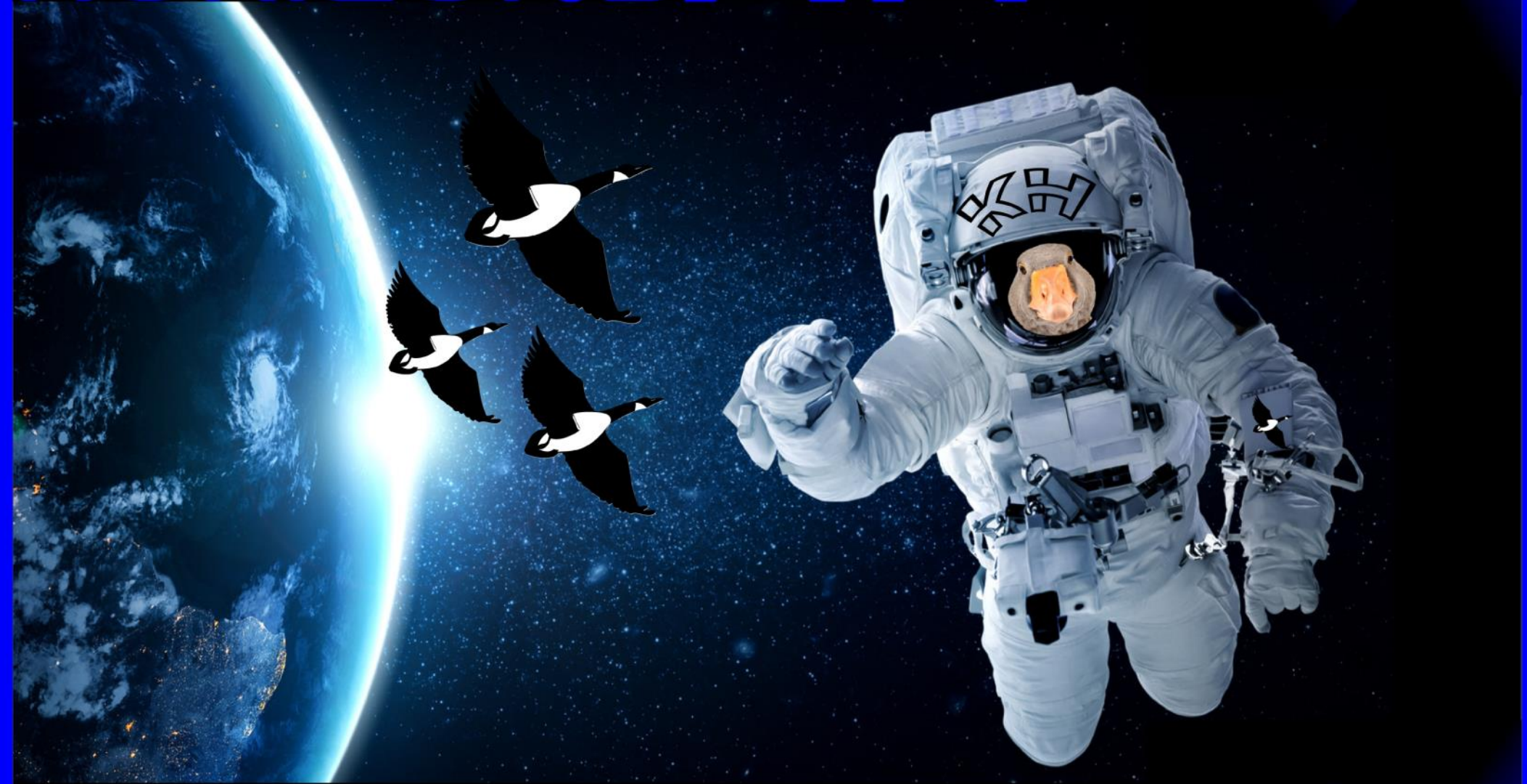


KEWANEE HORIZONS KH



VOLUME 30



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**YELLOW=OTHER FACILITY
CONTRIBUTOR
WHITE=KEWANEE
CONTRIBUTOR**

RESTORATIVE JUSTICE

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

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

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

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

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.

TRIVIA NIGHT

—BLACK HISTORY— MONTH

I would like to say that as one of the host for trivia night, the whole experience was very entertaining and very informative. Men from all different backgrounds had the opportunity to come out, have a good time and learn some interesting facts. I have to say that it went off without a hitch, the competitors were totally involved and overall we had a good time. There was laughter, some seriousness and also gamesmanship . Finally, I would like to say thank you to all 6 teams, the spectators whom came out to enjoy the event and the staff, who knew a few of the answers, but did not blurt them out. Thank you. Stay tuned for more of our upcoming events!!



BHM TRIVIA NIGHT!





PICTURED ABOVE:
THE WINNERS, THEIR PRIZES, AND A SPECIAL TIP OF THE HAT TO THE MVP: MR. D.B. ANDERSON!
(CENTER IN THE FRONT ROW)




BLACK HISTORY


MONTH

COMMITTEE

FROM LEFT TO RIGHT: MR. KENJI HALEY; MR. TAYROD FIELDS; MR. CARLOS
McDOUGAL; MR. MARCUS HARRIS; MR. TIYON T. BYRD;
AND, MR. CURT SANDERS



BOOK CLUB




By: Jeanne Bishop

I spent an unforgettable day with a group of men at the Kewanee Life Skills Re-Entry Center in Kewanee, Illinois this week. They were part of a book club, one of a dazzling array of activities offered at Kewanee, which I got to see on a tour of the facilities led by Eric Anderson, son of our own Julie Anderson. Classrooms, art, a huge garden, two gyms, a library--all designed to help prepare these fellow citizens re-enter life outside of the corrections system.

The book club had graciously invited me to speak with them about a book they had read: my first book, *Change of Heart: Justice, Mercy and Making Peace with My Sister's Killer*. The book tells the story of the murder by a juvenile of my sister Nancy and her husband and their unborn child and my change of heart over time about the sentence he received for killing them: life in prison without the possibility of parole. As of this writing, he is still serving that sentence.

When that sentence was first handed down, I was glad of it; I wanted the person who took the lives of my loved ones to never be released. But over time, thanks to my saints (like Julie and Rick Anderson), I learned how wrong I was. That every human being is capable of growth and change, and deserving of an opportunity to demonstrate that they can be safely released from custody and come back to their communities and their loved ones. My book traces the journey of that change, starting with some stark chapters about the



murders, the arrest and the trial. It is challenging.

But the men of the book club who invited me to sit down and talk with them about the story I tell in the book were brave. They read it, even the hard parts; they took in its message of forgiveness and mercy and redemption, and what we owe to one another. There were some tears during our talk, from them and from me. There was laughter and insight and connection. I left feeling joyful and grateful. For the men in the book club. For the re-entry center and its staff, who could not have been kinder or more gracious to me from the moment I got there. Special thanks to them: James Carothers, Chance Jones, Matthew Warnsing and Christy Coulter.

After the book club meeting ended, we said our goodbyes and I drove away through golden cornfields, lit by a sun that had just come out. This is what it looked like:

My heart felt just like that.



BOOK CLUB



On Feb. 7th, 2023, KLSRC's Book Club had a special guest: author Jeanne Bishop. The Book Club had recently finished reading and discussing her first book **Change of Heart**. Ms. Bishop engaged with our group in an amazing session, she was willing to answer questions and respond to comments from the KLSRC Book Club members in ways that resonated and will



continue to pay dividends for years to come. She was even gracious enough to autograph every member's copy of the book and write an inscription that was personal to each person.

Her personal story is a moving, powerful tribute to her belief in the power of forgiveness to help heal people, no matter how difficult the obstacles they have had to overcome. She shared that message with the members of the Book Club, and we are all forever grateful that she has done so. Our Book Club is looking forward to reading her next book and we are hoping that she will be willing to come back to visit and share her message of hope again.

Our small group continues to evolve as members join and eventually leave making room for new members to participate. One of our most important hopes is that Book Clubs like ours can start popping up all over the IDOC! There are some things here at KLSRC that are only feasible in a place like this, however, that is not true of everything: especially a Book Club! You can and should start a Book Club where ever you are right now. There are many resources that can help you get going but the one thing you can only generate on your own is passion. The good thing is that it is free and it is the most important ingredient. So get to it!



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 groups 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. Adult First Aid And CPR



Written by: Britt Craig

In this week's article, I would like to talk about what to do if a job site injury of a person occurs. Within this article we'll be talking about Burns, CPR, and Cardiac emergencies. This will all be general knowledge. We at T.R.E.O. have no certifications or schooling in these areas, only the understanding of what to do while awaiting professional medical attention. So, with that said, let's get started.

Every year workers are injured or die because of nonexistent knowledge of what to do when a person is injured. Too often, inadequate emergency action plans are responsible for more casualties and fatalities than the actual emergency. Identifying health and safety problems can be as easy as answering basic questions. To determine if there are health and safety problems that need to be addressed at your workplace, use these questions:

- + **Do you or your co-workers have injuries or health complaints? If so, what types?**
 - + **Who had been hurt or is having symptoms?**
 - + **When do you or your co-worker feel these symptoms?**
- + **Where in the workplace are safety or health problems occurring?**
 - + **What are the conditions that are causing the problems?**

⚠️ ☠️ ⚠️ Worksite Burns ☠️ ☠️ ⚠️

A **Burn** is a traumatic injury to the skin (and sometimes the underlying tissues as well) caused by contact with extreme heat, chemicals, radiation or electricity. Burns range is severely from minor to critical. A critical burn is one that is life threatening or potentially disfiguring or disabling, and it requires immediate medical attention. When evaluating whether a burn is critical or not, consider the following factors:

- + **The depth of the burn.**
- + **The percentage of the body's surface area that is burned.**
- + **The location of the burn**
- + **The age of the person**
- + **The cause of the burn**

Signs and Symptoms of Burns

Burned areas can appear red, brown, black (charred) or white. The burned area may be extremely painful or almost painless (if the burn is deep enough to destroy the nerve endings). There may be swelling, blisters or both. The blisters may break and ooze a clear fluid. Burns involving blistering or broken skin should be evaluated by a healthcare provider.

First Aid Care for Burns


First aid for burns involves three general steps-stop, cool and cover:

- + **Stop.** First, after sizing up the scene, stop the burning by removing the source of the injury if it is safe for you to do so.
- + **Cool.** Next, cool the burn and relieve pain using clean, cool or cold water for at least 10 minutes. Use water that you think you could drink. Never use ice or ice water to cool a burn because doing so can cause more damage to the skin. If clean cool or cold water is not available, you can apply a cool or cold compress instead. Cooling a burn over a large area of the body can bring on hypothermia.
- + **Cover.** Finally, cover the burn loosely with a sterile dressing. Make sure that whatever you use to cover the wound is sterile or at least clean.

“Burns of all types, especially if they cover a large percentage of the body, can cause a person to go into shock, so monitor the person closely. When caring for a burn, do not remove pieces of clothing that are stuck to the burned area and do not attempt to clean a severe burn and do not break and blisters.”

Giving CPR

If you check a person and find that he or she is unresponsive and not breathing or only gasping, begin CPR immediately, starting with chest compressions. Proper technique is important. First, make sure the person is lying face up on a firm, flat surface. For example, if the person is on a soft surface like a sofa or bed, quickly move him or her to the floor before you begin. Kneel beside the person.

- + **Position your hands.** Place the heel of one hand in the center of the person's chest on the person's breastbone. If you feel the notch at the end of the breastbone, move your hand slightly towards the person's head. Place your other hand on top of your first hand and interlace your fingers or hold them up so that your fingers are not on the person's chest.
- + **Give a set of 30 compressions.** Position your body so that your shoulders are directly over your hands. This will let you push on the chest using a straight up and down motion, which moves the most blood with each push and is also less tiring. Keeping your arms straight, push down at least 2 inches, and then let the chest completely return to its normal position. Push hard and push fast! You want to go at a rate of 100-120 compressions per minute. As you give compressions, count out loud up to 30. Maintain a smooth, steady down and up rhythm and do not pause between compressions. (continued )



C

P

R

- + **Give a set of 2 rescue breaths.** Once you have given 30 compressions, give 2 rescue breaths. First, open the airway using the **head-tilt/chin-lift maneuver**. Place one of your hands on the person's forehead and two fingers of your other hand on the bony part of the person's chin. Tilt the person's head back and lift the chin. Tilt the head to a past-neutral position. If possible use a CPR breathing barrier when you are giving rescue breaths, but do not delay rescue breaths to find a breathing barrier or learn how to use it. Pinch the person's nose shut. Take a normal breath, make a complete seal over the person's mouth with your mouth, and blow into the person's mouth to give the first rescue breath. Take another breath, make a seal, and give the second rescue breath. Each rescue breath should last about 1 second and make the person's chest rise. After you finish giving 2 breaths, return to giving compressions as quickly as possible. The process of giving 2 breaths and getting back to compressions should take less than 10 seconds. Never give more than 2 rescue breaths per set.
- + Once you begin CPR, continue giving sets of 30 chest compressions and 2 rescue breaths:
- + You notice an obvious sign of life, such as movement.
- + An AED is ready to use and no other trained responders are available to assist you with the AED.
- + You have performed approximately 2 minutes of CPR and another trained responder is available to take over compressions.





Cardiac Emergencies

Life threatening cardiac emergencies often strike close to home where we live, work and play. When you know how to recognize and respond to a cardiac emergency, the life you could save is likely to be that of someone you know- a family member, co-worker or neighbor. Because every minute counts when a person is experiencing a cardiac emergency, the person's survival often depends on lay responders acting quickly and giving appropriate care until EMS personnel arrive and take over.

A Heart Attack occurs when blood flow to part of the heart muscle is blocked (e.g. as a result of coronary artery disease.) Because the cells in the affected area of the heart muscle are not receiving the oxygen and nutrients they need, they die causing permanent damage to the heart muscle. Seeking advance medical care as soon as you recognize the signs and symptoms of a heart attack can minimize the damage to the hart and may save the person's life.

Signs and symptoms of a heat attack vary from person to person and can be different in women than they are in men. Even people who have had a heart attack before may not experience the same signs and symptoms if they have a second heart attack. A person who is having a heart attack may show any of the following signs and symptoms:



Signs and Symptoms of a Heart Attack

- + Chest pain, which can range from mild to unbearable. The person may complain of pressure, squeezing, tightness, aching or heaviness in the chest. The pain of discomfort is persistent, lasting longer than 3 to 5 minutes, or going away and them coming back. It is not relieved by resting, changing position or taking medication. It may be difficult to distinguish the pain of a heart attack from the pain of indigestion, heartburn or a muscle spasm.
- + Discomfort or pain that spreads to one or both arms, the back, the shoulder, the neck, the jaw or the upper part of the stomach
- + Dizziness or light-headedness
- + Trouble breathing, including noisy breathing, shortness of breath or breathing that is faster than normal
- + Nausea or vomiting
- + Pale, ashen or slightly bluish skin, especially around the face and fingers
- + Sweating
- + A feeling of anxiety or impending doom
- + Extreme fatigue
- + Unresponsiveness

“When a person is having a heart attack, every minute counts. First Aid care for a heart attack is a life saving skill to have.”



First Aid Care for a Heart Attack



If you think a person is having a heart attack, call 9-1-1 or the designated emergency number immediately. Trust your instincts. Many people who are having a heart attack delay seeking care because they hope they are experiencing signs and symptoms of a more minor condition that will go away with time. Most people who die from heart attacks die within 2 hours of first experiencing signs or symptoms. Even when a heart attack is not fatal, early advanced medical care can help to minimize the damage to the heart. Always seek advanced medical care as soon as signs and symptoms of a heart attack are noted.

If you think someone might be having a heart attack, you should:

- + Call 9-1-1 or the designated emergency # immediately.
- + Have the person stop what he or she is doing and rest in a comfortable position to reduce the heart's need for oxygen. Many people experiencing a heart attack find it easier to breathe while sitting.
- + Loosen any tight or uncomfortable clothing.
- + Reassure the person. Anxiety increases the person's discomfort.
- + If the person takes a prescribed medication to relieve chest pain, offer to locate the medication and help the person to take it.
- + If the person is responsive, able to chew and swallow, and allowed to have aspirin, you may offer two low-dose aspirins.
- + Closely monitor the person's condition until EMS personnel arrive and take over. Notice any changes in the person's appearance or behavior.
- + If you are trained in giving CPR and using an automated external defibrillator (AED), be prepared to give CPR and use an AED if the person becomes unresponsive.

"MESSAGE FOR US ALL"

By: Tiiyon T. Byrd

Greetings everyone! I just wanted to take a few moments to inform you that I had the luxury of receiving a letter from the wonderful Ms. Kelsey Klein from “**160 Driving Academy**”, which is meant for all of us. As I mentioned before, I am one that is going to do everything that I can to provide as much information to you all that will hopefully be of benefit for prior to/as well as after you are released. Along with that, when I become a free man again, it is my mission to make sure every single one of you that I leave behind will have all the pertinent information you will need to ensure your success.

People like Ms. Kelsey Klein are the very people that give us the hope we need to KNOW that we won't fail when we are released from prison. At the end of the day though, us as individuals are the deciding factor on whether or not we succeed or fail. What I want all of you to know is that there are people out there that are indeed rooting for us, want to see us win, and we should all be very grateful for that. One of my previous writings consisted of my article titled “Belief”. Remember that when someone sincerely believes in you, you owe them an effort to prove to them that you are indeed worthy of their belief in you.



To those who need words of encouragement,

My name is Kelsey Klein and I am a Branch manager at **160 Driving Academy**- a CDL - A truck driving school. I have only been here for a little over a year, but I have seen people from so many different backgrounds and situations come through my doors. The theme that connected all of them together was that they took their lives into their own hands. You might be going through a rough patch now, but that does not mean your life is over. You have the power to make a change in your lives! I guarantee you are surrounded by people who only wish to see you succeed. Though I may not know any of you or know what you look like, I wish all of you nothing but success. You all can do wonderful things. Right now, you might think it will be hard to have a career once you get out, but that is not at all true.

We like to say that CDL school gives everyone a second chance. The amount of people who have felonies, misdemeanors, on parole, etc. and successfully graduate are very high. A lot have been helped finding jobs shortly after as well.

TRUCK DRIVER TRAINING



The average income for someone in Illinois is around \$55-60k a year...to start and with no experience! If you get your endorsements on your license, you can make even more! Nothing in your background will stop you from getting your CDL - A here at 160 Driving Academy. It might not seem like it now, but the only way you can go is **UP**. That starts with you. Surround yourself with people who encourage your aspirations and dreams. Tell yourself that it is possible to get where you want to be. It might not be right away, but you will get there eventually.

I hope these words give you all some encouragement. Just know you do have people around you that want you to be successful and be the best you can be. When you all get out, if you are serious about starting your career as a CDL – A driver, come see me and we can chat further about what your future can look like. Anything I can do to help, please let me know.

Kelsey Klein (Branch Manager)

708-267-8418

15800 State Street

Room 1362

South Holland, IL 60473

Trucking doesn't particularly have to be “your thing”, however, when it comes to your future, I hope you take the time to seek out people like Ms. Klein, people that truly want to see you succeed. Until next time, as always, I leave you all with love and well wishes!



CREATIVE WRITING 2.4

By C.T. Bashaw

WRITING YOUR SCREENPLAY, PART TWO

THE THREE-ACT STRUCTURE

The three-act structure utilized for cinematic films has been adapted into a more fluidic form from the theatrical stage, providing a solid framework to build a structured story. Most screenplays employ this method. However, there are exceptions and depending upon the style you choose to write in, the exact structure may be more flexible from what follows:

ACT ONE

The first act of a film script tends to run about 30 pages, with the first 10 being the most crucial. This is where the setting, the primary conflict, main character(s), and the motivations of those characters are introduced. The first 10 pages are the kick-off that grabs the audience and engages the plot.

ACT TWO

Running at approximately 60 pages, the second act is where the main action of the



story occurs. Your main characters are now on the path to accomplish their goals, meeting the series of obstacles they must overcome. Secondary characters are introduced (if not already done so in the first 30 pages of Act One) and the obstacles become ever increasingly difficult and challenging to your main characters, forcing them to change and grow as the story progresses.

Reaching a final moment of decision, a point where, your character(s) must choose a course of action that will lead either to their ultimate success or to their destruction or that of their world, as they know it. These moments can be scripted subtly, or through a single reflective act, or through a series of acts that build to a point of decision.

INT. RESEARCH VESSEL- DAY

It's a mess, doors pried open, signs of violence but no bodies. The gang walks through it, looking around.

River pulls away from Simon, suddenly determined. She approaches a console, and a small disc-like object. She turns it slightly-

A hologram squawks to life amidst them all. First we see images that resemble the flashes from River's mind:

Corpses, everywhere. We hear and then see DOCTOR CARON standing exactly where she was when she recorded this message...

(As she speaks, we see angles of everyone watching, taking it in... River silently mouths every word.)

CARON



-just a few of the images we've recorded, and you can see it isn't... it isn't what we thought. There's been no war here, and no terraforming event. The environment is stable. It's the Pax, the G-32 Paxilon Hydrochlorate that we added to the air processors. It's...

(tearing up)

...well it works... it was supposed to calm the population, weed out aggression. Make a peaceful... it worked. The people here stopped fighting. And they stopped everything else. They stopped going to work, stopped breeding... talking... eating...

(trying for control)

There's thirty million people here and they all just let themselves die. They didn't even kill themselves. They just... most starved. When they stopped working the power grids, there were overloads, fires—people burned to death sitting in their chairs. Just sitting.

There is a load bang somewhere behind her—she starts, gathers herself.

CARON

I have to be quick. There was no one working the receptors when we landed, so we hit pretty hard. We can't leave. We can't take any of the local transports because...

The bang again.

CARON

There are people... they're not people... about a tenth of a percent of the popula-



tion had the opposite reaction to the Pax. Their aggressor response increased... beyond madness. They've become... they've killed most of us... not just killed, they've done... things.

WASH

(quietly)

Reavers... they made them...

CARON

I won't live to report this, and we haven't got power to... people have to know...

(loses it here)

...We meant it for the best... to make people safer... to... God!

She whirls, grabs a gun and fires—then aims the gun at her own head—but a Reaver is on her, knocks the gun away and bites her face—

She screams continuously as the Reaver tops her, biting at her and tearing at her clothes, at her skin.

JAYNE

(quietly)

Turn it off.

Wash does, nobody saying anything.



Mal walks outside.

EXT. RESEARCH VESSEL- CONTINUING

He takes a few unsteady steps away from the vessel. Inara appears behind him, follows—he holds a hand out behind him, seemingly to make her stop, but then grabs her shoulder, holds her for support. She puts her hand over his.

MAL

I seen so much death... I been on fields carpeted with bodies, friends and enemies—I seen men and women blown to messes no further from me than you.

INARA

Mal...

MAL

But every single one of those people died on their feet. Fighting. Or, hell, running away—doing summat to get through. This is...

INARA

Mal, I need your help with this. I need you to help me, because I can't-

He looks at her, folds her into his arms. Brings her face to his, not kissing but touching, pressing into each other with the urgency of pulsing, necessary life.

INT. RESEARCH VESSEL- CONTINUING

River falls to her knees, vomiting. Simon goes to her, puts his hand on her back, lets her ride it out.



SIMON

River...

RIVER

I'm all right.

She looks at him, wet eyes full of clarity.

Wash pulls the recording cylinder out of the console.

INT. SERENITY-DINNING ROOM- NIGHT

The cylinder is on the table. Mal stands at the head, looking at his crew.

MAL

This report is maybe twelve years old. Parliament buried it, and it stayed buried til River dug it up. This is what they feared she knew. And they were right to fear, 'cause there's a universe of folk that are gonna know it too.

(touches the cylinder)

They're gonna see it. Somebody has to speak for these people.

He pauses. Everyone waits.

MAL

You all got on this boat for different reasons, but you all come to the same place. So now I'm asking more of you than I have before. Maybe all. 'Cause as sure as I know anything I know this: They will try again. Maybe on another world, maybe on this very ground,



swept clean. A year from now, ten, they'll swing back to the belief that they can make people... better. And I do not hold to that. So no more running. I aim to misbehave.

There is a beat as he eyes them all.

JAYNE

Shepherd Book used to tell me: if you can't do something smart, do something right.

By way of emphasis he takes a big swig of something in a clay jar. Mal takes in the fact that Jayne has spoken for them all. Jayne slides the jar over to Simon, who catches it-

SIMON

Do we have a plan?

MAL

Mr. Universe. We haven't the equipment to broadcast this code, but he can put it on every screen for thirty worlds. He's pretty close, too.

Simon drinks during this, then looks at the jar suspiciously.

RIVER

Based on our orbital trajectories, he reached optimum proximity just before our sunset. If we make a direct run within the hour, we're only 367,442 miles out. At full burn we'd reach him inside of four hours.

She doesn't notice the reactions to her sudden clarity—she's still somewhat in her own world.



WASH

Still got the Reavers, and probably the Alliance between us and him.

ZOE

It's a fair bet the Alliance knows about Mr. Universe. They're gonna see this coming.

MAL

No.

He takes a long moment, his jaw tightening imperceptibly.

MAL

They're not gonna see this coming.

—Joss Whedon, from *Serenity* (2005)

ACT THREE

The Third Act begins when the conflict resolves, leading to a conclusion, or denouement—and can run to the end of the script. This is where we see how the character(s) have changed, how their world is better or worse off because of the characters actions. All, or at least most of, the plot lines have resolved, and the winding-down of the story brings the film to its logical conclusion. Any hints to the story continuing into another arc are usually introduced at this point—or the story can be left open-ended, letting the audience decide what the final outcome may be.

Next time we will discuss the format and the fundamentals of screenplays!

The Market Corner: Candlesticks

By: Robert Kennedy

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





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



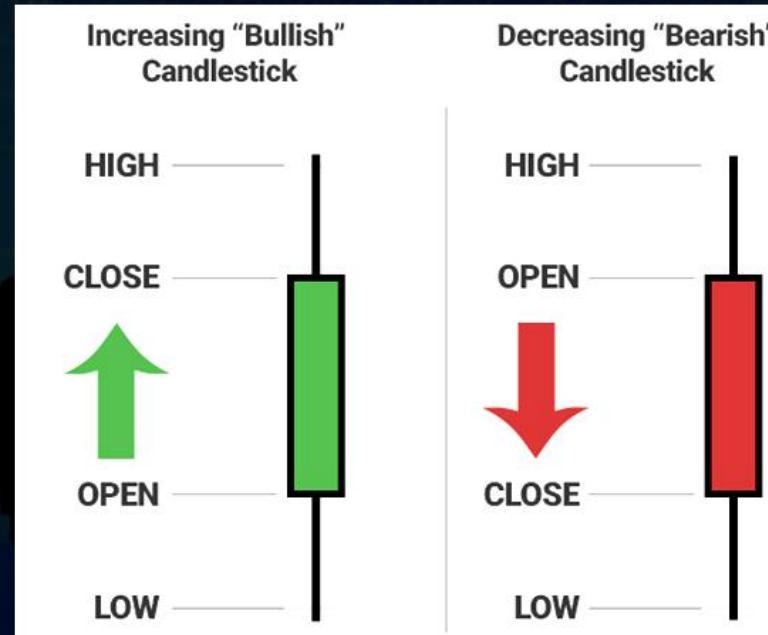
Gainers	Price	Change	%Change
AFC	172.55	▲+6.26	+3.76%
BPIRT	29.51	▲+1.05	+3.59%
GOH	42.03	-1.28	-3.04%
AITA	23.16	+0.63	+2.72%
JTAS	7.24	+0.96	+13.26%
RCA	0.19	-0.01	-5.26%
AEC	1.15	+0.02	+1.74%
XNY	1.15	+0.02	+1.74%
PEC	1.15	+0.02	+1.74%
VS	1.15	+0.02	+1.74%

Stock Sectors	3 Month % Change
Technology	+11.85%
Healthcare	+8.85%
Consumer Services	+6.65%
Consumer Durables	+2.88%
Energy	+2.41%
Financial Services	+2.53%
Materials	+6.61%
Industrials	+5.62%

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

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

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



Gainers	Price	Change	%Change
AFC	172.55	▲+6.26	+3.76%
BPIRT	29.51	▲+1.05	+3.59%
GOH	42.03	▲-1.28	-3.04%
AITA	23.16	▲+0.63	+2.80%
JTAS	7.24	▲+0.96	+13.27%
RCA	0.19	▲+0.01	+5.26%
AEC	0.19	▲+0.01	+5.26%
XNY	0.19	▲+0.01	+5.26%
PEC	0.19	▲+0.01	+5.26%
VS	0.19	▲+0.01	+5.26%

Stock Sectors	3 Month % Change
Financial	+3.88%
Health Care	+5.65%
Consumer Durables	+2.88%
Consumer Non-Durables	+6.41%
Energy	+2.53%
Technology	+6.61%
Materials	+5.62%
Telecommunications	+11.11%
Real Estate	+1.11%



Where I Started Isn't Who I Am Today

By: Manuel Enrique Aceituno @ Western C.C.

My journey through prison started over 25 years ago, and as my time and choices took me through Cook County, to Joliet, to Stateville, to Tamms, to Pontiac, to Western Illinois, I've found that what defines me isn't my mistakes, but the choices I made after.

I walked through those County doors 11 days after my 18th birthday, and am now 42 years old. I have come to realize in my 25 years of incarceration that "change" is a state of mind, the more you learn the more you change. I've often been asked, "how can I change", and my response remains the same, "if you really want change, then act differently!" Yes, it is easier said than done, but the concept is sound. What will define us are the choices we make along the way.

Just as we all struggle with our situation I was also finding myself while finding my way through. It wasn't up until I was sent to Tamms Correctional Center that I finally found myself. Emotionally I hit rock bottom, and for those of you who know what that feels like, just thinking about that moment conveys an emotional response. Can you imagine that when I walked through those County doors I was found by a specialist to have an IQ of 81. Yet today I have a GPA of 3.93, and only need six credits to receive my Associates Degree. It has been a long road, but I believe that everything happens for a reason, and our free will gives us the ability to choose in which direction we may travel. That reason may not be clear at the moment, but in time everything becomes clearer if you are open to understanding the nature of fate/faith in your life.



I've learned that in growth you need information, so I reached out and started taking every behavior program available. Anger Management, Addictive Behavior, Parenting and Family Values, Domestic Violence, Self-Esteem Journaling, Thinking Errors, Personal Integrity, and Handling Suppression to say the least, and have also taken these courses twice, which were taught from a different perspective. I learned that even though you may feel that you don't have a problem in an area of behavior, these courses will give you a greater understanding of the aspects, and concepts that form our understanding of behavior today. This information allows us to build a stronger foundation in our lives while giving us the tools needed to handle unforeseen situations. This information also prepares you to make better choices that not only will affect your future, but also the future of those you impact as you travel through life. When we speak to others with knowledge and insight, we in turn convey these skills in passing, and a thoughtful word or act of kindness can affect the moment in which our words may have that life changing affect.

Education is also important when developing the skills needed to succeed in society today, and allows us to broaden our minds while receiving more information on society as we know it, as well as the concepts and struggles that came before. Behavior and education are two sides to a coin, and this fact is proven as we mature from childhood into adults. The more we learn, the better we are able to process the information throughout life.

I've seen my way through, and stand strong in the knowledge that I will succeed on my return to society, for that kid who walked through those Cook County doors isn't the man that stands before you today. I believe that together we can make a difference. Be strong, be kind, be humble, and remember that "everything in life is as easy or as hard as what you put into the making of it", so make the best of the time that you have left, and you can start by enrolling into an education or behavior program. What do you have to lose?





JOE REAL ESTATE

The best outcomes in anyone's life are almost always the result of a big dream, a big plan and that plan powered by persistent effort over time.

The most successful people start with a big dream, put pen to paper and follow a plan of action. If I am not willing to write it down it will probably eventually evaporate from my mind. Then 2 days later I'll struggle trying to remember exactly what I was thinking about. I know it was to be great, but I just can't remember! So write it down. This is very frustrating and can hold us back from reaching these dreams. For me I need a constant reminder of my goals and/or purpose to keep on track. I learned this by 'winging it' my first full year in real estate. So I decided I need to start practicing what I thought a real business person would do. My point is I am not sure I had a real good 'image' of what a rock star real estate pro or business expert even looked like.

I started doing research and with that research emerged a clearer picture of what I wanted to accomplish. I was also able to more easily spot people in my office that I wanted to model and those I did not want to follow as an example.

One of the agents I wanted to evaluate suggested I shoot for the Rising Star award, just to set a measurable goal. In order to even be in the running I would need to sell at least \$5 million in real estate. Of course fear came creeping in, I didn't know if I could find one client let alone \$5 million! But for the first time I had a realistic goal beside just sell as



many houses as you can... or make as much money as you can. These examples just don't work, they are far too broad. I'll come back to goal setting, but first add a side bar about what our biggest obstacle really is. I want to talk about that dirty, little four letter word that ruins more success' in lives than any I can think of...fear.

As we say in my 12 step groups, "that evil corroding thread!" But we also have a wonderful acronym for fear, that I promise is the truest of them all, Future Events Aren't Real (fear).



How many times has fear smashed the hopes and dreams I had? How about yours? Be honest with yourself. For most, far too many times. Success of any kind, the money I want to make lives just on the other side of fear, guaranteed.

And don't think for one moment it won't creep in, it will, and it won't just be about failure. I learned later that some of my fear was of success. Such as O.M.G., what if this thing really takes off? How will I manage it? The help I will need? Etc... Will I ever have any time to just relax or do other things I love or be with my family?

Another good belief to live by is "one day at a time." And this is why writing things down, having written goals and plans is essential to success and minimization of stress and fear. Yes, plan for the future, but live in today.

So now I have a specific goal; sell \$5 million in real estate to potentially earn the Rising Star award, and I have about 365 days to make it happen... How?! Here it is again, fear, so let's figure out how by putting pen to paper and making some simple goals and action plans.



First let's just figure out how many homes I need to sell, is it five at \$1 million each? Sounds good, but probably not likely. Let's keep going, let's do some research. So I thought



of some questions I would need answers to in order to put this plan together. (Side bar) As I came up with questions and some answers fear was being replaced with excitement and hope. At times I would tell myself, “Ya baby! I got this!” even pictured award night at time (Lol) . Guess what else I’m learning and didn’t know it at the time? This was all (my real estate career) supposed to be about money! I wasn’t thinking about money, I had a greater purpose! I was discovering the power of my ‘big why,’ that would later catapult my career beyond my expectations. Your ‘big why’ may start with Ben Franklin, but when it goes beyond, you are on a collision course with true success. I’ll revisit ‘my big why’ in a later article. But the bottom line was I was surprised to find out my motivation was more than just money, although shallow (recognition), it wasn’t all about the money.

Questions... So how many homes do I need to sell to reach my goal? Which lead to, what is the average sale price in my market place? Which lead to, how many sales... How many appointments would I need to get to X number of sales... How many listings vs. how many buyers... and inevitability how many contacts I would need per day resulting in how many phone numbers I would need to dial per day to actively speak to a person to get those appointments to achieve those sales to reach my goal of Rising Star?

Your goals do need to be specific, measurable and timely, and obviously attainable. Many times I had smaller goals within the larger goal perspective simply because I was walking in unfamiliar territory and this required I do more research and learn a new skill. However, this has become a huge part of what drives me. The ever evolving learning curve. The journey through these daily action steps. .. The unknown! Money cannot buy this kind of fun. There is no drug on this planet, and I’ve tried most, that can give you the rush of overcoming fear and achieving your goals.



I'll leave with this last personal story as testimony. In 2009 I competed in my first ironman triathlon (2.4 mile swim, 112 mile bike, ending with 26.2 mile run), I was successful. I went back in 2010 to do it again and the training experience wasn't even close to the exhilaration I had in 2009. Yes, I competed in 2010, but the reason the preparation wasn't as fun was very simple, I knew I could do it. That still speaks volumes to me. The unknown can be very exhilarating, especially if I'm willing to walk right through it.

Once again, the fun is in the journey, but apparently not just any journey, but the journey into the unknown, so just do it!

God bless! And stay fit, mentally, spiritually, physically.

Joe Real Estate



ALWAYS KEEP FOREMOST IN YOUR MIND:

**'THE RESOLVE TO SUCCEED IS THE MOST IMPORTANT
FACTOR THAT WILL DETERMINE WHETHER OR
NOT YOU SUCCEED!'**

-TIYON T. BYRD, PHILOSOPHER/LIFE COACH/FATHER



KH Kitchen



GYROS FOR THREE PEOPLE

By: Brian Lehnert

- | | |
|----------------------|-------------------------|
| 1PACK DUPLEX COOKIES | 1 BAG SOUR CREAM/ONIONS |
| 1 PACK OF TORTILLAS | 5 HOT SAUCE |
| 2 SUMMER DOG | 1 RANCH DRESSING |
| 2 SALMON | 2 BBQ SAUCE |
| 1 CHICKEN | 2 MUSTARDS (OPTIONAL) |
| 2 PACKS JALAPENOS | 1 JELLY (ANY) |
| 1 PICKLE | 1 CHEESE – CUP |

1. Start by opening the pack of cookies, with a spoon, remove discard the white crèmes in the middle of the cookie. In big bowl, smash up the cookies into powder. Add very little water to make a dough. Divide into 6 small balls.

2. Lay out tortillas on top of tortilla with a spoon, spread out dough flat covering the whole tortilla. Be gentle not to break tortilla.
3. Put summer dogs into the hot pot for 1 hour whole package. Remove, cut down the middle (The long way) into halves, then cut each half in half. Then cut each piece in half again. Should be 8 pieces per dog, 2 dogs = 16 pieces, cut pickle the same way.
4. Combine all the sauce ingredients together, smash up chips into crumbs, add to sauce, mix well.
5. Divide up long cut pieces of summer dog onto the middle of the tortilla, add pickle next to that the long way. Add a little salmon, if your facility doesn't have salmon, you can use any meat, add chicken, then jalapenos, then pour the secret sauce all over the top of each Gyro, then you can eat right away or put in chip or rice bags and cook longer. These will be really big so you really don't need more than 2 Gyros' each. These will be a little sweet and spicy. It sounds weird at first with cookies, but trust me its Fire!!





Tootsi Rolls and Taffy

By: James Chaney @ Robinson C.C.



“Tootsi Rolls”

8oz Non-Dairy Creamer

6, 8oz Hot Coco Mix

6, Sugar Twin or Substitute

1 fl oz water = 2 tbl spoons

(Contains 108 grams of sugar)

“Taffy”

8oz Non-Dairy Creamer

10, Single-to-go Koolaid/any flavor

6, Sugar Twin or Substitute

(Sugar Free)

Same instructions for both.

Empty ingredients into a big bowl. Add one fl. oz. of water.

(Helpful hint, the cup that med line gives you with your pill in it is 1 fl. oz.)

I cannot stress this enough, DO NOT USE MORE THAN 1 FL OZ, it will turn into a sticky mess. Stir with a spoon until it clumps up. Put on a pair of latex or rubber gloves and knead it together, fold and press over and over adding the powder to the mix. It takes time but it will turn the consistency of Playdoh. You can flatten it out and cut it into bit size pieces using your ID or place the entire thing back into the creamer bag and pinch off what you want. Enjoy this little treat.





Carl Williams

Royal Men's Solutions

By **katiesmith**

This article was found online and shared on LinkedIn. The article can be found at

<https://Chbizhub.com/2023/02/24/carl-Williams-oyal-mens-solutions/>

Carl Williams grew up around woodworking — his grandfather and father were both carpenters. As a child, Carl followed them around the house and mimicked what they did.

Carl founded Royal Men's Solutions, a custom furniture company, and became a third-generation carpenter through an unexpected path. Carl joined the Defy Ventures Illinois Entrepreneurship

Bootcamp and Business Accelerator programs after his release from prison to get help with launching his business. Carl says that once he joined Defy, he found the tools to help pursue his dreams. Defy's programs provided assistance with his healing, communication skills, and education. Carl describes Defy as a business resource that empowered him to support not only himself, but also his family and community.

Carl started making custom furniture because he wanted to make reliable and affordable furniture that clients could pass down to their families. "I wanted to build bookcases so that kids, generation after generation, would be pulling books down from that bookcase." Carl considers himself a co-creator with his clients in bringing their artistic visions to life. "There are so many things you can do with your ideas," he says. "It starts with you."





Carl started his business building one bookcase and now makes an array of custom home and office furniture. He named his business “Royal,” because for him it means, “being honest, building a business of character, and building relationships in the community.”

Even though Carl spent much of his life in prison, he doesn’t want to waste any more time on resentment or regrets. He is excited to build his business where he mentors and employs other young carpenters. He speaks with them about mental health, higher education, and supports them in their dreams and vision for the future.

Carl says that beyond just teaching the skill of building, he wants to create the next generation of carpenters. “Your life is not just your life. It’s a shared life,” Carl says. “You can encourage and inspire others to invest in themselves and create a business for their family and community.”

Use the ChiBizHub directory to connect to business help.

We asked Carl to walk us through the steps he took to develop his business idea. Visit our Develop Your Idea page to complete your own business checklist and follow along with the video.

Develop Your Idea – Royal Men’s Solutions

1. Identify the Opportunity

What problem am I trying to solve?

A lack of unique custom furniture for the everyday consumer.

What is my product?

Reliable, affordable furniture that fits a client’s personal style. “Generational

CHIBIZHUB
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iconic pieces” that are high-quality and handmade.

How will I price it?

Carl researched other companies’ furniture prices. He asked, “Do they sell solid wood or do they sell MDF fiberboard? Do you have to put it together yourself?” For his products made of solid wood, Carl figured out the price of the wood needed and then he factored in the time to build the piece.

2. Define Your Ideal Customer

How would I describe my customer?

Customers looking for unique, reliable furniture. Anyone from the age of 20-80. Those who are looking for unique pieces for their home and want to see “the beauty of their idea” created.

What are their interests?

Customers who are creative, inspirational, and joyous. They want to see beauty and elegance in their furniture and have it “feel like a masterpiece.” People who are open-minded about their art.

3. Prepare to Sell Your Product

How will I market my new idea?

“It started by word of mouth,” Carl says. “I built one piece for a client. The client was associated with different stores and other business-people.” He built the piece according to client’s ideas and vision and asked them to show the piece off. He told the client he would build them a new piece for free if five customers came in for a furniture consultation and three ordered custom pieces.



How will I make my first sale?

Carl built interest in his furniture pieces though word-of-mouth. His first sale included two bookcases for an office space in a client's home. "The next piece was a kitchen table and a European style desk," Carl says. After that, nine clients asked Carl to make custom kitchen cabinets. From there "more bookcases, desks, you name it!"



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The way to get started is to
quit talking and start doing.

Walt Disney



Bachelor's Degree Opportunity From Augustana College Part 2

By: Jeff Kennedy

The Augustana Prison Education Program (APEP) is a full-time Bachelor's of Arts (BA) program offered to students at the East Moline Corr. Ctr. APEP plans to offer admission testing each May/June to enroll a new cohort each fall. Admission to APEP is not guaranteed, but is a selective process involving a two-hour, in-person written exam, and a personal interview with Augustana Professors in the East Moline C.C. academic building.

Students take Augustana coursework from the same faculty who teach at the main campus in Rock Island. The faculty members undergo security clearance checks to enter the facility to teach in person. Typical annual cohorts are planned for 16-20 students. APEP does not consider age, conviction, or sentence during the selection process. However, applicants should have MSR dates after 8/31/24. Ideally, 4 years would enable graduation, but all who apply will be considered. A H.S. diploma or equivalency is required.

A few of the classes on the APEP curriculum includes: BIOL100B - Science & Pseudoscience, PHYS151 - Principles of Physics, ENGL275 - Intro to African Amer./Black Lit., HIST131 - Rethinking American History, CLAS258 - Greek Warrior Myths & Combat Trauma, RELG372 - Redemption, Reconciliation & Restorative Justice, classes on music analysis, poetry, graphic novels, psychology and much more. APEP director, Dr. Varallo, says, "liberal



arts education, rooted in freeing the mind” is unusual in a prison setting due to the study of so many subject areas, essentially “learning how to learn.” Intentionally broad, the focus is on “heavily interactive, discussion based critical thinking and problem solving.” Also, “We encourage ambitious folks with a willingness to work hard, to take a chance and apply, regardless of academic history.”

If you’ve been looking for that opportunity to push yourself academically and intellectually, this college program is not for the “faint of heart”. You will be challenged. If you’re expecting the simple, 050 entry level community college classes, you will be disappointed. If you transfer to EMCC and are not selected, don’t be discouraged. You could take advantage of other programs, like barber training. You could get a job, or just enjoy the environment. The facility has a “country feel” to it. EMCC, commonly referred to as “Sweet Moline”, sits on a hill next to the Mississippi River, and you’re surrounded by trees. While I was there, the commissary was decent and dietary was better than I expected. Dr. Varallo adds, “Any aspiring students who remain at EMCC are encouraged to reapply the following spring.”

TESTIMONIALS FROM INDIVIDUALS CURRENTLY ENROLLED IN APEP AT EMCC:

“APEP has broadened my perspective, the way I think about the things I think about. The professors make me believe I can go far in life. Stepping into the Augustana classroom, I feel like a new man, as if my past is a millennia behind me. I am grateful to Dr. Varallo and her amazing staff. - Dakota Frank (M44054)

“APEP is a lot of work and takes serious dedication, but will expand your views and change the way you think. It is an awesome program & a blessing!” - Lucas Wood (R64297)



“My experience with APEP in the beginning was one of trepidation. The work seemed intimidating and difficult. The experience of learning here is like none other I’ve ever encountered. The professors have a way of making a student find the answers, whether in the text or one’s self. APEP is a life changing experience.” - Patrick Tantillo (K92007)

“I was surprised how amazing all the professors are, they actually care if we reach our goals! It’s different from Lake Land College...I look forward to coming to class and I’m learning how to better communicate with peers and loved ones. Thank you APEP!” - Andres Rojas (R67272)

“APEP has offered far more than an opportunity for higher education. It has afforded chance meetings of individuals, under normal circumstances, I would have never had the blessing of getting to know. This year being my second, I realize the founding cohort had the charge of setting how APEP students were perceived; even how we formed our own community. My experience had been fulfilling, productive, enlightening, and very rewarding!” - Wendell Christmas (B12800)

“This experience has been life-altering. Dr. Varallo has placed me in the hands of all-star professors that have enriched my educational journey. If you are granted the opportunity to apply, do so. Post secondary education is a key component that will reduce recidivism.” - Robert Ashbury (B08889)

*** DISCLAIMER: INFORMATION PROVIDED BY
DR. SHARON VARALLO AND AUGUSTANA COLLEGE ***

MENTAL HEALTH

Our thanks again go out to Mr. Kuster and Mr. Ross here at KLSRC and to all Mental Health staff everywhere in and out of the IDOC

- Here is another grounding technique exercise to try. Grounding techniques can help control the uncomfortable symptoms that are normal to experience after trauma. These symptoms can include: flashbacks, anxiety, or other physiological activities. Try to using this mental exercise to take your mind off uncomfortable thoughts and feelings. They are discreet and can be used at nearly any time or place. Experiment to see which works best for you.

- Name all the objects you see.
- Describe all the steps in performing a task you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7's.
- Pick an object and describe it in detail. Describe its color, texture, size, weight, scent, and other qualities you notice.
- Name all your family members, their ages, and one of their favorite activities.
- Spell your full name, and the names of three other people, backwards.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and “draw” it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.

KH MEME

DUDES AT CHOW



ON CAKE DAYS

NASA: "SO WE'VE FOUND 7 NEW PLANETS"
PLUTO:



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ADVENTURES  F J-DAWG!

HOROSCOPES



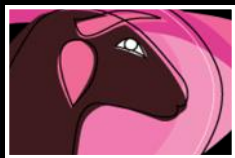
ARIES: Another lovely feel-good day! Romance is saucy and provocative. Relations with females (regardless of your own sex) will be warm and friendly. You are in touch with your creative vibes!

TRANSLATION: **That definitely doesn't mean you're "Mr. Telephone Man", or "Casanova"...younger generation...ask the old schooler's what that means!**



GEMINI: Conversations with your everyday contacts are smooth and mutually friendly. You find it easy to cooperate with others and listen to their point of view. In part this is because you feel well liked. You feel appreciated.

TRANSLATION: **You got those pull-up's on now...you've outgrown the diapers.**



TAURUS: Invite the guys over for pizza because this is a great day to entertain at home. You will also enjoy redecorating your home, while some of you may explore real estate options.

TRANSLATION: **Make sure you have regard for the non-pork eaters, and make sure you watch you some good HGTV! #LotteryDreamHomes!**



CANCER: Once again, business and commerce are favored today! This is a great day for financial negotiations, business transactions, exploring ways to boost your earnings, or get a better paying job.

TRANSLATION: **Decide not to do any wasteful spending at commissary, instead, save your money for the next time you don't have any. Make sense?**



VIRGO: This is the classic day for secret love affairs. You might also pursue secret financial transactions, or perhaps buy something beautiful (especially pricey clothing).

TRANSLATION: **Main-thang acting crazy? Typical. Side pieces are sometimes the best right? We're talking about chicken and side dishes right? =-)**



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

TRANSLATION: **Enjoy it while it lasts, ain't no telling when there'll be another lockdown for some other kind of crazy a** virus!**



SCORPIO: People will notice you because you are highly visible. Because people in authority are favorably inclined to you, you can make your pitch or ask for what you want.

TRANSLATION: **This should either scare you, or you must be being released, transferred to a better place...or something? They know something you don't obviously.**



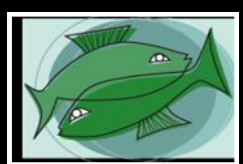
SAGITTARIUS: Grab every opportunity to travel or do something different to shake up your world. You might be attracted to someone who is unusual or different from the kinds of person you normally see.

TRANSLATION: **After watching "90 Day-Fiancé" you become to attracted to all kinds of things and people, and they done took you everywhere you wanted to go. Time to close those eyes and let your dreams take you on a trip!**



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

TRANSLATION: **Random people “phony kickin-it”? Just be ready, you already know the ask for the ramen noodle is next...maybe even a kool-aid too.**



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

TRANSLATION: **Making sure that “Boss” sees you excelling at your job might actually get you out the kitchen and into a better gig!**



LEO: The moon is in your sign lined up with Venus, which will stimulate your appreciation of beauty, especially in the arts and music and your everyday surroundings.

TRANSLATION: **Now would be the time to try you're hand at drawing while you're enjoying a little music. Anything you make is a hit right? Better act like it!**



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

TRANSLATION: **Make sure you're people know that sending bread only means you're going to have what you need. Everybody gotta eat right? Everybody eats!**

STATEWIDE CALL OUT



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



STATEWIDE CALL OUT



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



MAILING US SUBMISSIONS

The address for **Kewanee Horizons** is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

Here is a quick list of Do's and Do-not's:

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



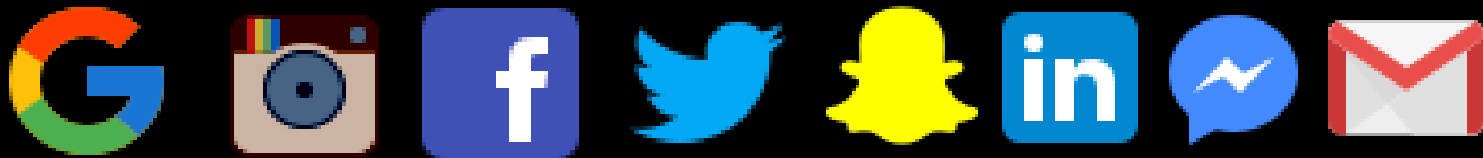
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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