

KEWANEE

---

# HORIZONS

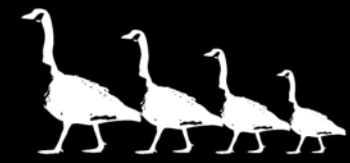
---

THE MOVIE

---



V24



# TABLE OF CONTENTS

- |  |                      |                            |
|--|----------------------|----------------------------|
| 1) COVER   | 19)ANTHONY JAYNES    | 43)MENTAL HEALTH           |
| 2) TABLE OF CONTENTS                             | 20)ANTHONY JAYNES    | 44)MENTAL HEALTH           |
| 3) RESTORATIVE JUSTICE                           | 21)MARKET CORNER     | 45)BRAIN FACTS             |
| 4) MISSION STATEMENT                             | 22)MARKET CORNER     | 46)BRAIN FACTS             |
| 5) THE WAY YOU THINK IS<br>THE WAY YOU WILL LIVE | 23)MARKET CORNER     | 47)MOVIE POSTERS           |
| 6) THE WAY YOU THINK IS<br>THE WAY YOU WILL LIVE | 24)TO ALL OF YOU     | 48)MOVIE POSTERS           |
| 7) THE WAY YOU THINK IS<br>THE WAY YOU WILL LIVE | 25)TO ALL OF YOU     | 49)MEME PAGE               |
| 8) CONTEXTOS                                     | 26)TO ALL OF YOU     | 50)HOROSCOPES              |
| 9) CONTEXTOS                                     | 27)TO ALL OF YOU     | 51)HOROSCOPES              |
| 10)CONTEXTOS                                     | 28)TO ALL OF YOU     | 52)HOROSCOPES              |
| 11)CONTEXTOS                                     | 29)SEASONAL BLESSING | 53)ADVENTURES OF<br>J-DAWG |
| 12)PEER LED SHOWCASE                             | 30)SEASONAL BLESSING | 54)STATEWIDE CALLOUT       |
| 13)T.R.E.O.                                      | 31)SEASONAL BLESSING | 55)STATEWIDE CALLOUT       |
| 14)T.R.E.O.                                      | 32)SEASONAL BLESSING | 56)SENDING SUBMISSIONS     |
| 15)T.R.E.O.                                      | 33)CREATIVE WRITING  | 57)SOCIAL MEDIA PAGE       |
| 16)CAT SIM GRADUATES<br>@DIXON                   | 34)CREATIVE WRITING  | 58)ALTERNATE COVER         |
| 17)CAT SIM GRADUATES<br>@DIXON                   | 35)CREATIVE WRITING  |                            |
| 18)CAT SIM GRADUATES<br>@DIXON                   | 36)CREATIVE WRITING  |                            |
|  | 37)CREATIVE WRITING  |                            |
|  | 38)CREATIVE WRITING  |                            |
|  | 39)CREATIVE WRITING  |                            |
|  | 40)CREDIT SCORE INFO |                            |
|  | 41)CREDIT SCORE INFO |                            |
|  | 42)CREDIT SCORE INFO |                            |

White: Kewanee Contributors

Blue: Other Facilities

## RESTORATIVE JUSTICE

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

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

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

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

Merriam-Webster's Collegiate Dictionary Eleventh Edition

## MISSION STATEMENT

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

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

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



## THE WAY YOU THINK WILL BE THE WAY YOU LIVE



**By: Elbert  
Conway**

**@ Dixon  
C.C.**



For many years, I had put my family and myself through a lot of unnecessary heartache and pain. This was before I was able to harness the wisdom of knowing that holding myself accountable for all of my actions and decisions in life came with a great reward. I found that when I started connecting the cause and effect to each outcome and experience I had ever faced in life a truth was being revealed.

When I entered into IDOC 18 years ago, this truth was not something I was ready to face. Back then, I was not mentally available to comprehend nor accept this truth. What is this truth? The truth is I am the builder and destroyer of all wins and losses in my life. The truth is I have the ability, power, and authority of turning every loss into a win by the way I choose to respond to each one of them. You may know the adage, “It’s not about how many times you get knocked down, but how many times you get up.”

Before my incarceration, I used to live my life on autopilot. There was no real effort in trying to accomplish much because the lens in which I viewed life was mired in deceit, low self-esteem, alcoholism, immaturity, ignorance, and every other life debilitating habit you can think of. Back then, you could not convince me that I was the problem. Why? That was because I was the King of finding every excuse possible to blame everybody else for my failures and problems. I blamed my parents and family. I blamed my community and peers. I blamed my race and others. I blamed the legislatures and teachers. I blamed the elected officials and the police. I blamed the state's attorney and the judge. I even blamed the victim and the jury. Throughout my life, I had managed to blame everyone except the person who was truly responsible for all of my Ls – me.

Thankfully, I am now conscious of my decisions and aware that each decision I make determines the range of choices I'll face next, and depending on how I choose will determine my life experiences. Now, do you understand how I am the builder and destroyer of all the wins and losses in my life? I had to change my mindset and I did so by telling myself the following: "The choices you make today will determine your life tomorrow. Be sure to make moves with purpose and take control of your future. You are totally responsible for where you are and where you are headed in life, so why not build the best parts of you in order to destroy the worst parts."

It may seem crazy to say, but I am thankful for my 18 years of experience in IDOC. Before coming to prison, I was living a life filled with chaos. Today, I have Good-Orderly-Direction as a result of me cultivating my mind with Knowledge and Wisdom to gain Understanding daily.

While incarcerated, I have earned certificates for completing my G.E.D., Construction Occupation, Custodial Maintenance, Substance Abuse, Peaceful Solutions 1 & 2, and Conflict Resolution. I have completed Blackstone's paralegal course and I am a Civics Peer Educator here in Dixon C.C. Every decision I make is with purpose. If success is defined as staying the course to achieve your desired outcome and experiences, I guess, I'm now on the right path.

What's next for me? I am embarking on the journey of studying for the CDL test. Who knows, maybe one day I'll own a fleet of semi-trucks. It all begins with a thought, right?

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

*Jan Dargatz*

# CONTEXTOS

**By: Brian Lehnert**

In 2017 – 2018 I was awaiting trial in Cook County Jail Division 10, where I was given the opportunity to move to a program deck that offered many classes. While there I signed up for a program created by “Contextos,” that allowed us the privilege to tell our own stories.

“The Soy Author writing process was developed in collaboration with young people at-risk of, victims of, or perpetrators of violence in El Salvador. In 2017, this innovative program launched at Cook County Jail with young men awaiting trial for violent offenses. Through the process of drafting, revising, illustrating and publishing memories, the Authors circle develops reflection, critical thinking. Camaraderie, conflict resolution and positive self projection!

The whole process was inspiring and transformative. It allows you to reflect on your past, learn more about your-





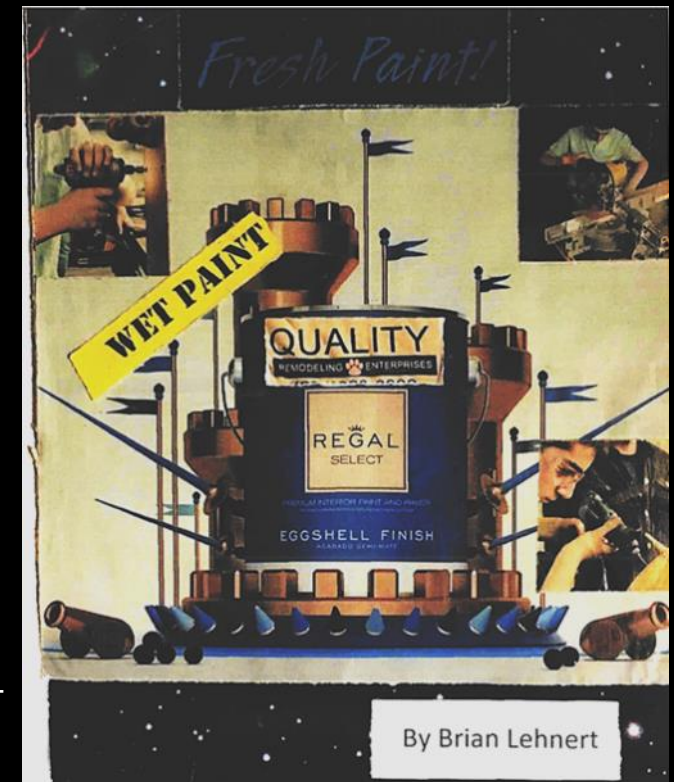
self, and select a time in your life that you want to share with others, in order to leave a lasting legacy.

The definition of memoir is: “An account of the personal experiences of an Author.” Some examples would be: Your earliest memory, spirituality/ connecting with a higher power, your worst/best day, the day your child was born, how you created a business, a traumatic life event etc....

It starts with (Drafting) jotting down ideas, it least 3 different experiences, then expanding on that. Sharing with others your ideas and getting feedback. Feedback is important because it allows others perspectives, this process takes the longest.

Then comes (Revising) all the spelling and errors are fixed. Everything is cleaned up and put into paragraphs. Making this book in custody, we wrote out each paragraph by hand, and the facilitators took it back to their office, and typed it out and brought it back to us cut into small paragraphs or sentences.

(Illustrating) making this book incarcerated, we didn't have computers, so “Contextos” would bring boxes of magazines, and we would search through these magazines, ripping out pages, letters, and back-



grounds. We also used real pictures we had, and I personally used a lot of these to tell my story, paint a picture!

We were each given a big blank template (Empty book) and everything was taped in. Backgrounds, pictures, letters, typed out sentences and paragraphs. Every page was done like this, rearranged over and over and over. The processing of this book took a total of 6 months.

After everything was taped into place, edited to perfection, everyone's book was shipped off to El Salvador, where they were scanned, printed and published. These books are currently on the internet in certain jails, juveniles and other counties. "Contextos" is still thriving and working in Cook County Jail and places in Chicago, like North Lawndale. I am working to try and bring "Contextos" to IDOC so we all have an opportunity to share our stories. I want to thank Deborah and Lisa and everyone else at "Contextos" for their hard work and effort and to my old cellie "Piotr Wieblad" for being an inspiration and helping me put it together.

After everyone's book was published, we had a big graduation ceremony, where over 150 people attended, in-



cluding 2 guests each inmate and over 30 media. Former Mayor of Chicago, Rahm Emmanuel's wife was in the front row.

I know your wondering what the hell this book is even about, well it's my story of spending 14 years in prison, coming out and not knowing what to expect. Joining a gang and doing drugs at 13 years old. Never really working a job, and never expecting to get anywhere. But I learned a trade (Painting) and because so good at it I started my own small business.

I overcame my failures and was succeeding. I know, I know, I'm writing this book from prison (Again) well, that's a story for my next book, that I will explain in my next success story. My foundation was always weak, it's strengthened now! With perseverance, I will once again become an entrepreneur and provide opportunities to others.

All of you have the ability to unleash your masterpiece by telling your own story! Don't let others tell your story for you, be proactive in your own future.

Follow this model when writing your own book:

1. There is a character.
2. Has a problem
3. Then they meet a guide/mentor
4. Who gives them a plan
5. Which calls them to action
6. That action either results in – (1) Success or (2) Failure.

**“UNTIL THE LION WRITES HIS OWN STORY, THE TALE OF THE HUNT WILL ALWAYS GLORIFY THE HUNTER.”**

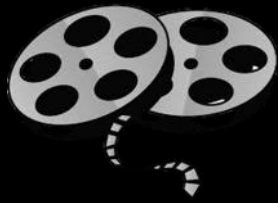




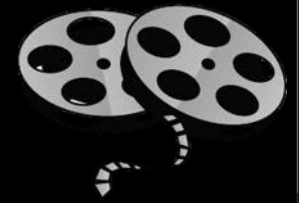
## PEER LED SHOWCASE

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.





# T R E O



## Trade Ready Employment Opportunities

Written by: Forrest Bayer

### T.R.E.O. Hand Signals

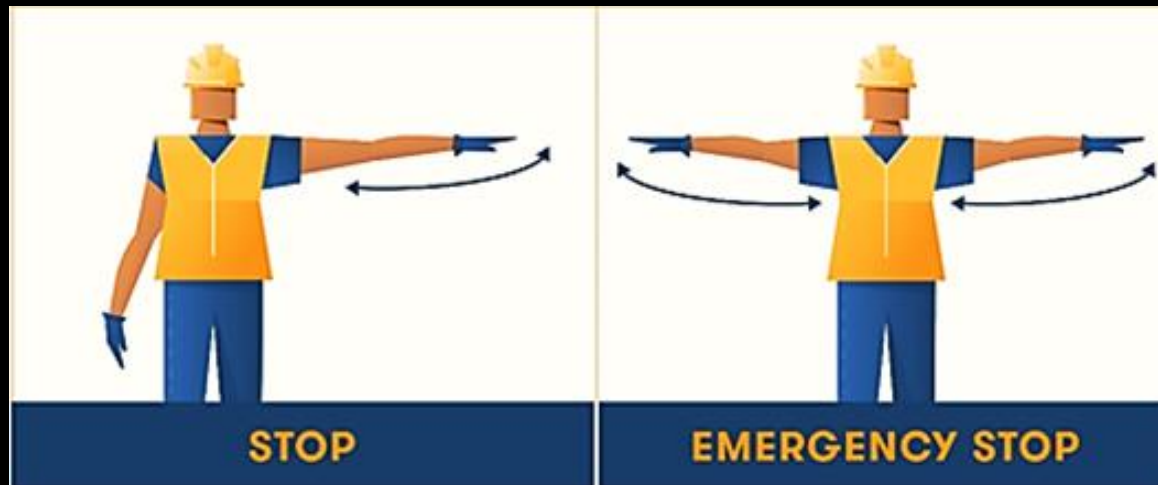
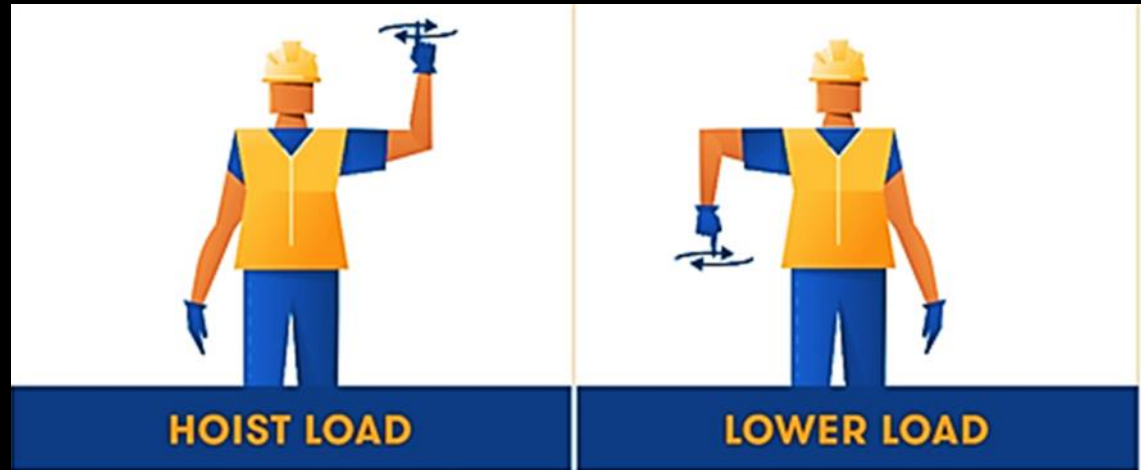
Hey Guys! Welcome back to another T.R.E.O article. T.R.E.O stands for Trade, Ready, Employment, Opportunities.

In This Article I Want to talk about and show you the different hand signals you may need to know on a worksite. Whether you are the one receiving them or giving the signals it is very important to know these so there is no confusion. Electricians may use these while erecting power poles or even when digging underground utilities. Pipefitters can use these while trenching in new pipe or excavating old



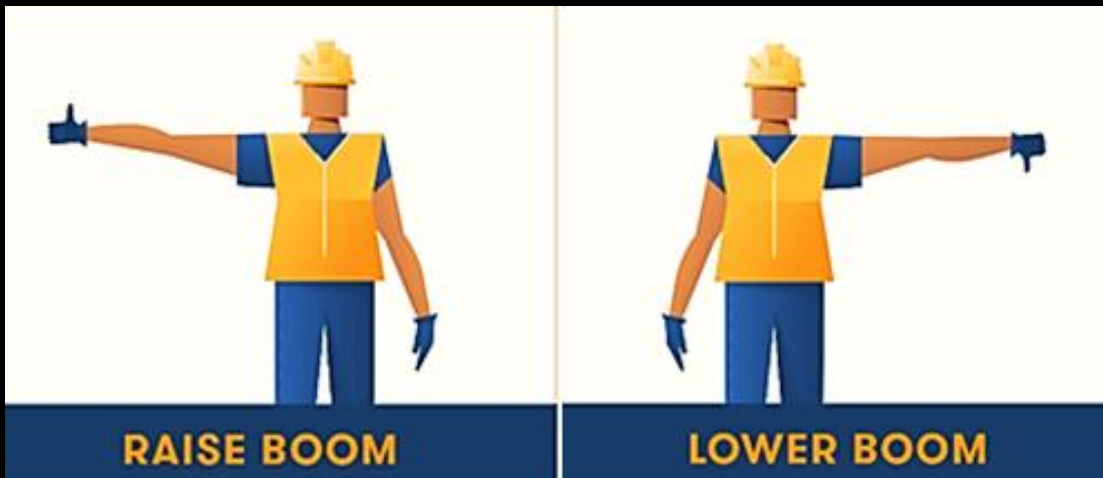
and setting trench boxes. Ironworkers use these while raising steel beams. Carpenters use them when placing heavy lumber, structural wood beams, and lifting trusses. These are just a few of the trades where these signals may be applicable.

The first two we will cover is the load up and load down signals. As you can see it is just the twirling of your pointer finger up for up or down for down. These would be used to tell the operator to either raise or lower the object being moved.



The next two are very important in knowing the difference. The first one, stop, is just to tell the operator to stop whatever action he is doing while other, emergency stop, means that something is wrong and to shutdown.

Now you have boom up which is simply your thumb up and boom own which is the opposite, thumb down. These signals are typically used with excavators.



Open bucket and close bucket are also used in excavators and can be done by extending your arm slightly and curling your hand either in for close bucket or out for open bucket.

These are just a few of the important hand signals to know while working on a jobsite.

Hopefully you can learn these to help give you an advantage upon release and on your search for a career path!



## DIXON C.C. CAT EXCAVATOR PROGRAM

**By: Andrew Suh**

For 28 years, I have been locked in a concrete cage. I have never sent an email, the internet is an abstract idea I know about because of pop and television. The closest thing to a simulator that I have ever experienced is the car game on my tablet. Cutting edge technology for me, back in the day, was blowing on my Nintendo cartridge hoping that Super Mario Brothers will kick in. But, fast forward nearly three decades later, I am sitting in a CAT Excavator simulator which is a massive piece of equipment that looks like the interior of an actual excavator cockpit. Straight out of a scene from the movie “Back to the Future”, my peer educator taps on the keyboard and with a swipe of the touch pad, this aging old analog dinosaur has been catapulted into the digital age.

Control joysticks in both my hands, my feet firmly planted on the tramming pedals,





three massive LED screens blink on, a cacophony of noises, brilliant colors and images of a construction site comes into view. The machine roars to life, the seat starts to shake and rumble as the sound of the travel alarm beeps in my ear providing an all immersive 3-D real life experience. My pulse begins to quicken, my palms are sweaty, mouth goes dry, and my eyes begin to focus as my mind hones in on the task at hand. All I can say is OMG...I am operating a CAT 336D Excavator, this is real.

I do not know if I will end up as an Excavator operator upon my reentry into the free world, but because of this program and this invaluable experience, I have options. I know for a fact, when I get out of prison, I have the basic virtual experience to make it through an interview and get hired as a CAT336D Excavator operator.

Who would have thought that in this brutal world of “Lock’em up and throw away the key” philosophy, there would be a turn towards rehabilitation. I am truly grateful for this opportunity and I wanted to personally thank all the people who made this reentry program a reality.

Thank you to the dedicated students—Eddie Blakes, Karl Bailey, Johnny Wells, Nicholas Sauer, Krzysztof Bajdo, Jimmie E. Green, Christopher Trotter, Broderick Robinson, Arnold Joyner, and Miguel Gonzales—who actively participated and successfully completed this program. I also want to thank the peer instructors—James Bradstreet and Derek Cisneroz—who guided us along the way, teach-

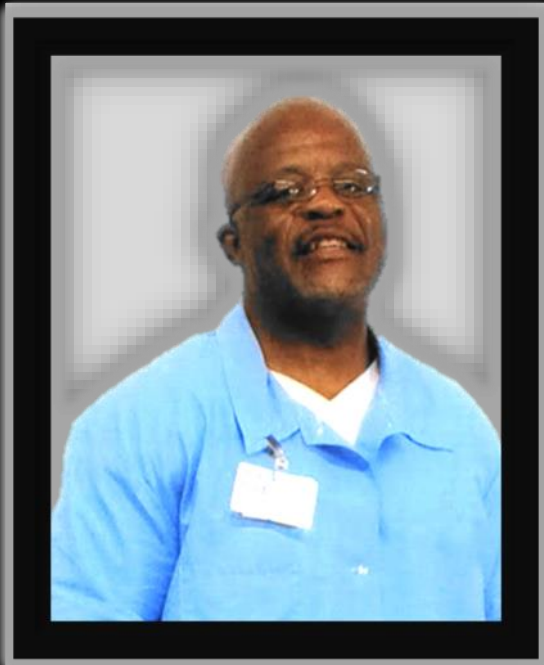
ing us and allowing each of us to realize our full potential. Thank you to Assistant Director A. Williams and Chief J. Parrick, as well, for your vision of Restorative Justice and Rehabilitation. You have laid the infrastructure and through you efforts, we, the soon to be released, have a fighting chance to truly succeed in the world. Warden Williams and AWP Tack, thank you for facilitating the CAT program. Last but not least, thank you M. Klinger, Executive I, the CAT curriculum moderator and proctor...you sit behind a mountain of paperwork grading our quizzes, proctoring our tests, and handling all aspects of the CAT program while juggling the day-to-day operations of the Dixon ICI. We are truly grateful for you and your dedication to the program. Without your unfaltering commitment to the cause, we would not have this amazing opportunity. We are indebted to you.



## COMMUNITY

**By: Anthony Jaynes**

My name is Anthony Jaynes, an Individual-in-Custody at Danville C.C. It is with great honor and joy that I announce I'm scheduled to graduate on January 12, 2023, receiving my Bachelor's Degree in Interdisciplinary Studies, from Eastern Illinois University. Quite frequently, I'm asked what I plan to do with the degree upon my release. My response always comes immediately when I'm asked because I became the architect of my future roughly 20 years ago. Of course, I've had to make adjustments here and there but the core remained...at the core lies community.



I grew up on the south side of Chicago, in a poverty stricken environment. It was an environment plagued with welfare recipients, drunkards, addicts, guns, gangs, and drugs. A sure recipe for violence that leads down a path of destruction. Unfortunately, I was a product of this toxic environment. Not only that, I was idolized, very influential, and highly respected. With these very attributes, I misled hundreds of people when signaling it was okay to partake

in illegal pharmaceutical distribution and tote weapons.

I, for one, find it hard to ignore the of today who are living rambunctious and destructive lifestyles. It deeply pains me to see the senseless killings and blood spilling that stains our city streets and not hold myself accountable to some degree. After all, those kids looked up to guys such as myself for leadership and mentorship. Lets be honest, we were their heroes, idols, role models, fathers, uncles, and brothers they never had and we failed them terribly!

Now, here I am, close to 30 years into my first prison bid, walking down the road less traveled. Down a road where I've had ample time to reflect, re-evaluate, repent, and rehabilitate. From a G.E.D. to a Bachelor's Degree as well as a wide range of behavior modification programs along the way. I can honestly say that I am equipped with the essential tools for success. I'm ready to go back to society and help to not only rebuild but also reestablish the very community which I played a significant role in dismantling. However, this isn't a journey that I wish to embark on alone. I'm calling on my fellow comrades to join in as we travel down this road to redemption. We owe it to our community.

**"To be successful you must accept all challenges that come your way. You can't just accept the ones you like."**

***--Mike Gafka***



## THE MARKET CORNER

**By: Robert “Bulldog” Kennedy**



Wouldn't it be great to make money even when the stock market is crashing? Last issue, I discussed call options, which gives you a profit when stock prices go up. Now, allow me to introduce you to the other type of option, known as a "Put" option. Most of the rules of the call options apply to "puts" with the exception of two very distinct differences. Remember, when you purchase a call option you are purchasing the "right" but not the "obligation" to **buy** 100 shares of a particular stock, but when you purchase a put option, you want the price of the stock to go down. So, when you purchase a "put" option, you are purchasing the "right" but not the "obligation" to **sell** 100 shares of a particular stock at a particular price for a particular amount of time, known as the "strike price" and "expiration date" respectively. You are speculating that a company's stock price will fall.

Let's take a look at an example of a potential purchase of a "put" option: (hypothetically) You think inflation is out of control and consumers are starting to slow down on their spending habits. You take it a step further and decide that Amazon (AMZN), may not meet its profit expectations for the upcoming quarterly earnings report due to be released soon. You think the price of Amazon's stock is going down as a result of this subpar report and decide to purchase a "put" option to profit on the possible fall of Amazon's stock price.

At the time of your decision to buy a put option, Amazon's stock is trading at \$140.00 per share. You purchase a put option contract with the right to sell Amazon's stock at a strike price of \$140.00 per share and an expiration date of 30 days from today. The cost of the premium to own this "right" costs \$5.00 per share multiplied by 100 shares in the contract, giving you a total cost of \$500.00 for one contract. Well, the earnings report is released to the public and it's not good. You were absolutely correct, Amazon's stock price falls \$11.00 per share and is now trading at \$129.00 per share. You are thrilled because you have a "put" options contract in play, which entitles you to sell 100 shares of Amazon stock, at your chosen "strike price" of \$140.00 back to the market. So, if you take the put contract's strike price of \$140.00 and subtract the current stock price of Amazon at \$129.00, you get a total of \$11.00. Now, multiply \$11.00 by 100 shares contained in the contract and the new value of your contract will be \$1,100.00. However, you originally paid \$500.00 for the contract, so take the new value of the contract which is \$1,100.00 and subtract the



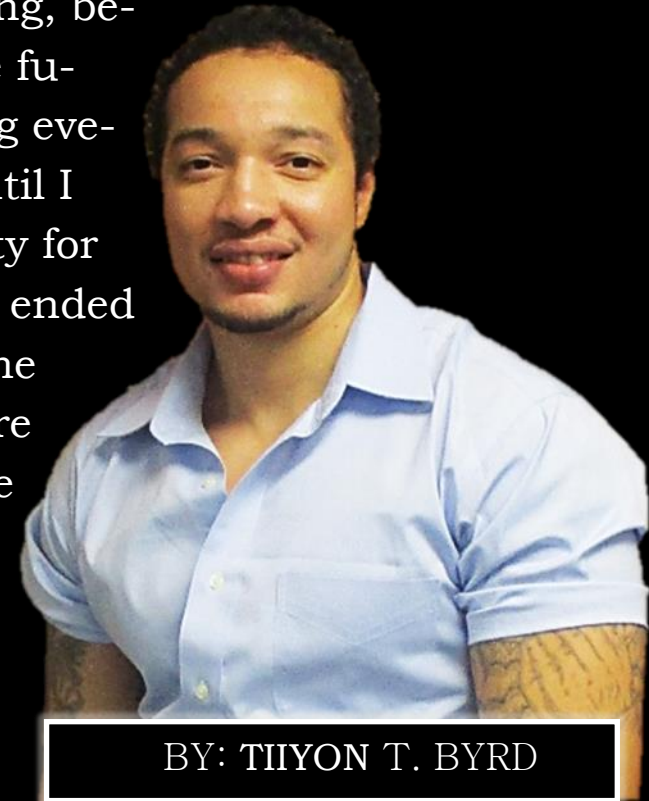
price you originally paid which is \$500.00 and you get \$600.00 profit. You just made a \$600.00 profit on a \$500.00 investment for a whopping 120% gain. (600 divided by 500 multiplied by 100 = 120) All because Amazon's stock fell. Wow!

How cool is that? On the other hand, if you were the owner of 100 shares of Amazon's stock, you wouldn't be very happy at the moment. Let's say you purchased 100 shares of Amazon at a price of \$140.00 per share for a total investment of \$14,000. ( $\$140 \times 100 = \$14,000$ ) Currently, Amazon is trading at \$129.00 per share, and when multiplied by the 100 shares that you own, it leaves the current value of your investment to be only \$12,900. Ouch! ( $\$129 \times 100 = \$12,900$ ) This is a loss of \$1,100.00 ( $\$14,000 - \$12,900 = \$1,100$ ) However, even though your blood is boiling and your blood pressure is probably going through the roof, you haven't really lost any money, technically only on paper. This is considered an "unrealized" loss or "paper" loss for short. Even though the stock you own is down right now, you won't lose anything unless you hit the sell button. Tomorrow is another day and your stock could rebound higher than ever! Don't panic. Maybe this is a buying opportunity instead. When your stock price is trading lower than you purchased it and you choose to buy more, you are doing what's referred to as "dollar cost averaging". I will discuss this topic and a few more things next time. Hope to catch you then!

**\*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!\***

# "TO ALL OF YOU"

As I lay in my bed waiting to drift off to sleep, I can't help but think of all of you, my fellow brothers and sisters, and wonder what more I can do to get us all in a better place mentally. Without a doubt, we all of course want to be in a better place physically, but for the time being, I'm wondering how we can all do our part and make doing time not so difficult. In the beginning, being stuck with a 34-year sentence, my hopes for the future was non-existent. I was high-strung on blaming everyone except myself for being in prison. It wasn't until I began to mature into a man that I took responsibility for my own actions and realized that I was the reason I ended up in prison. I mention that because prison takes the biggest toll on your mental health, and I'm quite sure a lot of us know that more than others. Making sure you're well aware of your mental state at all times is more important than a lot of us truly understand. Stress is one of the leading causes of death because of the toll that it takes on you physically, not just mentally.



BY: TIYON T. BYRD



There have been many times during my incarceration that I'd wake up early in the morning and just sit there angry, mad at the world, because I woke up in prison. It definitely didn't help that I was trapped with my thoughts, memories, and regrets. I was someone that grew up without the affection that I craved from my Mother, and dealing with feelings was something that I never learned how to do properly because I grew up as a very angry child. All of those issues I had as a child drifted off into my years of adolescence, and because I was hurt, all I wanted to do was hurt others as well. That wasn't a goal or plan of mine, but after thinking about it for all these years, that's exactly what I was doing, hurting other people because I was hurt.

For all of these years, I held resentment towards my Mother because of the issues I had with dealing with my emotions. Naturally, for all of us, when we can't understand something, or figure something out, the first thing we may become is frustrated, but after that frustration comes anger. Growing up and not knowing how to properly deal with your feelings and emotions can cause serious damage. I know this because I am a prime example. For the very things that we were deprived of as kids, as we continue to grow, we seek out for those things in people that we probably shouldn't. That's how a lot of us got involved in gang-banging, selling drugs, stealing, using drugs, robbing people, and everything else that we shouldn't be doing. The thing that I want to stress though is that despite the fact that we did all of those things, and whatever else, it doesn't mean that those things define us as who we are.

When I think about all of us, I think it's important that people who don't understand us, try and understand our background, and how we ended up where we are. Not at all am I making excuses for why we've committed crimes, but getting to the root of it all is what I feel is important. When we talk about healing and taking responsibility, we too have to understand how we got where we are, and make sure it never happens again. For some of us, aside from having someone else in a cell with us, we don't have anyone to talk to. It's especially hard for those that don't get along with the person that they're in a cell with, which leaves a person literally boxed in and forced to bottle things up inside themselves. When I tell you I feel for you, I promise you I do. Sometimes it's such a relief to have just one person to talk to, someone that can just listen and allow you to feel heard.

For those of us who have been betrayed, trusting people is something that doesn't come easy anymore. With that also comes a reluctance to communicate with people in general unless absolutely necessary. How can you truly rehabilitate yourself if you can't let go of the past and learn how to move on? You can't. I've struggled a lot with mental health issues, mainly because I never acknowledged the importance of mental health to begin with. Outside of prison, we have things that temporarily numb our feelings and allow us to shy away from dealing with them, and that's what some of us have been accustomed to for a long time. In here, there is no running away from reality, and truthfully, that's a good thing.

Prison allows some of us to face the very things that we were afraid of when we were free, which is ourselves and the baggage that we carry. Giving myself the chance to grow and learn all of my issues and imperfections, and addressing them has taught me a lot about myself. After allowing myself time to heal, what I've come to learn about myself is that I have a strong desire to help others. I found peace in talking to others, telling my story and listening to theirs. It's more therapeutic than I could've ever imagined, and I am extremely grateful for every genuine person that I've encountered during this journey.

The feeling of being alone is something that I know all too well. For anyone in prison, or outside of prison, it's 100% true when people say you're not alone. I felt like that for the longest until I began to open my ears to others and understand that they're going through the same things, if not worse. What I'm hoping for is that we can all come together and make sure that those around us are alright. We all have those days when we don't want to be bothered, however, the very thing that's bothering us will be dealt with better if we talk about it and let it out. I know telling people your personal business is sometimes a "no-no", but I'm hoping that wherever we are in I.D.O.C., there's someone that you're comfortable with talking to. If not, I welcome you to write to Kewanee Horizons and share your story. Hearing your story will definitely be an inspiration to others and might help them deal with something that they're going through. I speak because I care. I want to see each and every one of us succeed and continue to pull one another up and keep us on our feet.

Dedicate some time to yourself and ask yourself how you're doing. It's perfectly fine to talk to yourself, trust me, I do it all the time. You see anyone around you struggling, make sure they're alright. If we want to be taken seriously when it comes to positivity and being productive and wanting to have the things that will help assist us in doing so, it begins with us showing and proving that. No one is going to take us serious unless we take ourselves serious first. We need to show not just everyone around us that we want to change and do better, but everyone else that may not even know who we are just yet. I'm personally asking every single one of you to please take the time and make sure that you're alright mentally, and when you see your fellow peer having a hard time, lend your ear, let them know they're not alone. I also ask that you take the time to think about positive and productive things that we all need to be doing, promote it amongst the people you're around and let's begin to take care of one another. We want positive changes, it all begins with us. With that, I leave you all with love and well wishes. Take care of yourself.

**THE TIES OF BROTHERHOOD STILL BIND  
TOGETHER THE RICH AND POOR IN HAR** 



# SEASONAL BLESSINGS AT KLSRC

**By: Ronnie Carrasquillo**



On December 14, 2022, the Kewanee Life Skills ReEntry Center was able to have “Pizza” for lunch that was graciously donated to us by the Hill Church in Kewanee and their Network Partners of Heritage Church in Rock Island. They did not stop the flow of “Spiritual Giving’s” at pizza; no, their spiritual blessings continued in that they jointly held a “Candlelight Service” here at KLSRC on December 23, 2022.

We were blessed by the personal presence of:

- **Steve Abel of Heritage Church**
- **Scott Kochuyt of Heritage Church**
- **Craig Hollenbach of Heritage Church**
- **Dave Wheeler of Heritage Church**
- **Pastor David Pendergrass of Hill Church**



The Candlelight Service opened with prayer and the Kewanee Church Choir singing songs. Then the audience listened attentively as Pastor David Pendergrass used bullet points on slides with photos to bring home his message about what HOPE looks like.

Over 70 Individuals in Custody filled the West Gym where candles were given to each person present. Once the Chaplain lit the first candle, within minutes, the illumination brightened the whole gym.

Songs of Silent Night and O Holy Night were sung by Steve Abel of Heritage Church.

You would think it ended there; but not so – the spiritual Blessings continued as each person was given a shopping bag style bag, full of gifts – from socks, food, cosmetics and sweets.

Those not in attendance were given their bags later in the evening.

Thanks to Mr. Warnsing for providing the equipment needed for the **Kewanee Horizons** Media group to capture the event and to the group for their time and energy shared.

Candlelight Services are not a usual event in Corrections; yet by due diligence Chaplain York, the KLSRC Administration and Staff, the special Christmas event was made possible.

We are thankful for the churches involved and all involved. Thank you for participating in our Community event. Amen





# KEWANEE HORIZONS V24 PG 32





# CREATIVE WRITING 2.2

By: C.T. Bashaw

## WRITING YOUR SCREENPLAY, PART ONE

Scripts can be inspired from anywhere, whether real life events, books, newspaper articles, or short stories, even songs and poetry, just to name a few. What almost all of them have in common are the elements of a solid premise that gets the story started, interesting characters with strong motivations that create conflicts, driving the story, and a three act structure to carry the plot.

The premise arises when the character's motivations are revealed in the script. It comes from the emotions displayed—love, hate, fear, jealousy, desire, joy, etc.—that revolves around a character, a conflict or series of conflicts, and a conclusion. The premise is the force that drives every scene, every action taken, every word spoken, and every thought brought about, to achieve the goals of the characters.

The premise of the film, *Silence of the Lambs*, by Jonathan Demme, is that courage can destroy evil. FBI agent Clarice Starling is the main character, her fear of the killer Buffalo Bill is the conflict she faces, and overcoming her fears so she

can defeat the killer is the conclusion. The premise in James Cameron's film, *Terminator—Judgment Day*, is that the future is not determined; fate is the outcome of choice. Sarah Conner is the main character, her knowledge of the A.I. Sky-Net's control and actions are her conflict, and changing the present course of Sky-Net is the conclusion. In Joss Whedon's film *Serenity*, the premise is the desire to live in freedom by ones beliefs and values. Captain Malcolm Reynolds is the main character, his lack of freedom to live his way is the conflict, and choosing to sacrifice comfort and not compromise his values to totalitarianism is the conclusion.

The premise is the purpose of your characters, consciously or unconsciously, that drives them through the story. A well-formulated premise will give any idea or situation enough strength to carry the story to its logical conclusion.

## CHARACTERS

Emotions are at the nucleus of every great film—the story radiates out of the character's psyche. The emotional struggle of your characters brings life to the conflicts they face, driving them to overcome those struggles in ways they would not otherwise have. Character-driven scripts often make the most successful films, even with multiple or complex plots, where all action or scenarios flow from the characters needs or wants. The goals that motivate them must be desired so desperately that they are willing to destroy anything, or be destroyed themselves, in the effort to obtain them.

## CHARACTER MOTIVATION

Characters act based upon their motivations, and motivation is what moves a story forward and furthers the plot. Just as in fiction written for print, your characters *need* motivation to do what they do—even if their motivation is to destroy themselves—it is the ‘*why*’ that drives them to do anything. If you don’t know what your characters want, your story will stall and become inert. To nail down what your characters’ motivations are, make a list of everything you think they would want or need. Select the one thing you think the characters are most likely to sacrifice everything to obtain—*that’s* their motivation.

Hannibal Lector, in the movie *Silence of the Lambs*, tells Clarice his desire for freedom and liberation from prison in one line: “I want a better view.” That is why he is helping her to achieve her goal to solve the murder case. In the movie, *Rocky*, Rocky states his motivation: “No one has ever gone the distance with Creed.” He wants to prove that he can. Winning the match is not the goal—going the distance against Creed is. Conflicting motives of the characters is what moves the film forward—and the motivations need to be strong enough for your characters to withstand and overcome the circumstances and obstacles that get in their way. Characters become memorable when they are affected or changed by the obstacles they face.

## COMPELLING CHARACTERS

Creating characters can be just as enjoyable as creating a story—especially when the characters have something to them that makes them interesting regardless of the story. Giving your characters qualities or quirks that set them apart can cause them to be memorable. They don't need to be eccentric or overly strange to be engaging, but they should have personalities that incite some emotional connections or responses to the audience. When describing them, try to use details that can be visually understood. For example, the description *“a young, black-haired woman dressed in an expensive business suit with a heavy Midwestern accent”* conveys more to the reader than *“a corporate female from Chicago.”*

The actions of your characters, both large and small, help to define them—and like real life, they have both a public and a private life. The face they present to the world they live in and the face they see behind their eyes. They have contradictory needs or wants. They may say one thing, but do another. The villains might be likeable or relatable and the heroes difficult or downright irritating. Knowing as much about your characters as possible, including background and current circumstances, before you begin creating your script will make it easier when you write your characters into scenes. Here is the opening to *Taxi Driver*:

“The whole conviction of my life now rests upon the  
belief that loneliness, far from being a rare and



curios phenomenon, is the central and inevitable fact  
of human existence.”

-Thomas Wolfe, “God’s Lonely Man”

TRAVIS BICKLE, age 26, lean, hard, the consummate loner. On the surface he appears good-looking, even handsome; he has a quiet steady look and a disarming smile which flashes from nowhere, lighting up his whole face. But behind that smile, around his dark eyes, in his gaunt cheeks, one can see the ominous stains caused by a life of private fear, emptiness and loneliness. He seems to have wandered in from a land where it is always cold, a country where the inhabitants seldom speak. The head moves, the expression changes, but the eyes remain ever-fixed, unblinking, piercing empty space.

Travis is now drifting in and out of the New York City night life, a dark shadow among darker shadows. Not noticed, no reason to be noticed, Travis is one with his surroundings. He wears rider jeans, cowboy boots, a plaid western shirt and a worn beige Army jacket with a patch reading “King Kong Company 1968-70”.

He has the smell of sex about him: sick sex, repressed sex, lonely sex, but sex nonetheless. He is a raw male force, driven forward; toward what, one cannot tell. Then one looks closer and sees the evitable. The clock sprig cannot be wound continually tighter. As the earth moves toward the sun, Travis Bickle moves toward violence.

FILM OPENS on EXT. of MANHATTEN CAB GARAGE

Whether-beaten sign above driveway reads, "Taxi Enter Here." Yellow cabs scuttle in and out. It is WINTER, snow is piled on the curbs, the wind is howling.

INSIDE GARAGE are parked row upon row of multi-colored taxis. Echoing SOUNDS of cabs idling, cabbies talking. Steamy breath and exhaust fill the air.

INT. CORRIDOR of cab company offices.

Lettering on ajar door reads:

PERSONAL OFFICE

Marvis Cab Company

Blue and White Cab Co.

Acme Taxi

Dependable Taxi Services

JRB Cab Company

Speedo Taxi Service

SOUND of office busywork: shuffling, typing, arguing.

PERSONAL OFFICE is a cluttered disarray. Sheets with heading "Marvis, B&W, Acme" and so forth are tacked to crumbling plaster wall: it is March. Desk is

cluttered with forms, reports and an old upright Royal typewriter. Disheveled middle-aged New Yorker looks up from the desk.

CUT IN to ongoing conversation between the middle-aged PERSONAL OFFICER and a YOUNG MAN standing in front on his desk.

The young man is TRAVIS BICKLE. He wears his jeans, boots and Army jacket. He takes a drag off his unfiltered cigarette.

—Paul Schrader, from *Taxi Driver*

Next we will discuss the Three-Act Structure to your screenplay!



**As we read these thoughts, know they are sources of guidance in times of need, they can give us inspiration in times of struggle, they can motivate us in times of tribulations--success is not final and failure is not forever:  
It is the motivation we choose that matters most.**

# CREDIT \$ SCORE INFO

## **Key factors to improving your credit (if your credit score is below 750)**

**Make sure that the information on your credit report is accurate.** Are there accounts that don't belong to you? Do balances appear even when an account has been paid in full? Hopefully, there aren't but if you do find information that isn't accurate, you shouldn't panic. Don't be surprised to see things on your credit report that you don't recognize. At times, you may see legitimate debts that you have or once had. However, in about one out of three times you check your credit report, you will find inaccuracies. Fortunately, the Fair Credit Reporting Act had made it easier to get errors corrected on your report in a timely fashion.

Each of the credit bureaus offers an online method to dispute incorrect information on your credit report. You may also call the credit bureau directly to report errors or dispute inaccuracies. When you request a copy of your credit report by phone or online, it comes with a form you can and should use to dispute errors. After you've filled out and returned the form, the credit bureaus are required by law to investigate your dispute and report back to you within 30 days.

The credit bureau contacts the creditor to verify the accuracy of the information it provided the bureau. Many times, the error is acknowledged and quickly



fixed; however, check your credit report again in one to three months to verify that the error has been corrected. If it still appears, follow the same procedure until you get your problem resolved.

Keep notes of all your contacts, including the phone number you dialed, who you spoke with, the date and time you called, the subject of the discussion, and any next steps required.

**Pay your bills on time—every time.** Send credit card payments several days in advance of the billing cycle cutoff date instead of the due date listed on your statement.

**Keep your outstanding balances at 30% or less of your total credit line per account.** This approach is just one of the many ways that help raise your credit score.

**Avoid opening new accounts.** Transferring existing balances to a new lower rate card lowers your interest expense (often only temporarily), but it also lowers your credit score.

**Keep the old accounts open, even if you don't use them.** But watch out that no one else is using them, either. The length of time you have maintained your accounts is key.

**\*\*Not only is it important for you to monitor your credit report, you need to monitor your credit score\*\***

The contact information for the three credit bureaus is as follows:

**Equifax:** P.O. Box 74021, Atlanta, GA 30374; phone 800-685-1111; Web site [www.equifax.com](http://www.equifax.com).

**Experian:** P.O. Box 2002, Allen, TX 75013; phone 888-322-5583; Web site [www.experian.com](http://www.experian.com).

**TransUnion:** P.O. Box 1000, Chester, PA 19022; phone 800-888-4213; Web site [www.transunion.com](http://www.transunion.com).

On an ongoing basis, it is recommended that you request a copy of your credit report directly from Experian and then, about four months later, request your credit report from TransUnion. Four months later, request your report from Equifax. Although the information you find on each of these credit reports may differ quite a bit, most information is duplicated.

**Disclaimer:**

Kewanee Horizons is **NOT** a financial institution, we also are **NOT** a financial advisory board. The information provided by our publication is general knowledge, **NOT** advice, use this information as a teaching tool, **NOT** as a blueprint. This information has been acquired from the following:

1. **Personal experience.** Although these are our experiences, yours may be entirely different.
- AND
2. **Information gathered from other sources.** These sources may include but are not limited to books, magazines, handouts, etc.

# GROUNDING TECHNIQUES

As some of our longer tenured readers may have recognized last volume, we have begun to rerun a few of our more popular mental health articles from past issues. We are aware that the best we can do for our readers is try to give them some insights that we have come across and ideas that we have discussed with the help of our KLSRC mental health professionals. We hope these tips are helpful. If you have some ideas for mental health articles please write and let us know what you think and or would like to see. For now please try a few of these exercises. They work amazingly well, but only if you use them regularly...

Our thanks again go to Mr. Kuster and Mr. Ross for their help with this page.

**Grounding techniques** can help control some of the symptoms that can occur post trauma. These symptoms can happen mentally, physically or both at the same time.

This grounding technique pays special attention to body awareness. Body awareness can bring you directly into the here and now by directing your focus to the sensations in your body. Thereby allowing you to reduce whatever symptoms you might be dealing with.



# GROUNDING EXERCISE

- 1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.**
- 2. Place both feet flat on the floor. Wiggle your toes. Curl and curl your toes several times. Spend a moment noticing the sensations in your feet.**
- 3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.**
- 4. Clench your hands into fists, then release the tension. Repeat this 10 times.**
- 5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.**
- 6. Rub your palms together briskly. Notice the sound and the feeling of warmth.**
- 7. Reach your hands over your head like you are trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.**
- 8. Take 5 more deep breaths and notice the feeling of calm in your body.**



# BRAIN FACTS

## Expressions

Expressions are extensions of emotions. They allow us to communicate our feelings to others and to infer the thoughts and feelings of people around us. Psychologists believe there are six basic emotions, each with an associated expression.

### **Universal Expressions**

Psychologists have found that there are six universal emotions: *anger, disgust, sadness, happiness, fear, and surprise*. Like primary colors, they combine to give rise to the many emotions we experience. Each one is linked to a distinctive facial expression that is similar in every culture. Expressions are part biologically and part socially driven. When surprised or fearful, for example, widening the eyes takes in more light to better survey the situation. But other aspects of expressions evolved to convey social signals to members of the same species.

### **Micro Expressions**

Micro expressions are tiny, involuntary, and often barely perceptible facial expressions. They last half a second or less, and the person making them may be unaware that this form of “emotional leakage” is revealing their true feelings.



## ANGER

- Early stages of forming an angry or disgusted face are similar.
- Anger causes the brows to lower, the lips to be pressed together, and the eyes to bulge. An observer would be wary of the person signaling anger.

## DISGUST

- Nose wrinkled
- Upper lip raised
- Disgust is associated with a wrinkled nose with the cheeks and upper lip being raised. The wrinkled nose stops the person from inhaling offensive odors.

## SADNESS

- Raised inner brows
- Lowered mouth
- A sad person turns down the corner of their lips while raising their inner brows and lowering the outer brow. This expression might evoke sympathy.

## HAPPINESS

- Raised cheeks
- When we are happy, we raise the corners of our mouths and also raise our cheeks—the skin under the eyes wrinkle, and the eyes are said to sparkle.

## FEAR

- Raised brows
- The distinctive fearful expression includes raised eyebrows, wide eyes, and the mouth falling open. This signals others to be on high alert.

## SURPRISE

- Eye widening and other features are common to early stages of expressing fear or surprise
- In surprise, people quickly open their eyes wide and arch their brows, while their lower jaw drops, leaving the mouth agape.

KH

MOVIE

POSTERS

(WINNER BEST PICTURE 1994 CANNES FILM FESTIVAL)

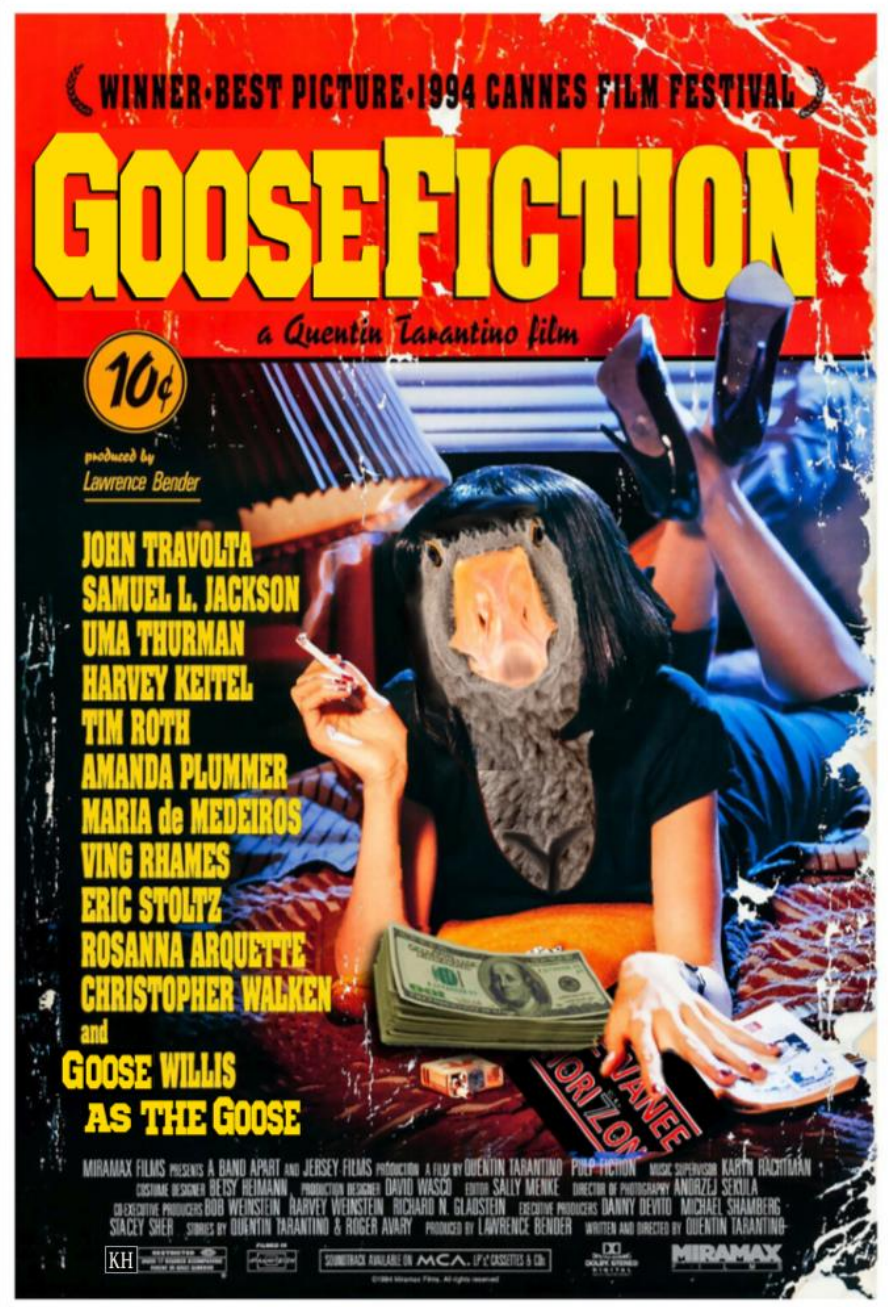
# GOOSEFICTION

a Quentin Tarantino film















**10¢**

produced by  
*Lawrence Bender*

**JOHN TRAVOLTA  
SAMUEL L. JACKSON  
UMA THURMAN  
HARVEY KEITEL  
TIM ROTH  
AMANDA PLUMMER  
MARIA de MEDEIROS  
VING RHAMES  
ERIC STOLTZ  
ROSANNA ARQUETTE  
CHRISTOPHER WALKEN**  
and  
**GOOSE WILLIS  
AS THE GOOSE**



MIRAMAX FILMS PRESENTS A BAND APART AND JERSEY FILMS PRODUCTION A FILM BY QUENTIN TARANTINO **GOOSEFICTION** MUSIC SUPERVISOR KURT RUCKLITZMAN  
COSTUME DESIGNER BETSY HEIMANN PRODUCTION DESIGNER DAVID VASCO EDITOR SALLY MENKE DIRECTOR OF PHOTOGRAPHY ANDRZEJ SEKULA  
EXECUTIVE PRODUCERS BOB WEINSTEIN HARVEY WEINSTEIN RICHARD N. GLADSTEIN EXECUTIVE PRODUCERS DANNY DEVITO MICHAEL SHAMBERG  
STACEY SHEER SCREENPLAY BY QUENTIN TARANTINO & ROGER AVARY PRODUCED BY LAWRENCE BENDER WRITTEN AND DIRECTED BY QUENTIN TARANTINO

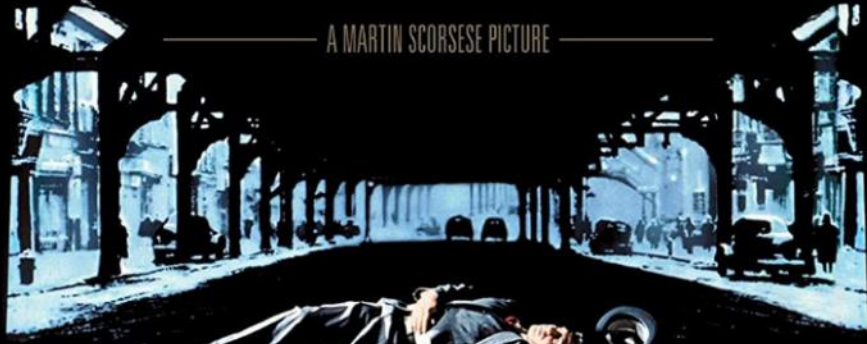


GOOSE DE NIRO GOOSAY LIOTTA GOOSE PESCI

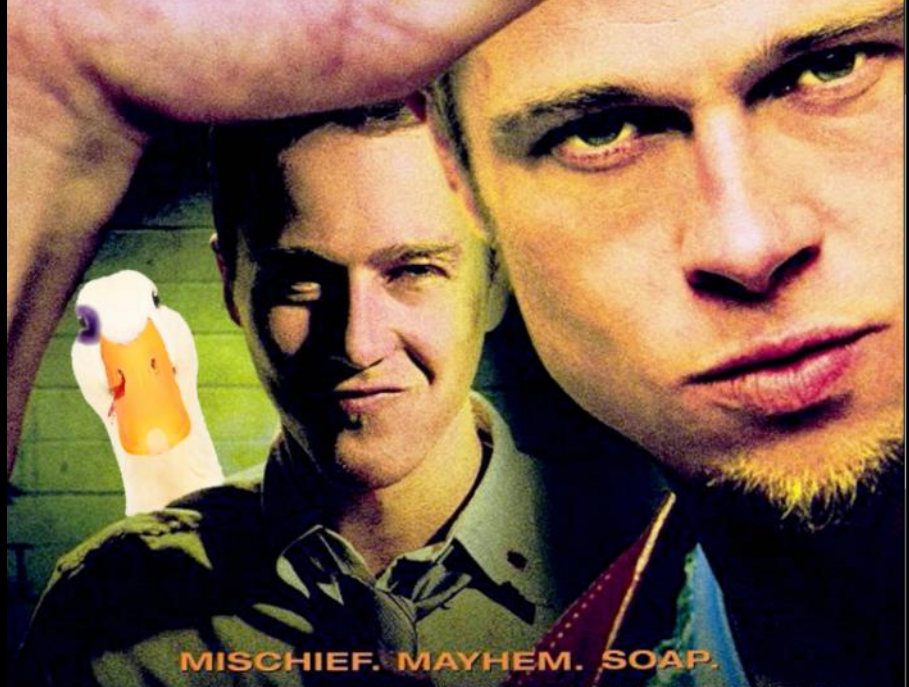
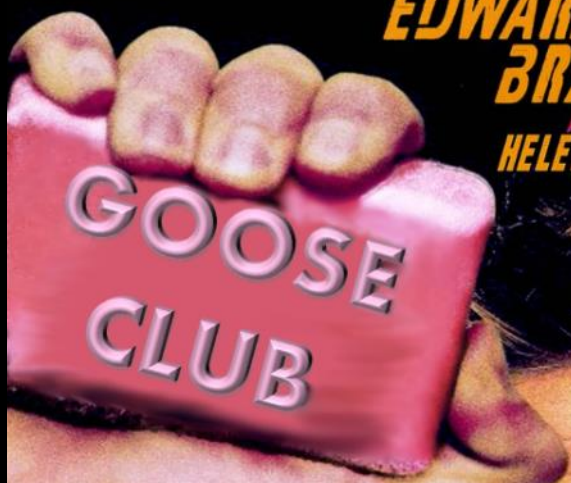


# GooseFellas

A MARTIN SCORSESE PICTURE



**EDWARD NORTON**  
**BRAD PITT**  
A DAVID FINCHER FILM  
**HELENA BONHAM CARTER**



MISCHIEF. MAYHEM. SOAP.

FOX ZOO PICTURES AND HEGENCY ENTERPRISES PRESENT A LINSON FILM PRODUCTION BRAD PITT EDWARD NORTON HELENA BONHAM CARTER "FIGHT CLUB"  
MEAT LOAF ADAM JARED LETO STARRING MICHAEL KAPLAN WRITTEN BY THE DUST BROTHERS (MICHAEL SIMPSON AND JOHN KING) COSTUME DESIGNER JAMES HAYGOOD EXECUTIVE PRODUCER ALEX MCDOWELL  
DIRECTOR OF PHOTOGRAPHY JEFF CRONENWETH EXECUTIVE PRODUCER ARNON MILCHAN BASED UPON THE NOVEL BY CHUCK PALAHNIUK COSTUME DESIGNER JIM UHLS PRODUCED BY ART LINSON KEAN CHAFFIN ROSS GRAYSON BELL  
WRITTEN BY DAVID FINCHER  
www.fightclub.com www.foxzoo.com



© 2002 Fox Searchlight Pictures. All Rights Reserved. Fox Searchlight Pictures is a trademark of Fox Searchlight Pictures. Fight Club is a trademark of Fox Searchlight Pictures.





TALK TO ME GOOSE. TALK TO ME.

HONK. HONK. HONK, HONK.

# KH MEMIES



# HOROSCOPES

50



**Aries:** Don't expect a reaction from people today even if you tell the funniest jokes. Others are likely to be reserved and uptight. For the most part, the day's forecast calls for conservative skies and a slight chance of grumpiness. The best way to handle this is to engage in activities that requires discipline, grounding, and efficiency.

Finish your chores and plan fun things for the evening.

**Translation:** 1st: You are not as funny as you think you are; 2nd: people have rough days sometimes, even your cellie, it doesn't mean you are not besties anymore! Make burritos and things will be greater later



**Taurus:** You will keep a level head today, Taurus, so take the opportunity to make rational decisions about the most intense issues. Stay grounded and concentrate on what you need to do. Don't get caught up in the usual emotional drama. Restriction and limitation are main themes of the day that will help you reach your goal.

**Translation:** Emotional decisions are usually bad decisions! Use your brain organ to make positive life choices!



**Gemini:** Your playful attitude will be a welcome addition to the sober, restrictive tone of the day. On the other hand, it may behoove you to be serious in order to accomplish what you need to get done. The choice is up to you. However, you will probably be wise to spend this day taking care of chores and nagging errands that you've put off for quite some time.

**Translation:** Clean the cell, make the burritos, and shave...then... start cracking your lame jokes: business first, (almost) funny second.



**Leo:** There's a restrictive, sober tone to the day that may wear you down, Leo. The trick to working this energy to your advantage is to adjust your game plan to fit the mood. Take care of mundane chores and small obstacles. Make realistic plans and follow through with short term goals. Water your plants. Do things that require discipline and grounding.

Discipline and grounding.

**Translation:** Boring day? Clean out your box and throw some stuff out! It's 2023! YOLO!





**Virgo:** Come down from the clouds today, Virgo. It's important to connect with what's going on down here. It could be that you're missing your target because you failed to take certain details into account that are obvious to everyone else. Attend to projects that require your attention. Realistic planning and disciplined actions are the best activities to engage in.

**Translation: Realistic planning! Please, ask somebody who can be objective to give you some advice on your next steps, then accept that input!**



**Libra:** There's a lethargic pace to the day that might leave you frustrated, Libra. It may seem as though things aren't progressing as quickly as you'd like. Don't be seduced by the idea that everything needs to get done sooner. Faster isn't necessarily better. Focus on quality and efficiency. Examine what could be considered wasteful actions. Streamline your daily routine.

**Translation: Just because you didn't see the money order receipt yet doesn't mean it's not here yet. They call it a commissary 'wish list' for a reason. go ahead and put everything on there!**



**Scorpio:** This is a terrible day for you to accomplish a lot, Scorpio. You may feel restricted in your emotions and unable to make certain deep level connections, but don't worry about it. If the time doesn't feel right to engage in deep conversation, don't push it. Concentrate on things that you need to get done personally and professionally.

**Translation: Sometimes your cellie just ain't trying to hear all that sad stuff you keep bringing up. It isn't their fault or yours, try to be patient.**



**Sagittarius:** Slow down a bit today and do some planning. There's a steady grounded mood that will bring your thoughts and actions down to earth. The wind may not be filling your sails as much as you'd like, but you can use this to your advantage.

The underlying reservations in people's attitudes and opinions will aid you quite a bit. Eliminate the fluff and concentrate on what's real.

**Translation: A failure to plan is a plan to fail. Facts.**



**Capricorn:** There's a call for you to focus on tangible items today, Capricorn. Your emotions may be a bit restricted, but you will find comfort in beautiful, luxurious surroundings. Don't be surprised if people are a bit more critical than usual. What they intend as helpful can come across as hurtful.

Try to keep a positive spin on things or you may slip down a negative spiral of self-pity.

**Translation: Plan your Super Bowl meal with what you got, not what you might get from store. You know that stuff is not guaranteed.**



**Aquarius:** Get your life in order today, Aquarius. Shed the false persona that you've been wearing and really look in the mirror. Make sure you like the person you see. This is a good day to put frivolity aside and concentrate on what you need to accomplish. Tend to your duties and plan wisely for your future. Store up your resources instead of squandering them all now.

**Translation: It is 2023, it is time to get serious about who you are and who you want to be. The choice is completely up to you, you can be better and more successful, you just gotta do the work.**



**Pisces:** You will fit perfectly with just about every situation you encounter today, Pisces. Things are going well for you, so take advantage of the energy. You will find that you will accomplish a lot with very little effort. Other people will respect that. If something needs to be done maliciously and effectively, you're the person for the job.

**Translation: Your team depends on you to do the difficult, emotionless tasks, you have them skills, you just gotta tell 'em like it is always, even if some feelings get hurt.**



**Cancer:** This is a terrific day for you, Cancer. You feel a greater sense of appreciation and respect for the people around you. The planning and hard work that you've contributed to recently are finally paying off. People are likely to arrive at your level of thinking. You'll find you can connect on a very productive level. Your emotions are under control and your thoughts are crystal clear.

**Translation: Get ready for a great day! Wonderful things are happening for you, even if you don't see them. Trust the horoscope, it is real, stars control the universe... or do they?**



## EASTSIDE FITNESS



THE ADVENTURES OF J-DAWG

THE ADVENTURES OF J-DAWG



THE K.H. GUYS WOULD LIKE TO TAKE A MOMENT TO SAY THANK YOU TO LTS SUPERVISOR LOUCK HERE AT KLSRC, HE HAS GONE OUT OF HIS WAY ON THE REG TO HELP US GET THINGS DONE FOR HORIZONS.

# 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.

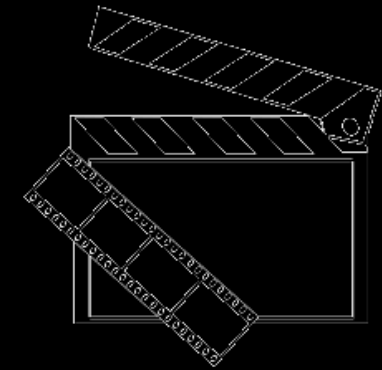
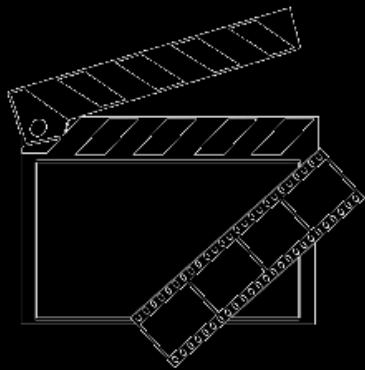
Being able to see some of the Peer led groups is something that is a blessing for us all. For so long, some of us didn't have the courage to teach what we knew, and quite possibly, the issue was that we didn't know what we knew would help anyone. Kewanee doesn't make Horizons, we "ALL" make Horizons. 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!

## STATEWIDE CALLOUT

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



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

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

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

# #KEWANEE HORIZONS



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

**IDOC HOME PAGE**





**CLICK "ABOUT"**



**CLICK "NEWS"**



 **K E W A N E E** 

**H O A I Z O N S**

**V 0 2 4**

