

KEWANAEE

HORIZONS

KH



VOLUME THIRTY THREE



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RESTORATIVE JUSTICE

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

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

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

**Community: A group of people with a common characteristic
Or interest living together 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 SIMPLEST THINGS

BY: KATIE MANNING @ DECATUR C.C.

I was 16 wks. Pregnant when I caught my current case. I chose adoption because it was the “Ideal” option for the amount of time I was facing. When I signed the adoption papers it felt like I



was signing over my world. I spent 24 hours in the hospital by myself after they discharged her to her new parents. Then was returned to County Jail, where my Sister/Cellmate awaited my return. I wouldn't wish being in jail on anyone, but I was lucky to have her there because she kept me in the present and out of my head. I came back to jail on a Monday. They transferred my Sister to IDOC on Wednesday and 10 days later I was in seg for fighting. I was never diagnosed with Post Partum but I was struggling in my own head for so long, finally someone suggested I find something to do for my daughter that would also help me cope. So I got a simple composition notebook and every time I felt down, angry, or just missing her I would write to her about my pregnancy, our family, anything to help her know who I was and where she came from! I even included pictures. I sent it to her for her 1st birthday and it felt amazing to do something so simple!



UN-TRAP-PRENUER

BY: CHAKA RICHBLOOD @ DANVILLE C.C.

Introduction: This presentation arose from my participation in a Black History Month planning committee. The group began to discuss “What are some important topics to address for the people?” You know the topic economics/finance came up, thus entrepreneurship. I began to brainstorm and think of ways to creatively approach the topic. Then, this term came to mind “Un-Trap-Prenuer” which I’ve heard before somewhere in the culture. So, I began to construct a presentation based on my understanding. As I read over my presentation I think it boils down to developing critical thinking skills; by accurately identifying problems, and providing effective solutions. I used Yo Gotti’s “Trapped” and “Untrapped” songs as a template/vibe drawing tool and sparking discussion. I’m interested to hear what the people think about this, so here it is.



Essentially, Un-Trap-Prenuer is one that is born into circumstances that were not conducive to a normal human development (Trap) and in spite of those they grow, change and transcend those deprived conditions.

Un-Trap-Prenuer is a problem solver, motivators, innovators, ACT-ivist, go getters, and bread winners. Hustlers and survivors to thrivers with an iron will, forged in the fire of adversity. Where are my people that live by one rule “I will not lose!” (Jay Z)

TRAPPED

Born and raised in a Trap:

Poverty

Crime ridden communities

Substance abuse (Family members)

Broken Family

Oppression

Incarceration (Family Members)

Abuse (Physical, Emotional, Sexual, etc..)

Trapped Mentally:

Celebration of wrong, admiration of immorality





Hypocritical

By Any Means (No Rules), lack of morals

Selfish (Willing to harm others for personal gain)

Self defeating

Wrong guidance, misleading role models

Self victimization

Instant gratification, impatient

Decisions; based on price

Hood Careers:

Sports

Music

Drug dealer

Robber

Shooter

Scammer

Pimpin'

(5 out of 7 high possibility of death or jail)



UNTRAPPED

After I listened to Untrapped I recognize the author speaking on the following topics...

Values ->Direction (Action) -> consequence

- Examine one's values

“You know the price of everything and the value of nothing.” (Jay Z)

What are your values?

- Plan one's Direction, the ACT

Plans are developed with values in mind

Are my actions consistent with my stated values?

- Consider the Consequences

Risk vs. Reward and Ramifications

What are the consequences of my actions?

Untrapped Mentality:

Courage

Curiosity





Active learner (seeker of knowledge)

Principled, strong morals

Selfless (Considerate of relation to others), 'I am because We are.'

Responsible

Innovative

Iron will, determination, Relentless "Moneybag Yo"

Team player (Together Everyone Achieves More)

Patient, willing to sacrifice

Decisions; based on values

...(The opposite of the trapped mind)

Untrapped Condition

What does this picture look like to you...?

Now, get there!



Please, write and share your thoughts and feelings.

-Peace and Love





Through The Eyes Of A Father

By: Multiple Contributors

Life at Kewanee Life Skills Reentry Center has definitely taken some getting used to. I've been here six months and there are still some days where it feels like this experience is one big dream. Admittedly, it can be a bit overwhelming at times. Maybe it's the distrust that has been developed from doing time in other places that you can't place on the staff here. This means removing the scars and trying something different. Maybe it's the fact that 98% of KLSRC's staff actually care about your success here as well as after you're released. It may even be that 99% of us (individuals-in-custody) are moving with purpose and are more than willing to help one another. I could go on and on about the "maybes" that it could be, even adding in that it maybe a combination of it all. Here's what I know for certain: IT'S MAGICAL!!!

One of the most recent days that the magic of KLSRC was on full display was March 4, 2023. That was the day that Kewanee did something that I have never heard of or seen in all of my soon to be 21 years in IDOC...they held a "Daddy/Daughter Dance". Yep, you



read that correctly, a Daddy/Daughter Dance while incarcerated! The coolest part of it was that it was a two hour event held in the West Gym and not in the visiting room.

Unfortunately, I was unable to attend due to my daughter starting a new job 12 days prior and she needed to give them 14 days (two weeks) notice. I was sad when I received the news that we wouldn't be attending. That's because it's been over five years since I've seen my daughter. However, I understood and I made a conscious decision to do the next best thing. I chose to stand in solidarity with the guys I knew were able to have this special day with their daughters and I lived vicariously through them. As they each shared their experience with me on separate occasions, I couldn't help but shed tears of joy each time.

I asked these gentlemen if they'd mind sharing their experiences with our readers and they agreed. The stories that follow are theirs and I hope that their happiness jumps from these pages and lands in your hearts. Enjoy!

- Demario Brooms, KH Staff Member

There is no greater feeling than the feelings I felt today. Today I got the chance to "Dance with my Daughter". I am 40 years old and my daughter is 22. When she walked into the West Gym here at Kewanee LSRC and she saw me, she ran to me like she was still four years old! Today was special for me because I got to dance with my daughter for the first time in her life. I got locked up when she was one year old and she is now going on 23. I also got to take a picture with her, the first in 21 1/2 years of me being locked down. For that, I want to thank the following people: Warden Carothers, AWP Jones, Chaplain York, the Kewanee staff as well as any and everyone that had a hand in making this day possible.



The Father/Daughter Dance was the most amazing thing I saw in IDOC since getting locked up in 2001. I witnessed so much love. Fathers and daughters crying (myself included), staff members and volunteers in tears over what they saw. They didn't see prisoners and visitors, they saw fathers and daughters! We got a chance to talk, laugh, eat, and dance with our daughters with no "baby mamas" in sight, SWEET! LOL

During this event, nobody was hovering over our shoulders and telling us that we couldn't hug our daughters. I'm sure that I'm not the only one to experience this during a visit in one of these facilities. Anyway, this day was dedicated to our daughters, our futures, our worlds, our EVERYTHINGS!

I hope that one day all our brothers and sisters in custody will get the opportunity to feel what I felt today. Stay strong and reach out to your kids and tell them what they mean to you!



Much Love,
William Anaya

The Father/Daughter Dance was posted in January. That day, I couldn't think of nothing except for the fact that I might have a chance to bond and spend one-on-one time with Isabella, my 13 year old. I haven't gotten that time with her since she was three.

I signed up and right away Chaplain York did the paperwork and sent it to my family.



I knew then that I did my part and prayed for God to take care of the rest. I called home and asked if they received the paperwork and, of course, my daughter was excited. She asked me, “Dad, do you even know how to dance?” I took that as “Yes”, they got the paperwork. They mailed it back to Kewanee and within a week I received a letter saying Isabella was approved. My heart jumped with joy and anxiety began to run. Can I dance? Am I going to embarrass her? Will she have fun? Will we bond? Have I worked out enough to make her think, “Dad is Superman”?

Before I looked up, it was March 3rd, the day before the dance, and the weatherman announced “severe winter advisory in effect for all Kewanee area.” My heart sank into my chest and I prayed to God, “Please make a way.” He did. I bet the weatherman is thankful he can keep his job because not a drop of snow fell in the area.

Saturday, March 4th is here and I’m up at 6a calling home saying, “Get up, get ready, start heading this way.” The answer I got back wasn’t very nice, “Dad, it only takes 2 1/2 hours to get there. You’re five hours early, let me sleep. Don’t worry, we will be there at 11.” Me being anxious said, “Please leave early just in case of traffic or road conditions.”

My daughter and her mom arrived 1 1/2 hours early. Thank goodness the staff here at Kewanee are very respectful and helpful. They gave my kids’ mom a paper of events and things in the area she could do while waiting.

I was so excited that I went to the West Gym two hours early to help set up. Little did I know that I was going to get hit with smells of a bbq grill. Food was being cooked, cakes and chips were brought, everyone including staff and wardens were setting up everything. The best part about setting up was Chap saw that a few of us dads are in the Praise Band. He asked if we wanted to play for our kids. “Oh yeah!”



Time wasn't moving fast enough in my head but before I could tune the guitar, my daughter was walking in with a smile that spanned ear-to-ear. My heart stopped and I did all I could do not trip over my own feet as I ran up to her to hug and welcome her. It was awesome, I picked her up and carried her to the table that I had picked out just for us. She said, "Dad, put me down. Put me down." I laughed and said, "Sorry, Baby Girl, but you're all mine now." Lets just say that she wasn't shy anymore after that.

We all got seated and Warden Jones came around, shook our hands, introduced himself to our kids and let them know that Kewanee is doing everything they can for us. I never felt more freer than I did in that two hours with my daughter.

Isabella saw the guitar and asked me if we could jam out. Me being nervous, still thinking about past prisons and staff, was hesitant. But, this is Kewanee. I got up, grabbed the guitar, and jammed with my daughter for a hour before Chap announced that food and pictures were ready. Isabella and I fueled up with all we could eat and we both got a picture. Everyone in the gym was in their own world with there kids. I got to show my daughter how to dance and she even got to watch "Milo" do the "Two-Step".

Two hours wasn't long enough but it was the best experience and most free and memorable time I have ever spent with my daughter. I haven't stopped thanking God, Wardens,





and staff. It is beyond words the bonding my daughter and I experienced.

Dads never lose hope or give up on our family. It is our duty to take care of our kids. Do everything you can to better yourself before walking out that gate, letting God guide our hearts. Be the leader for your kids, teaching them what it takes to be a responsible adult. Most of all, **JUST LOVE THEM!**

-Joseph Godinet

Experiencing the “Daddy/Daughter Dance” was something I will never forget and I know that my kids won’t either. They’ve talked about it every time I’ve called since then, I love that! Three of my four daughters came and, even though one couldn't be there, seeing three of my kids together was everything to me. This was the first time I’ve ever had three of them together at once, I usually see them one at a time. I’m sure that you can understand how I felt looking at them eat, smile, dance, and talk stuff to one another.

I thank Kewanee for this because this type of event helps guys that are in my situation out a lot. I wish all of the guys and ladies that are incarcerated could experience what I just did. Being around your kids like that helps you look at life in a way that’s usually hard to when you’re behind these walls. For 14 1/2 years I’ve been out of my kids life but I have built a good relationship with them while being incarcerated.





When my daughters and I weren't dancing or eating during the event, we sat at a table and just talked. As we conversed, they took turns laying on me which let me know how much they love me...it felt like I was never locked up. If I could cry, I would have because that's how special that moment was to me. We took several pictures together and seeing us together like that equaled all smiles for us. Even though they were fighting about who was going to take a picture next to me, lbs, we took so many pictures that they all got a chance to take a picture next to me. Again, it was all laughs and smiles. With 30 minutes to go, things were moving fast but before it ended, my daughters wanted to see me dance. They'd grew up hearing that their daddy could dance. I hit some footwork to show them that I still got it. Lol. Every kid in there was smiling, amazed at what I could do; even my kids were happy. This was THE BEST EXPERIENCE OF MY LIFE!

-Demilo Fox





As I sit here by my window, reflecting and meditating on how good our God is, I replay the memory that I've made and collected that will last me a lifetime. The memory I'm referring to is the day we as fathers commonly shared in an experience that we'll never forget; March 4, 2023, the day of the "Daddy/Daughter Dance".

That day was a day like no other, it was a day of genuine and authentic joy at its fullest. A day of tears, hugs, laughs, and pure love. A day in which the impossible became possible. It honestly felt like a dream come true. There's nothing so beautiful and powerful as the love shared between a father and a daughter. If we only knew the force behind this love, not through our lens as fathers but through the lens of our daughters, we would be amazed.

You see, we are our daughter's first love. Before any boy catches their attention, their daddy is the one they observe very carefully. They listen to the words that comes out of his mouth. They watch how he walks, what he wears, and how he treats others. They especially watch how he treats their mother and other women. As they get older, they tend to be attracted to guys with character traits that resemble their first love. When their daddy is absent, they get deceived by men in regards to what love is and how love is demonstrated. Have you ever heard the phrase, "She has daddy issues"? Think about it for a moment.

Well, continuing on about my special day...man, I wish I could replay that day over and over again! There isn't enough ink or paper nor enough words, regardless of which language I use (English, Spanish, or a combination of both), to fully describe how special that day was. It was an atmosphere of love! As my brothers and I waited patiently for our daughters to enter through the threshold of the gym, you could tell something big was going on. Some of us were pacing back and forth, and you could see the looks of being anx-






ious, nervous, and/or excited on all of our faces; there were a lot of feelings and emotions, that's for sure. While glancing at our watches over and over, some of us were practicing our dance moves and others were preparing a table of their choice.

Personally, I was focused on arranging an assortment of small gifts I had for my daughter. There was a t-shirt that I painted along with a painting of a dream catcher, three gel pens, and a tube of Carmex. Once I organized the gifts perfectly (at least in my eyes), I fixed my collar and thought about the last time that I'd hugged my daughter and actually spent quality time with her. She was six years of age then. Now, I'm waiting on a 17 year old to come walking through the doors.

The time said 11:00am and my throat had a knot in it. There was a sensation in my stomach that reminded me of being on a rollercoaster, it almost felt like I wanted to vomit. As I tried to steady my nerves, little girls began to appear in the gym and then, there she was...my daughter stood tall, walked with grace, and looked as beautiful as ever! My heart began racing and I began to sweat as she walked towards me as fast as she could without running. My daughter wrapped her arms around me, giving me the tightest hug I'd ever felt, when she made it to where I was. It took me a second to realize that she was crying and that the knot I had in my throat had disappeared. As I came to the realization that this (spending quality time with my daughter) was happening, I began to tear up as well. Tears of joy, happiness, and love ran down my face.

I gave my daughter some kisses on her forehead and told her, "I love you, Mami! You're so beautiful! My Babygirl!" Time stopped and everything around me stood still, my daughter was the only thing that I could see and hear as we embraced. The only thing I





could concentrate on was the overwhelming force of love, peace, and joy that we were engulfed in. After our lengthy hug, things around me slowly began to return to normal and I could observe the other guys experiencing the same feelings of joy. I led my daughter to the table I'd reserved for us and I gave her the gifts I brought for her. We ate hotdogs with chips and had H2O as our beverage. For desert, there was some fancy, delicious "girly" cake. I had the opportunity to sing to my daughter and we took pictures together. We also danced and reminisced about when she was a little girl for the remainder of the time.

If there was one thing I can take away from the Daddy/Daughter Dance, it would be the value of quality time. Putting everything to the side, the food, the dancing, and the pictures which were all a part of the things that made that day special, quality time outweighs it all. Once again, quality time is what's important to me along with appreciating the gift God gave us, OUR CHILDREN! The gift of our daughters being alive and healthy. Quality time with my children and authentic relationships will forever be a part of my life. It's imperative that we recognize to whom this time is given. On the other hand, we cannot pass up the opportunity to share that time either.

In closing, I'd like to say that I'm humbled and I graciously appreciate all of those that made that day possible. May God bless you all - in abundance with great health and spirit. Thank you to the Administration because a day like this could only happen in Kewanee, that's for sure.

Sincerely & Respectfully,
Your Boy,
Happy



The Daddy/Daughter Dance Kewanee held was amazing! Not being around for a lot of moments and missing time in my daughters' lives made that day special. It meant a lot to me but I think it meant more to them just being around dad all at once again. I had all three of my girls there and they all live in different states. So, for them to see me as well as each other was priceless.

Kewanee gives you the opportunity to connect on another level with your kids. I thank them (the Administration) for thinking about the fathers and the daughters...I'm proud to be a "Girl Dad"! Kewanee gave me and my daughters a great memory that we will always cherish.

-Quentin Fox





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.






The Difference Between Personal Credit and Business Credit Part II

BY: KENJI HALEY

Hujambo! Welcome back!! When we last talked (KH #28), we covered the opportunities of personal credit. This session we will talk about the business side. Business Credit has some of the same concepts as Personal Credit, but they give entrepreneurs a unique opportunity to build, maintain and acquire more credit and loans as they build their own business credit. What is more important is that **business credit does not affect your personal credit*** (more on this later). Furthermore, when you apply to get your approval for business credit, nothing that affected you in the business side will affect you on the personal side.

When it comes to the credit agencies, there are similarities in the personal as well as the business with **Equifax** (Small business financial exchange), **Experian** (used by many credit card companies and non-traditional business lenders) as they are reviewers of business credit. Then there is **Dun & Bradstreet**. D&B (as they are affectionately known) is the main credit





score used in the business world. They are the most common and used by most vendors to extend lines of credit. Vendors use them to approve lines of credit. D&B roots can be traced back to the Mercantile Agency in New York in 1841. The agency merged with the R.G. Dun & Co. to form Dun & Bradstreet. In 1962, they created the DUNS number as a way of identifying businesses. D&B has now reported over 2 billion payment and bank experiences with businesses.

Instead of a FICO score, they have their own, **Paydex**® (an indicator of how a business paid its bills over time, based on the information given by various vendors). They also carry a different way of scoring: Personal (consumer) credit scores your credit built on the risk of you going 90+ days late within the next two years. Business credit reflects the business risk of going 90 days late on an obligation in the next 12 months. Were your personal credit has ratings of 300-850 (based on the five components), **Paydex**® is built from 100-20. 100 is the best and 20 means that you need to go and get a real job. The medium is 80, which is standard for most businesses as it will typically be required for you to obtain business credit, loans, etc.



dun&bradstreet



EQUIFAX



experian™

PAYDEX® CREDIT SCORE

PAYMENT EXPECTATION	CREDIT SCORE
Expect payment may come early	100
Payment are in early discount period	90
Payment is Prompt (ON-TIME)	80
Payment comes 14 days late	70
Payment comes 21 days late	60
Payment comes 30 days late	50
Payment comes 60 days late	40
Payment comes 90 days late	30
Payment comes 120 days late	20

As you see, if you make your payment **one day late**... you are deemed **LATE!!** If you pay **BEFORE** they are due, you're good. This doesn't count in consumer credit other than being a good payer. If your business can pay on-time, you are still doing pretty good. If not, lookout **BELOW!!**

RULE OF THUMB: You **MUST** get a DUNS (Data Universal Numbering System) number to be considered for majority business credit and loans SBA, micro, etc.). I'm pretty sure you know where can get where you can get one of those...no, **Dun & Bradstreet**. Unlike personal scores, this number cost and currently, it is \$229 to obtain.



Personal Credit is good for getting credit cards that buys pizza, ceiling fans, a washer/dryer for the house and yard equipment. Business Credit is good for getting business credit cards that buy things like office equipment, “big-ticket” items, loans for the business dealings and others. Our goal is not ever use P.G. (which will be hard to do at first) or be in a position of being late (on either personal or business credit). We now know what our FICO can be or what our Paydex will be, depending on how we handle our payments because business credit will judge you on your payment, **EVERY TIME!!** You can have a 800 credit score and if you are 14 days late on your business credit card, your personal credit will stay in tact, but your Paydex® score will drop, putting you at risk of improving your credit line, or getting new credit or loans. You are now empowered with the knowledge and the tools you need to understand personal credit as well as business credit. Take this knowledge and put it to use and start building or starting your personal credit before you are released.

We will dig in to the world of Personal Guarantees, known as P.G.'s, what it really means, how it is sometime require in obtaining business credit and the help and hurt it can do to your credit. Lets also look at how having good credit is good and how not can be challenging.





ASK AWAY!!!

If there is a question that you have regarding financial literacy (on topic), read the information on how to contact Kewanee Horizons (on the next to last page “**MAILING US SUBMISSIONS**”) and I will do my best to show them and respond to your question. Remember, there is strength in numbers!!

*(DISCLAIMER: I AM IN NO WAY A PROFESSIONAL!! I am just an Individual In Custody like you giving you the tools that I have grown to learn over time. I will do my best to give you a peace of mind: but **YOU** will be responsible for your actions. Thank you!!)*

***"Do not save what is left after spending,
but spend what is left after saving."***

**(This is known as paying yourself first, and it works
brilliantly for investors who develop this habit while they are
young.)**

-WARREN BUFFET, BILLIONAIRE



Le KH Kitchen

HORCHATA

By: Brian Lehnert

[Rice Water]

1 French Vanilla Creamer

Milk (Powdered)

Cinnamon (To taste)

Water



- 1) In a big jug or pitcher, put a half of bag of milk powder, cinnamon about 2 tsp. and half a jar of French vanilla creamer.
- 2) Add water, shake or stir. Really good.
- 3) Fill cups with ice, pour Horchata drink on top of ice.
- 4) Constantly shake or stir because cinnamon will fall to the bottom. You gotta try this one.
So good.




Le KH Kitchen


BBQ CHICKEN RANCH PEPPERONI QUESADILLAS

By: Brian Lehnert

[Serving for one]

- | | |
|----------------|---------------------------------|
| 1 Chicken Pack | 1 Pepperoni or Summer dog (Air) |
| 1 Cup Cheese | 1 Block Cheese |
| 3 Tortillas | 2 Packs jalapenos |
| 1 Ranch | 2 BBQ Sauce |
| [For Top] | 1 Tsp. Garlic Powder |
| 1 Butter Pack | 1 Tsp. Italian Seasoning |

"STEPS"

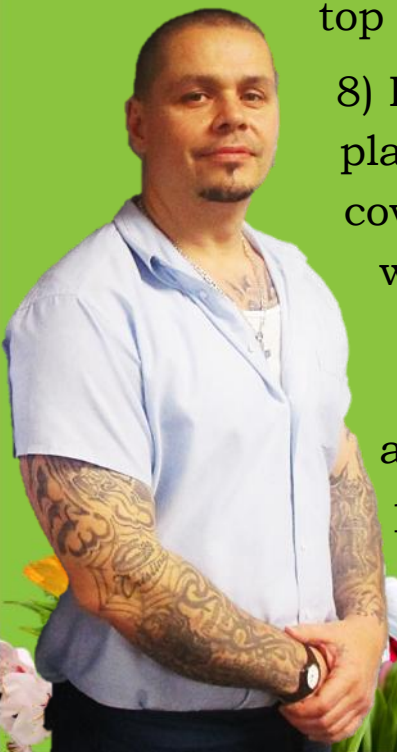
1) Lay out one tortilla, cover in spread cheese. Use a whole row of pepperoni, and lay out evenly over the entire tortilla! (For alternative, cut a Summer dog in circles real thin, and spread out on entire shell)





- 2) Spread out half of the chicken pack evenly on top of the pepperoni.
- 3) Put 1 whole pack of jalapeno peppers on top of chicken, cut block cheese into slices and put evenly on top of that.
- 4) Squeeze half of the ranch evenly on top of that and 1 BBQ sauce.
- 5) Put a tortilla on top of that, and press down firmly. Repeat the same steps starting at 1- with the rest of ingredients.
- 6) Place another tortilla on top of that, press down firmly, compacting everything into a tight formation.
- 7) Spread the butter pack all over the top of the shell evenly, covering the whole shell. Sprinkle garlic and Italian seasoning all on top of the butter.

8) For the guy here in Kewanee, place on lid and microwave uncovered for 6 minutes. The top will be a buttery garlic heaven, crispy and cooked to perfection. Cut in 4 pieces and then let someone try a piece of your work.





THE MARKET CORNER

Inverse ETF's

By: Robert "Bulldog" Kennedy

In our last issue, we discussed selling covered calls. Today, I'd like to talk you about "inverse ETF's." As you already know, an ETF or exchange traded fund, is like owning a basket of stocks, all packed into the price of a **single** stock.



You can buy an ETF for practically anything these days, including **every** sector of the **S&P 500**. You can also buy an ETF for all the major indexes in the market. For your convenience, the major indexes below have a corresponding ETF that trades with it.



1. *Dow Jones Industrial Average* - **SPDR Dow Jones Industrial Average ETF Trust (DIA)**
2. *S&P 500* - **SPDR S&P 500 ETF Trust (SPY)**
3. *Nasdaq Composite 100* - **Invesco QQQ Trust (QQQ)**
4. *Russell 2000* - **iShare Russell 2000 ETF (IWM)**

Now, lets talk about **“inverse”** ETF’S. Just as it’s name indicates, an inverse ETF operates in the opposite direction of a standard ETF. This way, you can capitalize on a bear market, a market sell off or a market correction, which all tend to occur on a regular basis.

There are quite a few inverse ETF’s to choose from, when the market is spiraling downward and you want to hedge your current **“bullish”** position or take some of your money currently on the sidelines commonly known as **“dry powder”** and put it to work even though the market is selling off like it’s having an **“everything must go”** fire sale.

In most cases, a **market sell off** is terrible for your portfolio, not to mention quite painful.

But this is the **Market Corner**, and I’m here to show you how to run into the fire instead of run away from it, just like real firefighters do! When you see or suspect the market is about to, or is currently **selling off** for some reason, you can buy an **“inverse ETF”** and actually **profit** during a time that could otherwise **potentially be a blood bath!**





For example, by purchasing the **SQQQ**, an inverse ETF of the **Nasdaq (QQQ)**, you will **profit** while the **Nasdaq Composite Index** is selling off. The “**S**” in SQQQ stands for “**short**” the QQQ. At the time of this writing, you could purchase the SQQQ at a price of about **\$40** per share. The same principles apply for the rest of the major indexes and their **inverse ETF’s** below.

1. *Dow Jones Industrial Average* - **Proshare Ultra Pro Short Dow 30 (SDOW)**
2. *S&P 500* - **Direxion Daily S&P 500 Bear 3X Shares (SPXS)**
3. *Nasdaq Composite 100* - **Proshare Ultra Pro Short QQQ (SQQQ)**
4. *Russell 2000* - **Pro Share Short Russell 2000 (RWM)**

Instead of being **short the market**, which is **extremely risky** or purchasing a “**put option**” which is **good**, but does involve an **expiration date**, this is just another tool for your tool box that is a viable alternative to **make profits** or **hedge your bullish position** bullish during a down market.

I hope this information is helpful to you as that is my goal, to help you weather any approaching storms in the market. Remember, stay focused. Stay disciplined. Stay invested.

I hope you come hang out with me next time at:

“The Market Corner”





Creative Writing 2.6


BY: C. T. BASHAW

WRITING YOUR SCREENPLAY, PART THREE

While screenwriting can be a very fun and simple way to write a story, the format is very strict. The genres and styles of writing vary, but the fundamentals of a screenplay follow the same guidelines no matter the story. Screenwriters must convey the story through external visible behavior—with dialogue and physical actions of the characters—to create a visual narrative seen through the eye of the camera that can go anywhere the imagination leads.

The first step in this process is the screenplay, also referred to as a script. Regardless of whether you are writing for a feature film or for television, *all* scripts are typed in 12-





point Courier font, and only on the front of the page. The average length of a film screenplay is between 95 and 125 pages long. Comedies run shorter at about 88 pages long, Drama scripts are longer, running about 120 pages, and Action and Horror pieces fall somewhere in between 88 and 120 pages, but can run longer depending upon the scope of the tale you are telling. Keep in mind though, that *one page of the script* equals roughly *one minute* of screen time.

Scripts for a 30-minute television show run about 21 to 23 pages long. An hour-long television program usually runs anywhere between 43 and 50 pages in length, allowing the networks to air commercials—the “bread and butter” of the network industry. The following are the fundamental elements of screenwriting.

SCENE HEADINGS

Aligned to 1.5 inches from the left margin, and running the full width of the page to a right margin of 1 inch. The margin guidelines allow for notes to be written directly upon the script by cast and crew members. These notes are for setting up shots, wardrobe needs, as well as other production details wanted during actual filming. Scene headings should convey the essential set-up of a scene: whether the scene takes place indoors (INT.) or outdoors (EXT.), the time of day (AFTERNOON), and the location of the scene (BAR ROOM). Headings are always written on their own line in ALL CAPS, and spaced 1.5 lines between headings and the action.

INT. BAR ROOM- NIGHT

EXT. CHICAGO SKYLINE- SUNSET

INT. HALLWAY- CONTINUOUS ACTION



EXT. STREET- MOMENTS LATER

EXT. NEW YORK- V-DAY PARADE- STOCK FOOTAGE

ACTION

The description of the action follows the scene headings. Scene action begins at 1.5 inches from the left margin, and runs the width of the page to the right margin at 1.0 inches. The text of the action is single-spaced and mixed-case. Action is written in real time—as if it is occurring at that moment, (a cellblock door slams shut). The goal of the descriptive and action passage is to not only indicate where the scene is taking place, but also to focus the attention on the key details that are necessary to convey the story's premise when translated into images on the screen. Sometimes these details underscore what is spoken by the characters in a scene, and at other times, they give information to the readers about the characters that would otherwise be unknown.

INT. BLUE DOOR FIGHT CLUB- NIGHT

SUPERIMPOSE OVER ACTION... “NOVEMBER 12, 1975- PHILADELPHIA”

...The club itself resembles a large unemptied trash-can. The boxing ring is extra small to insure constant battle. The lights overhead have barely enough wattage to see who is fighting.

In the ring are two heavyweights, one white the other black. The white fighter is ROCKY BALBOA. He is thirty years old. His face is scarred and thick around the nose... His black hair shines and hangs in his eyes. Rocky fights in a plodding, machine-like style. The BLACK FIGHTER dances and bangs combinations into Rocky's face with great accuracy. But the punches do not even cause Rocky to blink... He grins at his oppo-





ment and keeps grinding ahead.

The people at ringside sit on folding chairs and clamor for blood... They lean out of their seats and heckle the fighters. In the thick smoke they resemble specters. Everyone is hustling bets... The action is even heavier in the balcony. A housewife yells for somebody to cover a two-dollar bet.

The BELL RINGS and the fighters return to their corner...

Somebody heaves a beer can into the ring.

The Black Fighter spits something red in a bucket and sneers across the ring at Rocky.

-Sylvester Stalone, from *Rocky*

DIALOGUE

The first line contains the character's name written in ALL CAPS and indented 3.5 inches from the left margin. The character's dialogue begins on the next line indented 2.5 inches from the left margin. A line of dialogue can run from 30 to 35 spaces long, with a more flexible right margin of 2 to 2.5 inches. The rules for dialogue apply when anyone speaks on or off screen. This means a conversation between characters in a scene, or when a character speaks out loud to their-self, when a character is off screen and only their voice is heard, or even when we hear a character thinking.

Just as in novel writing, dialogue should strive to reveal character, propel the story forward, and drive conflicts. Keeping the dialogue short often flows more naturally than saying too much at once. Sometimes the most potent part in a conversation is what's left





unsaid.

KAUFMAN (V.O)

She looked at my hairline. She thinks I'm old. She thinks I'm fat. She—

VALERIE

We think you're great.

KAUFMAN

Oh, thanks, wow. That's nice to hear.

A rivulet of sweat slides down his forehead.

Valerie watches it. Kaufman sees her watching it. She sees him seeing her watching it. She looks at her salad. He quickly swabs.

VALERIE

We all just loved the Malkovich script.

KAUFMAN

Thank you. That's... I appreciate that.

VALERIE

(still looking at her salad)

Such a unique voice. Boy, I'd love to find a portal into your brain.

KAUFMAN





(laughing)

Trust me, it's no fun.

VALERIE

(laughs)

So you're in production, right?

KAUFMAN

Yeah, it is. They are. We are.

VALERIE

That must be so exciting.

KAUFMAN

Yeah.

Uncomfortable silence. Kaufman tries to fill it.

KAUFMAN (cont'd)

It's exciting to see one's work produced.

-Charlie Kaufman, from *Adaptation*

Next time we will continue with more fundamentals in the screen writing process!



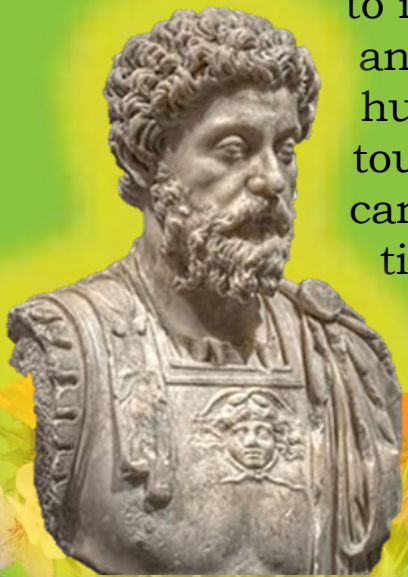


PHILOSOPHY

PART 3: STOICISM

Greetings once again everyone. Thank you for taking the time to read this next piece in a short run based on some information and our thoughts about some things we have come across regarding philosophy. Before we begin I'd like to take a moment to write about why we wanted to share our thoughts about this stuff:

Basically it comes down to the idea that our internal dialog is a powerful way to exert some control in our lives. While it obviously cannot grant us an immediate freedom from the confinement of prison or the oppression of the system bearing its full weight down on you, it can give you the ability to arm yourself against the hopelessness that these places are built to instill within us. It is our belief that engaging in philosophic thinking skills and practices is probably the highest form of activity that we can pursue as humans. There are plenty of benefits to these practices, but, the one I'd like to touch on here is that these practices are something you can do that no one can ever stop you from doing and while they can be difficult in many situations, the knowledge of yourself that you gain is something no one can ever take away from you. Becoming a better you is within your control, sometimes we just need some insights and a bit of a push externally to start this next step of the work on our-





selves for ourselves. Anyway, I encourage you to take whatever you can from this information, if you have some ideas about philosophy you'd like to share, please put that measure together and get it to us here at KH, your voice matters and you never know who you might reach. Now, on to the Stoics...

STOICISM

The name *Stoicism* derives from the *Stoa Poikile* (Ancient Greek: ἡ ποικίλη στοά), or "painted porch", a colonnade decorated with mythic and historical battle scenes on the north side of the Agora in Athens where Zeno and his followers gathered to discuss their ideas.

“Philosophy does not promise to secure anything external for man, otherwise it would be admitting something that lies beyond its proper subject-matter. For as the material of the carpenter is wood, and that of statuary bronze, so the subject-matter of the art of living is each person's own life.”


— *Epictetus*

The Stoics provided a unified account of the world, constructed from ideals of logic, monistic physics, and naturalistic ethics. Of these, they emphasized ethics as the main focus of human knowledge, though their logical theories were of more interest for later philosophers.

Stoicism teaches the development of self-control and fortitude as a means of overcoming destructive emotions; the philosophy holds that becoming a clear and unbiased thinker allows one to understand the universal reason (*logos*). Stoicism's primary aspect involves improving the individual's ethical and moral well-being: "*Virtue* consists in a *will* that is in agreement with Nature". This principle also applies to the realm of interpersonal relationships; "to be free from anger, envy, and jealousy", and to accept even slaves as "equals of other men, because all men alike are products of nature".

The Stoic ethic espouses a deterministic perspective;
in regard to those who lack Stoic vir-





tue, Cleanthes once opined that the wicked man is "like a dog tied to a cart, and compelled to go wherever it goes". A Stoic of virtue, by contrast, would amend his will to suit the world and remain, in the words of Epictetus, "sick and yet happy, in peril and yet happy, dying and yet happy, in exile and happy, in disgrace and happy", thus positing a "completely autonomous" individual will and at the same time a universe that is "a rigidly deterministic single whole".

“Of all people only those are at leisure who make time for philosophy, only they truly live. Not satisfied to merely keep good watch over their own days, they annex every age to their own. All the harvest of the past is added to their store.” — Seneca

The private diaries of one of Rome’s greatest emperors, the personal letters of one of Rome’s best playwrights and wisest power brokers, the lectures of a former slave and exile, turned influential teacher. Against all odds, some two millennia later, these incredible documents survive. They contain some of the greatest wisdom in the history of the world and together, they constitute the bedrock of what is known as Stoicism—this ancient philosophy that was once one of the most popular civic disciplines in the West, practiced by the rich and the impoverished, the powerful and the struggling alike in the pursuit of the Good Life.

Except to the most avid seekers of wisdom, Stoicism is either unknown or misunderstood. To the average person, this vibrant, action-oriented, and paradigm-shifting way of living has become shorthand for “emotionlessness.” Given the fact that the mere mention of philosophy makes most nervous or bored, “Stoic philosophy” on the surface sounds like the last thing anyone would want to learn about, let alone urgently *need* in the course of daily life. In its rightful place, Stoicism is a tool in the pursuit of self-mastery, perseverance, and wisdom: something one uses to live a great life, rather than some esoteric field of academic inquiry. Certainly, many of history’s great minds not only understood Stoicism for what it truly is, they sought it out: George Washington, Walt Whitman, Frederick the Great, Eugène Delacroix, Adam Smith, Immanuel Kant, Thomas Jeffer-



son, Matthew Arnold, Ambrose Bierce, Theodore Roosevelt, William Alexander Percy, Ralph Waldo Emerson. Each read, studied, quoted, or admired the Stoics. The ancient Stoics themselves were no slouches. The names you encounter—Marcus Aurelius, Epictetus, Seneca—belonged to, respectively, a Roman emperor, a former slave who triumphed to become an influential lecturer and friend of the emperor Hadrian, and a famous playwright and political adviser. What have all these and countless other great men and women found within Stoicism that others missed? A great deal. Primarily, that it provides much needed strength, wisdom, and stamina for all of life's challenges.

The 4 Virtues of Stoicism

- **Courage**
- **Temperance**
 - **Justice**
 - **Wisdom**

These are the most essential values in Stoic philosophy. “If, at some point in your life,” Marcus Aurelius wrote, “you should come across anything better than justice, truth, self-control, courage—it must be an extraordinary thing indeed.” That was almost twenty centuries ago. We have discovered a lot of things since then—automobiles, the Internet, cures for diseases that were previously a death sentence—but have we found anything better?

...than being brave

...than moderation and sobriety

...than doing what's right

...than truth and understanding?

No, we have not. It's unlikely we ever will. Everything we face in life is an opportunity to respond with these four traits:





Courage

“The world wants to know if you are brave?”

Seneca would say that he actually pitied people who have never experienced misfortune. “You have passed through life without an opponent,” he said, “No one can ever know what you are capable of, not even you.”


The world wants to know what category to put you in, which is why it will occasionally send difficult situations your way. Think of these not as inconveniences or even tragedies but as opportunities, as questions to answers. Am I brave? Am I going to face this problem or run away from it? Will I stand up or be rolled over?

Let your actions etch a response into the record—and let them remind you of why courage is the most important thing.

Temperance

Of course, life is not so simple as to say that courage is all the counts. While everyone would admit that courage is essential, we are also all well aware of people whose bravery turns to recklessness and becomes a fault when they begin to endanger themselves and others.

This is where Aristotle comes in. Aristotle actually used courage as the main example in his famous metaphor of a “Golden Mean.” On one end of the spectrum, he said, there was cowardice—that’s a deficiency of courage. On the other, there was recklessness—too much courage. What was called for, what we required then, was a golden mean. The right amount. That’s what Temperance or moderation is about: Doing nothing in excess. Doing the right thing in the right amount in the right way. Because “We are what we repeatedly do,” Aristotle also said, “therefore excellence is not an act, but a habit.” In other words: Virtue and excellence is a way of living. It’s foundational. It’s like an operating system and the code this system operates on is habit.



As Epictetus would later say, “capability is confirmed and grows in its corresponding actions, walking by walking, and running by running... therefore, if you want to do something, make a habit of it.” So if we want to be happy, if we want to be successful, if we want to be great, we have to develop the capability, we have to develop the day-to-day habits that allow this to *ensue*. That means that impressive results or enormous changes are possible without herculean effort or magic formulas. Small adjustments, good systems, the right processes—that’s what it takes.

Justice

Being brave. Finding the right balance. These are core Stoic virtues, but in their seriousness, they pale in comparison to what the Stoics worshipped most highly: Doing the right thing. There is no Stoic virtue more important than justice, because it influences all the others. Marcus Aurelius himself said that justice is “the source of all the other virtues.” Stoics throughout history have pushed and advocated for justice, oftentimes at great personal risk and with great courage, in order to do great things and defend the people and ideas that they loved.

- **Cato** gave his life trying to restore the Roman Republic.
- And **Thrasea** and **Agrippinus** gave theirs resisting the tyranny of Nero.
- **George Washington** and **Thomas Jefferson** formed a new nation—one which would seek, however imperfectly, to fight for democracy and justice—largely inspired by the philosophy of Cato and those other Stoics.
- **Thomas Wentworth Higginson**, a translator of Epictetus, led a black regiment of troops in the US Civil War.
- **Beatrice Webb**, who helped to found the London School of Economics and who first conceptualized the idea of collective bargaining, regularly re-read Marcus Aurelius.

Countless other activists and politicians have turned to Stoicism to gird them against the difficulty of fighting for ideals that mattered, to guide



them towards what was right in a world of so much wrong. A Stoic must deeply believe that an individual can make a difference. Successful activism and political maneuvering require understanding and strategy, as well as realism... and hope. It requires wisdom, acceptance and also a refusal to accept the status quo. **It was James Baldwin who most brilliantly captured this tension in *Notes of a Native Son*: *It began to seem that one would have to hold in mind forever two ideas which seemed to be in opposition. The first idea was acceptance, the acceptance, totally without rancor, of life as it is, and men as they are: in light of this idea it goes without saying that injustice is commonplace. But this did not mean that one could be complacent, for the second idea was of equal power: that one must never, in one's own life, accept these injustices as commonplace but one must fight them with all one's strength.***

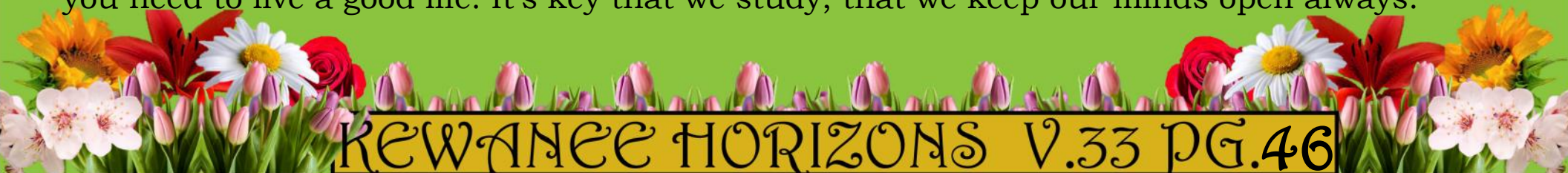
A Stoic sees the world clearly...but also sees clearly what the world can be. And then they are brave, and strategic enough to help bring it into reality.

Wisdom

Courage. Temperance. Justice. These are the critical virtues of life. But what situations call for courage? What is the right amount? What is the right thing? This is where the final and essential virtue comes in: Wisdom. The *knowing*. The *learning*. The *experience* required to navigate the world.

Wisdom has always been prized by the Stoics. Zeno said that we were given two ears and one mouth for a reason: to listen more than we talk. And since we have two eyes, we are obligated to read and observe more than we talk as well.

It is key today, as it was in the ancient world, to be able to distinguish between the vast aggregations of information that lay out there at your disposal—and the actual wisdom that you need to live a good life. It's key that we study, that we keep our minds open always.





“You cannot learn that which you think you already know,” Epictetus said.

It’s true. Which is why we need to not only be humble students but also seek out great teachers. It’s why we should always be reading. It’s why we cannot stop training. It’s why we have to be diligent in filtering out the signal from the noise. The goal is not just to acquire information, but the *right* kind of information. It’s the lessons found in *Meditations*, in everything from the actual Epictetus to James Stockdale entering the world of Epictetus. It’s the key facts, standing out from the background noise, that you need to absorb. Thousands of years of blazing insight are available to the world. It is likely that you have the power to learn anything you want at your fingertips. So today, honor the Stoic virtue of wisdom by slowing down, being deliberate, and finding the wisdom you need.

Two eyes, two ears, one mouth. Remain a student. Act accordingly—and wisely.

So, there you have it, some insight into Stoicism. This has to be one of the most popular and well known philosophies out there right now. People in the world are loving this stuff because at our core we are all looking to live the fullest lives we can in the ways that are most filled with purpose to us. Stoicism can give us the ability to look within ourselves and find those things that motivate us most. If we live with purpose and intention, especially in the most difficult situations, we can live a satisfying existence. We can only control **how** we receive the world, not **what** we receive from it, to be miserable by choice is a terrible injustice to yourself. Remember, “**the want is the reminder**” (of what you do not have.) That is what causes our unhappiness. Accepting what you do have and working toward a better you is living with purpose.



Trivia



Q




and



A

1. Two U.S. coins add up to 30 cents. If one of them is not a nickel, what are the two coins?
2. Make *one word* from all the following jumbled letters:
o r e n o d w
3. In miles per hour, what is the average rate of a car going 20 mph and traveling back the same distance at 60 mph?
(a) 30 (b) 40 (c) 50 (d) 60 (e) cannot be determined unless the distance is given
4. If you don't know the meaning of the word PRECURSORY, which of the following words do you think means the opposite of PRECURSORY?
(a) flamboyant (b) succeeding (c) cautious (d) simple (e) not planned
5. An explorer found a silver coin marked 7 BC. He was told it was a forgery. Why?
6. I have only nickels, dimes, and quarters and have at least one of each type of coin. The total number of coins I have is fifteen and the total value of all the coins is \$1.00. How many of each coin do I have?





7. A malicious computer program informs a user that it has “kidnapped” an important file and that what happens to the file will be based on the next statement to be typed by the user. If the user types a false statement it will delete the file, and if the user types a true statement it will change the file’s name so it can never be found. The user types a statement that makes the computer unable to perform or shut down. What could the user have typed?

8. Terry is half as old as Alice was when Alice was five years older than Terry is now. How old is Terry now?

9. IMAGINARY NUMBERS is to REAL NUMBERS as

(a) spiritual : global (b) infinite : finite (c) prime : rational (d) negative : positive
(e) disordered : ordered

10. In 40 seconds or less, and without using a calculator, figure out which is greater: 354×357 or 355×356 .

ANSWERS ON THE NEXT PAGE:



Answers

- 1.** A quarter and a nickel: Be careful of what the wording says: One is not a nickel, but the other is. This is a standard trick in the English language. When you say, “one of them is not a nickel,” it doesn’t mean that both are not nickels. The key strategy is to pay attention to the wording and not assume anything. The mind gets lured into a process that seems natural. So if you hear someone say, “one of them is not a nickel,” you may assume that the person means that both are not nickels. But the statement “one is not a nickel” does not imply that the other cannot be a nickel.
- 2.** one word: Okay, that may be a cheap one! The fact that “one word” in the question was italicized could indicate that the word was in fact “one word.”
- 3.** (a) 30: Average rate is not the average of the rates, and the answer is not 40. Also, the distance does not need to be known. Where a and b are the two rates, the average rate can be shown to be $2ab/(a + b)$, so $2(20)(60)/(20 + 60) = 30$.
- 4.** (b) succeeding: PRE means before; CURS means to run. So, PRECURSORY means to run (or go) before. The opposite is running or going after, or “succeeding.”
- 5.** The label BC only could have come into usage after 0 BC.
- 6.** Thirteen nickels, one dime, and one
- 7.** He could type “The file will be deleted.” Think of a statement that will be in conflict with what is mentioned. If the user types “The file will be deleted” and the statement is true, the file’s name will change but not be deleted. Thus the statement “The file is deleted” cannot be true. So it is false. But if the statement “The file will be deleted” is false, according to what is mentioned in the question, the file will be deleted, making the user’s statement true, which would be contradictory. So if the user types “The file will be deleted,” the computer will not be able to perform a function with the file and probably



shut down.

8. Terry is 5 years old. Translate words to math. “Alice was five years older than Terry is now” translates to $a = 5 + T$, where a is the age that Alice was. Now translate again. Terry is half as old as Alice was: $T = (1/2)a$. Substitute for a : $T = (1/2)(5 + T)$. $2T = 5 + T$, $T = 5$. So, Terry is 5 years old.

9. Choices (d) negative : positive and (e) disordered : ordered are correct. An imaginary number is a number such that when multiplied by itself it becomes a negative number. However, there is no way a real number multiplied by itself will give you a negative number. Thus, the term imaginary. For example, two times an imaginary number cannot be thought of as greater or less than three times the number. Therefore they are called “not ordered.” The real numbers are ordered. For example, three times the number 25 is greater than two times the number 25.

10. 355×356 is greater than 354×357 . There are more than seven ways to answer this question depending on how your mind works. One strategy is to find a way you can divide to make the problem simpler. The simple way is to divide both quantities by 356×354 . You then get to compare $357/356$ with $355/354$. $357/356 = 1$ and $1/356$ th and $355/354 = 1$ and $1/354$ th. So, the original second quantity is greater than the original first quantity.

**If you think education is expensive, try
estimating the cost of ignorance.**

-Howard Gardner-



MENTAL HEALTH: 8 TIPS TO HELP

There is no health without mental health. To help with day-to-day stress and challenges, we're offering 8 tips to boost yours.

“Mental health” refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.

Anyone can experience mental or emotional health problems — and over a lifetime, many of us will. These tips can help you elevate your mood, become more resilient and enjoy life more.

1. Stay active: Staying active is as good for the brain as it is for the body. Regular exercise or activity can have a major impact on your mental and emotional health, relieve stress, improve memory, and help you sleep better.





2. Talk to someone: Talk to a friendly face. If you have concerns, stresses or worries, sharing these with someone who cares is one of the most effective ways to calm your nervous system and relieve stress.

3. Appeal to your senses: Does listening to an uplifting song make you feel calm? Does squeezing a handball as a substitute or a stress ball help you feel centered? What about taking a walk around the yard? Everyone responds to sensory input a little differently, so experiment to find what works best for you.

4. Take up a relaxation practice: Yoga, mindfulness, meditation and deep breathing can help reduce overall levels of stress.

5. Make leisure and contemplation a priority: We can all be guilty of being "too busy" to take some down time, but leisure time is a necessity for emotional and mental health. Take some time to relax, contemplate, and pay attention to the positive things as you go about your day — even the small things. Write them down if you can, because they can be easy to forget. Then reflect on them later if your mood is in need of a boost.

6. Don't skimp on sleep: It matters more than you think. Sleep is our body and mind's best way to recharge and rejuvenate. One way to get sleep better is to take a break from the stimulation of screens — TV, phones, tablets or — in the hours before bedtime.





Consider reading or listening to relaxing music instead.

7. Find purpose and meaning : This is different for everyone but finding purpose in your day is a big factor to good mental health. You might try one of the following:

- Engage in work that makes you feel useful
- Invest in relationships and spend quality time with people who matter to you
- Volunteer, which can help enrich your life and make you happier
- Care for others, which can be as rewarding and meaningful as it is challenging
- Think of one good deed or gesture to do each day

8. Get help if you need it: there is never anything wrong or weak about asking for help. Everybody needs support, everybody. People understand and care about what is happening to you, but they can only help if you tell them about your issue or problem.

In fact, hope is best gained after defeat and failure, because then inner strength and toughness is produced.

-Fritz Knapp-

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Aries: Your emotions have been pulled out of shape and you need to do a little backtracking. Communication will be your strong point and you should be able to persuade others to see things your way. Deception may cause disputes you can do without.

Translation: The Bulls suck bro, you can't convince anyone otherwise.. No matter how hard you try..



Taurus: Your positive attitude and intellectual outlook will draw others to you. Get together with friends who like to participate in indoor sports. Try not to take others for granted. Tempers could get out of hand this month.

Translation: Sign up for that basketball tournament! And don't take them bogus calls from the refs personally...



Gemini: You will find that friends or relatives may not understand your needs. Compromise if you wish to have any fun at all. Uncertainty about your relationship is prevalent. You will have to be sure not to burn the candle at both ends.

Translation: Just tell em they right, even though they ain't...



Leo: Stress coupled with diet will add to stomach problems. Your creative ideas will be put to good use if you dig in and do things around the house that will make your family happy. You might not be as reserved on an emotional level as you'd like.

Translation: Stomach problems? Try not eating 3 stir-fry's a day...





Virgo: You may find that someone you live with may be irritable; you're best to leave them alone. Others may want to steal your thunder when they realize your ideas are pretty solid.

Translation: **Your celly's a crank, don't take it personally bro bro! you know you got your issues too! Remember 2 wrongs don't make a right.**



Libra: Don't count your chickens before they hatch. Deception is evident around you. Be confident in your endeavors and others will believe in your efforts. Avoid lending money or belongings to friends.

Translation: **That noodle bro asked to borrow, you ain't getting it back... Also, don't count on your chicken wet packs to be available when you shop, plan your meals with alternatives in mind.**



Scorpio: You could be blind to the defects of those you love. Tell it like it is. Responsibilities with respect to older relatives may be a burden. Do not yield to children or relatives when they really don't deserve it.

Translation: **Tell it like it is, but remember, you can't un-send emails... So be careful how crazy you talk to your people, and don't forget you have to be the role model for how to deal with adversity, play it cool but no free passes for a lack of effort! You gotta try your best always.**



Sagittarius: Be sure to think twice before you say something that might hurt your partner's feelings. Debates will stifle passion and result in estrangement. You need to make your lover feel wanted, not like a piece of the furniture.

Translation: **Maybe try another tactic instead of yelling at the top of your lungs on the phone...just a thought? That ain't worked yet and you sound sooo crazy right now!**





Capricorn: Your creative imagination will help you in coming up with unique ideas. Leave things as they are for the moment and focus on reaching your highest potential at work. You are ahead of your time, and trying to stay in one spot could be asking too much.

Translation: You got to think about that next transfer, you know pell grants are getting reinstated and schooling is coming. If you put yourself in a good position you might be able to get where you need to go.



Aquarius: Be sure to keep communication open with those you live with. You could pick up valuable knowledge through conversations with experienced individuals. Erratic behavior at home may be hard to handle. Don't overspend on luxury items.

Translation: Your celly might be old but he is wise, listen to him. And don't spend your whole shop on wet packs you can make it through with some rice in your meals to blow them up.



Pisces: Children may pose a problem if they don't like suggestions. Some of your new friends may not be that trustworthy. Try to be patient and understanding. You are best to do your research before taking on such a venture.

Translation: Or just hit em with the Heisman, uh! Straight stiff arm with no kick it!



Cancer: Travel opportunities should be your first choice. Do not allow colleagues to hinder your ambitions. Stay away from social unpleasantness. Take a close look at contracts and agreements that have been offered to you.

Translation: Don't try to stay where you are at just cuz your cousin is there, he got too much going on anyway, straight chaos agent! Move around



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.



STATEWIDE CALL OUT



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





MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

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Kewanee, IL 61443

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

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

KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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