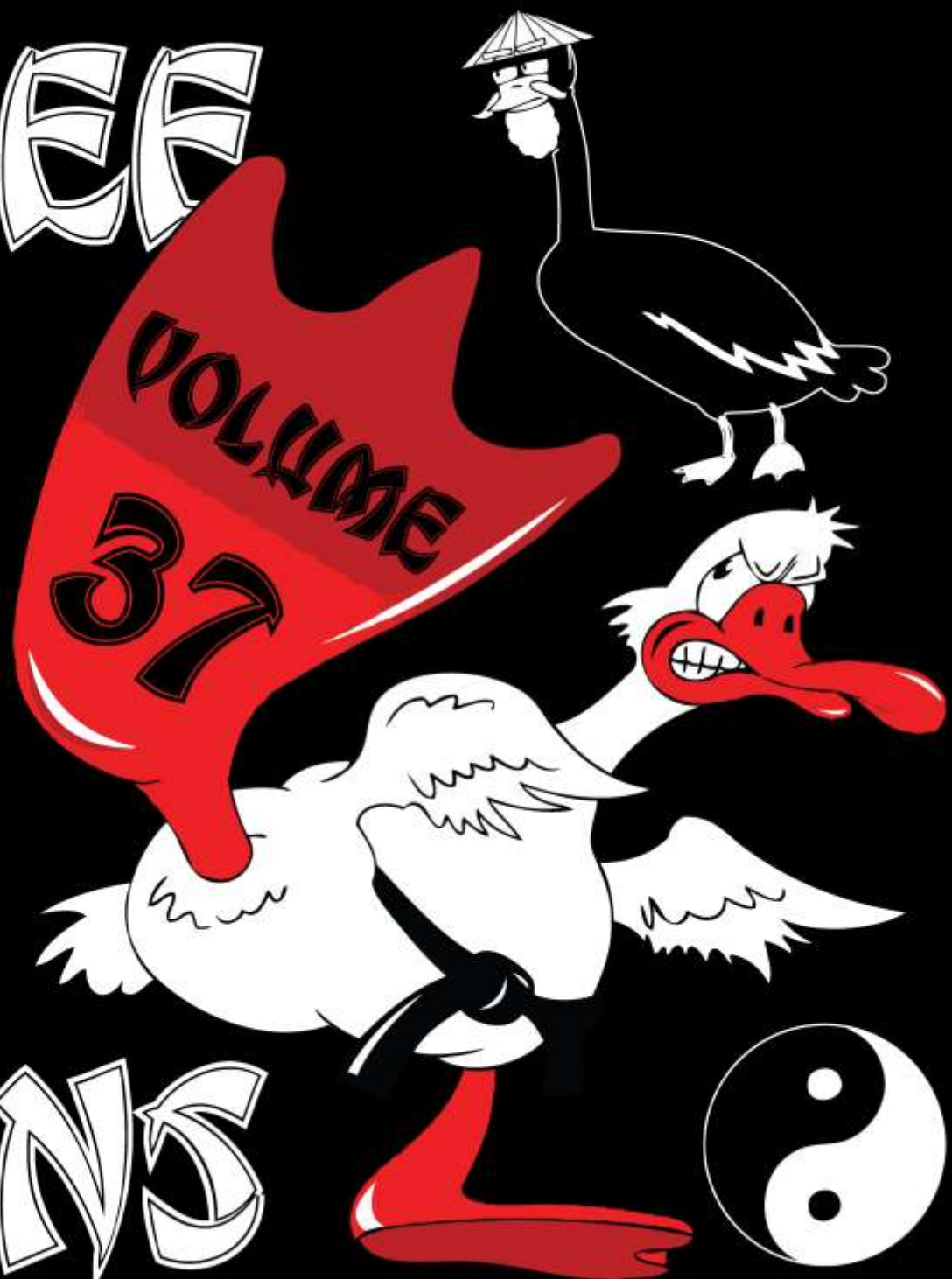


KEWANEEE



HORIZONS



- 1) COVER
- 2) TABLE OF CONTENTS
- 3) RESTORATIVE JUSTICE
- 4) MISSION STATEMENT
- 5) ARAB AMERICAN HISTORY PART 3
- 6) ARAB HISTORY
- 7) "SINK" BY: MR. DUSTIN BOWMAN@GRAHAM C.C.
- 8) "SINK"
- 9) LIFE INSIDE
- 10) LIFE INSIDE
- 11) LIFE INSIDE
- 12) LIFE INSIDE
- 13) PEER LED SHOWCASE
- 14) SPOKEN WORD
- 15) SPOKEN WORD
- 16) SPOKEN WORD
- 17) PRECIOUS BLOOD MINISTRY OF RECONCILIATION CIRCLE TRAINING
- 18) PBMR CIRCLE TRAINING
- 19) PBMR CIRCLE TRAINING
- 20) PBMR CIRCLE TRAINING
- 21) PBMR CIRCLE TRAINING
- 22) PBMR CIRCLE TRAINING
- 23) PBMR CIRCLE TRAINING
- 24) PBMR CIRCLE TRAINING
- 25) PBMR CIRCLE TRAINING
- 26) KLSRC'S BHM RECAP!
- 27) KLSRC'S BHM RECAP!
- 28) KLSRC'S BHM RECAP!
- 29) KLSRC'S BHM RECAP!
- 30) KLSRC'S BHM RECAP!
- 31) KLSRC'S BHM RECAP!
- 32) HOW A BILL BECOMES A LAW
- 33) HOW A BILL BECOMES A LAW
- 34) APPRECIATION
- 35) APPRECIATION
- 36) OPPORTUNITIES
- 37) LETTER OF APPRECIATION
- 38) LETTER OF APPRECIATION
- 39) Silence
- 40) Silence
- 41) Silence
- 42) KH KITCHEN
- 43) KH KITCHEN
- 44) RADICAL CONCEPT
- 45) RADICAL CONCEPT
- 46) RADICAL CONCEPT
- 47) PHILOSOPHY
- 48) PHILOSOPHY
- 49) PHILOSOPHY
- 50) THE MARKET CORNER
- 51) THE MARKET CORNER
- 52) THE MARKET CORNER
- 53) ADVENTURES OF J-DAWG
- 54) KH MEME
- 55) KH MEME
- 56) KH MEME
- 57) MENTAL HEALTH
- 58) MENTAL HEALTH
- 59) HOROSCOPE
- 60) HOROSCOPE
- 61) HOROSCOPE
- 62) STATEWIDE CALLOUT
- 63) STATEWIDE CALLOUT
- 64) SENDING US SUBMISIONS
- 65) SOCIAL MEDIA PAGE

*OTHER INSTITUTIONS

*FREE WORLD

RESTORATIVE JUSTICE

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

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

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

Community: A group of people with a common characteristic

Or interest living together with in a larger society.

Merriam-Webster's Collegiate Dictionary Eleventh Edition

MISSION STATEMENT

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

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

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

ARAB AMERICAN HISTORY

ASTRONOMY

Just like Algebra, Astronomy improved because of religion. It was mostly used to determine the precise time when the sun rose and set for prayer, as well as know the right time to fast during the Holy month of Ramadan. Arab astronomers from the Middle East were responsible for collecting astronomical charts in places such as those at Maragha and Palmyra.

ANOTHER ONE!

