

Horizons



VOLUME
22

**THE
DESIGNER
EDITION**

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CONTRIBUTORS COLOR KEY:
VERSACE GOLD=KEWANEE
POLO RED =FREE WORLD

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.

FROM THE OTHER SIDE

By: Nicholas Crayton

It is very interesting on this side. In the five weeks since my release, I have experienced such a world wind of things that were not expected. There are a lot of unknowns that people do not make you aware which also causes your senses to become heightened, that almost make you uneasy. Performance anxiety can happen to those of us that have been incarcerated for such a long time and you won't realize that it is happening until it happens to you.

Today, I have been able to acquire my own apartment, a truck, a job, working on my insurance license, starting my brand up, and creating a network that will hopefully take me to the levels that I am trying to achieve.

My best advice for guys is to give yourself a chance. Many people say a lot of things on that side of the fence but



when you get here, it is completely different. I have had people attempt to scam me and they did get me once. Others who were supposed to be close really are envious of what I am doing.

Prayer and meditation are big helps. When I purchased that truck, it was an hour away, at night, and I had to get on the expressway. Mind you, I was alone. My buddy checked the truck before we separated to ensure that I wouldn't crash, but again, I had to drive by myself. Yeah, terrifying. But I had to get over myself and do what needed to be done.

A lot of things will happen fast but time is the thing that you must respect

because people will consume you. I had to get off of Facebook because people were just too messy. Things like that make you feel as though you are back in prison.

These are some of the unknowns that people don't really understand how to share with us. Again, give yourself a chance by preparing for what is to come.





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, and other peer educators, and it's truly a wonderful thing to see. We all lead by example, and the example that we've set with these peer-led classes show that we are more than determined to prove our worth. We are all leaving behind a roadmap to success, and for all of those that are involved, to everyone that makes this possible, our gratitude cannot be expressed in simple words.

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

Trust me, it's not going unnoticed.

Spoken Word

BY: Carlos McDougal

Welcome back to another edition of **Spoken Word.**

Today we're going to discuss how to read the room or set the pace, so to speak. When class begins we like to give some insight on why we chose a particular video and/or spoken word being presented that day, for example:

I wrote this piece called "My Son" a poem for and about my son. I was having a conversation with my son and I was apologizing for not being there for him due to obvious reasons. When that conversation was over I was feeling a little down so I began to write...

My son, I know there are no words I could say, not a quote nor a phrase that would wash away all the pain. All we have is moments and I've missed so many, every day, every week, every month and every year I fail you over and over again. Yet, you've given me something I thought I'd never receive, you seem to love unconditionally. That's the greatest gift you could ever give me.



It amazes me how smart you are how incredibly understanding you are. You've taken my greatest fear and destroyed it right in front of me. I am truly in awe of you! I wrote this for you, just to show you how much I truly love you, know that I will always be proud to have you as my son. There's no greater gift I can receive, no amount of money I'd take cause having you makes me the wealthiest man on earth.

Now at this point the poem or spoken word is done and the class has an opportunity to ask you about a specific line in your piece to gain more insight or better understand what you meant in that moment when you first wrote the piece. Once the floor is open one of the class members can recite a piece of their own and give the group a little perspective on what lead them to write said piece.

Until next time, your friendly neighborhood poet.

R.I.P.

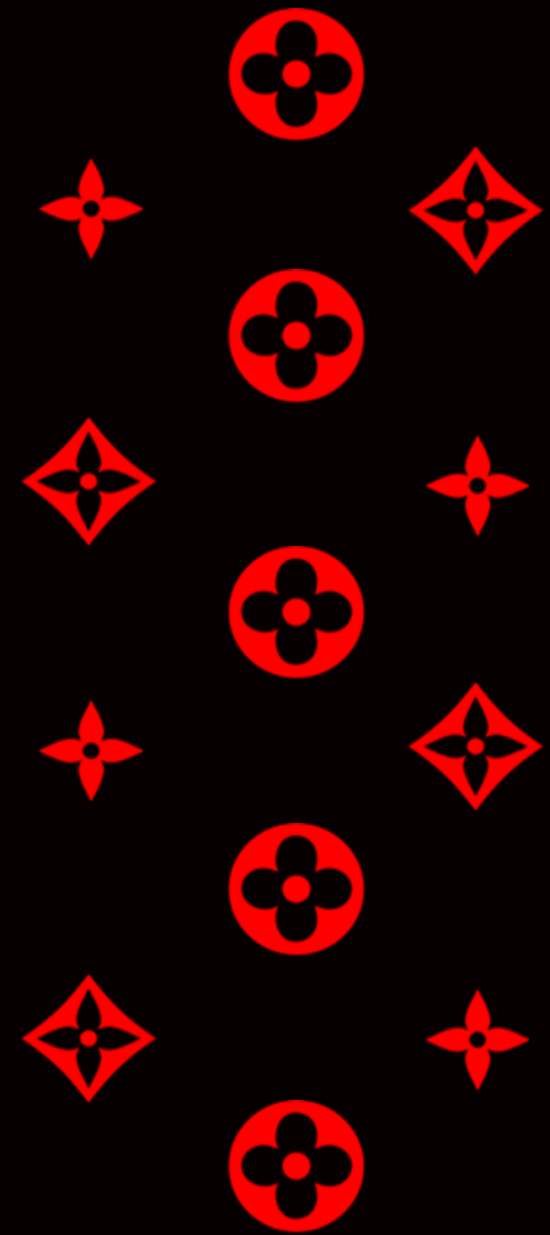
BY: Franklin Heindricks

I got something to say to my past...R.I.P.,
to the streets,
I'm walking to a new beat.
Took my seat,
at the right hand of the throne,
got a home, in glory,

chance to tell my story.
See these scars on the outside tell you what I've been through,
but the ones on the inside tell you how I got through.
Even behind the razor wire,
my spirit will never tire;
deep in my soul is a burning fire,
my heart an overwhelming flame with only the desire.
To love those who got left behind and never made it home,
or who made it home and were taken too soon.
Like a shooting star, the brightest lights burn out the quickest,
leaving an impression that stirs an obsession,
to learn from the lessons,
of a life lived their way - on their own terms.
Never falling victim to society's conception,
of what a criminal and felon should be;



but if given the right chance,
with the right love,
what they can, will, and could be.
If one person will step out on faith and shake the hands,
of men and women of corrections.
The only correction that comes from incarceration,
is on the part of each individual;
actively and willingly seeking to be better than yesterday,
to take that step from convict to citizen,
and begin again.
So, say goodbye to the old ways,
walk these streets with a new beat,
rehabilitation is in your hands,
the state won't hand it to you.
Only you can stand up and make the statement,
that my fate and destiny isn't chosen,
that I got a chance to change it.
So, R.I.P. to the streets,
I'm walking to a new beat.
You've seen where my feet have been,
now watch where my feet can go,
when I set my mind to it, failure is not an option!
Once you're beyond this institution,
continue the restoration,
and stand up for the fallen...
the voice of freedom is calling.



S
I
M
P
L
Y

BY: WALTER "WALLY" MAKOWSKI

P
V
G

Hey there, my brothers and sisters in custody. Yep, it's me again...and absolutely, I am in the television room with my mug of Maxima. And I have to say that I am excited about this next article. How do I begin? That is the toughest part. So, I will begin with a different question... Have you ever had a moment during your day where you felt so good about something that you would've shouted it from the rooftops if you were given the opportunity? How about a moment that just made you feel like you wanted to be alone, or even revisit that rooftop to put off a bit of frustration? How about just wanting to express to another human being how grateful you were about something; be it materialistic, mental, physical or even spiritual.

By nature, we humans are a sociable being. However, the environments that we create for ourselves leaves most of us withdrawn on many social levels, divided by many others. One of the biggest reasons I found for this is...in an environment where the system made us equal by stripping us of everything we knew and loved as our punishment, (away from society), we are left trying to force ourselves to set our-

selves apart from everyone else, and in doing so our environment has become charged with ego and pride. Men do not share what they feel, for the most part, because it is scrutinized and weaponized to make other people feel “less than”, for having shared something other than how much they once had, or how much they could press on the bench. Then there’s the atmosphere of the arguments because nobody ever admits they are wrong, but instead just get louder because they feel the more aggressive and loud they are while screaming over one another the more points they win in the debate. Many people, because of this, don’t like to have conversations at all because it has the possibility of going bad quickly.

Well...not anymore. Most recently, I was in the media room in our housing unit where coincidentally, several members of “Kewanee Horizons”, along with some other men, made me feel extremely fortunate. As I listened, each man took a turn expressing his PVGs, which simply means *Peaks* (his highest point of the day), his *Valleys* (his lowest point of the day), and something that he was *Grateful* for. I was truly intrigued. It had been so long since I’d seen a group of men just being themselves. No arguments, no aggression, no competition, no egos, no pride...just men sharing their day. Then, as simple as my being there, I was included and called upon to share my day. I was literally frozen for a brief moment. How should I proceed? How should I posture myself? What persona should I use? After all, aren’t we all chameleons in this sense? Since I have never been invited to speak with others on topics with such vulnerability...so with all eyes on me, I was allowed to express myself in a way that I never really had before.

Afterwards, I felt amazing. Of course, the old me kept creeping back asking,

“What are you doing?” I don’t know these dudes. What I do know is that being able to share a thought not only enlightened me on a level of self-awareness but it somehow helped me rid myself of that energetic load that just constantly builds up. We come together to talk sports, “back in the day”, how to reinvent the wheel and things that have no real substance once the conversation ends, but we never really share our days with one another.

Now, with *Peaks, Valleys, And Gratefulness*...there are no rules other than letting each man have his turn, and of course, the unwritten rule of respect for his thoughts and the way he felt about the experience. A *Peak*, only means the highest point of your day, not a single firecracker will have had to go off. A *Valley* is the lowest point of the day, which doesn’t mean something terrible, it just means it wasn’t the *Peak*. Some of you may have so many *Peaks* that one of them actually becomes the *Valley*. And being *Grateful* says it itself. Even in this environment, we can all be GRATEFUL for something. Pick a time, a yard period, during dayroom, and for the brothers on those max decks, do it chess-style. You know brothers will give you the “air” if you need it.

I truly believe this could be a movement in prison that helps break down many barriers if you let it. Because it goes beyond race, culture, heritage, and religion, and allows you to have an uninterrupted voice...if only for a little while. No debates, no arguments, no trying to one-up the next man, simply PVG!

I am so very *Grateful* for those brothers having called on me, because 8:30 pm, is when my real *Peak* comes each day, ever since....Just saying!

FINANCIAL LITERACY

Common Personal Financial Problems

- **Not planning:** Human beings were born to procrastinate. Planning your finances isn't as much fun as planning your vacation, but doing the former can help you take care of the latter.
- **Overspending:** Simple arithmetic helps you determine that savings is the difference between what you earn and what you spend (assuming that you're not spending more than you're earning!). To increase your savings, you either have to work more, increase your earning power through education or job advancement, or spend less. For most people, especially in the short-term, the thrifty approach is the key to building savings and wealth.
- **Buying with consumer credit:** Carrying a balance month-to-month on your credit card or buying a car on credit means that even more of your future earnings are going to be earmarked for debt repayment. Buying on credit encourages you to spend more than you can really afford.
- **Delaying savings for retirement:** Most people say that they want to retire by their mid-60s or sooner. But in order to accomplish this goal, most people need to save a reasonable chunk (around 10%) of their income starting sooner rather than later. The longer you wait to start saving for retirement, the harder reaching your goal will be.
- **Falling prey to financial sales pitches:** Great deals that can't wait for a little reflection or a second opinion are often disasters waiting to happen. A sucker may be born every

minute, but a slick salesperson is pitching something every second! Steer clear of people who pressure you to make decisions, promises you high investment returns, and lack the proper training and experience to help you.

- **Not doing your homework:** To get the best deal, shop around, read reviews, and get advice from objective third parties. You also need to check references and track records so that you don't hire incompetent, self-serving, or fraudulent companies. But with all the different financial products available, making informed financial decisions has become an overwhelming task.
- **Making decisions based on emotion:** You're most vulnerable to making the wrong moves financially after a major life change (a job loss or divorce, for example) or when you feel pressure. Take your time and keep your emotions out of the picture.
- **Not separating the wheat from the chaff:** In any field in which you're not an expert, you run the danger of following the advice of someone you think is an expert but really isn't. You are the person who is best able to manage your personal finances. Educate and trust yourself!
- **Exposing yourself to catastrophic risk:** You're vulnerable if you and your family don't have insurance to pay for financially devastating losses. People without a savings reserve and support network can end up homeless. Many people lack sufficient insurance coverage to replace their income. Don't wait for a tragedy to strike to find out whether you have the right insurance coverage.
- **Focusing too much on money:** Placing too much emphasis on making and saving money can warp your perspective on what's important in life. Money is not the first or even second priority in happy people's lives. Your health, relationships with family, career satisfaction, and fulfilling interests should be more important. Money problems can be fixed over time with changes in your behavior.

ADVENTURES IN ADVERSITY

By: Ron Warner

What up everybody my name is Ron. I've been in the ILDOC for about 23 and half yrs. I have been in Kewanee now since June of 21. I'll be honest, my purpose for coming here was because I thought it would give me the greatest chance at work release and if I'm keeping it ah buck, Kewanee did just that, it put me in prime position to start what I thought was to be the next chapter of my life! But if you know me then you know that I have this saying, and it goes like this: "The lord does not allow anything to happen a day before or a day later then it should." Yeah I know, not the slickest saying, right, but take a second and think about it and you'll see that it makes sense. I say that to say this, It turns out that I didn't get work release and let me tell you ya boy was crushed, no CAP! When I tell you that I went through a gamut of emotions, that's an understatement. I want to ask you a serious question if that is okay, if the roles were reversed and it was you in this position, what would you do? No one has to know your answer or you can share it.

Let me put it in context for you. Have you ever felt like you did everything right and still got it wrong? That was where I



was mentally, was being the operative word. Since the news I have continued to use my time here to the best of my ability. I have taken a couple mental health groups. I know, I know, not the most popular approach but most of what we deal with is in our head right? so I figured I'd try something different, so far I am liking the direction I am headed in, the fellas also allowed me to contribute to the horizons which is pretty dope to me so shout out to the guys who made this possible, and I can't forget the staff that not only went to bat for me but continue to do so. Thank you Mrs. S and Mrs. M and everyone else that helped me. don't worry you'll meet them when you get here.

Remember the question that I posed to you earlier about what would you do if you were in my shoes? I'm sure that there is a group that would wild out, if I'm being honest my track record shows that was me at one time or another, but this is the part where I started to realize that association does bring about similarities. Yo, when I tell you that I was able to take some of the best classes that I have been exposed to in years, it's facts! When I tell you that I was blessed to be around some very tough dudes, that's an understatement! Were there some people that thought this was funny or maybe even deserving, yes which is okay, the point is I'm still here months later doing my one two, chin up, and a full participant in all that Kewanee has to offer. There are some cool things in store for your boy! Adversity is real, it is ever present and the only part that you can control is way that you respond to it, so what are you going to do? That is up to no one but you, and the team that you have around.

THE HISTORY OF ADDICTION IN AMERICA AND THE ROAD TO RECOVERY

BY: JESSE MYERS

“You cannot influence the future of addiction treatment without understanding its past.”

-Dr. Ed Senay

Hello everyone my name is Jesse Myers, with the quote above I would say that not only those aiding in recovery, but the one in recovery, must also understand the past of addiction, his own, as well as how it effects and has affected our society as a whole. Battling alcoholism and drug addiction has been an ongoing struggle for me since the age of 12. Recovery has been an ongoing process of steps which I must work daily to maintain my sobriety. For some people it is not always this difficult and yet others may find it even more difficult. Having had a spiritual awakening as a result of these steps it is my duty to try and carry this message to others and practice these principles in all

my affairs. I must first note this is in no way a promotion of A.A or N.A. nor is it affiliated with any particular organization. My Goal is simply AWARENESS. My hope is to show some history of the addiction crisis in America and what the road to recovery looks like for many suffering from the crippling effects of substance dependency. The beautiful thing about twelve step-work is that one may apply the principles to any form of addiction and dependency when worked on a continual daily basis discover desired results. Sounds like work right, well look at the other option. I've been fighting this battle for 28 years. The consequences of my addiction has been work, as well as painful for my-self and others. I would much rather perform the work I am doing daily now because the results are of much more benefit. The twelve steps are not directions or commandments, but more simply put suggestions that when worked, have worked for many. Hopefully whether you suffer from substance dependency, you know someone who suffers from any addiction, or you know nothing about it at all, that you will learn something new that may benefit you or help you to benefit another in the future.

The history of addiction in our country begins with Alcoholism. Although alcohol usage dates back thousands of years in the history of humanity and dates to colonial America, drunkenness did not begin to rise in our country until during the revolutionary war. Between the time of the war and 1830 it rose dramatically. Much of my historical knowledge of facts are from a book written by *William L. White* titled *Slaying The Dragon*. White explains that Benjamin Rush a signee of the Declaration of Independence was the harbinger of a new view that alcohol was causing problems in society, public, work, and family life. In Rush's 1784 treatise *An Inquiry into the Effects of Ar-*

dent Spirits he refers to the “habitual use of ardent spirits” as an “odious disease.” Wow this fellow was the first to recognize addiction as a disease, a concept I will explain in future issues. Still in the 1840s, the Washingtonians, Americas’ first society of recovered alcoholics, spoke not of alcoholism but of drunkenness and referred to themselves as confirmed drinkers, drunkards, hard cases, inveterate cases, sots, tipplers, and inebriates. We will discuss Rush in the future and some of his what I call hair-brain ideas to treat alcoholism.

So where does the term alcohol and alcoholism come from? The word alcohol comes from the Arabic word al-kuhl; an antimony based eye cosmetic. Alcohol came to mean the essence or spirit of something hints the term spirits. The Swedish physician Magnus Huss introduced the term alcoholism in 1849 to describe a state of chronic alcoholic intoxication that was characterized by severe physical pathology and disruption of social functioning. In the years following people analyzed the pathological obsession and craving for alcohol and the consequences of its excessive use. Soon many more terms emerged for descriptive purposes such as: intemperance, barrel fever, habitual drunkenness (drunk, drunkard), dipsomania (dipsomaniac), inebriety or ebriosity (inebriate), and the liquor habit/vice, and victim of drink.

The two main terms used by the 19th century were dipsomania and inebriety. Dipsomania taken from the Greek language meaning “thirst frenzy” associated with a pattern of binge drinking characterized by periods of abstinence interrupted by “drink storms”. Inebriety derived from the Latin root inebriate meaning, to intoxicate was a ge-

neric term for what is now known as Addiction, Chemical or Substance Dependency. This leads us to our first look at how substance abuse and substance dependency are characterized. Many think these two are the same, they are not. But generally when substance abuse gets to a repetitive state it leads into dependency. As we will see in future issues self-awareness is the first step in the road to recovery and vital for one to take the other steps and to maintain-sobriety. Let's take a look and ask ourselves if we fit. For those of us incarcerated let's think about times before we were incarcerated.

Substance Abuse

A. Substance Abuse is a maladaptive (poorly adapted) pattern of substance use leading to clinically significant impairment or distress, as manifested by one (or more) of the following occurring within a 12-month period:

1. Recurrent substance use resulting in failure to fulfill major role obligations at work, school, or home (e.g., repeated absences or poor work performance related to substance use; substance related absences or suspensions, or expulsions from school; neglect of children or household.
2. Recurrent substance use in situations in which it is physically hazardous (e.g., driving an automobile or operating a machine while impaired by substance use)
3. Recurrent substance related legal problems (e.g., arrest for substance related possession, disorderly conduct, public intoxication etc...)
4. Continued substance use despite having persistent or recurrent social or interpersonal problems by or exacerbated by the effects of the substance (e.g.,

arguments with significant other or family and friends about the consequences of intoxication, physical fights)

B. It is important to note that the chronic use of an illicit drug still constitutes a significant issue for treatment even when it does not meet the above criteria for substance abuse.

Substance Dependence

A. Substance Dependence is more serious than Abuse and is defined as a maladaptive pattern of substance use, leading to clinically significant impairment or distress, as manifested by three (or more) of the following, occurring at any time in the same 12 month period:

1. Tolerance, as defined by either of the following:

- a. A need for markedly increased amounts of the substance to achieve intoxication or the desired effect.
- b. Markedly diminished effect with continued use of the same amount of the substance.

2. Withdrawal as manifested by either of the following:

- a. The characteristic withdrawal syndrome for the substance (the characteristics of withdrawal are different for differing substances)

- b. The same (or a closely related) substance is taken to relieve or avoid withdrawal symptoms.
3. The substance is often taken in larger amounts or over a longer period than was intended.
4. There is a persistent desire or unsuccessful efforts to cut down or control substance use.
5. A great deal of time is spent in activities to obtain the substance (e.g., visiting multiple doctors or driving long distances), use the substance (e.g., chain smoking, hiding to use all day), or spending long periods of time to recover from the substance effects.
6. Important social, occupational, or recreational activities are given up or reduced because of substance use.
7. The substance use is continued despite knowledge of having a persistent or recurrent physical or mental health problem that is likely to have been caused or exacerbated by the substance (e.g., current cocaine use despite recognition of cocaine-induced depression, or continued drinking despite recognition that an ulcer was made worse by alcohol consumption).
8. In the future I hope to share with you a unique way to look at one who suffers from substance dependence and how we can know if this is us. Thank you all for taking the time to read I hope you are looking forward to next time as much as I am.

JOE REAL ESTATE

I was thinking about the beginning stages of my career in real estate, primarily how I even thought to get involved in an industry I knew nothing about. I was young, irresponsible and just having a good time. Here and there people who knew me said I should sell “something bigger and more significant.” My dad would say I should sell real estate, probably anything but audio equipment. On a whim I signed up for real estate classes to pass the state exam. My hope is these articles would be that “nudge” you need to get going. What is great about real estate is it requires such a large array of skills and knowledge that we will never stop learning; for me this means never getting bored. Even after being a full-time broker for 25 years, I will never stop learning from other people and the volumes of literature available. All of this being said, real estate afforded me a life and lifestyle I never thought I could have.

Start your education today with any real estate books you can get your hands on. A great book used to study for the state exam is by Dearborn Real Estate Education, “Modern Real Estate Practice in Illinois.” A new edition 10 can cost up to \$60.00, however, a 9th edition, used (no highlights) can cost as little as \$15.00.

Shifting gears... When I was studying for my state exam I began interviewing real estate companies in the area so I could decide which one was going to be the best suited for supporting my road to success. The truth is I knew what was in my books, but didn't know much about the real-world of real estate. I learned from guys like S. Covey and Zig Ziglar positioning (or posturing) myself for success could help me in the business world as well as in life in general. The truth is I was operating on honesty and allowing them to see my confidence. I was on a mission and that came through loud and clear.

Most importantly, I had a lot of questions for the people running mega-producing agencies like Coldwell Banker, Century 21, Baird & Warner, Keller Williams and RE/MAX. By approaching these companies in an offensive manner this placed me in a position of strength when it came time to negotiate the terms of my employment contract, especially regarding where I could work and for how much of a commission split. The average split is 50%/50% for a new agent. That is 50% to you and 50% of the total commission to your sponsoring broker. A confident posture regarding “my near-coming success as a Top-Producer was not a matter of ‘if’ but when I would be at the top,” was the way I carried myself in these ‘interviews.’ VERY confident, yet still humble and teachable. Not cocky or a know-it-all. In fact, showing for my thirst for knowledge was probably most attractive, but I expressed no doubt in my ability to succeed. These qualities were apparently attractive to these companies, they were all interested in me joining their firm. Getting hired for a 100% commission-based job is not difficult, at least not in real estate, but getting the best commission split and perks is what I was looking for. There are many great companies out there and these mentioned are no exception.

What was most important to me was mentorship and education. I knew the way to making the most money was going to come from learning how to generate my own leads, systems and business. How we go about running our real estate business’ will make you or break you. So I not only needed the best to learn from, I swallowed my pride, shut my mouth and followed. I did what was suggested whether I liked it or not. I also started reading a lot of books from guys like M. Gerber, Donald Trump, S. Covey, just to name a few. I wanted to know what the most successful people were doing while I was getting my feet wet. A coach I later invested in called this “open while remodeling.” In other words we are still conducting business while working on our business. Working ‘on’ your business can be done today. You plan your strategy of how you want to operate, learning all you can about running a business and real estate business specifically.

As I was getting educated I was going out and looking at every home I could physically look at every day, while also reading about the different types of housing (Georgian, Townhome, Condo, English Farmhouse, Traditional, etc...). If I wasn't driving around looking at property I was buried in the MLS catalog. Yes, catalog! The size of 3 telephone books! I know some of you young guys have probably never used a telephone book:) Let's just say, it was not convenient, and today all the information rests in the palm of our hand. Thank God for technology! Common sense, and choosing a good real estate company with a great education program, at the time - Coldwell Banker (Fast Start) to teach me, spoke loudly about knowing my market place and product.

When I wasn't studying the market I was on the phone calling people I knew, and didn't know, letting them I was now in real estate. The reason for my call was to inform them of my career choice, build a relationship (sometime refresh an old relationship) and ask for help building my business. My favorite question was very simple and I did add more questions to my list as I became more educated and savvy with lead generation (or cold calling).

"Who do you know that has even mentioned moving, buying or selling a home in the past 30 days?" Then I would shut up and let them think. If they were stuck I would ask if anyone at work or the gym mentioned moving... How about your neighbor, sister, brother, mother, father... The guy that works at Walmart and checks receipts at the door? I tried to be specific to 'jog' their memory. If they came up with a name I'd ask if they would feel comfortable giving me their name, but also asked if they (the prospect) would mind me calling. I was amazed how often people responded with, "Not at all, tell them I gave you the info." Of if hesitant, I'd ask them to pass my info along to their "friend" and I would follow back up with them in a day or so to see if I could then make the contact. Every one of these contacts and questions brought me closer to another sale. And that's a fact. If you are afraid to do this, all the better. Like Nike says, Just do

it! One you walk through that fear-barrier you will be exhilarated and likely look forward to the next call. Rejection is no longer rejection, it's just one step closer to another client, and a client that can refer other clients because of the outstanding service we provide to them.

Remember, my real estate business requires lead generation just like every other business on the planet, the sooner the business owner figures out the most effective way to generate leads, they're better equipped to succeed. What was most successful for me to generate new business and was least expensive, was a phone and lists of names and numbers, especially people I already knew (Sphere Of Influence), FSBO's and expired listings.

With the Internet, it's easy. We can simply go online and "pull-up" lists of names and phone numbers by street, city and state. You can purchase these inexpensively, leads from companies like Haines Directory, lists of For-Sale-By-Owners (FSBO's) and listings that have expired and cancelled from the Multiple Listing Service. An expired or cancelled listing is a home listed for sale by a brokerage, failed to sell prior to the listing agreement expiration date. Sometimes these listings are cancelled upon mutual agreement. A FSBO is a homeowner trying to sell their home to avoid paying real estate fees (I don't blame them, but the success rate is low, especially in a *buyer-advantageous market).

*A Buyer Market is usually caused by many factors, however, simply supply is greater than demand. The result is too much inventory (houses) for sale and not enough buyers to meet the overflow of inventory.

When you break down your options for generating new business there are three main resources with numerous subcategories. We can use advertising, prospecting and/or ask for and earn the right to our clients', family's and friends' referrals.

The advertising (marketing) can be expensive, but is an unavoidable option espe-

cially when your selling clientele expects this from you. Your listing presentation along with the listing contract you execute with your client will define this obligation you have to 'market their home for sale'. Also, this advertising will bring more attention to you and your business - this is good. There are thousands of books written about effective marketing and advertising. Read all you can. I'll touch on my fav's later, but marketing listings generates more business...period.

Prospecting is most cost effective and result effective. Again, you need only a phone and phone numbers. It was my most effective tool without any doubt. Dialing numbers for me was almost as enjoyable as one might have sitting at a slot machine, only our odds are much better dialing numbers, at least I thought so. Another word for prospecting is searching. We are searching for a potential seller, buyer, or if you are an investor you're looking for the next great deal. On a side note, if you think flipping houses or finding the best deal for a future rental property doesn't require hours of work to find it, you're wrong. Even if you have the most successful advertisement on the planet, you will need to follow up with every inquiry that comes from that ad. You will need to eliminate people who are not serious versus people who absolutely have to sell or buy. There is an art to this challenge.

Last but definitely not least option, will be establishing yourself as an area, market expert, overwhelming your clients with service and results, than consistently asking them for referrals. This is not only the best, most cost effective path, it is the most rewarding.

Please understand, the real estate industry is a big money industry, it controls almost every facet of business. As we know, money can also bring out our worst qualities, especially when there are thousands of dollars to be made or lost. So if we place ourselves in this chaotic world as a resource of stability, honesty, fairness; the person to navigate the public safely, a genuine advocate to our clients, we are providing a priceless commodity.

You will never have to worry about having clients or making a living to support your family and future if you work in the best interest of others. Real estate afforded me far more than financial security, it gave me purpose. I genuinely put my clients interests before my own, and that felt really good. I love making money... LOVE IT. But there is nothing better than receiving genuine gratitude from a family that trusted you with their family's largest asset, home.

I tell you this because I know you can succeed at this, no doubt about it. But what will we do with that level of success?

The bad news is, I lost my way. I too sit here in IDOC just like you...but the good news is I not only have had a lot of time to reflect on some success, but most importantly it's never been more clear to me how, why and where I went wrong. I hope we get to talk more about mistakes one day, because I haven't yet found it in any of the real estate books I've read, but I can tell you it began with pride & greed. God bless, and thank you for giving me purpose. I really hope this information helps in some way.

- Joe Real Estate

**Hope is important because it can make the present
moment less difficult to bear.**

**If we believe that tomorrow will be better,
we can bear a hardship today.**

Thich Nhat Hanh

GOODWILL'S SERVICES

Sometimes life offers a chance to start over. Goodwill believes this and has many free services for people who want a new beginning. Goodwill of Central Illinois is committed to helping people find work, no matter their circumstances. The Goodwill staff offers support and case management throughout your journey. Here are some of the FREE services that are available:

HELP FINDING A JOB

Goodwill has connections with over 500 employers. These employers cover many different fields, including customer service, food service, maintenance, manufacturing, clerical, and more.



**FIND A JOB &
A NEW START**

Our FREE Services Include:

- Job Placement Assistance
- Resume and Cover Letter Building
- Computer Skills
- Forklift Safety Certification
- And more...

For more information call our Employment Services Department at (309) 339-7326



HELP WRITING A RESUME

Your resume can help you stand out. Everyone has a skill, and the Goodwill staff can help you identify those skills and put them in writing.

COMPUTER TRAINING

Goodwill offers courses in computer skills, such as Microsoft Word, Excel, and Outlook. These skills can help make you a more attractive candidate to potential employers, especially in today's workforce. Goodwill's staff can train people who have never even turned on a computer. Classes are easy to follow and offer hands on support.

FORKLIFT TRAINING

Goodwill offers an OSHA Forklift Safety Certification program, which can get you one step closer to being able to drive a forklift.

AND MORE

Goodwill helps remove barriers to finding a job. Our main goal is not only to help you find a job, but to help make sure you keep a job.

**FOR MORE INFORMATION OR TO TAKE ADVANTAGE OF THIS FREE PROGRAM
CALL (309) 339-7326.**

**"Be miserable. Or motivate yourself.
Whatever has to be done, it's always your choice."
--Wayne Dyer**

THE MARKET CORNER

By: Robert "Bulldog" Kennedy

Indexes

Stock markets around the world are powerful indicators for global economies. An index is a measure of ups and downs in the stock market. The U.S. stock market consists of approximately 5000 indexes.

The 3 most widely followed indexes in the U.S. are the Standard and Poor's 500, the Dow Jones Industrial Average and the Nasdaq Composite.

The Dow Jones Industrial Average (DJIA), most commonly known as the "Dow", is the oldest and most recognized of the 3. It consists of 30 U.S. companies, considered "Blue Chip" stocks. A Blue Chip stock is a stock of a nationally known company that has a long record of profit, growth and or dividend payment with a strong reputation for quality management, products and services. The value of the Dow is calculated by Dow Jones and Company, a major financial publisher since 1882, and is considered a price-weighted index. In other words, the company with the highest stock price has the most influence on the Dow.

The company with the lowest stock price has the least amount of influence on the Dow. Many financial experts consider this index to be a less efficient method of gauging the U.S. Stock market as a whole.

The Standard and Poor's 500, better known as the S&P 500, is widely considered a better U.S. market indicator. The S&P 500 has 500 of the top valued companies in the country with a market capitalization-weighting. In other words, the larger the market cap (stock price X outstanding shares), the more influence the company has on the S&P 500 index. It is widely considered the benchmark index for the U.S. Stock market as a whole.

The Nasdaq Composite, commonly referred to as the Nasdaq, has over 3,000 companies on its index, comprised mostly of technology companies. However, investors will find a variety of other sectors including financials, industrials, insurance, bio-tech and transportation stocks, among others. Unlike the S&P 500 and the Dow, the Nasdaq includes many speculative companies with small market caps. In other words, up and coming start up companies trying to make a name for themselves, exploring new innovation for the future.

How would you like to buy a basket of many different stocks contained in each of the 3 major indexes, all at once for one price? Imagine purchasing one stock that contained the entire S&P 500, the Dow Jones Industrial Average, or the Nasdaq Composite indexes. Good news, you can do just that. It's called an ETF, an Exchange-traded fund, and I will discuss those with you next time!

The Ticker, Sectors & ETF's

When you turn on CNBC, you'll probably notice a lot of data moving from right to left at the bottom of the screen, commonly known as the "ticker." There's quite a bit of information to process on the ticker. All types of data is whizzing by with numbers, symbols and arrows pointing in different directions, with still even more numbers to follow. Let's try to make some sense of all this busy activity going on down there!

First, you'll see the company's name or possibly a shortened version of it. Then you'll find the company's trading "symbol," usually ranging from one to four capital letters in parenthesis directly after the company's name. Next, you'll see the dollar amount the company's stock last traded at, followed by either a green arrow pointing upward or a red arrow pointing downward, indicating which direction the company's stock has moved. Finally, you'll see a dollar amount the stock has gained or loss since the closing price from the last trading session. The line on the ticker will look something like this:

Microsoft	(MSFT)	245.57	^	1.32
(Company Name)	(Symbol)	(Last Price Traded)	(Direction Of Stock)	(Change in Price Since Previous Close)

The ticker reflects trades occurring live, right in front of your eyes, all day, constantly changing. Each time you see a company's stock go by, it's price has most likely changed

due to investors and traders buying and selling stocks. You're getting a first hand look at the market busy at work, deciding the value of a stock's price in this current day's trading session. This process occurs Monday through Friday, 52 weeks a year.

A sector is a special category a specific company's business fits into. The S&P 500 has 11 individual sectors, which all 500 companies fit into. Listed below are all 11 sectors, followed by the ticker symbol it trades under, along with a few examples of companies which belong in each sector.

Communication Services (XLC): Alphabet Class A (GOOGL), Meta Platforms (META),
AT&T (T)

Consumer Discretionary (XLY): Amazon (AMZN), Walmart (WMT), Ford (F)

Consumer Staples (XLP): Campbell Soup (CPB), Coca-Cola (KO), Kraft-Heinz (KHC)

Energy (XLE): Exxon Mobil (XOM), Chevron (CVX), Marathon Petroleum (MPC)

Financials (XLF): Bank of America (BAC), American Express (AMX), JP Morgan Chase
(JPM)

Healthcare (XLV): Humana (HUM), Johnson & Johnson (JNJ), Pfizer (PFE)

Industrials (XLI): 3M (MMM), Caterpillar (CAT), John Deere (DE)

Information Technology (XLK): Apple (AAPL), Microsoft (MSFT), Nvidia (NVDA)

Materials (XLB) : Sherwin-Williams (SHW), Dow Inc. (DOW), Nucor Corp. (NUE)

Real Estate (XLRE): Simon Property Group (SPG), Realty Income Corp. (O),
Boston Properties (BXP)

Utilities (XLU): Alliant Energy Corp. (LNT), American Electric Power (AEP), American Water Works (AWK)

You can buy shares in any one of over 10,000 company's in the US Stock Market. However, you can also buy a "basket" of stocks for any of the 11 sectors of the S&P 500, the entire S&P 500, Dow Jones Industrial Average or the Nasdaq Composite. These baskets of stocks are called Exchange Traded Funds or ETF's for short.

When you purchase an ETF, you're buying a single share of stock containing any sector you want or any index you'd like to own, yet it trades just like a single share of stock. If you wanted to own every stock in the S&P 500, you would have to buy 500 individual stocks. This will be very expensive, not to mention troublesome to keep track of. However, if you bought an ETF for the S&P 500, such as the SPDR S&P 500 ETF, ticker symbol (SPY), for one price, you will own a small percentage of all 500 companies in the S&P 500 that actually trades as single stock. There are plenty of ETF's for the major indexes such as the Invesco QQQ Trust (QQQ) for the Nasdaq Composite and the SPDR Dow 30 ETF (DIA), for the Dow Jones Industrial Average.

There are also hundreds of other ETF's for many companies in the market to choose from. You must simply do your homework to find out what's out there.

"BELIEF"

By: Tiiyon T. Byrd



Greetings to you all fellow peers, how is everyone? I hope as well as possible despite our current circumstances. I am someone who is a firm believer in conversations, “productive conversations” that is, those of which produce positive results. Some of the results that I’m talking about are either positive feedback, the positive influence a conversation may have, and the ability to persuade a stubborn mind. My belief in myself, as well as my belief in every single one of you, is exactly what gives me my motivation to speak out and try to inspire as many of us that I possibly can. One of the amazing things about “belief” is that it is a very powerful word. If you’ve followed along these last few volumes, you’d know that I love words and breaking them down for what they mean to me. Belief is something that if someone else has in us, it has the power to open up something inside of us that we may not have even realized existed.

When someone other than yourself believes in you, it gives you an obligation to show that person that you are indeed worthy of their belief in you. Some of us come from situations that aren't ideal, from broken homes, poverty, violence, and just harsh environments period. Some of us adopt the belief that our life is simply our immediate circumstances, which is the furthest from the truth. If we want to be serious, let's think about the amount of time we sit around doing absolutely nothing.

That's not to be received as if I'm saying we don't all need some down time to just relax and collect our thoughts, but aside from momentary relaxation, what else are we doing with our free time? Without a doubt, the entire I.D.O.C. population has the potential to spark a change within I.D.O.C., a positive change, and we all need to comprehend that truth. During the time that I've been incarcerated, the amount of complaining that we do is relentless. Are those complaints valid some of the time? 100%. However, what some of us have done during the course of our incarceration is go about things the wrong way. Some of that comes from frustration and the thought that things just aren't going to get any better. I am one of you, and we all are the same..."incarcerated" and trying to make the best out of a horrible situation. No one wants to be locked up, but the fact that we are, instead of spending our time stressing and complaining, we should collectively try to figure out ways to make things better.

I know myself that it gets beyond frustrating when you try and go about things the right way and the results you get aren't what you expected, I've dealt with that countless times. What comes with those disappointments, (when dealt with in the proper manner), is discipline and self-control. Those are two things that some of us have lacked for a very long time. I can't necessarily speak for everyone when I say that, but I know that it's true in regards to myself. When we were younger, all of us thought that we knew all there was to know about "life", and how to handle and deal with everything in life.

We lacked discipline in the sense that we fed into every temptation that presented itself to us, and we lacked self-control being that we never gave a second thought about indulging in what we knew wasn't righteous. In our younger years, we've all had people, (or someone specifically), that believed in us, seen our potential even when we couldn't see it ourselves. Back in those days, I don't believe that we fully understood the importance of someone believing in us. Half of the time, we've all had trouble believing in ourselves. I wish there was a way to plug something into my brain, extract all of my memories and thoughts, and display them to every single one of you. The purpose behind that would be to show you that when you have "belief" in yourself, which is where it all begins, you can literally do whatever it is you set your mind to. I used to believe that I couldn't do simple things, like pass a math test, and because of that being my belief, I would indeed fail.

The absolute irony in that is that math is one of my strong suits. When I began to believe in myself, I was able to achieve things that I never would've imagined. The crazy thing about life is that "everything" we do is a learned behavior. Some of us have been taught things the wrong way, and we've adopted those things as a correct way of life. We become so used to living a certain way that when someone who genuinely wants to see us succeed in life comes along, we brush them off as if they're some kind of mosquito trying to get a taste of our blood. We need to be more receptive of people like that. People that believe in us deserve more than us brushing them off, we instead owe them an effort to prove to them that we are worthy of their belief in us, and that's something that I want us all to think about. Believe in yourself brothers and sisters, as I do, and everyone else that wants to see you succeed. Please don't allow these prison walls to tear you down. Find ways to improve yourself and fulfill the obligation that you have to the people that believe in you, and to yourself. Things undoubtedly get hard, this I know, but remember that you, as well as anyone else on this planet, has the power to exact a change in this world. Believe in yourself...just like I do.

**SATISFACTION LIES IN THE EFFORT, NOT IN THE
ATTAINMENT. FULL EFFORT IS FULL VICTORY.**

Caught on Facebook

Decatur Corrections Center is showing their Christmas Spirit! Thanks to Horticulture Instructor Mr. Vercillino and his class for making the grounds festive this season.



MENTAL HEALTH

The picture at right is a graphic illustration of the eight areas of mental health: Emotional; Occupational; Intellectual; Environmental; Financial; Social; Physical; and, Spiritual. These eight categories are designed to cover all areas of our lives. Working to create health and balance in each area is a positive way to go after an overall healthy lifestyle. Being incarcerated can severely limit our ability to alter some of these categories, the environmental category comes to mind immediately, however if you try, there are definitely things we can do to improve our immediate environment in small ways that can have very big results.



We each have varying personal thresholds for health versus unhealth in each of these areas. For example, I have a low threshold for intellectual health, it is important for me to fulfill this area by reading, taking and teaching classes, and having meaningful intelligent conversations with friends and family. If I go days without doing these things, my mental health will suffer. You, however, may not value intellectual health as much as I do, or at all, and if you don't do these things for days at a time it may have no effect on your mental health whatsoever. At the same time, placing too much emphasis on one area can have a detrimental effect on other areas. For example, if I value physi-

cal health and enjoy exercising but I am overwhelmed with school work and homework and neglect working out, my mental health will once again suffer because I am overemphasizing one area over another. The idea for good overall mental health is not necessarily to find balance between all of these areas but lies more within finding an optimal level in each area that personally suits you.

Cultural aspects also come into play. In the United States our society places a heavy emphasis on occupational and financial health, the “workaholic” is glamorized and working 80 hours a week is admirable even though their social and emotional areas suffer as a result. The workaholic’s personal and family relationships may be in shambles due to his addiction to work but since he’s so “successful” in his occupation, this may not be viewed as such a bad thing in our culture. A cultural example in prison that comes to mind is the heavy emphasis the culture places on physical health. Lifting weights and being in peak physical condition is admirable even at the cost of other areas such as intellectual and emotional areas. Working out all day everyday and neglecting to read a book or connect with family and friends on an emotional level can be detrimental to mental health. Overemphasizing one area can actually be detrimental to the area itself. Working out all day everyday is hard on your body and people will continue to work out even when they are injured.

The point being: engage in some honest self-analysis and try to understand where your personal healthy/unhealthy thresholds are in each area, at what point do you “over-do” it in one area and that, in turn, causes you to diminish your health in another area. Then figure out how you can alter some parts of your routine to build up your health in the places you need to. Mental health is a process. Engage yourself.



K

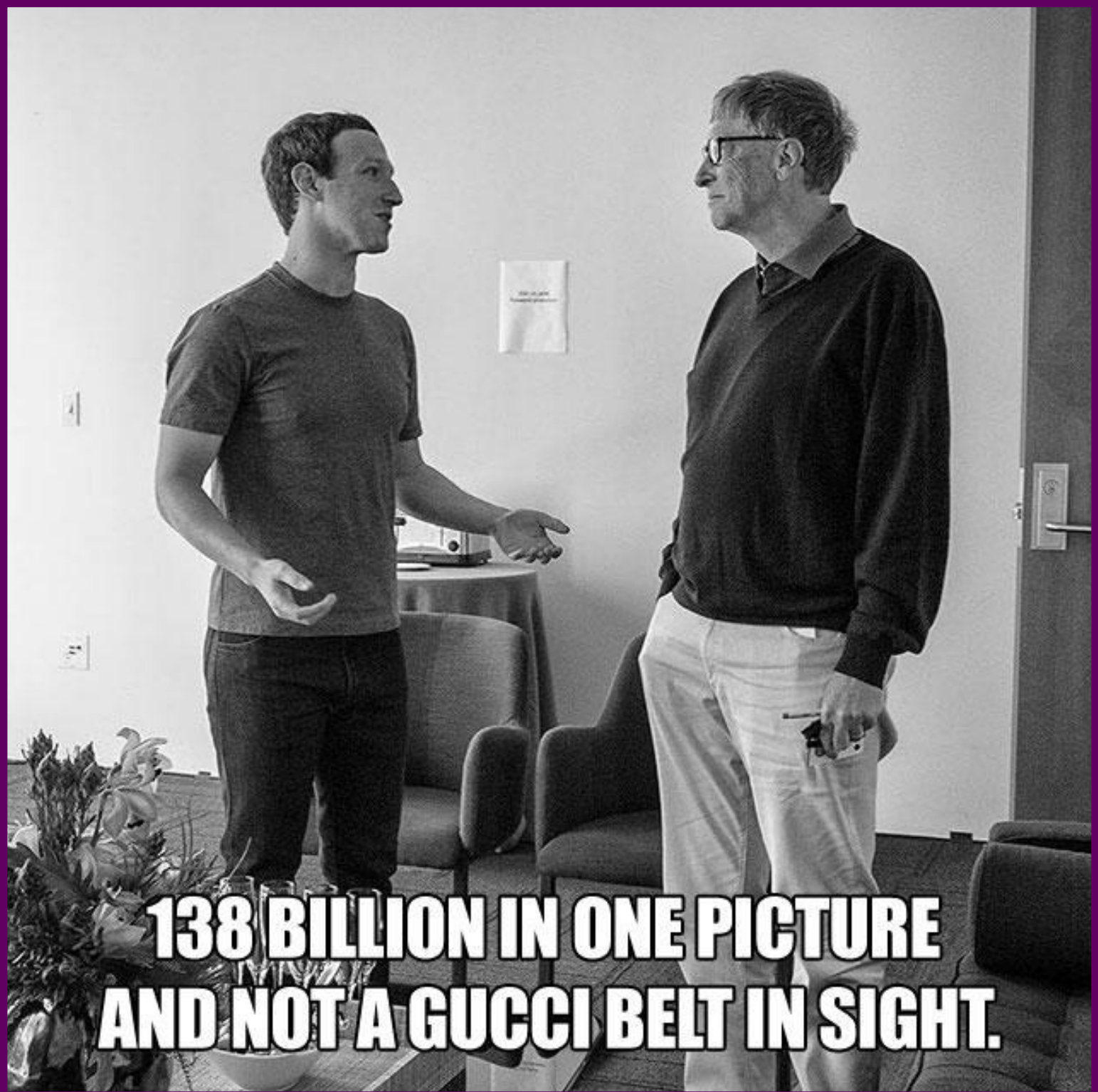
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**138 BILLION IN ONE PICTURE
AND NOT A GUCCI BELT IN SIGHT.**



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S.P.A.C. AND R.T.F.

Greetings community! Way back in Volume 8 of K.H. we featured a call to action and participation from the Sentencing Policy Advisory Council (SPAC) which had enacted the Resentencing Task Force (RTF) This task force wanted to look into what policies they could or should recommend to the Governor's Office, the Illinois Supreme Court, as well as (importantly) the Illinois General Assembly (Legislators). Our community answered that call, by the thousands! On September 29th the RTF had a hearing over the web where our voices were explicitly acknowledged by Task Force Chairperson Kathy Saltmarsh. She was even kind enough to send a letter of thanks that was published in Volume 12 showing the RTF's appreciation for all of the information and stories that were shared from behind the walls and fences of prisons. Every person who wrote should be very proud of their work, and everyone should be grateful to those who took the time and effort to tell their story to try to affect positive change on all of our behalf. K.H. salutes you all. The following pages are the recommendations that SPAC and the RTF put forth, this is a concrete next step in our journey forward to a more just sentencing policy. It should also serve as proof that your voice matters. Thank you everyone.

Adopted Recommendations from the August 26th and September 9th Resentencing Task Force Meetings

Retroactivity

1) The Task Force recommends the General Assembly pass legislation to create prospective and retroactive resentencing opportunities.

Eligibility Criteria

2) The General Assembly should establish eligibility criteria for sentence modification, including but not limited to:

- (1) The petitioner is serving a sentence for any criminal offense for which the statutory penalty has been subsequently reduced or altered; or
- (2) The petitioner makes a showing their sentence no longer advances the interest of justice or the promotion of public safety.

Procedural Criteria

3) The General Assembly shall recommend parties who may initiate a petition for resentencing including but not limited to the prosecuting attorney, the incarcerated individual, or defense counsel.

4) Where a petition for a reduction in a sentence has been denied, the petitioner shall be permitted to file a successive petition for resentencing within a time period to be designated by the General Assembly.

5) The General Assembly shall determine a process by which individuals eligible under Recommendation #2, including those serving extreme sentences, can petition the court for a resentencing.

6) Any procedure adopted by the General Assembly shall provide adequate notice re-

quirements. The Department of Corrections shall provide notice and adequate materials to inform individuals who are incarcerated of their rights.

Right to Counsel

7) A petitioner who is unable to afford counsel is entitled to have counsel appointed, at no cost to the defendant, to represent the defendant for the resentencing petition and proceedings.

8) A defendant who files a *pro se* petition and subsequently retains or is appointed counsel shall be entitled to amend such petition with the assistance of counsel.

Hearing

9) The court shall review petitions for resentencing and determine eligibility based on the factors established by the General Assembly. **REJECTED**

10) Resentencing petitions shall be dismissed if they do not meet the eligibility criteria; such dismissal shall be a final, appealable order. The court shall set forth, either in open court or in writing, the reasons for its decision.

11) Upon a determination of eligibility, the court shall conduct a resentencing hearing.

12) The sentencing court shall consider, but not be limited to, the following factors:

- (1) The age of the petitioner at the time of the offense and the age of the petitioner at the time of the sentence modification petition;
- (2) The nature and circumstances of the offense;
- (3) The history and characteristics of the petitioner at the time of the petition for a reduction in sentence, including rehabilitation and maturity demonstrated by the petitioner;
- (4) The petitioner's family and community circumstances, including any history

of physical, emotional, or sexual abuse; substance abuse; trauma; or involvement in the child welfare system;

(5) Any report from a physical, mental, or psychiatric examination of the defendant conducted by a licensed health care professional; validated risk assessment; and

(6) Any changes to the law governing criminal convictions, dispositions, or length of stay since the time of sentencing;

(7) Any other information the court determines is relevant to the decision of the court, including any statement by a victim of an offense or family member of the victim or the recommendation received from the State's Attorney.

13) In calculating the new term to be served by the petitioner, the court shall credit the petitioner for any jail time served toward the subject conviction as well as any period of incarceration credited toward the sentence originally imposed.

14) The court should be authorized by the General Assembly to depart downward from any mandatory minimum or mandatory sentence enhancement.

Victim's Rights

15) All statutory and constitutional rights of victims, including but not limited to the right to notice and to be heard, shall apply to the entire resentencing procedure. The victim shall be notified of any restorative justice programs available at the time the petition is filed.

Right to an Appeal

16) The petitioner may appeal a final order from a resentencing proceeding.

Data Reporting

17) Appropriate data must be collected and reported.

BRAIN FACTS

GENES VS. ENVIRONMENT

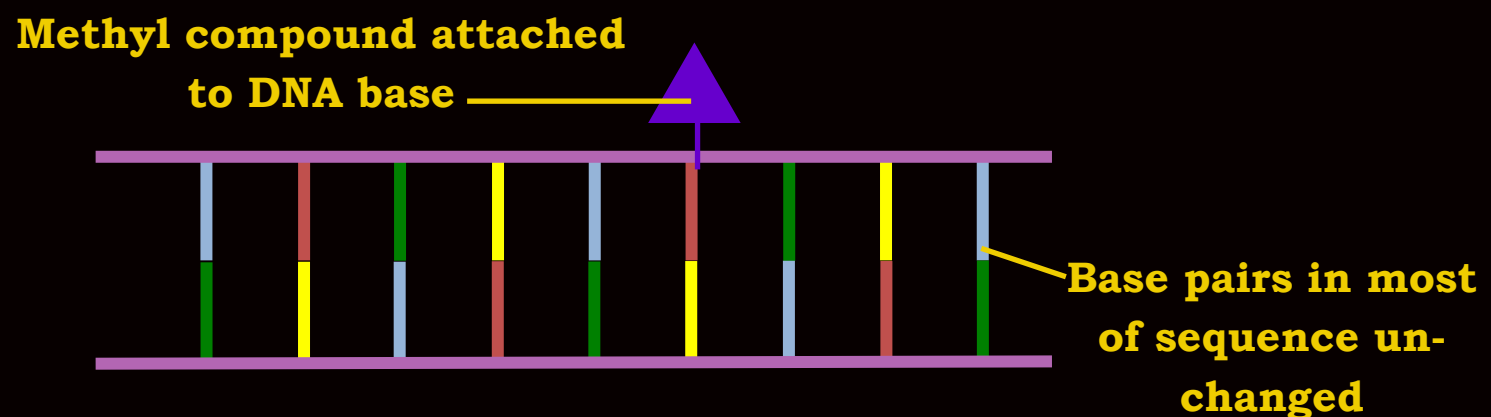
People are born with a DNA “template” inherited from their parents: this is the “nature” element influencing the brain’s activities, such as cognitive ability and behavior. Throughout a person’s life, though, their networks of neurons can adapt and change in response to physical and social experiences (“nurture”). Environmental influences, if strong and sustained, can alter brain structures and also influences the way that genes work—a process known as epigenetic change.

The two fundamental influences on the brain, “nature” and “nurture”, are sometimes seen as opposing forces. However, there is a dynamic interplay between them that goes on throughout a person’s life.

Changes in the way genes are used (or expressed) that occur during a person’s lifetime are called epigenetic changes. They affect gene function, rather than gene structure, and can be passed on to a person’s children, although they may last for only a few generations. In the brain, they can influence functions

such as learning, memory, reward-seeking, and response to stress. There are two main forms: methylation, in which a compound joins on to the DNA; and histone modification, which alters how tightly the DNA is coiled.

Epigenetic changes can be induced by environmental factors at any point in a person's life, from development in utero to old age.



DNA METHYLATION

In this process., a molecule of methyl compound attaches to one of the bases in a gene's DNA sequence. The effect is to stop or restrict the activity of that gene.

KH

HORIZONS MEME

KH

SUP? HEY, YO, I GOTTA BOTTOMBUNK PERMIT AND, YO, WHAT UP? YOU GOTTA TV? CAN I SEE WHAT KINDA MUSIC YOU GOT ON YOUR TABLET? JOOEE, I'M LIKE CRAZY HUNGRY... SO?

NEW CELLIE?
BUMMER...



KH ADDICTIONS: *KH*

BEFORE & AFTER



COCAINE



ALCOHOL



CRACK



Kewanee Horizons

ΗΟΡΟΣΧΟΜΕΣ



Aries: If you've been saying too much too frankly and getting yourself into trouble, watch out! This week brings a full moon in your communications zone with angry Mars also triggered. Speak your truth, for sure, but speak it in a reasonable and rational way! Avoid saying something you can't retract.

Translation: Just because you CAN say something doesn't mean you SHOULD!



Taurus: If you can't get the love you want from a romantic partner, help is at hand. Your friends are there for you. In fact, they are practically waiting to smother you with love! Soak that up while you take a moment to do all-important work on your self-esteem. Focus on you.

Translation: Your special someone broke bad? That happens, you still got Moms, she still loves you, so focus on that.



Gemini: There's a full moon in your sign and it's triggering angry Mars. Suffice to say that if you want to stay out of trouble this week, you had better think about what you say before you say it, especially if and when someone is really bugging you. Remember, words have power.

Translation: DO NOT RUN YO MOUTH OVER SOME FRIVILOUS STUFF.



Leo: There's a full moon this week, and it's taking place in your friendship zone. It's also triggering angry Mars. In other words, at least one of your most important friendships could be under fire this week. Avoid bringing up an old argument unless you're willing to work through it properly. Be kind.

Translation: You still befin' wit your boy over that old news? Why you livin' in the past?



Virgo: It's time for you to find a balance between your home and work life. This week's full moon demands it. If you keep burning the proverbial candle at both ends, you could end up exploding. You want to help everyone but you have to help yourself first.

Translation: Mental health IS health! Be sure to take some time to yourself to relax and focus on how you are doing. You are important.



Libra: If your travel and/or study plans are on hold, don't fight it. If you push forward despite everything, you could end up feeling very frustrated. It's better to focus on healing one important relationship in your life that needs attention.

Translation: You will bust that move (education/transfer/whatever it is) when you can, some things are just out of your control and that is just life. For now focus on what you do control: YOU!



Scorpio: This week's full moon is all about finances for you - the money you earn and owe. If you're dragging your heels about making your next financial move, that's fine. But think about what your bank account would look like if you were to do things differently. Work smarter not harder.

Translation: Check out our boy's information at "The Market Corner"!



Sagittarius: Now is the time to take some time out. The focus is now 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: You just went on ANOTHER Covid-lockdown? Forget COVID, time to focus on you and getting your head right!



Capricorn: Are you trying to pack too much into your schedule? Then avoid adding even more! Everyone needs to go at a steady pace, get enough sleep, and so on. Your challenge now, if you choose to accept it, is to go easier on yourself. Slow things down.

Translation: That “shift-change at 3:15 pm nap” is the thing you need to do.



Aquarius: Hang in there! You are nearing the end of what has been a very long and grueling cycle. If you can keep going until March (only a few months away), you will emerge from one of the most challenging cycles you’re going to experience for the next 30 years. Resilience is key.

Translation: Is COVID going to end in March? I think that is what this is saying! If it happens, I’m getting a new job as a fortune teller yo! Plus, it’ll get greater later, everybody knows that.



Pisces: As Mars retrogrades in your home zone, it’s not going to be easy to get everything sorted out in your private life. Your best bet between now and January is to go slow and steady toward your personal goals. Be patient as you work out what needs to be done.

Translation: Take a deep breath, think about where you’re going and get ready for 2023!



Cancer: Use this week to think about your life balance. Are you all work and no play, and if so, what can you do about it? Or have you been spending too much time absorbed in your own thoughts and as a result, not getting things done? Find your equilibrium as soon as possible.

Translation: Yo, stop tripping about commissary.

THE ADVENTURES OF J-DAWG



LEAVE ALL THE B.S. IN THE LAST YEAR IN THE TRASH, FOCUS ON HOW FAR YOU'VE COME IN YOUR JOURNEY, REMEMBER ALL THE GOOD THINGS AND MAKE '23 YOUR BEST YEAR YET!



J-DAWG

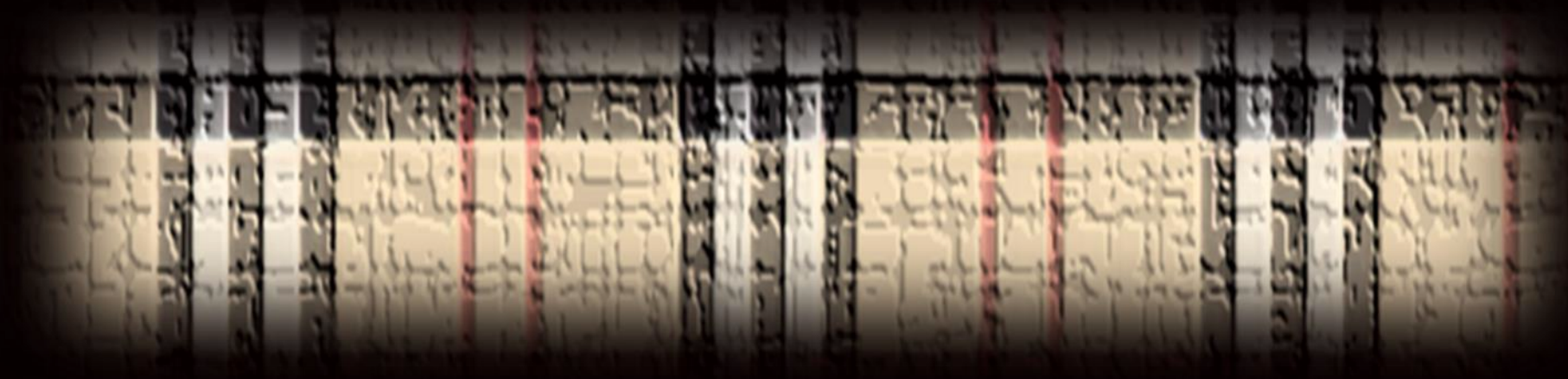


STATEWIDE CALLOUT

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

Being able to see some of the Peer led groups is something that is a blessing for us all. For so long, some of us didn't have the courage to teach what we knew, and quite

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





MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

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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

**TELL YOUR FAMILY AND FRIENDS TO SCREENSHOT THIS PAGE
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