

V21



KEWÂNEE HORIZONS

HOLIDAY
EDITION



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COLOR KEY=
WHITE=KEWANEE CONTRIBUTOR
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CONTRIBUTOR

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RESTORATIVE JUSTICE

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

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

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

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

Merriam-Webster's Collegiate Dictionary Eleventh Edition

MISSION STATEMENT

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

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

HELLO COMMUNITY...

My name is Evelyn “Lil Baby” Jackson. I was arrested at 18 and I’m now 41. I’m in my 23rd year of my 45-year sentence, yet my drive to obtain my freedom has not faltered my faith in Allah.

At 18 I fell into situations due to the crowd I chose to be around. Today I’m suffering those consequences. All in the midst of accepting accountability for myself and not playing the blame game.

During my 17th year, Feb 25, 2016, I experienced the worst pain any parent could ever feel. My only child was murdered at the age of 17; I felt his pain while in segregation. Losing my son was an eye-opening experience because the shoe was now on the other foot. I was placed in the same position as my victim’s mother/family. This put me back on track with Allah.

I now empathize with all families that has lost someone at the hands of another. I chose to forgive the young man that murdered my son. In that forgiveness, I was able to forgive myself and free my spirit of any guilt that I’d carried. Since that enlightenment, I have not returned to segregation. A decision was been made to make my son proud of his mother, in his death, by reclaiming my passion to be a beautician.

The schooling process here at Logan is limited for those serving long-term sentences. I was unable to complete my cosmetology transcript. However, I was able to find a correspondence course where I could pay for classes on beauty care which I completed with high honors. Once I received my diploma, I was allowed to have the cosmetology instructor be my proctor and administer her final test in order to complete my transcripts. Now, upon my release, I can apply for my license as a beautician.

After reading Kewanee Horizons, I felt compelled to write and encourage all incarcerated men & women to never lose sight of your goals. You'll have roadblocks along the way, but use those same roadblocks as teaching tools. Freedom is not just a physical state, it starts within your mind, soul, and spirit. All praises due to Allah for allowing me to show others who I was born to be. InshaAllah my clemency will be granted soon.

I agree that restorative justice is not only about obtaining tools to be productive in life and society, we pay it forward by giving ourselves to others for encouragement. You have to reprogram your thinking and your way of life as a whole in order to rebuild yourself to become the person you were born to be.

“Live as if you were to die tomorrow; Learn as if you were to love forever.”

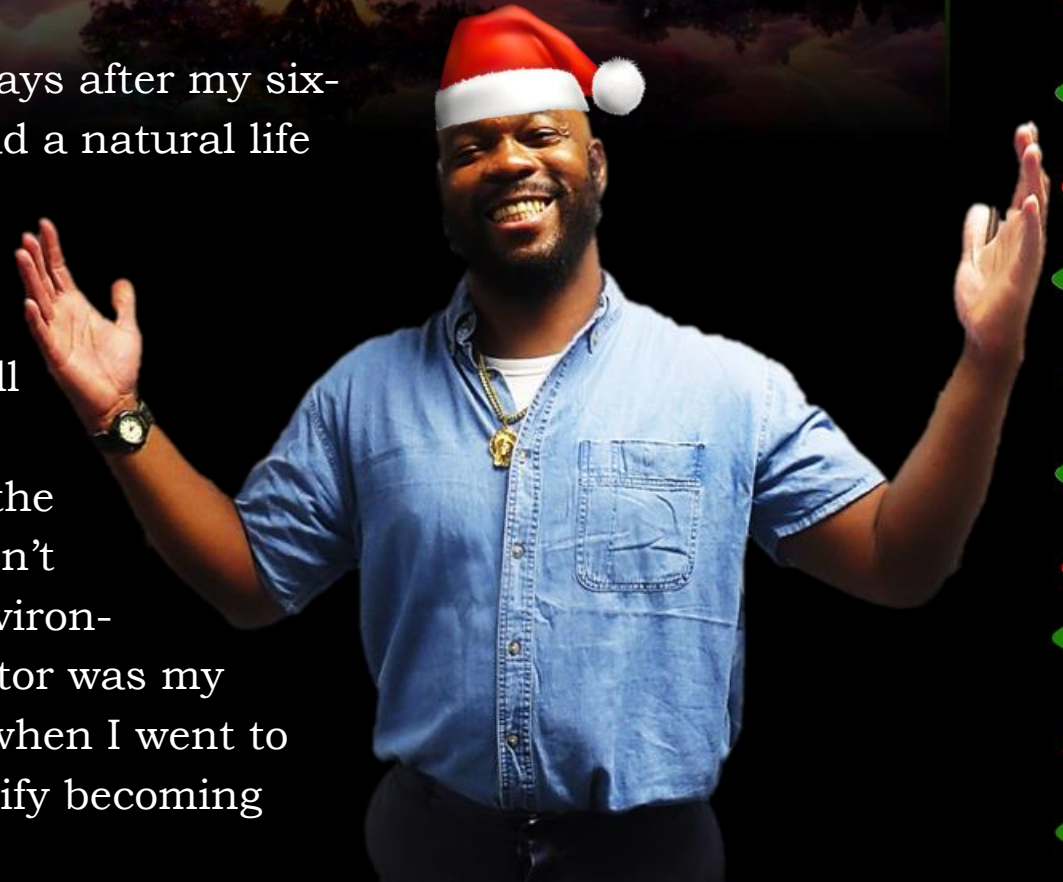
Evelyn Jackson

Logan C.C.

BEYOND THE HORIZON

By: Corey Johnson

I have been incarcerated since 16 days after my sixteenth birthday. I'm 39 years old and had a natural life sentence. Last year on Feb. 18th I was resentenced to two concurrent 25 year sentences. The message of my resentencing was twofold: one, is that I will have another chance to walk the in free world again as a free man. The other is the affirmation of my character. But I wouldn't have this opportunity if I became my environment. The single most determinative factor was my behavior after my sentence. What I did when I went to Menard and Stateville. Some people justify becoming



their environment using the saying “when in Rome” this statement is wrong on so many levels. But what we really need to understand is that circumstances don’t make us who we are it exposes us to who we are. There were various things that occurred to me and that I was exposed to as a kid. That a number of us would use in some kind of way to minimize or justify our past and/or current behavior.

I told myself in the van on the way to Menard. No excuses, it’s on you to be the man you want to be. And I knew most definitely that I didn’t wish to keep on the shoes of my youth. If even though I had to keep on the same shoes from when I was 16 I was able to take them off on February. Using and viewing prison as an opportunity to be “me” allowed me to do just that be “me”. When I was in Menard last year and even in the county jail I use to tell the younger brothers that it’s important to do your own time. Trust me sometimes that’s hard enough, but many of us adopt the time of others unknowingly.

I had a natural life sentence longer then I lived in the free world so for those of you thinking it’s easy to say this now. It was also easy to be me. I knew that I did not want to die in prison and used to say all the time, “this can’t be life” borrowing Beanie Siegel’s rap. But, it’s that mentality that made me read, **The Mis-Education Of The Negro**, **The Seven Habits Of Highly Effective People**, and **The Six Pillars Of Self-Esteem** in this order. Actions and inaction have very real consequences.

Last year in August I was asked if I would go to Kewanee, I stated yeah, not knowing anything about this place, only that it wasn't Menard. Now, I was disappointed when I didn't get **'time served'** because I thought I was ready to go home then. Who wouldn't think so? But the social environment at Kewanee allowed me to see that no matter how much I thought I was ready and should have went home then. I wasn't truly ready. Now, this isn't saying that I wouldn't have adjusted well in society then. But, instead of being upset and bitter that I was still locked up while other guys that my judge resentenced got time served, I decided to identify something that I didn't know but, would like to know and that I could use in society. Which was learning stocks. But back to Kewanee, most of the people here, in custody, and staff are nice, something I wasn't use to I kept asking myself when they gone stop playing. There had to be a trick. There's no way this many people are respectful and considerate. Another thing that told me I need a little more work.

The whole atmosphere from my first Cinco de Mayo and Juneteenth events to town hall events initially had me uncomfortable. But instead of getting up and leaving each time I stuck it out and slowly it became normal to be in room with 50 to 100 people all moving around doing things having fun and not have my head on a swivel.