With time, the astronomers were able to determine the size of a degree to determine longitudes and latitudes necessary to investigate the approximate speed of light and sound.

Al-Biruni is considered as one of the greatest scientist in the Arab world. He was the first person to discuss the possibility of the earth rotating on its own axis – a theory that was later proved by Galileo Galilei.

ARCHITECTURE

Just like it is with mathematics and astronomy, one of the main objectives of early Arab architecture was to glorify or promote Islam. As such, architects gave in their best skills in the building of beautiful Mosques and Mausoleums. They



adopted the horseshow from the Romans and redesigned it into adorable architecture.

The great mosque of Damascus is one of the great works of Arab architecture built in the early 8th century. Besides that, the mosque of Ibn Tulun in Cairo served as an inspiration for most of the magnificent Cathedrals in Europe. Also in Jerusalem the dome of the Rock and Al-Aqsa mosque a seventh – century structure where the Prophet Muhammad (PBUH) ascended to heaven.

I hope you learned something new and will read **next week's article about 5** short biographies of Arab Americans who have significant contributions in the fields of science, medical and engineering.

Thank you for reading.





'SINK'

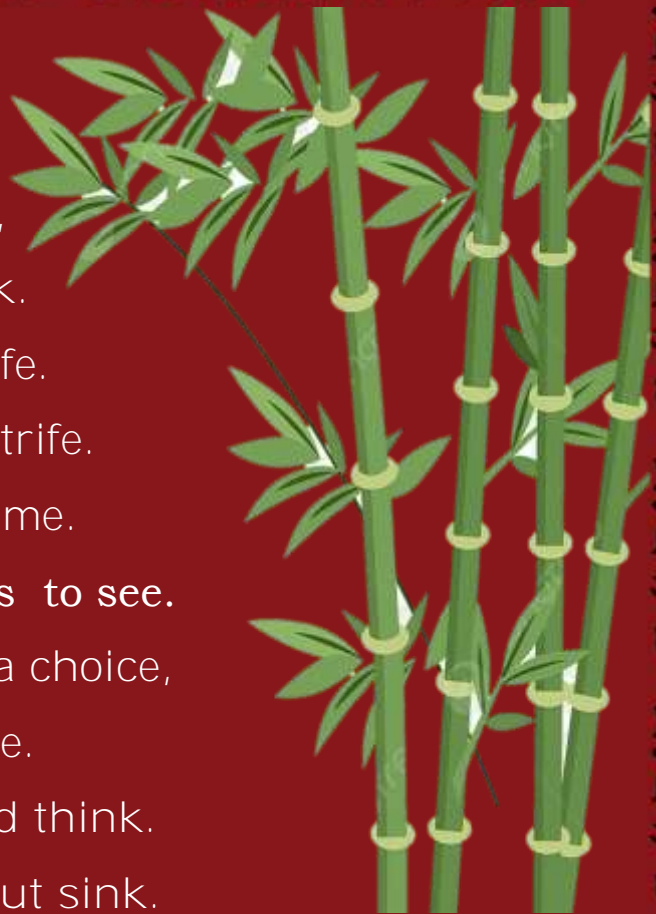


By: Dustin Bowman @ Graham C.C.

Hello, my name is Dustin Bowman and I am a current resident of Graham Correctional facility. I have been here for almost a year and still have a little time to go. I wrote this poem while I sitting in the x-house. I had just got done serving five years in Missouri D.O.C. and was out for 3 months and 11 days before I caught the case that sent me here. I have tried to use this time to learn about myself. I am identifying my faults and zeroing in on my mistakes. I have not really had a relationship with my son since I got locked up in Missouri. With everything I have been doing here, I now have a relationship with him and 5 days ago, for the first time in 6 years, he told me he loves me. Like I said I wrote this poem on my 3rd day in the x-house. But I have recited it to myself countless of times. I have even taken it and shared at A. A. meetings. I wrote this poem, now I am living this poem. I hope it touches home with some of you. I hope you all like



it.



“ Sink “

I stare out this window and think,
Of all the things that made me sink.
Sink down this low in the game of life.
Putting myself through all trouble & strife.
Life was not meant to be like this for me.
Over time I 've grown and opened my eyes to see.
Now I am coming upon the time to make a choice,
And I know the right one so I rejoice.
Now whenever I stare out the window and think.
I can plan for the future to do anything but sink.

As I mentioned this was wrote close to a year ago. I knew that I had to do something different. I have made some changes and I am ready to make more. I want to thank all the guys at Kewanee Horizons. I look forward to every publication. I love the stories, the poems and all the inspiration that goes into them. You guys are doing something great. And J-Dawg's comic always gives me a laugh. I appreciate you guys. I hope to see my submission one day.

Keep Up the good



LIFE INSIDE

By: Bobby Bostic

I Was Sentenced to Die in Prison. But After 27 Years, I'm Finally Free

When I went to jail in 1995, I had never used the internet. As I play catchup, the simplest things are everything.

For almost three decades, my life as a Missouri state prisoner was a matter of numbers. I was only 16 when I took part in robberies that resulted in 17 felony convictions. I was just released on parole a little over three months ago, at age 43. And one thing I can honestly say is that life is beautiful on this side of the fence.

Without the tyranny of the numbers, the simplest things make me feel liberated, like being able to reach into an ice box and choose what I want to drink. It's a celebration every time I open the refrigerator door and see the light shining on all the food inside. Then there's the joy of getting up and taking a bath with no time restrictions. I even hear birds chirping in the morning.

I can fully appreciate how precious everyday moments are because I lost my freedom so long ago. No one was killed or seriously injured in my crimes, but they took place in 1995, during the youth “superpredator” panic. Among my 17 felonies were first degree robbery, attempted robbery and armed criminal action. I will never forget the moment at my sentencing hearing when the judge told me, “...Bobby Bostic, you will die in the Department of Corrections.” I was 18.

Technically speaking, I didn’t get the death penalty, or even life in prison — a sentence that would have made me eligible for parole in 15 years. Instead, the judge ruled that I would serve my sentences consecutively, for a total of 241 years. As if it mattered. I wouldn’t be able to even apply for parole until age 112.

Thankfully, that didn’t happen: In 2021, the Missouri state legislature passed a law inspired by my case that gives people who committed their crimes before age 18 a better chance at parole. They did so with the blessing of the judge in my case, who had retired and apologized for imposing such a long sentence on a teenager.

I walked out of Algoa Correctional Center in Jefferson City, Missouri, on Nov. 9, 2022 — exactly one year after my successful parole hearing. The weather was great, and my family was waiting for me. So were my attorneys and Evelyn Baker, the retired judge who had sentenced me.

Although I’m out of prison, I’m not totally free. I lost my final appeal in 2018, so I still have to serve the remainder of my sentence. I will probably be on parole for the rest of my life.

But prison taught me to never take anything for granted. For instance, I love seeing my 2-year-old greatniece running around, and I listen closely to her chatter. I can't understand her words, but we are still able to communicate with one another. I often think about how her mother — my niece — **wasn't even born when I was arrested.**

Another one of my greatnieces just had a daughter of her own, named Miracle.

Because almost everything in the world is new to me, sometimes I feel like I'm the newborn. Many of the places where I used to live or hang out have been torn down or stand vacant. I've lost count of how many of my peers are dead or incarcerated. The little kids I babysat before prison have children taller than me.

It might be hard to imagine, but when I went to prison, I had never used the internet or a cellular phone. I still don't know how to swipe my credit card without someone's help. Things like GPS and Alexa also leave me dumbfounded. While prison slows everything down, time flies in the free world. I can feel my perception of time shifting. There just aren't enough hours in a day to get everything done.

I am not complaining; I'm grateful for my full days. I have my own one-bedroom apartment, and I drive myself everywhere I need to go in the car that I purchased. I work at Dear Mama, an organization that provides basic needs to poor mothers, which I co-founded with my sister. I am also a motivational speaker, a published author, and I own a publishing company called Mind Diamonds, LLC.

Now that I know how to use the internet, I run the Instagram and Twitter accounts my loved ones started when I was in prison. Besides the human body itself, the internet is the most amazing creation I have ever seen. I can't believe how much easier it has

made life on earth. Soon, I will release a new book, “Humbled to the Dust: Still I Rise.” It’s a fitting title for a memoir by a man who is living in gratitude, a man who is finally in the free world.



Bobby Bostic, a St. Louis native, was released on parole in November 2022. During the 27 years he spent in prison, he wrote 13 books, including “Dear Mama: The Life and Struggles of a Single Mother” and “Life Goes on Inside Prison.” Follow him on Twitter and Instagram using @FreeBobbyBostic.



PEER LED SHOWCASE

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

Trust me, it's not going unnoticed.



SPOKEN WORD



By: Carlos McDougal

Welcome back to another edition of Spoken Word; today I'll be show casing one of the people in the group piece and I'll be contributing one of my pieces as well, by now the group should be in good space when its open and guys feel safe with exposing the thoughts and feelings that have been locked away for years.

This is all through being vulnerable with self first then having the courage to step out in the open which is a cleansing experience with that being said here's an original piece I wrote....

Mother I forgive you for the pain you put me through but the scars still feel the same. The physical ones don't hurt anymore but the mental ones feel like they happen just yesterday. I could only imagine what you had to endure when you were a kid so I guess your pain was something I had to pay for like I was the source of the trauma that turned you into a monster, I never hated you though sometimes I wanted to, you and I both know I would've died for you if given the chance I guess that's why God called you home and took the weight of you off me and placed you in His hands.



"THIS LIFE"

By: Franklin "Bird" Heindricks

Dove off the deep-end
Straight into addiction
These veins are a roadmap
To sweet bliss
A warm rush
From every needle touch
Overdose till I'm comatose
Overdose is the diagnose
Death grip won't let loose
Handy man's got me in the gallows
Hands hurt from fighting this noose
Head hurts from fighting these 'lies'
Heart hurts from fighting this truth
The lie is that I can keep living like this

The truth is this life will take my life
Unless I change my life
But man change hurts
It's hard letting go
Of everything you've ever known
Getting sober and leaving the life
Can be a lonely endeavor
So called family and friends
Loved it
When you was wildin out
Ridin round
Shuttin out
Ready to die for this
Bury me in the ground



Ain't no talking bout it

Said he stood ten toes down

Right before they put him six feet in the
ground

Whether it's the drug life

Or the gang life

This game takes lives

There ain't no extras

So it's either four walls and a steel door

Doing pushup

Or four walls pushing daisy's

Or you could take another path

And be the one picking daisy's

Smiling and laughing with your loved ones

Sunshine and a clear blue sky

So how you gonna live

Staring at the bricks

The dirt or the future you have ahead

It's your story

It's your blood, sweat, and tears on those
pages

Only you can write it, only you can change
it.





PRECIOUS BLOOD MINISTRY OF RECONCILIATION

I had the amazing opportunity to participate in a 4-day “Circle Training” event that has left me in a state of absolute awe. I, along with 14 of my fellow peers, spent those 4 days with 3 of the most incredible people you could ever ask to be blessed with the opportunity to be around. Those 4 days were spent as both a training session, as well as a life changing experience. Never in my many years of incarceration have I been in a space where I felt completely comfortable and safe to be open and vulnerable. Being both a participant, as well as a “trainee”, allowed me to enjoy those 4 days more than I would’ve ever imagined. It



opened my eyes to just how powerful “Circles” are, and can be. As crazy as it may sound, it was almost like I had two of me there at the same time, and the both of me were supporting the other...it was just crazy. What I can tell you though was that it was the best experience I’ve had since being incarcerated. The space

that we all created amongst one another was air-tight, and going through that training with those other 14 men brought us all closer together than what we were before. If I can get you to just envision this, you'd understand just how amazing of an experience it was. Just imagine yourself being at the bottom of a mountain. You're standing in front of that mountain at the very start of it, right along with 14 other people. Throughout the whole time of preparing yourself to climb that mountain, you have 3 of the most amazing and supportive people behind you, telling you this is just a small hill, not a mountain, and you got it, we're here with you. You, and those 14 other people are all climbing up this mountain together, supporting one another, helping one another, cheering each other on, and eventually you all make it to the top of the mountain. Once you're up there, you feel accomplished, you feel on top of the world, and immediately thereafter, you have the strongest desire to find your way back down that mountain, find others that need to make their way up it, and you've now taken place of one of those 3 people that cheered you on, supported you, and guided you up that mountain. Completing that training has given me the strength to pick up the weight of the world and carry it strongly and proudly. There's not too many things in life that can make anyone feel like that, but for me, being surrounded by those other 17 people, and doing all that we did to-





gether, definitely made me feel that way. There were times during my incarceration that I've had to make choices, choices that ultimately determined where I'd be at, at this particular time in my life. We all have to make those choices sometimes. You can either choose to do things that are healthy, positive, and help you and those around you in a good way, or you can do the opposite, and live a life filled with regret. The only person ever in control over you, is "you", and that's something that you must always remember. The point of me saying that is because I've been through some very dark times in life, and there were times that I could've jumped right off the deep end which would've literally robbed me of all of the wonderful things that I've been able to do and accomplish. Becoming a "Certified Circle-Keeper" means more to me than what the title says, it means the world to me. Someone that was once broken can now help repair people who feel broken. Life has a very funny way of happening, and one thing that I've always believed wholeheartedly is that things happen for a reason. People enter your life for a reason. You face difficulties in life for a reason. Every person that was a part of "Circle Training", has left me with a piece of them, and has also taken a piece of me. I have a responsibility to share what I've learned with others, and help everyone that I possibly can, the same way that everyone that's ever helped me has.

Written by: Tiiyon T. Byrd

CIRCLE TRAINING

It took almost an entire year of planning, persistence and faith to get all of the details ironed out. It took plenty of help from so, so many people. At the end of the day, after the last of the goodbyes were said, it was beyond well worth it. I have a homie named Mike who has a saying, "It

would've been cheap at twice the price." Meaning, obviously, even if had taken twice as much as we put into it, it would have been a good deal. I can only speak to what my personal experience was and the feedback that I have personally seen and heard from others, but, I think this experience needs to be replicated as often as possible in as many places as possible. Especially within the IDOC. It needs to be replicated in an authentic way, not copied with modifications to **water down the impact. Please allow me to tell you about my experience...**

Starting on a Monday morning, myself, 14 other individuals in custody, and one of KLSRC's mental health professionals welcomed in 2 volunteers: Sister Janet and Gene to engage in *Circle Keeper Training*. We all committed to spending 7 or so hours a day together for



the next 4 days. Sister Janet and Gene are two of the kindest, most generous people I have ever met, the instruction was inspirational and their authenticity created an amazing experience for all of us. (Those of us who participated would love to start a “Janet and Gene Fan Club”! 😊) We started at about 9 or 9:30 with a welcome/social time and went hard at it all day until about 3:30. During the day we engaged in different aspects of learning about Circles and their different incarnations and purposes. Circles, often called Peace Circles, are a beautiful way of building trust and a safe space to communicate based on the practices of indigenous peoples. They are often used as a part of Restorative Justice Practices to allow for the expression of how people have been harmed by someone or some action(s) and as a way to find the healthiest, most healing way forward for the community. This often involves the person or people who have been harmed, the person whose actions caused the harm and their support systems, as well as people who serve to help keep the experience focused and healthy. The most important guideline of a Circle of any kind is to *“Do no harm”*.

There are many kinds of Circles, of which a whole bunch are more celebratory and less apt to be emotionally dangerous, things like Recognition Circles, Celebration Circles, Welcoming Circles etc. At the other end of the spectrum are Circles that focus more on heavier topics like conflict resolution or Sentencing Circles.

At our training we learned something about being Circle





Keepers for many of these different types of Circles. This training involved “Sitting in Circle” as it is referred to, and allowing ourselves to experience the power of being your authentic self in a safe space. One of the most amazing things I learned about Circles is that they are powerful enough to hold whatever emotions or traumas that are brought into them. Our experience allowed many of us to open ourselves to others in ways we never have in our entire lives. The safety afforded by the Circle allowed us to unburden ourselves of toxic emotions and memories that cannot be let go of in almost any other environment.

I could talk/write for hours about the things we experienced during our training, however I’d rather allow for my enthusiasm to hopefully inspire someone somewhere to try and do some research and possibly do something similar to what happened for us here. If possible, and if you are interested, please read *“The Little Book of Circle Processes-A New/Old Approach to Peacemaking”* by Kay Pranis.



Written by: Nick Mobely

Coming into this four day training I didn't really know what to expect nor was I prepared to be around a nun that was going to be training me. But after that first day with Sister Janet and Gene, I was more than excited to see what the next three days had to offer. Just being around Sister Janet and Gene and them showing us their authentic self and accepting us as we are and listening wholeheartedly to our stories and testimonies was everything. I was glad the group of fellas that attended the training were fully open and transparent.

Sister Janet and Gene helped us break out of that cold, tough persona we have on everyday and relax and participate in games and activities we would have never done anywhere else. Through this training it helped me get a deeper understanding about every brother and sister in the circle. It formed a stronger bond so those there could move on to the next phase of our journey with unity. Over all, for me, I would recommend this training to anyone looking for change and ready to build something great.



Written By: John “Jay-R” Williams

I truly found the experience to be very rewarding and deeply moving. In participating, I was quite surprised at how I was able to open up mentally as well as **spiritually**. I shed real tears among “Real Men”, and thought nothing of it. I felt deeply honored to be in the Circle as my fellow Circle Keeper’s poured out their hearts and souls, knowing and resting comfortably in the trust, respect, and non-judgment they would receive from the Keeper’s of the circle. I thank our Creator for Sister Janet! She is truly a beautiful soul and a ray of heavenly sunshine. She came here to Kewanee and taught us lessons that will be with us for the rest of our lives. I strongly encourage all who are interested in the betterment of “self” to get involved with “Breaking Point”, and experience the Circle Keepers! Peace!



The highest activity a human being can attain
is learning for understanding, because
to understand is to be free.

—*Baruch Spinoza*—





CIRCLE KEEPERS

Throughout my entire incarceration there has been many peaks and valleys, and on March 27th, 2023, I had the privilege to be a part of precious Blood Ministry of Reconciliation Circle Keepers here at Kewanee LSRC, my greatest peak.

From the outset, we all were wondering how were we going to endure 7 hours together each day. Well- let me say this- at the end- those 7 hours did-

n't come close to being enough, for the bonding, trusting and building had us all suspended in animation. Sister Janet has the type of aura to put you at ease, and have you spill your guts out. Thank God she is a Nun and not a detective, otherwise the DOC would be "really" overcrowded (LOL)!

Nevertheless- it was an amazing 4 day experience, and I am thankful I was chosen to participate in this Circle Keepers forum. 17 strangers became family, which is unique within itself, because for years we've inside of all these fictitious façades. I was emotionally, spiritually, and physically drained after each day, yet I yearn to do it again, again, and again! Sign me up!

I'd be remised if I didn't mention our co-keeper, our brother Gene, a gentle spirit, but wise beyond words. We'll see each other again- thanks a million...

Tyrone "TY" Delaney





Black History Month Event Planning

By: Marcus
Harris

Black History Month was approaching and I wanted to celebrate it. I only knew a handful of guys, so I approached them about setting up a meeting. I invited Tayrod Fields, Kenji “Truck” Haley, Carlos “Los” McDougal and Tiiyon “TY” Byrd. During the meeting, I explained my vision for what we can accomplish during Black History Month. During our first meeting, which was a brainstorming session, one guy was mentioned several times. . . . Curtis Sanders. They briefed me on his past accomplishments involving event planning. Therefore, Tayrod invited him to the second meeting. Curtis spoke how Kewanee celebrated Cinco de Mayo, Juneteenth and Hispanic Heritage Month, and how he organized talent shows in other facilities. We left the meeting feeling great—deciding to pursue our plan to have 5 movie nights and 4 events to celebrate the culture. I called us, The Black History Committee (BHC).



We met with Warden Jones twice and discussed our vision. Our structure, planning and organization impressed him. With the help of Ms. Rowan, an educator at Kewanee, we presented our vision and Jones agreed Kewanee should celebrate Black History Month in grand fashion. On the itinerary was *The Woman King*, *Till*, *Judas and the Black Messiah*, *Black Adam*, and *Black Panther: Wakanda Forever*. The BHC decided the event nights would consist of Urban Trivia, Black Charades, a Black History Exam and a Spoken Word contest which eventually evolved into a talent show branded Kewanee’s Got Talent created by Demilo “Milo” Fox, Franklin “Bird” Heindricks and Freddie “40” Timmons. We partnered with the L.T.S. department





which allowed the BHC to show over twenty Black films and several videos displaying Black History and Black Excellence on two of Kewanee's movie channels. We also partnered with the art department to create art pieces for the Art Contest near the end of the month and a Black History Month custom backdrop (painted by José “Fester” Leal and Jesse Tokich) where guys took photos and sent them to loved ones .



February 1st was here. Around 5pm, guys entered the gym and were greeted by us. They signed raffled tickets and placed them in a box next to a beautiful African-themed portrait done by Charles “Chuck” Murray . Over one hundred individuals showed up to watch *The Woman King*. After the more than 2½ hour film, a raffle winner was chosen. Matt Berry won the exclusive portrait .



The next day, The BHC presented a showcasing of *Till* in the west gym. We repeated the same winning formula with one minor difference; there were two raffles instead of one. Alex “Mousey” Casarez painted an amazing portrait of Emmett Till and offered it as a raffle prize . Ronnie Car-rasquillo won the Till portrait and Jamie “J-Dawg” Hernandez won a large bag snacks for the second raffle .



On February 7th, The BHC presented “Trivia Night” where six teams battled each other for a chance at the trivia crown. Over sixty people showed up to test their knowledge. Everyone in the BHC knew their positions: Curtis and Truck were the hosts; Tayrod and Carlos were the stat keepers; T.Y. was the photographer; and I was the floater (someone who's called upon when needed). After the preliminary rounds, The Panthers battled the African Mafia in a comedic final round. The African Mafia showed pure dominance—defeating The Panthers 12 to 5. Congratulations fellas .



On February 9th, The BHC hosted our third movie night. *Judas* had to be replaced, so I chose *Honk for Jesus: Save Your Soul* and I chose wrong. The movie was confusing, boring, and unfunny. But, I learned a valuable lesson. Always watch the movie in private before showcasing it to the population. We raffled a snack bag and a wonderful Black History-themed portrait painted by Jamie “J-Dawg” Hernandez. The winner of the snack bag was Deshawnta Robinson and one of the BHC members Carlos “Los” McDougal won the portrait .

The BHC hosted “Black Charades” on Valentine’s Day, where over forty guys showed up and performed. The only difference between Black Charades and regular Charades is every book, TV show and movie starred blacks, or was written, directed, and/or produced by us. There was miscommunication on my part with the camera, so we didn’t take photos of the event. Therefore, TY stayed home. At 6:15pm, Black Charades began. Team ‘C’Wanee vs. Wakanda Forever and The Mul-ties vs. Team U.N.I.A. In the hilarious final round, Wakanda Forever came out swinging—answering correctly in the first 4 rounds. However, when **Wakanda Forever answered incorrectly in the fifth round**, Team U.N.I.A., led by Alvin “Israel” Harris, smelled blood in the water. After 14 rounds, Team U.N.I.A. was victorious—beating Wakanda Forever 12 to 9. Congratulations guys .

On February 16th, guys entered the west gym for movie night. The movie on the itinerary was *Black Adam*. Unfortunately, *Black Adam* had to be replaced with *Beale Street Could Talk*. After the film, two raffle winners were chosen. Pedro “Trig” Sanchez won a custom African-themed sweatshirt, painted by Jaime “J-Dawg” Hernandez, and Demilo “Milo” Fox won a portrait of the late Senator John Lewis, drawn by Luther “UNO” Ware .

On February 21st, The BHC had a “Black History Exam Day”, where twenty-five guys signed up to test their knowledge. The test consisted of 54 multiple choice questions (1 point each) and 3 extra credit logic puzzles (12 points each). The exam took 25 minutes to complete, but the extra credit logic puzzles took much longer—stomping several guys. The atmosphere was nice and tranquil while guys used process of elimination when answering questions. The race was close, but the first place winner of The BHC’s Black History Exam

was Alvin “Israel” Harris with 40 exam points and 14 logic puzzle points for a grand score of 54. Congratulations to Mr. Alvin “Israel” Harris, and to our 2nd and 3rd place runner ups Buford Smith (49 points) and James Hudson (47 points).

On February 23rd, guys entered the west gym to see the movie we’ve all been waiting for *Black Panther: Wakanda Forever*. Before playing the 241 minute Marvel film, The BHC wanted to show a 10-minute video directed, produced and edited by TY. In January, TY interviewed several guys. He asked questions about how they celebrated Black History Month during childhood, and its importance. He also included Black statistics and photos of famous African-American pioneers while Warren G. and Nate Dogg’s song “Regulate” played in the background. Afterwards, we watched *Black Panther: Wakanda Forever*. We did 3 raffles instead of the usual 2. The raffle prizes were a Barack Obama portrait drawn by Christopher “Cuba” Walker, a Black Lives Matter Protest portrait painted by Jesse Myers, and a Black Panther themed sweatshirt painted by Jamie “J-Dawg” Hernandez. The raffle winners were Christopher Taylor (Barack Obama portrait), Jeremy Clerk (BLM Protest portrait), and Bobby Davis (Black Panther Themed sweatshirt). Congrats fellas .

The talent show was the most stressful to plan, but the art and talent contestants were finalized and we were ready for the show. After all the drama, headaches, practices, photo ops, commercials, organizing, planning, recording, typing and documenting, “Kewanee’s Got Talent” was finally here .

On February 28th, guys entered the gym to view the art display from 5pm to 6:15pm. There were thirteen art pieces to browse and judge . After voting for the art pieces, attendees read the program and talent contest voting sheet placed in their chair, and took photos in front of two Black History themed backdrops while waiting for the show to begin at 6:15pm . Over one hundred people, including Ms. Rowan, came to support the contestants and have a great time. The contest featured



educational and comedic videos, powerful spoken word pieces, comical skits, original songs and raps, live music (guitar) and a country rap duo.

The show was more than two hours long and everyone enjoyed themselves. The winner of the art contest was Reginald “Spence” Spencer with the portrait of Michelle Obama in color. Congrats Reggie . Due to time constraints, we couldn’t determine a winner for the talent show that night. We collected the talent contest score sheets and decided to count them the following morning. We decided to take one final photo and call it a day . It was close, but the top Kewanee’s Got Talent winners were Shaquille “Shaq” Spencer (1st), Zach “Lil Zac” Thigpen (2nd) and Angel “Duke” Mercado (3rd).

There are so many people and departments to thank for making this month so memorable . The BHC wants to thank educators Ms. Rowan and Ms. Wilson, Lt. DeCoster, Counselor Afolabi, EFA Warnsing, LTS Louck and Wardens Jones and Carothers for supporting us. We also want to thank the audio crew: Bradley Masters, Jason Middlekauff and Angel Mercado for doing a fantastic job with the acoustics. The KGT hosts: Brandon “Boleg” Bell and Kristopher “Keyz” Earl for keeping the guests entertained all night. The art and talent contestants for pouring their souls into their craft. The LTS department for playing old and contemporary black films all month long. Dietary for preparing culture-based meals. Commissary for being fully stocked during the month and allowing us to ball-out. Kewanee Horizons for giving us a platform to express ourselves with words and for their advertising productions for the events. Leondus “B” Carter and Tiiyon “TY” Byrd for creating memorable commercials and videos. And the actors in all the KGT commercials, and everyone who participated in any event The BHC hosted. I personally want to thank my parents, Mr. & Mrs. Harris for supporting everything we did because without them, none of this would’ve been possible. I also want to thank The BHC members Kenji “Truck” Haley, Curtis Sanders, Carlos “Los” McDougal, Demilo “Milo” Fox, Franklin “Bird” Heindricks, Freddie “40” Timmons, Tiiyon “TY”



Byrd and Tayrod Fields for staying the course, believing in the process and putting up with my demanding a**. Last but not least, I'd like to thank myself for stepping out of my comfort zone and trying something new that made an impact on some many people. I'm glad I stepped up to the challenge and kept progressing forward even when others tried holding me back, or said I was going "too hard." Personally I don't think we went hard enough. Good thing Juneteenth is around the corner. Now, let's start planning.

OUR HOSTS
Mr. Brandon Bell
And
Mr. Kristopher Earl





HOW A BILL BECOMES A LAW

- The Illinois General Assembly, which includes the Illinois Senate and House of Representatives, usually convenes in Springfield during two periods each year.
- **The first period is known as the “regular session” and takes place from January through May.** Generally, bills considered during the regular session need only a simple majority vote to pass. That means it takes 30 votes in the state Senate and 60 votes in the state House for a bill to pass. Most legislators try to get their bills passed during this time.
- **The second period or “veto session” happens for two weeks in or around October and November.** Usually, the first order of business during the veto session is addressing the bills the Governor vetoed during the summer. However, the House and the Senate can, and often do, take up new items. It is harder to pass a bill with an immediate effective date during the veto session because it requires a supermajority vote to pass in each chamber; that is 36 votes in the Senate and 71 votes in the House.
- Bills can originate in either chamber (Senate or House). If a state senator introduces a bill in the Senate and it passes, it goes to the House. If a state representative introduces a bill in the House and it passes, it then goes to the Senate. Along the way, a bill is considered in each chamber by a committee that invites expert witnesses to hearings and reviews relevant research.
- Once a bill passes both chambers, it goes to the Governor. The Governor then has four op-

tions: sign the bill into law; do nothing, in which case the bill automatically becomes law after a certain period; reject the bill entirely (this is a veto); or issue an “amendatory veto” to suggest a small change to the bill. If the Governor vetoes a bill or does an amendatory veto, legislators can reconsider the bill during the veto session.

- At the end of the two-year General Assembly, the legislature usually convenes in early January for a “Lame Duck” session and takes up any legislation that has not passed yet. It’s called this because some of the lawmakers who return for this session will not be in the next General Assembly and are informally called “lame duck” members.

(1) BILL IS INTRODUCED

(2) HOUSE (OR SENATE) COMMITTEE VOTE

A BILL NEEDS ENOUGH VOTES (USUALLY A SIMPLE MAJORITY) BEFORE BEING SENT TO THE SECOND CHAMBER.

(3) FULL HOUSE (OR SENATE) VOTE

BILLS CAN START IN EITHER THE HOUSE OR THE SENATE

(4) A COMMITTEE VOTE IN THE OTHER CHAMBER (HOUSE OR SENATE)

(5) FULL VOTE IN SECOND CHAMBER

(6) GOVERNOR SIGNS BILL





"APPRECIATION"



By: Randy Kagels

What appreciation is to me...

I, personally, don't believe that actual altruism exists. Does that make me a cynic or a realist? I would say it makes me a realist, though I have been a well-known cynic for, quite possibly, my entire life. Most people say they **don't want or expect anything in return** when they give something to someone else, but I think they do. When we loan someone a bag of coffee, we're going to make sure we get that bag of coffee *back* on store day (no shorts/no losses). When we give someone a bit of useful advice, we like to see the advice we gave actually worked out for someone (which further validates our own confidence in what we say). Or it could be when we see that money slip come through the door at mail time. Our loved ones know that that money slip helped us be as comfortable in this place as we can be (we feel good when we see others we care about not have to struggle). In each one of these examples, something is being received in return. And rightly so!

I believe we *should* expect something in return when we give to others. The type of person who freely gives and truly expects *nothing* in return is essentially a victim. We like to know that what we are doing isn't all for naught. It doesn't necessarily have to be a dollar-for-dollar type of exchange, but as the receiver, you have an obligation to do the right thing by the person giving you something. That is what true appreciation is. Saying "thank you" is quite honestly just not enough. It's polite. It's socially expected. However, it leaves the relationship lacking a certain substance. *Show that person that you're grateful for whatever was given. Show that person that what they did for you wasn't wasted, that you deserve it, that*

you're *worthy* of it, and that they can be confident giving things to you in the future and that they weren't more justified in giving it to someone else. *Prove* to them you didn't squander that gift or chance or opportunity. Make them *want* to do it again. Each one of these exchanges is an investment in further interactions, not just for you, but for others as well. When we give to others, we *should* be expecting some reciprocation in this exchange. We all want to rest assured in that feeling that what we've done for others is not just being thrown away or that someone else could have better gained from it.

This was the first thing that came to my mind during Warden Carothers' speech to the new arrivals of KLSRC on March 15, 2023. He may not have realized how profound the statement was, at least to me, when he said "If you aren't doing something worthwhile or improving yourself while you're here, then you took someone else's spot on that bus that could be doing that." Think about the gravity of what that means for a second. That's a really sobering thing to ponder. Are you "In the Way" or are you helping to pave it? That's how scarce space is here at Kewanee. It's "put up or shut up" time.

Far too often, we get into a selfish mindset where we only think of ourselves. "Forget about everyone else, I'm doing me." For once, thinking of ourselves was actually encouraged, but for the right reasons. When you get all of your own affairs in order, you're then able to help others get theirs in order. But until then, the onus is on *you* to make *you* better. Here, at Kewanee, there are no excuses. Too many people shift the blame on to everyone but themselves to get out of doing the much-needed work of making themselves better, smarter, wiser, and more equipped for success beyond this setting in which we all currently find ourselves. With so much available, that crutch has essentially been taken away. For the ones that were chosen to come to Kewanee and have been gifted this special opportunity, just saying "thank you" and shaking hands isn't enough. Get involved. Earn another day here. *Show* your gratefulness. *Show* they did not waste their time by choosing you. *Show* your deservedness. *Show* that you are worthy of this opportunity. *Show* your appreciation!

OPPORTUNITIES

By Daniel Danao

First off, I want to thank the higher power for giving me the strength and patience I needed to weather the storm.

After 24 years of incarceration it has been a long journey; however, I am grateful for the chance I was given to close it out here at Kewanee Life Skills Re-entry Center - A place where I can continue to work on my social skills, education, and more. I thought I was ready for the world until I came to Kewanee. Being here has allowed me to fully understand what Re-Entry is all about. Kewanee will socialize you, believe me, after just 2 weeks I noticed the difference in myself. My family and friends have noticed the difference in me as well.

I would like to thank everyone involved in giving me the chance to participate in this program – the Warden here at Kewanee (Mr. Carothers), also Case Worker Supervisor Ms. Scott, and Ms. Armstrong at Vandalia for being patient with me while I was there. Ms. Armstrong gave me the opportunity to participate in the building block program which paved the way for me to be here in Kewanee and for that I am forever thankful.

LETTER OF APPRECIATION

By: Ojo Webb

When I first heard that I was being considered as a candidate to Kewanee, I was filled with a slew of different emotions, happy, because this was something that I wanted and strived for, sad because I was leaving people that I cared about excited because of the unknown yet apprehensive for the same reason. On the long bus ride there that familiar sense and felling of anxiety started to creep in and I started to question myself is this real? Am I really going to Kewanee? They probably switched the transfer on me and I am going somewhere else.

See you have to understand for people like me that have been gone for a long time we **hear the same thing over and over again sit down shut up, lock up , you don't have nothing** coming. And after years and years of hearing the same thing you start to feel like hope can hurt you and you start to seek refuge in pessimism. In addition, that is something that people like me and others that have been gone a long time fight with every day. Moreover, I was fighting on the bus ride to Kewanee this mindset. Finally arriving at Kewanee a sense of relief set in, okay I am here. Of course, like everybody I heard rumors about Kewanee about how great it is. It is nothing like all the other facilities that I have been to.

However, of course here comes my old pal pessimism creeping back up with negative self-talk. It can't be how they say down here, man they sent you off. To my pleasant surprise, the contrast to other facilities that I have been in struck me immediately. What others place does both Wardens come and welcome the new transfers personally? What other place does the head of every department come, welcome you, and explain their jobs and duties. When speaking to the Wardens, Clinical Counselors and Teachers, you could see and hear the passion that they have for their jobs and Kewanee. This eased my anxiety and pessimism some.

The real breakthrough was when I ran into old friends that I had not seen in decades and I noticed the positive change and progress in them. Moreover, they noticed the same in me and they let me know that this place is the real deal and that Kewanee is where I need to be. This place will be pivotal to my growth and progress as a man as well as a productive member of society. Seeing, hearing, and feeling the sense of community and positive energy here has allowed me to approach this experience and program with an open mind and heart.

Live your best, and act your best, and
think your best each day,
for there may be no tomorrows.

—Anonymous—





There are many moments in our life that make us who we are but for me there was a moment when I was nine that will never leave me. My family went on vacation with my grandparents, an aunt and uncle and some cousins. We went to a state park in the north west corner of Nebraska, Chadron State Park. On one of the days we decided to make a short trip a little north into the Badlands to check out Toadstool National Monument now known as Toadstool Geological Park. I remember the short trip to the park. There wasn't a paved highway that led to the park. It seemed like war torn roads with huge pot holes and nothing to see for miles in all directions. When we arrived, the parking lot was empty and there was no attendant or park ranger, just us. We checked in at what was little more than a bulletin board with a clipboard for us to write down our names. The sun beaten map showed a number of trails the led through the park. So we headed towards the start of one of the trails and started our trek.



The park got it's name from how water from rainfall would rush through and erode the sand and leave formations that looked like toadstools. As my family followed one of the paths, the 9 year old boy that I was got distracted and I



left the trail and walked over a hill. When I arrived on the other side I noticed there was nothing in every direction. No people, no cars, no roads, no civilization! I remember how I alone I felt. I could not see or hear anyone. It was complete silence!

Silence is an amazing thing! It gives you the opportunity to clear your mind and focus inward. Since this time as a young boy I have always searched out small pockets of silence. Gandhi is quoted as saying “Speak only if it improves the silence”! I love this quote and feel this is where Ben Franklin was going with his second virtue of silence.



The focus for this week is on the virtue of silence. Franklin described it as “speak not but what may benefit others and yourself”. This virtue really brings into question the conversations that we have on a daily basis. As the world has become smaller with technology there are many new forms of conversations that were not around in Franklin’s time. While he was probably concerned with having spoken dialogue or maybe a written letter, we now have text, video, social media, the list seems to go on and on with ways we are able to communicate out into the world. To be mindful that we use all these forms of communication for the benefit of ourselves and others is a daunting task.

I decided to try this virtue out for a week, I had the impression that this would be

an easy virtue to live out. I found quickly that at work, home, online and all facets of life there are many conversations that would not fit into idea or belief of being a benefit. Many of the topics that I heard talked about quickly turned to not beneficial conversations. This should not have been a surprise to me but it was. As I went through the week I focused more and more on staying silent in the face of non beneficial conversations. I started seeing small changes in my approach to each day and my own mindset at the end of days. By staying silent and looking for value in conversations my days and my week ended on a more positive note. In the end I wonder instead of just staying silent in some conversations if we would take the chance to steer the talk into a more beneficial conversation how our jobs, businesses and life would change.

Benjamin Franklin's Chart of 13 Virtues

VIRTUE	S	M	T	W	Th	F	S
Temperance. Eat not to dullness. Drink not to elevation.							
Silence. Speak not but what may benefit others or your self. Avoiding trifling conversation.							

Try this for a week! Make a chart like the one to the left. Put a simple check in the box if on that day you would say you followed that virtue. This is how Ben tracked his virtues. He did all 13 each

week with as stated before with the focus on one. So for this week, if you want to give it shot focusing on Silence. Check the day off if you did not involved in a conversation that was not a benefit to yourself and others. That means cutting out negative conversations, gossip, unproductive talk, etc. Not only keeping track but also looking back and thinking about how this practice impacted your week.



KITCHEN

MICROWAVE HOT POT PIZZA

BY: MILTON JONES

- 1 Shredded Beef
- 1 Summer Sausage
- 1 Sleeve Snack Crackers
- 1 or 2 Mozz Cheese Blocks
- 1 Pepperoni Slices
- 1 Tortilla Shell
- 1 Beef Ribs
- 4 BBQ Sauce
- 2 Sugar Twin Pks.
- 1 Cup Cheese
- 1 Tsp. Garlic Powder
- 1 Jalapeno Slices



1. Crush crackers until it looks like crumbs. Add cold water a little at a time to form a ball. Press dough out thin spread small amount of cup cheese over crackers and cover fully with tortilla shell to strengthen your crust.

2. In small bowl combine BBQ Ribs, BBQ Sauce, Garlic powder, and sugar. Stir until well blend, pour over pizza crust.
 3. Cut summer sausage, place in bowl with shredded beef, cover with water, (Light seasoning is optional) and cook until hot. Pour off liquid grease, place meat over pizza sauce.
 4. Shred or slice block cheese as thin as possible and place over pizza.
 5. Pork: Place pepperoni slices on top of pizza and cook until cheese is very hot. Press down on top of pizza while hot so cheese can blend with meat.
- NO PORK: Cook ½ summer sausage. Smash sausage into crumbs and sprinkle over pizza while hot so cheese can blend in with meat. *JALAPENO SLICES OPTIONAL



RADICAL CONCEPT

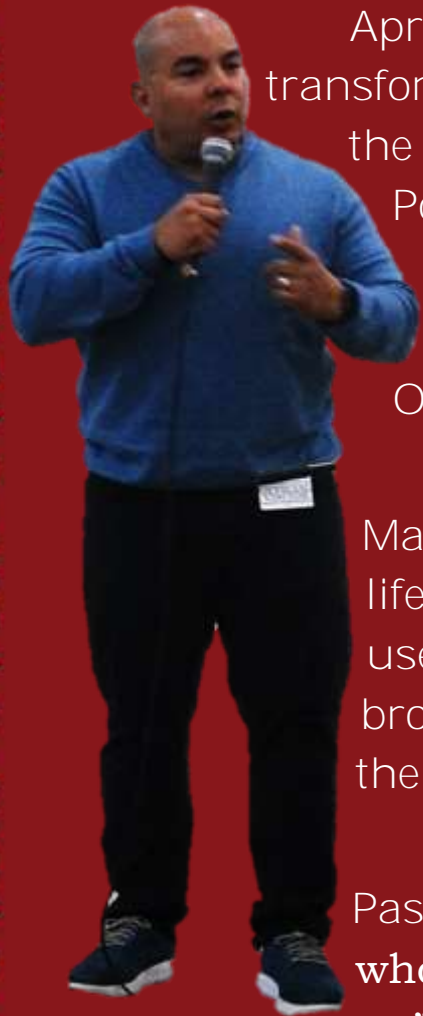
By: Ronnie Carrasquillo

April 1st, the Kewanee community was blessed to receive a message about a transformed life. Outside quest speaker, Bert Berrios gave his testimony about the events in his life that led him to prison; through the journey, he met the Police Officer who played a role in putting him in prison.

The uniqueness of the April 1st event was a video done with the story of Bert Berrios and Officer Marco David; Mr. David was not only an Officer, but he was also a Pastor of a church.

Throughout the video, Pastor Marco spoke on the transformed life of Bert Berrios. Pastor Marco used the word RADICAL; and it brought to mind the purpose of the event.

First, it was meant to show Pastor Marco David as an Officer who went “Beyond the line of duty.” What officer who puts an Of-



fender of the law in prison and thereafter have a freehearted concern to go into the prison and start a personal relationship to help the Offender by leading him to transform his life? Second, to **hear Bert's live testimony of his transformational journey.** Pastor/Officer, Marco David, just gave of himself to help. That is Radical.

Most people see you as a sucker, as weak, when you just help someone out for nothing in return.

As Bert spoke to the attentive audience about obstacles he faced and how he overcame them; he offered advice as he was questioned by the many in audience.

Transformation from a street corner, to prison, to letting gang life go, to a business man; Bert said to the audience that he and Carlos Colon came to say that they truly love us and even **offered job training upon people's release if they communicated the need.** Some did.

Bert and Carlos repeatedly attend hearings **in Springfield to help people's release.** They are workers and believers in Restorative justice. They attend hearings at Cook County for justice relief



and also, they Minister to show what love is in action. They do this for free, nothing in return. That is radical for some to understand.

Thank you Chaplain York and Warden Carothers for allowing this event that showed what restoration has done in these men's lives and amazingly, through the help of a Police Officer.

Just think, if it were not for the people in these Restore Justice interests and these interest groups that take on Prison Projects to make change; where would help – where would the love come from to help? And how radical of a concept that they come in our lives to help – for free!

It is a blessing to watch their love in action; there is nothing like the power of Radical love.

AMEN



PHILOSOPHY

YIN YANG



Written By: The KH Philosophers

Welcome back to **KH's** philosophy. The Yin/Yang symbol is probably one of the most famous, most recognizable symbols on the planet. But what does it mean? What does it stand for? Everyone can draw the symbol but very few can explain it and its meaning.

Order and chaos are the yin and yang of the famous Taoist symbol: two serpents, head and tail. The yin/yang symbol is the second part of the more comprehensive five-part tajitu, a diagram representing both the original absolute unity and its division into the multiplicity of the observed world.

Taosim is a school of thought based around the Tao Te Ching, written by the ancient Chinese philosopher Lao-Tzu as he left China to live as a hermit. Taoism is based around ideas of **humility, the 'Way', a focus on the individual, simplicity, and naturalness.**

Order is the white, masculine serpent; chaos, its black, feminine counterpart. The black dot in the white and the white dot in the black indicate the possibility of transformation: just when things seem secure, the unknown can loom, unexpectedly and large. Conversely, just when everything seems lost, new order can emerge from catastrophe and chaos.

For the Taoists, meaning is to be found on the border between the ever entwined pair. **To walk the border is to stay on the path of life, the divine Way, and that's much better than happiness.** Reality itself is composed of two opposing principles often translated as feminine and masculine, or even more narrowly as female and male.

This is because chaos and order are interchangeable, as well as eternally juxtaposed. There is nothing so certain that it cannot vary. Even the sun itself has its cycles of instability. Likewise, there is nothing so damaged that it cannot be fixed. Every revolution produces a new order. Every death is, simultaneously, a metamorphosis.

Chaos is the domain of ignorance itself. It's unexplained territory. It's the foreigner, the stranger, the rustle in the bushes in the night-time, the monster under the bed, the hidden anger of your mother, and the sickness of your child. Chaos is the despair and anger you feel when you have been profoundly betrayed. When your career collapses, your dreams die, or your marriage ends. **Chaos is where we are when we don't know where we are, and what we are doing when we don't know what we are doing.** It is, in short, all those things and situations we neither know nor understand.

Order, by contrast, is explored territory. It's the structure of society. Order is tribe, religion, hearth, home, and country. It's the warm secure living room where the fireplace glows and the children play. It's the floor beneath your feet, your plan for the day, the trains that leave on time, the calendar, and the clock. Order is the place where the behavior of the world matches our expectations and our desires; the place where all things turn out the way we want.

Chaos and order are fundamental elements because every lived situation is made up of both. No matter where we are, there are some things we can identify, make use of, and predict, and some things we neither know nor understand. No matter who we are, Kalahari Desert dweller or Wall Street banker, some things are under our control and some things are not.

Order is not enough. You can't just be stable, and secure, and unchanging, because there are still vital and important new things to be learned. Nonetheless, chaos can be too much. You can't tolerate being swamped and overwhelmed beyond your capacity to cope while you are learning what you still need to know. Thus, you need to place one foot in what you have mastered and understood and the other in what you are currently exploring and mastering. Then you have positioned yourself where the terror of existence is under control and you are secure. That is where meaning is to be found.



“Action isn’t just the effect of motivation; it’s also the cause of it.”

-Mark Manson



THE MARKET CORNER

LEARNING TO PIVOT

By: Robert “Bulldog” Kennedy

Sometimes, the market can be very tricky. You have to learn how to pivot to stay afloat. Earnings season is upon us once again. Earning season is a major catalyst in the market’s directional flow. There was a new jobs report released, despite the market being closed on the holiday. As of this writing, the futures market had only reacted with a marginal gain in the major indexes as a result of this report. It’s anyone’s guess as to which way the market will go next. You need to be prepared to pivot. If you are currently in a stock that is not doing very well, sometimes you need to cut the cord and move on to your next trade. While you continue to suffer through a trade that is clearly working against you, there are many other opportunities that are right under your nose or actually right in your face. Have you ever been in a bad trade, but continue to see other stocks that are constantly rising while yours is falling. Exactly. Sometimes you just have to rip the band aid off and move on. This can be hard to do because lets face it, no one likes to lose money. Unfortunately, losses always occur in this job. We discussed in the last issue how to put stop losses into your portfolio to

limit the amount of losses you incur. Losses will happen. You just have to limit the amount you lose as much as you can. You need to recognize when you are simply in a bad trade. This is a major part of your job as a risk manager.

There was also another meeting between the United States and Taiwan. This is something China clearly frowns upon. Almost immediately, China launched a week of “training exercises” which included many ships and fighter jets along the border of Taiwan. Tensions in this region continue to grow. How will this affect the market and your investments? Crude oil is rising while Natural Gas is in a free fall. Gold is steady inching it’s way higher as investors flock to safety. This is a very difficult market to navigate. But it is also a traders market. Volatility is a traders friend. I enjoy navigating through these types of situations, but I also like to be invested in defensive stocks that pay good dividends and do better than most when faced with the possibility of a recession. Companies such as Proctor & Gamble for instance. No matter how bad the economy may get, the consumer will still need to buy soap, toothpaste, deodorant, detergent, and many other household products, which bodes well for P&G. I like energy as a whole, but specifically Chevron, Exxon Mobil and Devon Energy. All three of these companies pay a nice dividend and contrary to belief, we still need crude oil, not only to make gasoline, but crude oil is a major component in the manufacturing of most plastics. Stop and think about how many products are actually made of, or have plastic in them? Consider having some exposure to the energy sector.

Finally, as an investor, I’ve always liked “Big tech.” Companies such as Apple, