. There are many of us that have become so ac-

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customed to our lifestyle and the environment that we've come from, that it's seemingly impossible to look up and over the small world, within the big world, that we've created ourselves. What I mean by that is some of us don't realize just how big the world is, and if we had the chance to step outside of our "immediate" environment, we'd see just how "un-stuck" we are. I would never take away from the fact that some of us had it rough, that there was no other way to live, but that's not reality. Reality is, if we would've given ourselves a chance and stepped outside of what we we're used to, things would've definitely been a lot different. Prison can be used as an example, in regards to stepping out of your comfort zone and getting a job, any job. I guarantee you that none of us had a fantasy of becoming an in-house deck porter cleaning showers, or washing pots and pans in a kitchen in prison. What's even crazier is that there are people that will do some scandalous things just to get one of those jobs. What I want you to think about is why didn't we have that same drive in the streets? Why weren't we able to take ourselves out of our comfort zone? Was it pride? Were we ashamed we'd be looked down on? Only squares work a 9 to 5? Acknowledging that our mindset, when it comes to life in general, needs to change, can't be preached any more than it already has.

Simplifying some of the things that you consider to be the most difficult in life will help you in more ways than you could imagine. Everything doesn't have to be perfect, and everything doesn't have to be to appease others. Doing things at your pace so that it's easy for you, is what's more important. Life doesn't allow you to call a time-out because you're stressing, and stress happens to be one of the #1 leading causes of death, so please be mindful of that. For those of us that have experienced hair loss over the years, (not because of it being hereditary), but by non-stop stress, if stress

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can do that to our hair, what else do you think it does? I'm definitely not encouraging anyone to be a "George McFly" and slack off, but just take it easy on yourself. Give yourself time to figure things out, and find simpler ways to do whatever it is that you're doing.

Protecting yourself from any influence that may cause damage to what you're working towards, or all that you have done, shouldn't be a thought, it should be automatic. Sometimes allowing some of the wrong people in your circle, or in your life period, could be detrimental to your success. It is important to always remind yourself of where you came from, and where you're trying to get to. Even entertaining things that represent anything other than what you're about, or trying to achieve, could also be a detriment.

Improving the way you make decisions in regards to moving forward and in a positive direction will help ensure that you're not acting on impulse, and that you've actually thought things through. Many of us have ended up where we're at because of impulsive decision-making. A lot of the time, our actions are dependent upon our emotions, and if we have no control over our emotions, then we have no control over anything. The only thing that is perfect, and needs no improvement, is nothing; because "**NOTHING**" is perfect. Everything and everyone has room for improvement, never forget that.

Rectifying the damage we've caused, or mistakes we've made, will not only help us heal, but also remove that very heavy weight that we have on our shoulders. Think of a time when you may have had a disagreement with a friend, or something was miscommunicated, and neither of you made an immediate attempt to rectify the situa-

tion. However, when it was later discussed, and both parties were able to understand one another, that it was just a simple misunderstanding, you felt a lot better, you were able to move on, and figure out a better way of communicating so there would be no future occurrences of the same thing. When we go about making things right, we also have to understand that not everyone is ready and willing to forgive, and we have to accept that and be able to move on. Attempting to right your wrongs is what counts, it shows that you actually care and are remorseful for whatever harm you've caused.

Knowing that you've earned the respect of the people around you, and even people that you've never met, will give you a feeling of accomplishment that you will never forget. The respect that I'm talking about has nothing to do with prison life and all the craziness that comes with it, I'm talking about the respect you earn from people when they see that you're doing positive and productive things, things that help contribute to your community, and to everyone around you. Anything that you put forth the effort into earning will be more valuable to you than anything ever given.

In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.

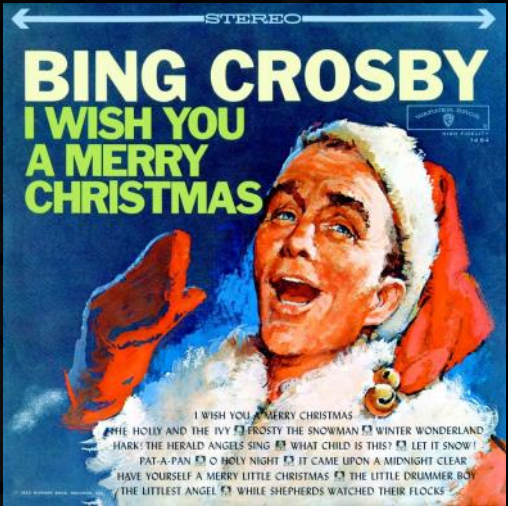
-Theodore Roosevelt-

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QUICK THOUGHT FOR THE HOLIDAYS!

By Mr. Warnsing

So earlier this week I was traveling to Springfield for a meeting and as I've had a more difficult time getting into the Holiday spirit this year I told myself that I was going to take the two hour car ride and listen to Holiday music the entire trip. The only rule that I had predetermined was that if Mariah Carey's song "All I Want for Christmas ..." started to play I would instantly skip to the next song! With that rule in play, I started the two hour adventure to get into the Holiday spirit. After being hit with many of the classics and at least two skips per the above rule, I was hit with one of my favorites "Little Drummer Boy". This version of the song was being sung by Bing Crosby, not my favorite but it would do. I'm pretty sure that everyone has heard the song but just in case a quick summary. The little drummer boy focuses on a story of a little boy visiting baby jesus in the manger and playing his drum for him as a gift. There is more to it than that but that is the one sentence version. The song does have a lot of religious background to it but for my appreciation of the song, I strip all of that out and take



QUICK THOUGHT FOR THE HOLIDAYS!

a deeper look. Peeling back all the religion and the many lines of “Pa rum pum pum pum” we are left with the following lines:

“I am a poor boy too, I have no gift to bring, That's fit to give our king, Shall I play for you, I played my drum for him, I played my best for him, Then he smiled at me, Me and my drum”

These are the lines that hit me hard. I see myself as that poor boy many times looking around and thinking about the gifts that I bring to the table and not feeling as if they are fit. But I’m often surprised to find that when I go ahead and play, and give it my all, that it is enough. At the end of the day, honestly to me it doesn’t matter if my gifts and efforts are not fit for a king or don’t make everyone smile, if I have given my all and I am proud of that effort, that is all that truly matters. I play my best for me, whether others appreciate it or not!

So during this holiday season and heck the rest of the year too, find your drum and play it the best you can, Pa rum pum pum pum!

Just for your information, the best version of “Little Drummer Boy” is by Sean Quigley. If you have the opportunity to look it up on youtube!



THE MARKET CORNER

Fact vs. Opinion



By: Robert "Bulldog" Kennedy

Over the years, during my trading and investing endeavors, I've learned quite a bit about what analysts do to manipulate the views of retail investors like us. When I was first starting out, I listened to every word CNBC analysts, Wall Street Journal and Barron's columnists had to say about the stock market. After all, these are highly educated business minds that are, and should be, highly respected. I read many books explaining how the stock market works and what stocks to buy to increase the value of my portfolio. I learned a lot about the stock market through the teachings of much more experienced investors

than myself, and I encourage you to do the same. I needed to understand how the stock market actually worked and how I could make it work for me. What I would like to discuss with you today is the importance of an analyst's facts versus their opinions. Whenever you read an article an analyst has written or listen to an analyst on CNBC or some other business show, I would like you to keep in mind a couple of key factors. When an analyst is speaking of a particular company's stock or the stock market in general, you should ask yourself a very important question. What is this person's motivation? Why is he or she trying to influence you to either buy or sell this stock? How might this analyst profit on this strategy he or she is presenting?

Is the analyst long or short this stock? What will the analyst gain if you buy or sell this particular stock? Analysts have to disclose their position during an evaluation of the companies they speak of. Pay attention to these factors very closely. Don't allow an analyst on TV or some other news publication to manipulate your decision about what stocks to buy or sell purely on what could possibly be their own personal agenda. These people are thinking of their own bottom lines, not yours. Whenever shown, make note of any technical indicators such as candlestick charts or 50 day moving averages, and fundamental indicators such as quarterly earnings reports and price to earnings ratios. Stick to the numbers because these are facts. You have to separate fact from opinion. Evaluate their

presentation, and formulate your own opinion based on the facts. Take into account how the stock has been trading in the last 52 week period as well. Just because a stock was trading higher a year ago doesn't automatically mean it will ever get back there, although this is a possibility. There are many companies that have been revalued to what the market has determined to be fitting in our economy's current state. Remember, this is **your** investment capital and **you** are the one in charge of it. Don't allow anyone to persuade you into making a decision you really don't agree with. No one truly knows how high or low the stock market will go from day to day. There are many factors that can and will sway the market and your stock choices. Be smart. Listen to the facts presented by analysts and make an educated decision with all the information you have and make a choice based on your beliefs and no one else's. After all, **it's your money, not theirs.**

I hope you come hang out with me again next time at the Market Corner!

"The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them."

-Denis Waitley

CREATIVE WRITING 1.5

BY: C.T. BASHAW

FICTION, PART 2

STORY STRUCTURE

Fiction can be written structurally in many different ways. Some is written as plot-centered narratives, some as character-driven stories, while some is written as slices-of-life tales. The order the narrative takes is solely up to you as the writer.

The following elements are what a good deal of authors believe to be the fundamental elements of any type of fiction. While it is not necessary that every story employs every element, it is important to understand how these elements function in fiction, because as a unique art form, fiction has no specific writing pattern to follow.

PLOT

This is the action that moves the narrative forward, the “what happens” within the story. It gives the story order, and should flow naturally out of the characters and conflicts they face.

THEME

This is what the story is about, the intended messages or meanings behind the overall tale. A good story will strive to communicate larger ideas and values beyond

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the simple tale being told, and may have multiple themes woven within. Some themes will be more obvious to the reader than others, and some go beyond the story itself.

SCENES

These are the building blocks of a narrative. Scenes are the interactions between characters, their environments and conflicts, and take place more or less as they occur within real time. All scenes are structured with a beginning, middle, and end. Physical descriptions establish time and place, show the characters in action, introduce dramatic dialogue, and contain conflict to reveal nuances of character while propelling the story forward.

CONFLICT

Conflict is what drives a story and makes it compelling to the reader. Conflict often arises when one or more characters want something they can't have or that is difficult to obtain. This can be anything, like acceptance, friendship, a better life, lost objects, freedom, redemption, or even love. Good stories often have an arc—an increase in tension as the characters encounter and overcome one conflict upon another until a breaking point or point of crisis forces them to make a life-altering decision, moving them forward or failing at achieving their desired goal.

CLIMAX

Despite the word's implied meaning, the climax is the resolution of the story's conflict, and is not necessarily the most dramatic moment of the story. The climax is the culmination of the events and smaller conflicts that reach a point of no return for the character(s), after which they are powerless to change their fates.

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DENOUEMENT

Denouement is a French word that means “a story’s consequences”, how the characters have changed—or refused to change—as a result of their journey in the story. Do they have a greater understanding of themselves or their world? How has their view of their world, or the world itself, changed around them? These consequences can be stated merely in summary, or dramatized by the characters in a scene. Here is an example that I believe presents the denouement rather well:

There was, naturally, one bit of unfinished. Seemed there always was. Mal wasn’t sure how long the operative had been standing near—easy to sneak in the rain, especially for them that was trained to it—but he did hear him walk closer. “If you’re here to tell me we ain’t finished—then we will be real quick.”

The operative joined Mal by the ramp. “Do you know what an uproar you’ve caused? Protests, riots, cries for a recall of the entire parliament.”

“We’ve seen the boardwaves.”

“You must be pleased.”

Mal winced as he turned toward the operative, the pain in his stomach managing to bully its way past the painkillers Simon had been giving him. The wound was just the latest in a series—Mal was fair sure he had more scars than skin nowadays—but it was still a mite tender.

“Verse wakes up a spell. Won’t be long ‘fore she rolls over and falls back asleep. T’aint my worry.”

“I can’t guarantee they won’t come after you—the parliament. They have a hundred men like me and they are *not* forgiving.”

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That prompted a smirk from Mal. “That don’t bode especially well for *you*—giving the order to let us go, patching up our hurt...”

Shrugging, the operative said, “I told them the Tams were no longer a threat—damage done. They might listen, but—I think they know I’m no longer their man.”

If the operative was angling for sympathy, he was barking up the wrong tree. Fact, he was in the wrong forest. “They take you down, I don’t expect to grieve over-much. Like to kill you myself, I see you again.”

“You won’t. There is—” He smiled grimly, “—nothing left to see.”

Mal stared at this self-proclaimed monster, to whom he owed his life, and to whom he owed any number of deaths. All three grave markers on Haven, and hundreds besides, could be laid at this man’s feet. And yet, when he had every reason to give the kill order, he told his people to patch up Mal and his crew and let them go.

The second thing was what kept Mal from shooting him in the face for the first thing. For now, anyhow.

Mal walked up the cargo ramp, ready to leave this very man very far behind. Meanwhile, the operative looked up at where Inara had repainted the boat’s name. “*Serenity*. You lost everything you were—how did you go on?”

I found something to believe in. But Mal wasn’t about to share intimates with this person. Turning around and pressing the button that would close the ramp and the inner door, Mal said, “You still standing there when the engine starts, you never will figure it out.” The door shut. “What a *whiner*.”

-Keith R.A. DeCandido/Joss Whedon, *SERENITY*

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The denouement continues on to the end of the chapter a few paragraphs later, but the pinnacle of the consequences are told in two lines: the first is where the operative discloses what Mals' actions have wrought in their universe—the protests, riots, and cries against the Alliance. The second comes when Mal responds—in thought—to the question posed by the operative: *I found something to believe in.* This is the consequential change in him.

CHARACTERS

Characters are the people, animals, or animate objects in your story. Generally, there are two types of characters: Main Characters and Secondary Characters.

MAIN CHARACTERS—THE PROTAGONISTS

The main characters are who the story revolves around. You may have one main character, or many main characters. Since the story is about them, there should be something compelling about the main characters that drives the story you are writing. They should need or want something—have a motivation, a reason—for the story to be told. The more a reader learns about the main characters, the better. That doesn't just mean a physical description, but also includes knowing what makes them interesting.

SECONDARY CHARACTERS—THE ANTAGONISTS

Secondary characters are just as important as the main characters, but in different ways. The secondary characters' primary function is to create conflicts for the main characters—thus they are known as antagonists. They can be enemies of the main character, someone looking for the same need or want as competitors, or

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even those who are there to help the main characters. By creating these conflicts, they help propel the story, reveal the protagonists, and make the story exciting.

Another role a secondary character plays is to fill up the world the protagonists and antagonists inhabit—making the world feel lived in. These characters are often referred to as “minor characters”. They fill the background and may have limited interaction with the main and secondary characters—but could also fill a need for each in some small way that helps move the story along.

MOTIVATION

Characters need motivation to do what they do. This is true for all your characters, even the minor ones. Motivation is what brings the conflicts that, in turn, validate your characters’ actions. Motivations can be “good”, “bad”, or “a bit of both”. It is the “why” for your characters that drives them to act.

CHARACTERIZATION

This is the make-up of your characters—the physical and emotional descriptions you convey to the reader. There are many ways to approach this process. Some writers know *everything* there is to know about their characters before a single line of story is written, outlining extensive pictures to flesh out the history and backgrounds of each character. How much you want to know depends on how much of the character you want to reveal in story. Here are a few questions to ask yourself about your characters:

- What do they want? And/or need?
- What is their full name? Does it have any meaning? Any cultural connections?
- Where do they call home? Do they like where they live?

- What do they look like (eye and hair color, skin complexion, gender, age, height, weight, etc.)? How do they dress? Are they happy about how they look? How might others see them?
- How much money do they have? (It is best to give a monetary amount instead of just wealthy or poor; low, upper, or middle class.) Do they have enough on them to buy a soda or beer? Why or why not?
- What level of education do they have? Any street-smarts, specialized training, or learning from books, travel, work, etc.?
- Any siblings? How many? Older or younger, living or dead? Do they have any extended family? Are their parents living or deceased?
- Any friends? How many? What are they like? Close by or far away?
- Do they have any enemies? Who and why?

There is a lot more you could ask about your characters, but you probably won't need every detail you flesh out. But the more you do have, the easier it will be to describe them as you reveal things about your characters in the story. Everything the character says, does, or thinks informs the reader as to whom the character is—and should serve to further the story. Revealing details about your characters in small amounts as the story progresses allows your readers to discover them more naturally. You do, however, want to render the clearest and most engaging picture of your character as possible without overwhelming your readers in the process.

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SETTING

Just like the characters, the setting is an important aspect of the story. Whether you are writing horror, science fiction, a western, urban fantasy, a romance, or even mixing genres, you need to create a clear picture of where the story is taking place. Describe the details in the scene to build a mental picture. Are there trees around? Do they make a sound? Is it a cool autumn day, or a blistering summer afternoon?

What would the details reveal to the character? Or to the reader? How does the setting affect the characters who inhabit it? Knowing these details helps to create context for the story, grounding the characters (and the reader) in a certain time and place.

DIALOGUE

Good dialogue is more than just simply the words spoken by your characters; it is also the gestures that accompany the statements and questions said out loud. Good dialogue moves the story forward, reveals details about the characters, and shades in the themes within the story's narrative.

The vocabulary you use for your characters should be natural and easy for you to convey. Using complex words does not necessarily improve your writing—it is often better to use a word you know over one you don't. This will help present your characters and descriptions in a more believable light to the reader. Avoid using dialects and accents you are not familiar with until you know how to properly use them—simply changing the spelling, especially to unfamiliar renderings—tends to disengage the reader from the scene. If you do use dialects or accents, be sure to be

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consistent in their usage; the reader will spot any deviation in their use quickly—and your characters will not ring true.

Also, when switching between characters, begin a new line and indent it when the character begins speaking. If you begin with the character's experience, thoughts, or actions before their dialogue, indent the line, and whatever they say after that follows on the same line or begins a new line without indentation—until you switch who is speaking.

A NOTE ON VERBS

There are two types of verbs: passive and active. Here is a quick example:

Passive: Rune **was struck** by the bullets.

Active: The bullets **struck** Rune.

Active verbs propel the story forward, bringing the characters and action to life, so endeavor to use *active* over *passive* verbs. If you find yourself using *had* and *was* a lot, or many of your sentences begin with pronouns (like *he*, *she*, or *they*) followed by passive verbs, it would be a good idea to rewrite them using active verbs instead. A dictionary and thesaurus can be a writer's best set of tools.

Next time we'll tackle the art of screenwriting!

“Twenty years from now you’ll be more disappointed by the things you didn’t do than by the ones you did do.”
- H. Jackson Brown, JR.

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A LOOK AT LEADERSHIP PART 4

6. POSITIVITY

One of the top leadership qualities of truly great leaders is a sense of abundant positivity that energizes everyone in the room. It's not that true leaders never have moments of frustration or disappointment, but that they're able to take a positive approach to tackle challenging issues. Inspiring leaders know how to turn setbacks into successes and make a point to display optimistic leadership attributes on a daily basis.

Choose empowering beliefs that will propel you forward, not negative thought patterns that will weigh you down. Seeing challenges as opportunities rather than obstacles is one of the most important qualities of a good leader. When you practice positive thinking, it becomes a powerful cognitive habit and allows you to reassure and elevate those around you.

7. DECISIVENESS

Every single person in a leadership role of any kind sometimes has to make difficult decisions. How you handle these decisions is one of the top leadership qualities. The ability to be decisive can mean the difference between getting through a tough time or crisis and folding under pressure. Making these kinds of calls doesn't always mean you will be well-loved, but when you use good judgment to make decisions, it will earn you the respect of others.

Even if you make a wrong decision and need to correct it, showing decisiveness during tough

A LOOK AT LEADERSHIP PART 4

times is a better leadership quality than waiting around for something to happen or letting others make the decision for you. An effective leader is one who makes the decision that is right, not the decision that is easy.

8. ABILITY TO INSPIRE

We all bring natural gifts to our careers. Discovering your natural leadership qualities is an excellent way to inspire others to also find their own strengths. One of the secrets to wild success is honing your leadership vision and communicating it to others. Inspiration is what pushes people to plow through difficult times and to work on achieving their goals even when times are undemanding. You define yourself with your identity – or in business, your brand. Refocus and sharpen your identity often so you will inspire those on your team.



LEADER OF THE WEEK

Hi, I'm Mel. Host of The Mel Robbins Podcast. Fifteen years ago, I hit rock bottom and nearly lost everything I cared about in life. My anxiety was so bad, I could barely drag myself out of bed. Today, I'm one of the most respected experts on change and motivation in the world. Millions of people and the world's leading brands come to me for advice and science-backed tools to become more confident, effective, and fulfilled.

LEADER OF THE WEEK

THIS 50 SOMETHING MOTHER OF THREE HAS:

- ✓ sold millions of books, including The New York Times Bestseller *The High 5 Habit* and the #1 selling *The 5 Second Rule*
- ✓ billions of video views, reaching 150 million people on YouTube alone in the last month
- ✓ six #1 audiobooks on Audible
- ✓ a marriage 26 years strong
- ✓ 3 pretty cool kids...

But what I'm most proud of is the impact my work makes on the lives of people like you and me – and the fact that despite all this success, I am still the same down-to-earth, relatable person I've always been.



For more on Mel Robbins

Check out her podcast or her website



USAF USMC NAVY ARMY

VETERAN'S DAY MOVIE SHOWING



On Sunday, November 13th, 2022, the [Kewanee Veteran's Committee](#), put on a double movie showing to show appreciation for the participants from the Kewanee Campus during their Patriot's Day celebration (Sept. 12th 2022 featured in **KH** Vol. 10). The feature was a showing of "Top Gun" and then the sequel "Maverick". These movies were chosen because of their military theme, and because everyone generally tends to like a Tom Cruise movie. The [Kewanee Veteran's Committee](#) really went above and beyond to make their appreciation felt for all the support they received during their Patriot's Day celebration, on the preceding page you can see the different members of the Committee representing their branch of service and enjoying some patriotic comradery during the set up for the event. These men engaged in a special sacrifice to serve our country and being incarcerated hasn't slowed their giving spirit one bit, **KH** would like to extend our deepest gratitude for their generous ways and the example they have set for us all. A special shout out goes out to Lt. DeCoster for helping the guys organize this special day. Thank you to you all.



MENTAL HEALTH

How to Cope With Holiday Stress and Depression in Prison

For most people, the holiday season is one of joy, but for those who are incarcerated, it is also be a time of loneliness and pain. Many of us find ourselves depressed and stressing out during the holidays, so it is important to know the symptoms of depression and ways to help yourself feel better. In addition, taking steps to connect with family and friends in whatever ways are available over the holidays can help us feel less isolated. Finally, consider taking the time for some mindfulness meditation or self-reflection over the holidays and/or to connect with a faith tradition and really process your feelings.

Managing Depression and Stress Symptoms

Pay attention to your symptoms. A lot of us are prone to seasonal depression around the holidays, both because of the dark days of winter and the sadness of the holidays.

Watch yourself for any new or worsening depression symptoms, including:

- Persistent feelings of sadness, hopelessness, anxiety, or emptiness
- Loss of interest or pleasure in favorite activities

- Changes in weight, appetite, sleep habits, or sex drive
- Difficulty concentrating or remembering
- Irritability or restlessness, (more than usual or normal for you)
- Suicidal thoughts or suicide attempts. (Self-harm and suicide rates increase during the holidays in prison.)
- Digestive changes such as constipation or diarrhea.
- Lowered immune system, which may cause you to get colds more frequently.
- Rashes, such as psoriasis or eczema.
- Increase in adrenaline
- Increase in blood sugar.
- High blood pressure.
- Changes in breathing, such as fast or shallow breathing.
- Racing heartbeat.

Be on the lookout for increased stress. The holidays can be a stressful time for anyone, what with the increased obligations and expectations. You may be worried about a present not arriving on time or about an upcoming visit. You may notice symptoms like:

- Physical symptoms, like a headache, chest tightness, upset stomach, or fatigue
- Behavior changes, like withdrawing socially, increased tobacco use, or eating more or less than normal

- Mood changes, like anxiety, feeling overwhelmed or restless, irritability, or anger. Be aware of **seasonal affective disorder (SAD)**, is common in the winter months when there is less daylight. Symptoms are similar to depression but are seasonal in nature, and disappear when the days get longer.

- Try to get as much sunlight as possible. This can be difficult in prison. Make sure you can get outside as often as possible to get natural light exposure. Sit near any windows for natural light.

- If you can, get outside even if it is cold. You will still reap the benefits of natural light exposure.

- Take a multivitamin supplement that contains vitamin D.

- You might also look into getting a light therapy box, if it is allowed. This is a bright light that simulates sunlight. You need to sit in front of it for a set amount of time every day.

Exercise: Exercise is a great way to lower stress levels, boost your mood and fight depressive symptoms, and stay healthy. You may also have the benefit of being able to socialize with others during your exercise time, which can also improve your mood.

- If your facility has a running or walking program, join one. Challenge yourself to see how many miles you can run or walk in a year. If you don't have an exercise club, find out how you can start one.

Try to eat well. Prison food is not the healthiest, but do your best to eat nutritious meals. Eat your vegetables. Cut down on snacks from the commissary.

- Avoid caffeine, which can cause sleeping problems. Not getting a good night's sleep can make it harder to regulate your moods and aggravate depression. Caffeine can also worsen anxiety.

- If you can't talk to a mental health care professional, find a trustworthy friend you can talk to about how you are feeling. You could say, "Hey, I'm feeling pretty down lately and want to vent to someone, do you mind listening?"

- If your facility offers support group meetings, consider attending one. Support groups can help you feel less isolated and help you gain new ideas for coping mechanisms.

- You may find support in a faith community and be able to share some of your feelings with others there.

Try to keep busy. Taking your mind off the holidays and the things you are missing may help you pass the time. Distract yourself with other activities.

- Keep your mind occupied by reading, working toward an educational goal, or trying a new activity.

- Go to your prison job and focus on your work.

This is a difficult time of the year for all of us. Even if you aren't into the "traditional" holiday things like Christmas and all that, it is just hard to be away from our loved ones. Stay focused and try some of the tips here, we know it is easier said than done. We care about our community and we should all remember that no matter how we feel in the moment, we are not going through this by ourselves.

—KH

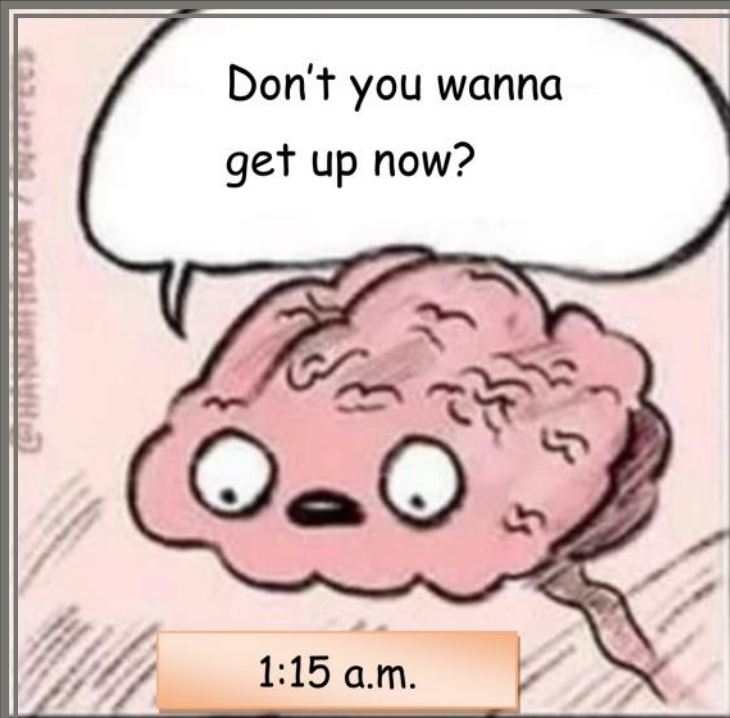
What does the body do when responding to...



- **SALIVA PRODUCTION REDUCES** - Saliva secretion slows down when we are afraid. This causes a dry mouth.
- **PUPILS DILATE** - Our pupils enlarge, letting in more light so we can see the threat more clearly.
- **MUSCLES TENSE** - The muscles in our arms, legs, and shoulders prepare themselves for action. We may feel tense or “wound up”.
- **DIGESTION SLOWS DOWN** - To avoid wasting energy, digestive activity falls. In extreme cases, we may vomit to eject undigested food.
- **BREATHING RATE RISES** - This oxygenates our muscles, preparing them for action. But it can also cause symptoms of hyperventilation.

- **HEART RATE INCREASES** - Our heart beats faster to pump oxygen-and-nutrient-rich blood to where it is needed in the body.
- **SWEATING INCREASES** - Our sweat glands are triggered, and we begin to sweat, ensuring we remain cool if physical exertion is needed.
- **BLOOD VESSELS CONSTRICT** - Blood flow is directed away from the surface of the skin, so we may appear pale.
- **IMMUNE SYSTEM ACTIVITY REDUCED** - In the moment, dealing with infections is not crucial, so the immune system shuts down to save energy.
- **BLOOD SUGAR SPIKES** - Sugar stores are released from the liver to provide the muscles with the energy they need to work. Fat stores are also mobilized.
- **BLOOD FLOWS TO MUSCLES** - Blood carries nutrients and oxygen to the muscles, readying them to fight or flee from danger.
- **BLADDER MUSCLES RELAX** - This causes us to need to urinate, which rids the body of excess weight and makes us faster and lighter.

"We are not our best intentions. We are what we do."
— *Amy Dickinson*



HOROSCOPES

Aries: Another lovely, feel good day! Romance is saucy and provocative, which makes this a great day for a flirtatious luncheon. Relations with females (regardless of your own sex) will be warm and friendly. You are in touch with your creative vibes!



Translation: Shoot yo shot on them messages, you got game shawty.

Taurus: Invite the homies over for pizza, whatever your pleasure, because this is a great day to entertain at home. You will also enjoy redecorating your home, while some of you might explore real estate.



Translation: Put that culinary arts certificate to use, that ain't good for nothing else (right now).

Gemini: Conversations with your everyday contacts are smooth and mutually friendly. You find it easy to cooperate with others and listen to their point of view. In part, this is because you feel well-liked. You feel appreciated. In turn, you will appreciate the beauty of your daily surroundings.



Translation: Enjoy those moments when you are able to express yourself to others. Just keep it within reason and enjoy the beauty you can create.

Leo: The moon is in your sign lined up with Venus, which will stimulate your appreciation of beauty, especially in the arts and music and your everyday surroundings. You will be more inclined to tell someone that you love them. Money transactions will go well.



Translation: Use your art skills to make that drawing, send that piece out and you will get that receipt in a week or two.



Virgo: This is the classic day for secret love affairs. (Eyes across a crowded room and all that.) You might also pursue secret financial transactions, or perhaps buy something beautiful (especially pricey clothing) and hide it in a closet to break the news later.

Translation: **This is for people in the free world, not people in prison, sometimes you gotta accept that some shit just ain't for you.**



Libra: This is another wonderful day to enjoy the company of friends, as well as groups, classes and participation in organizations or conferences. This is because your ability to relate to others is excellent, especially relations with females. Enjoy hanging out with artistic, creative people.

Translation: **You know you been wanting to learn how to draw, try your hand, make a small card, your homey got hella patterns.**



Scorpio: This is a popular time for you, and today, you look especially good in the eyes of bosses, parents, VIPs and the police. People will notice you because you are high visibility. Because people in authority are favorably inclined to you, you can make your pitch or ask for what you want.

Translation: **All that crazy hard work you been doing to keep the deck/gallery clean as a whistle is finally paying off.**



Sagittarius: Grab every opportunity to travel or do something different to shake up your world. You might be attracted to someone who is unusual or different from the kind of person you normally see. You'll be interested to learn about other cultures, especially their arts and crafts.

Translation: **This is what's up: learn to make art, have your people put that up on etsy, that will get you what your looking for.**



Capricorn: Once again, you have a favorable day to discuss financial arrangements with others. These could include discussions about debt, inheritances or insurance issues. It's important that you know that you have the upper hand and things will easily go your way. Yes!

Translation: Don't take advantage of the fact that your soulmate is willing to send whatever amount you ask for, keep it reasonable. Ask your supervisor for the pay raise, you been killin it at work!



Aquarius: This is a positive week for relations with others. With Venus opposite your sign today, people will be friendly and cooperative with you. However, the moon is also opposite your sign, which means you will have to go more than halfway with dealing with others. (Them's the breaks.)

Translation: Do the work, you're the one locked up yo! It's on you to put in the extra effort to build up the bridges in your relationships.



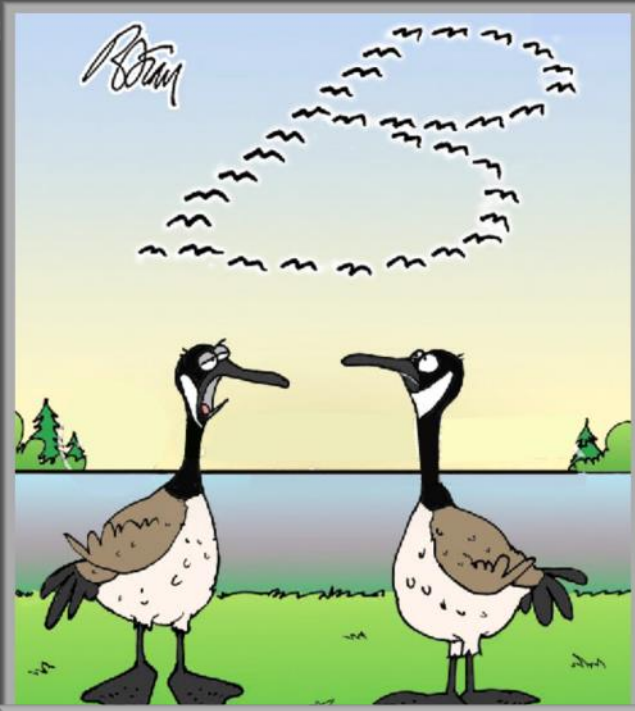
Pisces: This is a productive time for you because you are willing to help others, especially coworkers; and meanwhile, they are willing to help you. Because you have this mutually beneficial energy happening, make the most of it. Reach out to help someone. In turn, accept their help.

Translation: Team work, makes the dream work! C'mon shawty, you know the bidness.



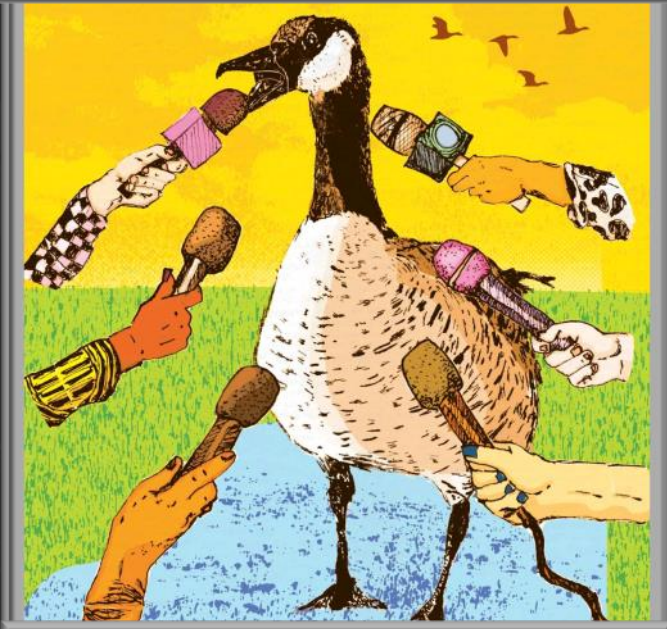
Cancer: Once again, business and commerce are favored today! This is a great day for financial negotiations, business transactions, exploring ways to boost your earnings, or get a better-paying job. It's also a positive day to shop for beautiful things for yourself and loved ones. Major bonus!

Translation: It looks like you got some good opportunities to make things happen on the job side plus you probably gonna make it to store this month! We did it ya'll!



"LOOKS LIKE BOB IS LEADING THE FLOCK AGAIN..."

IS A HOTDOG A SANDWICH?
ITS GOT MEAT INSIDE BREAD...



HONK! HONK! HONKY! HONK!

GOOSE-TOONS



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!

"It's not what you look at that matters, it's what you see."

-Anonymous

**SEND US
ARTICLES
OR ART WORK!**

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

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AND SHARE IT TO THEIR SOCIAL MEDIA WITH THE HASHTAG:**

#KEWANEEHORIZONS

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