I got the chance to be accountable for my movement. For the first time during my 23 plus years of incarceration I had to get myself where ever I needed or was required to go. No officer came and got me for anything I, as well as everyone else that come to

Kewanee is told what our classes is, the schedule for services, counselor office hours etc. and it's on us to get there. All we have to do is sign out and in. This little responsibility is actually big because in the free society no-one comes and open your door and lead you anywhere and back. Now after 15 months at Kewanee LSRC I will be going to work release tomorrow I don't know what that's like but I welcome the experience and I know that it's another step that will ensure that when I am fully released into society I will be ready. All this is possible due to me doing my own time and not others. And not just doing my own time but doing the most beneficial time I could do considering the circumstances. I implore all to do the same. You never know what the future might hold.

“In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.”

— Eleanor Roosevelt

A M B I T I O N

By: Tiiyon T. Byrd



Accept: to endure without protest or reaction.

Maneuver: evasive movement or shift of tactics; to make a series of changes in direction and position for a specific purpose.

Become: to come to be; to undergo change or development.

Immortalize: to make immortal, everlasting; unending existence.

Teach: to show, instruct; to impart the knowledge of.

Impress: gain the admiration or interest of; to produce an impression.

Offer: an action or movement indicating a purpose or intention; to declare one's readiness or willingness.

Neutralize: to counteract the activity or effect of; make ineffective.

Accepting the fact that we need to change the way we live our lives may be a challenge for us all, but when you truly think about it, we have everything to gain, and nothing to lose. One benefit of being incarcerated is that it shows us all who's going to be in our corner when we need them most.

It also gives us an opportunity to take a look at all the crazy things we were doing and how it obviously got us nowhere but here. I want you to envision being able to video-record yourself prior to being in prison, how you moved, the people you associated with, the things you did, and imagine being able to watch it. Would you recognize the person you'd be watching? I really want you to think about that. Accepting that we must let go of all of the people and things that hinder our growth will only benefit us.

Being able to **maneuver** around the many different temptations that we have in life is sometimes easier said than done. When you have success in your line of sight, there will be times when your dedication to your success will be tested, and some of those times will definitely be harder than others. Learning how to maneuver around all of that is something that's going to have to be practiced consistently. We are all subject to human frailties when it comes to temptation, and we need to never forget that. That's not at all saying that we're weak, but it does acknowledge that we are all just human, nothing more, nothing less.

Becoming who we were destined to be, which is the best version of ourselves, takes hard-work and dedication.

When we envision ourselves (future-tense), we should have tunnel-vision. We should be able to block out everything except what we have our eyes set on. We need to view ourselves as a piece of blank paper, and we are also the artist that holds that pencil in our hand, waiting to create a masterpiece. We become what it is that we create. The same way an artist takes his/her time to fine-tune their artwork, we also need to take the time to fine-tune ourselves and become the masterpiece we create.

After **enduring** all of the things we have in life, a goal of ours should be to **immortalize** ourselves by doing something that brings honor to our names. Our physical form won't last forever on this earth, but our name and legacy surely does. When it is our time to leave this precious earth, it should matter to everyone how we're remembered. I know for me, it's important to be remembered as someone that fell, and not only did I get back up, but went back and picked up as many people as I could. I want to be remembered as someone that contributed to the world, not just someone that took from it. We've all done things in life that we're not proud of, things that I'm sure we wish we could take back, but reality is, we can't. What we can do is help as many people as we can and try our damndest to make this world a better place. What's often assumed is that "one" person can't change the world, however, if you look back at history, that's all it ever took, one person. That one person could be any one of us.

Having the ability to **teach** what we have learned along the way is a blessing. Without a doubt, there will be those that don't want to take the knowledge we have to give, and that's alright. At the end of the day, as long as we tried, that's all that matters.

Think about it for a second, as I'm quite sure you can remember being the one that brushed off the advice/wisdom someone was trying to lay on you, and later on in life something occurred that made you immediately think back to what that person said, and you realized that you should've listened. Unfortunately, there's a good majority of us that have to learn the hard way, and I am a prime example. After we have learned from our experiences in life, and truly grasped the life-lesson behind it, only then will we be able to pass down and teach the knowledge that we've acquired.

Worrying about **impressing** other people instead of impressing ourselves is something that we have unfortunately become obsessed with. We spend more time worrying about what someone else thinks about us than we do worrying about what we think of ourselves. We need to be proud of who we are, and what we are aspiring to become. Look at it like this: for those of us that are sneaker heads, remember the first time we opened up that box with our new shiny pair of kicks. That was us at the beginning, new and shiny. As life went on, the shoes we wore became a little rough and dirty because we neglected them, and didn't do our regular maintenance on them, clean them, wash the shoe laces, etc. That was us prior to becoming incarcerated, "altered" from our original state. Where we're at now, we have the ability to sit down, take our time, clean up, and bring that shine back. We need to impress ourselves by being better than what we came into prison as.

Offering anything that we have to give, anything that we can contribute to someone else's success, is an act of selflessness. Our capabilities of helping others succeed is something that we often don't even realize we have the power to do.

Being incarcerated has opened my eyes to a lot of things, one of them being that there are a lot of us that want to learn new things, and do better, we sometimes just don't know how. Many of us have given up on education and any kind of "beneficial" wisdom someone was trying to offer us because it didn't always produce immediate gratification. Learning how to accept what others have to offer, in regards to education, knowledge, and wisdom is important. Offering your fellow peers any kind of assistance that will help further their success is vital for our growth as a whole. If we let those fall around us, what does that say about who we are as an individual if we have the power to prevent it?

Neutralizing thoughts that lead us to actions that are counter-productive to what we're wanting to achieve in life is what we must also always remember to do. The very moment we entertain frivolous thoughts is the moment that we could potentially throw away everything that we've worked towards. Keep your eyes set on the bigger picture and never allow yourself to lose sight of what's important. Don't ever "**think**" you can win, "**know**" you will win.

A positive statement propels hope towards a better future, it builds up your faith and that of others, and it promotes change.

-Jan Dargatz



PEER LED SHOW CASE

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

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

Trust me, it's not going unnoticed.



BIG ROB'S ROOFING CLASS

By: Robert "Big Rob" Simpson

Welcome back everyone! This time we are talking about Gable Roofs. Thank you everyone for reading, let's get started.

Next to a shed roof, which has only one slope, a gable roof is the simplest type of pitched roof to build because it slopes in only two directions. The basic structural member of a gable roof are the ridge board, common rafters, and gable studs.

A ridge board is placed at the peak of a gable roof to provide a nailing surface for the upper ends of the common rafters. Common rafters extend from the top wall plates to the ridge. Gable studs are upright framing members that provide a nailing surface for siding and sheathing at the gable ends of the roof. Traditionally, the framing square has been used to layout angled cuts and lengths on common rafters. Common rafter layout using the framing square and speed square are both discussed in this unit.



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Common Rafters: All common rafters for a gable roof are the same length and they can be pre-cut before the roof is assembled. Most common rafters include an overhang. An overhang is the part of a rafter that extends past the building line. The run of the overhang is the horizontal distance from the building line to the tail cut on the rafter. Plumb cuts are made at the ridge, heel, and tail of a common rafter. A seat cut, or level cut, is made where the rafter rests on the top wall plates. The notch formed by the seat and heel plumb cut lines is often referred to as a bird's mouth. The length of a seat cut should be the width of the wall plates (for 2x6 wall plates, the seat cut would be 5 ½"). In addition, the seat cut should not be deeper than one-third the length of the plumb cut. The procedure for marking these cuts is explained later in this unit.

Seat-Cut & True-Rise: the amount of stock remaining above a seat cut, referred to as the stand of HAP(height above plate), is added to the total rise. The true rise is the total rise if there is no seat cut. The stand should be two-thirds the length of the seat cut. However, this distance will vary depending on the width of the rafter. When calculating true rise, an allowance is made for the drop at the ridge.

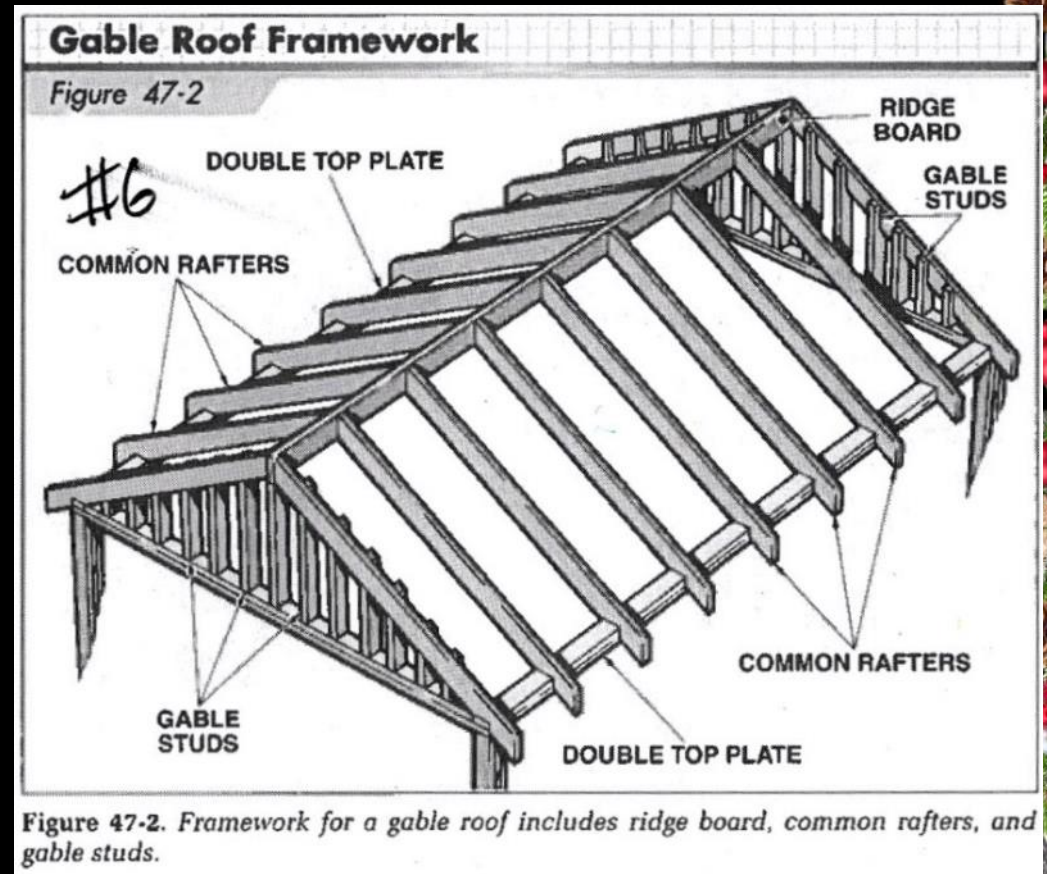


Calculating Length of Common Rafters:

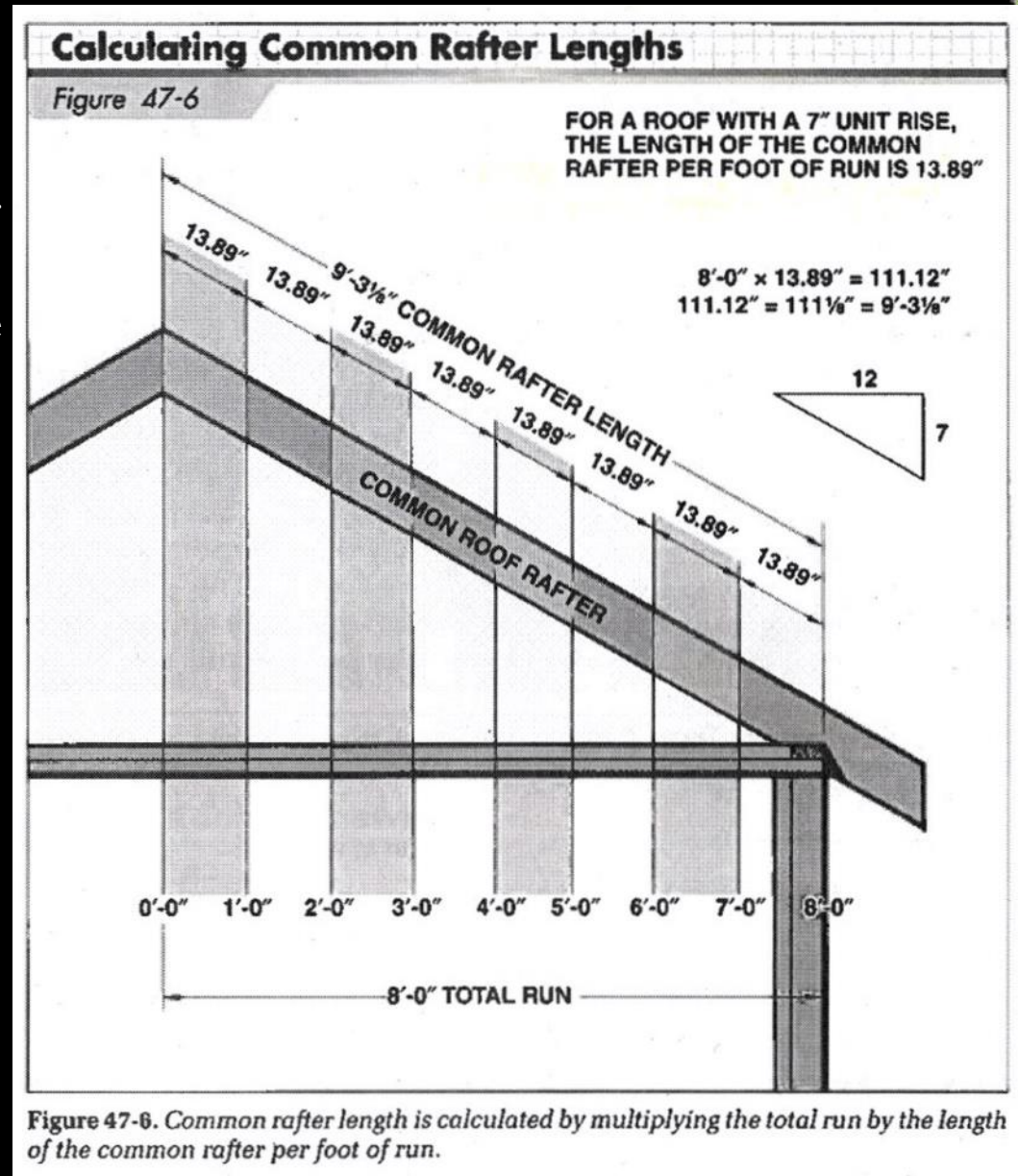
The length of common rafters is based on the unit rise and total run of the roof. The unit rise and total run are obtained from the prints. Four different procedures may be followed to calculate common rafter length. One procedure uses a framing square rafter table. Another procedure utilizes a book of rafter tables. In another procedure-the step-off method- rafter layout is combined with calculating length. Common rafter length can also be calculated mathematically.

Shortening Common Rafters:

Rafter length found by any of the methods previously discussed is the measurement from the heel plumb cut line to the center of the ridge. This is known as the theoretical length of the rafter. Since a ridge board, usually $1\frac{1}{2}$ " thick, is placed between the rafters, one-half of the ridge board thickness ($\frac{3}{4}$ ") must be deducted from each rafter. This calculation is known as shortening the rafter, and is done when the rafter are laid out. The actual length of a rafter is the distance from the heel plumb line to the shortened ridge plumb line.



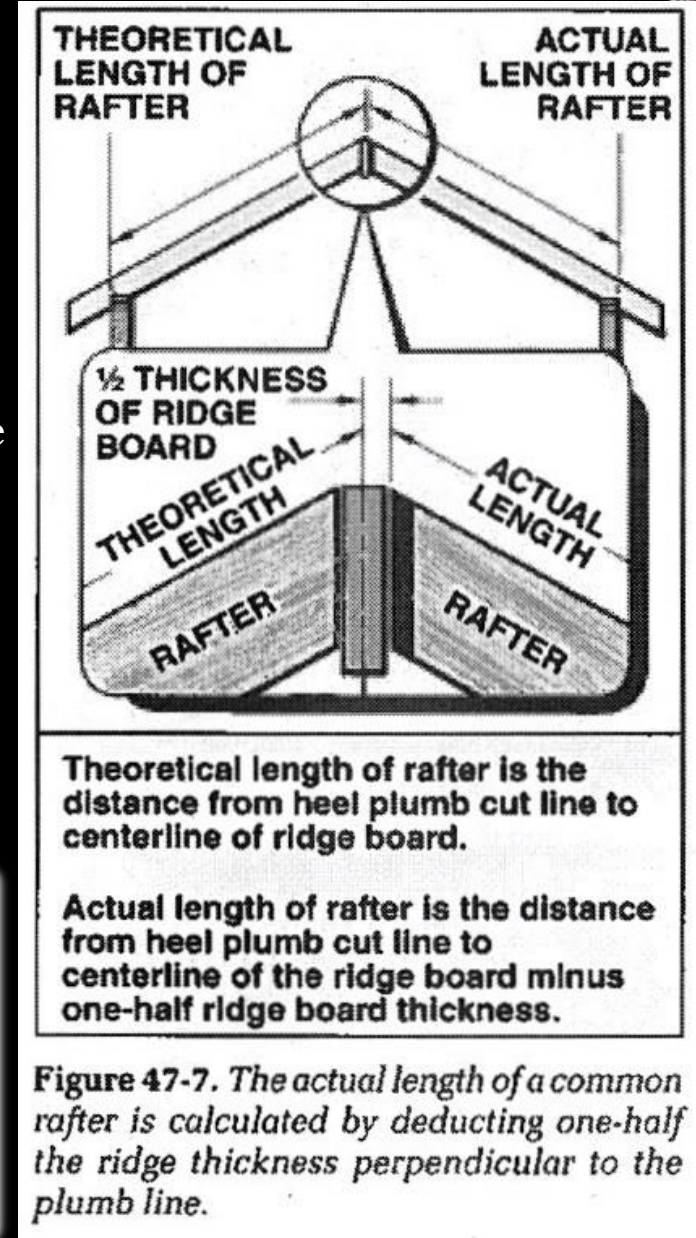
Laying out Common Rafters: Before rafters can be cut, the angles of the cuts must be laid out. Layout consists of marking the plumb cuts at the ridge, heel, tail of the rafters, and the seat cut where the rafter will rest on the top wall plates. The angles are laid out with a framing square or speed square. A pair of square gauges is useful when using a framing square. One square gauge is secured to the tongue of the square next to the number that is the same as the unit rise. The other square gauge is secured to the blade of the square next to the number that is the same as the unit run, which is always 12". When the framing square is placed on the rafter stock, the plumb cut is marked along the tongue (unit rise) side of the square. The seat cut is marked along the blade (unit run) side of the square. Rafter layout also includes marking off the required overhang and making the shortening calculation.



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A speed square can be used to lay out the angled cuts on a common rafter. Rafter length tables are typically included in a book of rafter tables. The procedure for laying out common rafters using a speed square is similar to the procedure using a framing square.

Step-Off Method for Calculating Length and Laying out Common Rafters: The Step-Off method for rafter layout is an older, but still practiced method. The Step-Off method combines the procedure for laying out the rafters with a procedure for Stepping-Off the length of the rafter. Extreme care must be used using the Step-Off method for calculating after length. Next time we will be talking about constructing Gable roofs. Thank you for reading and for all the positive support. Until next time, have a great month and God Bless. Remember, BANG!BANG!BANG! Let's Get-R-Done!



23	22	21	20	19	18	17	16
LENGTH	COMMON	RAFTERS	PER FOOT	RUN	21 63	20 81	20 00
11	HIP OR	VALLEY	11 11	11	24 74	24 02	23 32
DIFF	IN LENGTH	OF JACKS	16 INCHES	CENTERS	28 84	27 74	26 64
11	11	11	2 FEET	11	43 27	41 62	40
SIDE	CUT	OF	JACKS	USE	6 11/16	6 1/16	7 1/2
11	11	HIP OR	VALLEY	11	8 1/4	8 1/2	8 3/4
22	21	20	19	18	17	16	15

Figure 47-5. The rafter table on a framing square can be used to calculate rafter lengths for pitched roofs with 2" to 18" unit rises.



A Grateful Thought

By: Walter "Wally" Makowski

Good day my fellow I.I.C's. if you were to have guessed if I were coming to you from the television room here at KLSRC...you would be correct. And if you were wondering whether or not I had with me my first cup of Maxima Coffee, well...I do.

Having passed Thanksgiving Day, and quickly approaching Christmas and the start of a new year, I cannot help but reflect on all that I am grateful for. That is correct, even after being incarcerated for nearly 35 years straight you see, years ago I changed the size of my philosophical glass so that it was neither half-full (optimistic), or half-empty (pessimistic) but instead, it would be overflowing with the contents of the half full and half empty. This really occurred when I began forcing myself to see the good in everything. Once I did this I began paying more attention to the smaller stuff that adds a bit of comfort and convenience to my life and stopped focusing on the negative things that I could not control. Things like a writing pen, fingernail clippers, coffee mug or even a mirror. How about even more common, yet seemingly mundane items that never really seem to have a real value unless they are needed in a moment...like a toothbrush, stamped envelope, a noodle or

how about that pair of wrapped up “Air Force Ones” that get pushed around our boxes or hide in a corner until that visit comes every six months. Even the less fortunate can place what little they may possess before someone less fortunate and in that moment he is seemingly more blessed. I see stories on television of countries that are experiencing things like war and famine, which makes me feel even more appreciative because despite the fact that I made my own bed, (figuratively speaking), I went to it last night with a satisfied belly. For everything we see a downside to, I believe we can find an upside if we really wanted to. Yard was cancelled?... Perhaps it helped you avoid someone that may have had a bad day. Commissary didn't run on a scheduled day?... Perhaps a truck came in that would now give you more options...or maybe now your stuff will last one more day because you got it a day later.

We can create a scenario to counter any negativity that disallows us to be appreciative. Next time you put on a pair of socks, or even a pair of gloves, or take in a breath of fresh air, try to get the benefits of these, seemingly, mundane events and try to imagine life without these things. I promise you that, like me, you will find yourself overwhelmed by things to be grateful for. After all, when we toss aside our personal biases...like those of us who are still angry after being stripped of everything we knew and loved by entering this environment, we are all still quite blessed, so we can still be appreciative...if only in secret. Oh, and speaking of secrets...there's this little one that is spoken in all religions, cultures, and on every continent...what you put out, is what you get back. That means, the more appreciative you are, the more things life gives you to appreciate. Again...Just saying... check out ..”The Secret” By: Rhonda Byrne

BARBERSHOP TALK 3

INCOME AND EXPENSES



By: Ja'Frai Bradshaw

Hey, what's up? It's been awhile since you last got a cut. That new job must be paying you real nice, and that's actually what I want to talk about today...the potential income you could earn as a barber. I know it's not the most glorified occupation, but it is one that's respected and could be very lucrative depending on these 3 major factors: skill level, location, and clientele. Let's get straight to it.

People crave quality service and are willing to pay handsomely for it. This is where your technical training is tested. Nobody wants a crooked hair line or fade that isn't smoothly blended, so as a professional, you have to be hypercritical of your own work. Remember your name and reputation is at stake, and further more your

bank account. The saying “practice makes perfect” comes to mind, but people aren’t paying you to practice on their head. The time you have practiced usually lends itself to the amount of time it takes you to perform a haircut. A typical cut should take about 25-35 minutes, maybe 45 minutes if the cut requires sheers or thinning with a straight razor. 30 minutes is long enough to allow your client to enjoy the experience, and short enough that the next client is happy they don’t have to wait long. The average adult men’s haircut is \$30.00. how many jobs can you think of that pay \$30 an hour? Ok, probably a few. Let me put this in perspective, if your skills allow you to perform two cuts in an hour, we go from \$30.00 an hour to \$60.00 an hour. How many jobs can you think of now? Keep in mind this is a typical, average priced haircut – no extra services like razor lining, color dyeing or enhancing, graphic designs, and mobile cuts...not including a tip. An 8 hour shift could bring you in \$240-\$480 a day, close to \$2500.00 a week. This is why skill level is a major factor that impacts your earning potential. This is also something learned from Arab & Hood while at Dixon C.C. Once I started working in Kewanee’s barbershop I seen the time slots for haircuts were an hour long, so I created a new schedule with 30 minute slots to become accustomed to that pace, preparing myself for a chance to increase my income once released.

We’ve all heard, “Location, location, location”. It’s true for barbers as well because location has some influence on your initial price point and clientele. Residential areas in most mid-major and major cities have competitive pricing starting around \$30.00, not including extra services.

Areas like downtown or the business district call for higher prices for the simple fact the cost to lease a building for a barbershop is higher, and the businesses and occupations conducted there are higher earning so you could probably start at about \$45.00. Downtown and the business district is where you'll find occupations that have busy work schedules and are more likely to pay for the convenience of mobile grooming services. Don't sleep on residential areas; there is strength in numbers and in this field, the more numbers mean more money. Also in today's culture, location means having a strong social media presence, one that can be easily found. If your skills are top notch, your portfolio may attract possible clients from the sports and entertainment industry. Imagine your earning potential if you grow in that network.

With income you also have expenses and taxes. As self-employed independent contractors the cost of equipment and supplies you need to perform a service is your responsibility. True enough, the barbershop you work at could provide you with some basic essential supplies for shop use only, but particular brands and supplies you prefer is solely on you. You, yourself, are the brand, so think of these types of expenses as an investment in your brand. Your clients will appreciate seeing that a portion of the money they spend is being used to enhance the quality of service and their experience. If you don't own your barbershop, your primary recurring expense will be booth rent, the cost to occupy a chair/space within a shop. Most places in residential areas usually have booth rents around \$100-\$150 a week. Certain locations near main streets with public transportation have a high volume of walk-in customers, shops downtown, or in the business district with expensive monthly leases, booth rent could range from \$150-\$250.00 per week. Quite

frankly your weekly booth rent could be paid in full on your busiest day, one less thing to worry about-until taxes. Being that we're self-employed, when tax season arrives we will need to file a (SE 1040-form) Self-employment tax. Reporting your income is vital to your prosperity post-incarceration. If owning a home or business is a goal, then it's important to have documented proof of income to get approved for a loan if needed. Plus, tax evasion is a crime punishable by imprisonment – and that's moving backwards. But the same way you report income, you also report expenses. The cost of booth rent, supplies, and equipment can be written off as business expense deductibles. Luckily there are tax-filing services you can use to assist you in this department. Services like Flyfin.com & Quickbooks.com calculate the amount of taxes to withhold from your current income and can be adjusted accordingly. This information can easily be transferred to tax-return filing companies like H&R Block, TurboTax, and TaxSlayer to make the process as convenient and painless as possible.

You had a lot of hair this time, but you're looking good now. Sometimes you need to let the hair grow out to get a better cut. Thanks for sliding on me again, be smooth.



THE MARKET CORNER

THE MARKET CORNER

It's come to my attention that some of you out there haven't been able to keep up or understand how the stock market works because you've missed a few issues or just forgot to read the **Market Corner** because you were too busy to read the information I've been trying to convey to you, because life happens. I get it. So, if it's ok with you, I would like to start from the **beginning** of all the concepts I've covered over the last few months. For those of you who **have** been keeping up with most or all of my articles, I sincerely apologize to you and ask you to **please** be patient with me as I explain once again how the stock market works from the beginning. Just consider this a review.

Thank you so much! Now let's get started!

ARTICLE 1-WHAT IS A STOCK?

A **stock** is a share of **ownership** in a company. If you buy 10 shares of **Nike**, the largest sneaker manufacturer on the planet, you become part **owner** of the company. You would be known as a "**shareholder**". At the time of this writing, a single share of the Nike Corporation would cost you \$110.49. All companies have only a certain amount of shares available to the public, known as the "outstanding shares" available.

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If you had enough cash, you could buy all the outstanding shares of Nike, and be the majority shareholder of the company. Currently, Nike has **1.6 billion** outstanding shares. When you **multiply** the number of outstanding shares by the **current price** of Nike's stock, you get a total of **176.8 billion dollars**. This is known as Nike's **market capitalization** or its "**market cap**". Basically, this is what the stock market has **valued** the sneaker giant Nike to be worth. As the price fluctuates, so does the market cap. Think of it as a gigantic pie with **1.6 billion slices**. The **more** slices of the pie you have, the **bigger** your **ownership** position is. All companies are required to report their earnings to their shareholders, and to the general public. A company's "**earnings report**" will show you things such as revenues, expenses and net profits or losses for the previous three months known as a quarter. In most cases, the company will provide guidance, which generally means what the company expects to earn and what its outlook for the near future may be. Usually, but not always, if a company had a **profitable** quarter and issues a **positive** guidance or outlook, **the stock price rises**. The higher the stock price rises, the **more money** you will make as a **shareholder**. Basically, you are profiting from the people purchasing Nike products, instead of just being a customer, as they are. This is **true** for any company which is **publicly traded** in a place called an "**exchange**". An exchange is a place where stocks are bought and sold daily. The two biggest exchanges are the **NYSE** (New York Stock Exchange) and the **NASDAQ** (National Association of Securities Dealers Automated Quotations). However, in order to buy or sell stocks you'll need a broker to buy or sell them for you. A broker is basically a middleman between you and the exchanges. There are many brokers available to you. You've probably heard of **Robin Hood, TD Ameritrade, and E-Trade**, just to

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name a few. Opening an account is **free**, but you will need **cash** when you are ready to purchase a share of stock. That's all I'll share with you in this issue.

ARTICLE 2-INVESTING VERSUS TRADING

There are **two main** strategies to **create wealth** in the stock market. You can **invest** in stocks, holding them for **many years** while pocketing the **dividends**. You can also **trade** stocks, holding them for a few hours, days, weeks or even months. **Investing** is taking a **long-term** position in the market, while **trading** allows you to take a **short-term** position. The choice is **yours**.

There are **thousands** of stocks to choose from, but many investors like to buy shares of a company that provide a **dividend every quarter (3 months)**. A **dividend** is a **specific** amount of **cash** determined by the **Board of Directors** of a company to be paid to **each shareholder**, for **each share of stock** the shareholder **owns**. The company is essentially distributing a **portion of its profits** in the form of a **dividend**.

Coca-Cola for example, currently pays a **dividend of \$0.44 for every share owned**. Therefore, if you own **10 shares of Coca-Cola**, which at the time of this writing, is **\$62.50** per share, **Coca-Cola** will pay you **$\$0.44 \times 10$ shares or \$4.40** in **cash directly deposited** into your brokerage account **every** three months. Over the course of a year you will receive **4 payments of \$4.40 each quarter, for a total of \$17.60 annually**. This creates a dividend of **2.8%**. While this may not sound like much, consider the fact that the **average yield** on a **savings account** banks offer you is **less than 1%**. In addition, the **stock price** will fluctuate with the market so your investment **could** generate an even **greater profit**. A **dividend yield** is calculated by **adding**

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the four dividend payments of **\$0.44** per share which is **\$1.76** and **dividing** it by the **current price** of the stock, **\$62.50**. So, **\$1.76 divided by \$62.50 equals .02816 (x 100 = 2.8%) annually**. Not all companies offer dividends. You **need** to watch **CNBC** and **do your homework** to find out which companies pay dividends. **Many profitable** companies offer their shareholders dividends. On the other hand, trading is more of a **short term** strategy. Traders **aren't** concerned with a company's dividends, or whether or not the company is profitable. A trader is interested in the **price of the stock**. Trading involves more **technical analysis** and a lot less **fundamental analysis**. Traders can profit not only when stock prices go up, but also when the stock prices go down. **Options contracts and shorting stocks** are a couple of tools traders use to **build wealth**. A **successful trader** can make **money** in the **best** and **worst** market conditions. Don't worry, I'll be discussing **options contracts** and **shorting the market** soon. So, the question is which one are you? An **investor** or a **trader**? In my opinion, one **isn't** better than the other, you can actually do both. It's up to you.

I **hope** to catch you **next time** on the **Market Corner**!

-WARNING!

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

HOLIDAY MENTAL HEALTH

THIRTY DAY GRATITUDE CHALLENGE

All of us here at K.H. know how hard this time of year can be on our mental health as we have all experience it first hand, I myself struggle with a slump in mood, motivation, and increased depression as it gets cold and gray outside and the holidays approach. It's especially hard to be separated from our family during the holidays and its easy to get caught up in a cycle of negativity and focusing on the things we don't have instead of being grateful for all the things we take for granted on a daily basis.

What has helped me tremendously to battle this depression and negative thinking is to practice gratitude and mindfulness. In many ways, as a society, we've lost touch with the true meaning of gratitude and that's understandable. Gratitude requires reflection and stillness, two things that can be difficult in the toxic, chaotic environment that is prison. As a result, we're also missing out on the benefits of gratitude, which may be greater than many people realize. As it turns out, the effects of gratitude can be important for our overall well-being for several reasons:

- **Improved Mental health:** If your struggling with anxiety or depression then gratitude might be one of the last things on your mind but as it turns out it could be a key component to helping improve your mental health. One study showed that participant who kept a gratitude journal and wrote gratitude letters regularly displayed significant better mental health than those who did not. Brain scans suggest that gratitude might even have the power to rewire our brains for the better. This kind of thinking leads to a release of serotonin and dopamine, chemicals in the brain that are associ-

ated with happiness and pleasure. Acknowledging gratitude also decreases stress hormones. The short-term result is a reduction in anxiety and an improvement in mood.

- **Improved Physical Health:** Research links increased gratitude to higher quality sleep and fewer sleep disturbances and increased immunity. This may be because expressing gratitude right before bed allows you to fall asleep with a more positive outlook. It has also been linked to decreased pain and improved cardiovascular health.
- **Higher self-esteem:** Viewing the world with a sense of gratitude can change the way you think about your own worth. Imagine that a friend treats you to lunch. As you express your appreciation, you also begin to realize that your friend is spending time and resources on you because they value you. You then internalize the thought that you're important to others.
- **Stronger social bonds:** It's no secret that people like to feel appreciated. Gratitude kept to yourself can have tremendous benefits. But expressing your gratitude makes it real to you and benefits the recipient. It is also tied to your physical and mental well-being. And importantly, expressing your gratitude often build connections and improve your relationships.
- **Improved focus:** Gratitude might make it easier for you to focus. If you begin to view the task in front of you, whether it's schoolwork or job duties, in a more positive light, you spend less energy feeling stressed about it. You might even begin to view challenges, such as an upcoming exam, as opportunities rather than hurdles. This can improve your emotional resiliency.

Included on the following page is the "30 Day Gratitude Challenge." I encourage you to try it, I GUARANTEE you that by the end of it you will feel better than you did before you started it!

30 DAY GRATITUDE CHALLENGE

1 3 Things that make you special	2 3 People you are grateful for and why	3 3 Simple things you are grateful for	4 A challenging experience that made you strong	5 3 Ways to inject gratitude into a current challenge
6 Describe the last time you did something nice	7 A fear you have overcome	8 3 Activities you enjoy most and why	9 What made you smile today?	10 3 things you love about your family
11 What is your favorite place and why?	12 3 Things you love most about yourself	13 The last time you were overcome with joy	14 A risk you are grateful you took and why	15 3 Everyday items you are grateful for
16 3 Songs that bring you joy	17 What skill are you grateful for and why?	18 One luxury you are thankful for	19 Describe a rejection you are grateful for	20 3 Things about your body you are grateful for
21 What are you most grateful for in your daily life?	22 3 Things you are grateful for about where you live	23 3 Items in your home you are grateful for	24 Say thank you to someone	25 Something in nature you are grateful for
26 A person in your past you are grateful for	27 Something at work you are grateful for	28 Describe the last time you laughed so hard you cried	29 What is your proudest accomplishment	30 3 Things you want to manifest

CELEBRATING AROUND THE STATE

The East Moline Correctional Center celebrated its second Foundations For Life class graduation on September 14, 2022. The classes are led by volunteers Cliff and Sue Parrish. This 16 week program seeks to develop skills of self-leadership that will develop a solid foundation upon which an individual can build his life, both while in IDOC and when he gets out.

Juan Martinez has been an active participant in the Foundations for Life program for several years, beginning at Dixon CC and continuing after his transfer to East Moline CC. As a cumulative project in this class,

Mr. Martinez made personal contributions to the books "Foundations for Life: Unleash the Masterpiece" and "Taking the Lead: Transformational Rhythms."

When asked about this book and program, Mr. Martinez stated "One requirement of the Unleash the Masterpiece (UTM) project is that you want to be here. The life skills taught in the transformational rhythm series will transform your life and the lives of those around you."



CELEBRATING AROUND THE STATE



On 12/19/22 Individuals in Custody participants and mentors completed a non-perishable food drive to be donated along with a monetary donation of \$100. The proceeds from the food drive were donated to the 6:35 Food Pantry in Vandalia IL which is operated by the Vandalia Association of Churches.

A BACHELORS DEGREE OPPORTUNITY FROM AUGUSTANA COLLEGE

By: Jeff Kennedy

The Augustana Prison Education Program (APEP) at East Moline Correctional Center is a full time liberal arts college program that culminates into a Bachelor of Arts (BA) degree. Enrollment in Augustana College is a genuine opportunity to transform the meaning of your incarceration. It is also an opportunity to join a rich and challenging learning community, which extends throughout the United States and the world.

In July of 2022 I was very fortunate to have heard about APEP through the EFA at Jacksonville C.C. I submitted the preliminary application in place at that time, requested a transfer to East Moline C.C., transferred to East Moline, completed the essay and interview, I was accepted by APEP, and began classes shortly thereafter. Two



weeks later, my Kewanee paperwork (from Mar. 2022) came through. After some painful consideration and a conversation with the APEP director, I transferred here. Although my time with APEP was short, the faculty members made enough of an impact on me, that I contacted the APEP director, Dr. Varallo, and asked her if I could share this opportunity on a grander scale. She willingly agreed and sent me some information.

The following is from Dr. Varallo: “What a fantastic idea to feature APEP in Kewanee Horizons! I’m onboard. To begin, I hope you will include the basic message that the APEP program is only available at the East Moline Correctional Center. At this time, only individuals incarcerated at EMCC will be able to apply. Unfortunately, this means that now you must transfer to EMCC without the surety of enrollment. This is not an APEP rule. It comes from the Bard Prison Initiative. Enrollment isn’t a given, so I wanted you to know the risk. Individuals will want to request a transfer to East Moline C.C. ASAP, as the application process will begin in the spring of 2023 for an August enrollment of the 3rd cohort. I want to encourage everyone who seeks challenging, higher education opportunities to apply”.

FAQ: What if I transfer to East Moline, but I don’t get selected? Simply put, it is a risk! **IDOC** policy can be vague at times on this matter. Ultimately, it’s up to the prison administration and the transfer coordinator. Individuals in the past voluntarily remained at EMCC and took advantage of the more relaxed, scenic environment.

FAQ: How do students get chosen for APEP? Contact your EFA and/or your counselor. IDOC screens applicants to ensure they have a H.S. diploma or equivalency. You will need to request a transfer to East Moline C.C. for educational purposes. APEP is exclu-

sive to men incarcerated at EMCC. It is our understanding that the two women's prisons in Illinois have also started post-secondary programs from other schools.

FAQ: What does it cost to enroll? There is no cost to you or your family. While at EMCC and enrolled in APEP, tuition, fees, and materials are paid for by a generous grant from the Austin E. Knowlton Foundation, and Augustana College.

FAQ: What if I don't have 4 years left on my sentence? Yes, this a 4 year Bachelor's Degree program of higher learning. Even if your release date ensures you cannot complete the BA at EMCC, we welcome you regardless, and we will encourage you to continue your education post-release.

When I was accepted by APEP, I was excited, anxious, and 100% committed. Certain factors changed the trajectory of my incarceration, but I am a major supporter of APEP. From an educational and professional standpoint, the entire Augustana staff and faculty are top-notch. I highly recommend you face the risk/reward challenge, and pursue the application process ASAP.

FYI: You will have the opportunity to sign a full time school contract (day for day/per seat day) upon enrollment. More APEP information will be coming soon.

Disclaimer: The majority of the information contained herein was received via letters and literature from Dr. Varallo and Augustana College.

KEWANEE'S ELVES

We want to thank the individuals who were involved in setting up the Christmas Theme at the park. The guys that were involved in the Nut Cracker Project would also like to thank *Mr. Segura* and the individuals in the community that suggested for us to create a Christmas scene. We enjoyed making the wood come to life and showcasing our talents. It brings us joy to know that by doing these projects, families will come together and enjoy all different cartoon characters that their kids love watching on TV. Knowing how appreciative everyone is brings smiles to our faces.

-Alex "Mousey" Casarez (top right)



Jessie Tokich (Top Left) Jose "Fester" Leal (Top Middle) Alex "Mousey" Casarez (Top Right) "Happy" Marcos (Bottom)





KM Kitchen

“Homemade” Ice Cream

By: Katie Manning @ Decatur C.C.

**-2 Ziploc bags -1 full salt shaker -3/4 bag of milk -1 bag of creamer -*2 kool-aids
-*1/2 bag of cappuccino** (* Indicates flavoring ingredients that can be substituted with a total of 3 pkts of hot chocolate)

DIRECTIONS:

Step 1: Add your milk, creamer, and flavoring in a bowl and completely dissolve with hot water.

Step 2: Pour contents of bowl into one (1) of the Ziploc bags, seal the bag completely, and place in a sink full of ice for several hours.

Step 3: Lay your second Ziploc bag (the empty one) on the counter and fill with an even amount of ice, from top to bottom, then pour half of the salt on top of ice.

Step 4: Pour the contents of the first Ziploc bag (see Steps 1 and 2) on top of the ice and salt (the contents of the second Ziploc bag) and add another layer of ice, repeating Step 3, using the other half of the salt on this layer. Once done, seal the bag completely.

Step 5: Wrap bag in a towel and shake for 30 minutes to a hour, until the contents are the consistency of “soft serve” ice cream.

**Once your done, feel free to add cookies and/or candies to add fun and flavor!
Hope you enjoy!**



JEREMY MILLER

Jailhouse Iced Coffee

By: J. Miller @ Kewanee LSRC



WHAT YOU'LL NEED:

- 1 bag of cappuccino
- 2 - 3 packets sugar substitute (i.e. sugar twins)
- 1 bag of coffee
- 1 bag of powdered milk

1 tumbler of ice

DIRECTIONS:

- Put 2 to 3 big scoops of cappuccino, 2 to 3 packets of sugar substitute, 1 scoop of coffee, and 1 scoop of powdered into a tumbler that's half-filled with hot water. Stir well (or shake well, depending on the type of tumbler).
- Pour over a full tumbler of ice
- Weeeeeeeew!



Innocent Chicken Wings

By: J. Miller @ Kewanee LSRC

KM
Kitchen



ACTUAL BOWL OF
"INNOCENT CHICKEN WINGS"

What you'll need:

- 10-12oz of shredded chicken
- 1 bag of Whole Shabang chips
- 1 sleeve of hot sauce
- 1 bag of hot pork rinds

Directions:

- Crush Whole Shabang chips finely
- Mix shredded chicken and Whole Shabang chips until it becomes like a ball of dough.
 - Make wing-sized pieces from the chicken and chip mixture.
 - Crush pork rinds as fine as possible and put in a bowl.
 - Empty hot sauce packets in another bowl
- Roll the "chicken wings" in the hot sauce then immediately in the crushed pork rinds.
 - Put in a bag and heat up in the hot pot.....ENJOY!

*For more variety, you can use ranch or BBQ sauce instead of hot sauce or you can add cup up jalapenos in the chicken mixture.



MEMES

WORKS 1 DAY A YEAR

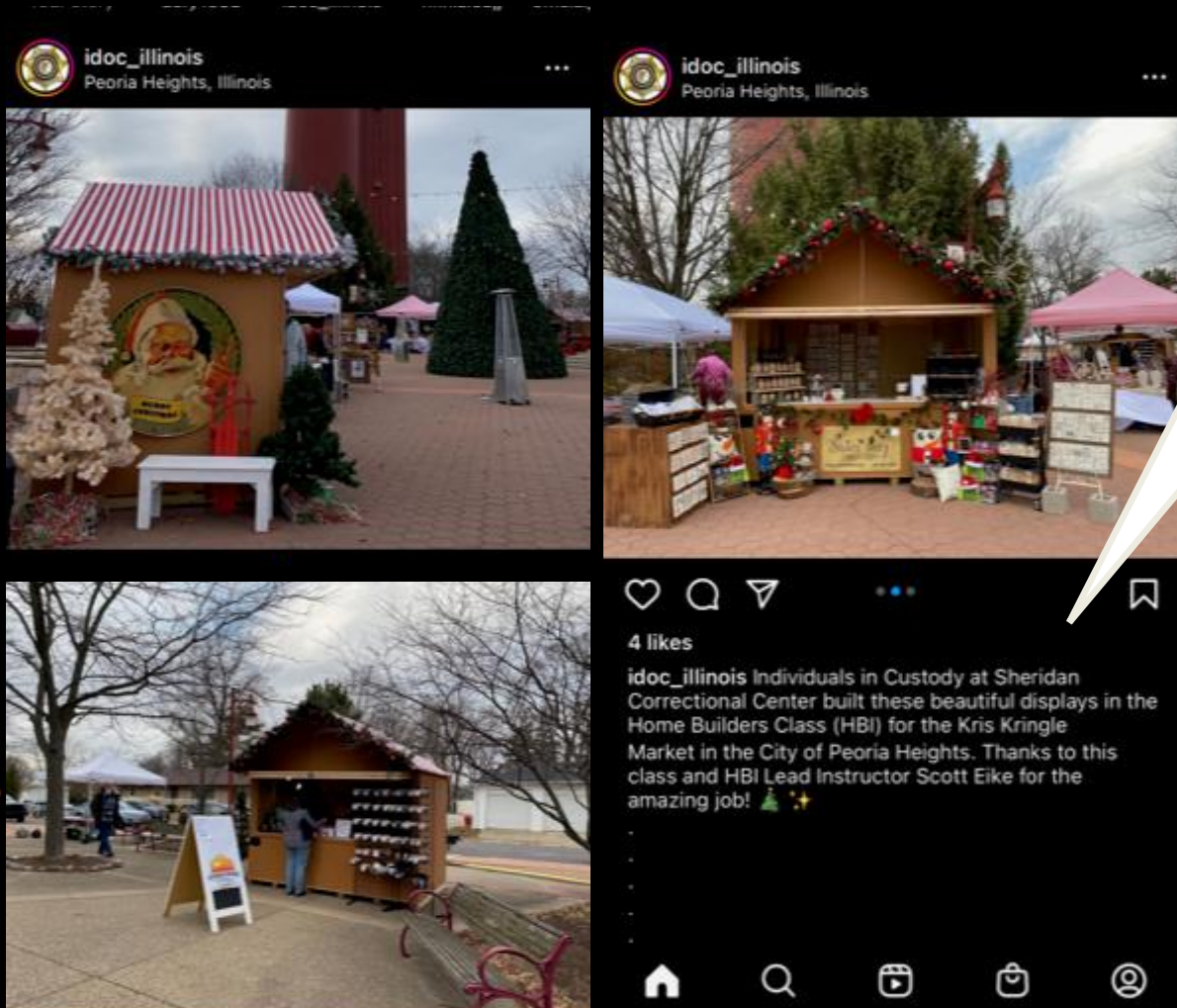


**SPENDS THE REST OF IT
JUDGING YOU**

Waking up Christmas morning in 2001
be like:



AS SEEN ON SOCIAL MEDIA!



Individuals in custody at Sheridan Correctional Center built these beautiful displays in the Home Builders Class (HBI) for the Kris Kringle market in the City of Peoria Heights. Thanks to this class and HBI Lead Instructor Scott Eike for the amazing job!



AS SEEN ON SOCIAL MEDIA!



Illinois Department of Corrections ✓
9h · 🌐

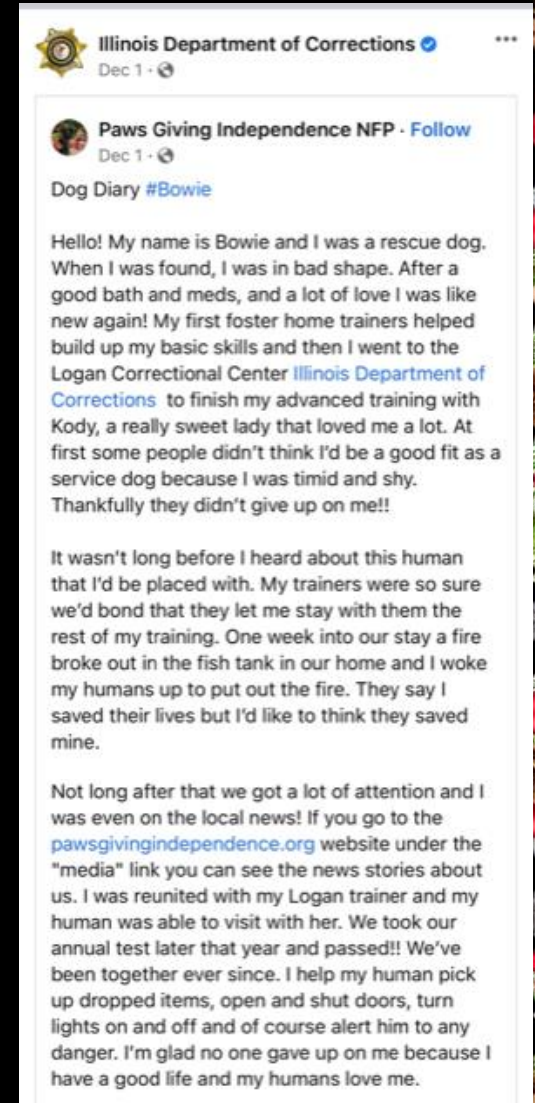
On Friday, Brock and Winston paid a visit to the Lewis Memorial Christian Village to present a short demo, visit with residents, and hand out 115 handmade Christmas cards crafted by the ladies in Helping Paws program at Logan Correctional Center 🐾🌲



44 3 comments 7 shares



Shout out to the Dog Trainers at Logan CC making a difference!



Illinois Department of Corrections ✓
Dec 1 · 🌐

Paws Giving Independence NFP - Follow
Dec 1 · 🌐

Dog Diary #Bowie

Hello! My name is Bowie and I was a rescue dog. When I was found, I was in bad shape. After a good bath and meds, and a lot of love I was like new again! My first foster home trainers helped build up my basic skills and then I went to the Logan Correctional Center [Illinois Department of Corrections](#) to finish my advanced training with Kody, a really sweet lady that loved me a lot. At first some people didn't think I'd be a good fit as a service dog because I was timid and shy. Thankfully they didn't give up on me!!

It wasn't long before I heard about this human that I'd be placed with. My trainers were so sure we'd bond that they let me stay with them the rest of my training. One week into our stay a fire broke out in the fish tank in our home and I woke my humans up to put out the fire. They say I saved their lives but I'd like to think they saved mine.

Not long after that we got a lot of attention and I was even on the local news! If you go to the [pawsgivingindependence.org](#) website under the "media" link you can see the news stories about us. I was reunited with my Logan trainer and my human was able to visit with her. We took our annual test later that year and passed!! We've been together ever since. I help my human pick up dropped items, open and shut doors, turn lights on and off and of course alert him to any danger. I'm glad no one gave up on me because I have a good life and my humans love me.

BRAIN FACTS

Essential Nutrients

Certain nutrients from food have been found to improve or maintain particular brain functions. These substances include vitamins and minerals, omega-3 and omega-6 fatty acids, antioxidants, and water. These essential nutrients help keep brain cells healthy, enable the cells to transmit signals quickly and effectively, reduce damage from inflammation and free radicals (atoms that can damage cells, proteins, and DNA), and help the cells form new connections. They can also promote the production and function of neurotransmitters. As a result, regularly eating foods that contain these nutrients can benefit memory, cognitive functions, concentration, and mood.

NUTRIENT	BENEFIT	SOURCE
Omega-3 and omega-6 fatty acids	Help maintain blood flow and cell membranes in brain; support memory and reduce risk of depression, mood disorders, stroke, and dementia	Oily fish (such as salmon, sardines, herring, mackerel) Flaxseed oil, rapeseed oil, walnuts, pine nuts, Brazil nuts
B vitamins	Vitamins B6 and B12 and folic acid support nervous-system function; choline helps production of neurotransmitters	Eggs, whole grains such as oatmeal, brown rice, whole grain bread, cruciferous vegetables (cabbage, broccoli, cauliflower, kale), Kidney beans, soy beans
Amino acids	Support production of neurotransmitters and aid memory and concentration	Organic meat, free-range poultry, fish, eggs, dairy products, nuts and seeds
Monounsaturated fats	Help keep blood vessels healthy and support functions such as memory	Olive oil, peanuts, almonds, cashews, hazelnuts, pecans, pistachios, avocados
Antioxidants	Protect the brain cells from inflammation damage due to the presence of free radicals; improve cognitive functions and memory in older people	Dark chocolate (at least 70% cocoa), berries, pomegranates and juice, ground coffee, tea (especially green tea), cruciferous vegetables, dark leaf greens, soy beans and products, nuts and seeds, nut and seed butters such as peanut butter and tahini
Water	Keeps brain hydrated to enable efficient chemical reactions	Tap water (especially “hard” water), fruits and vegetables

HO-HO-HO-ROSCOPES



Aries: If you've had issues with your friendships or lover, that should ease now. It's time for you to work out who your friends really are. Speaking of people you're close to, your stars now make it easier for you to be more intimate than you've been in a while. Indulge.

Translation: You been beefin' wit your special someone? It is time for a make-up visit shawty! Yuh! Eat good with them and share love.



Taurus: If you've undergone a career overhaul in the past few months, well done. That's exactly what your stars have required of you. Hopefully, you've started to see which parts of your professional life were a little shaky and needed firming up. Now aim for the top spot. You can be the boss.

Translation: You leveled up on getting that cell house job, forget that chow hall job! You are a boss now! Mop that deck, nobody does it better.



Gemini: Geminis who've been chomping at the bit to get away from it all but haven't managed to do it yet post-pandemic, listen up; the travel (and study) brakes are now off. If you can travel (or study) for professional development, all the better. The world is your oyster.

Translation: Yeah, they gonna finally start that ABE class again. Stupid COVID slowing you down.



Leo: When it comes to your most important relationships, the recent past has been all about figuring out what's working and what's not. You've hopefully learned some important relationship lessons. Of course, the big question is, what are you going to do with what you've learned? Make life's lessons worthwhile.

Translation: Turn your "L"s from losses into lessons!



Virgo: If there's one thing you're good at, it's systems. Life has shown you which systems you need in your life. Maybe what's needed has changed over the past few years. As of this week, it's full steam ahead with your new routines. Start to make some serious changes.

Translation: **It's time to put those skates on and "skiirrt" off to business!**



Libra: The focus is now very much on your self-worth and, in a roundabout way, how that also impacts your finances. So do you value yourself enough? Nobody likes arrogance but being overly self-deprecating isn't appealing either. Use your current cycle to find a balance between shoeing off and quiet confidence.

Translation: **Don't pump yourself up too much..always remember, what's inflated inevitably becomes deflated. Keep yourself humble and maintain your composure.**



Scorpio: After a couple of weeks of feeling like a drained battery, this week should make you feel like you're being filled up with universal energy. Not only will you have more power and vitality though, you've also got more sex appeal and more love in your heart. It's kind of a win/win/win.

Translation: **After applying all that pressure to your bunk for so long, it's time get up and do something productive!**



Sagittarius: Now is the time to take some time out. The focus now is on the part of your chart where you like to withdraw from the world. For the next four weeks, take it as easy as you can and do as much navel gazing as you can fit into your schedule.

Translation: **That doesn't mean apply that pressure back to the bunk, it means do something PRODUCTIVE!**



Capricorn: If you feel like your financial life has been falling apart, that should ease up. Saturn was reversing in your money zone, asking you to think about which financial setups in your life need to be dismantled and rebuilt. Hopefully, you know the answer. So take action soon!

Translation: Quit acting like you're too good for that state-food! You better take you some hot sauce and mayonnaise and hook that joint up!



Aquarius: The sun moves into your career zone this week. Remember, the sun acts like a spotlight as it moves around your chart, so use the next four weeks to think about your professional life. It really is the right time for you to build yourself a new professional trajectory.

Translation: Utilize all those books in the library and quit chasing them television shows! None of those women/men want anyone that ain't about something. Educate yourself, intelligence is what's attractive, and what will also take you somewhere in life.



Pisces: You've had time to work through your fears. In spiritual circles, fear is described as F.E.A.R ... also known as False Evidence Appearing Real. The same circles tell us that life can be as good as we want it to be and believe that it can be. Think about all that this week.

Translation: It's time to stop jumping around with that little horse on a stick and BOSS up! Success is achievable, however, you have to prove to yourself that you want it.



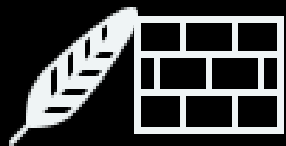
Cancer: If your intimate life has been about as hot as a freezer lately, thank Saturn. Your stars recently have asked you to restructure everything to do with your romantic life and (though it might seem like an odd combination) your finances. What have you learned about sex and money? Put it to use.

Translation: Every phone call to your significant other can't always be about when they're going to send you some more money. Not only is that a turn-off for them, it's also the quickest way for them to ghost you! Either budget your money better, or get you a job in the kitchen.

ADVENTURES OF J DAWG



SHOUT OUT TO FEATHER BRICKS



Greetings! K.H. would like to give a shout out to our sisters and brothers in the Feather Bricks publication. Everyone involved in that process deserves a huge congratulations, the amount of time and work that goes into your product is evident and appreciated. We always love to see the amazing accomplishments and we are especially moved by the open and honest discussion of very tough, important issues that you tackle. Please know that Feather Bricks has some real fans here at KLSRC and Kewanee Horizons. Thank you to everyone involved in your process. Sincerely, the K.H. staff...



YOU CAN'T CONTROL HOW OTHER PEOPLE RECEIVE YOUR ENERGY. ANYTHING YOU DO OR SAY GETS FILTERED THROUGH THE LENS OF WHATEVER PERSONAL SHIT THEY ARE GOING THROUGH AT THE MOMENT.

WHICH IS NOT ABOUT YOU.

JUST KEEP DOING YOUR THING WITH AS MUCH INTEGRITY AND LOVE AS POSSIBLE.

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!

**If you are not willing to learn,
No one can help you.
If you are determined to learn,
No one can stop 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 AD-



doc.kewaneehorizons@illinois.gov

TELL YOUR FAMILY AND FRIENDS TO SCREENSHOT
THIS PAGE AND SHARE IT TO THEIR SOCIAL MEDIA

#KEWANEEHORIZONS

WITH THE HASHTAG:



THEN LIKE AND SHARE THE POST!

AND DON'T FORGET TO CHECK KEWANEE HORIZONS OUT ON THE IDOC WEBSITE! JUST GO TO: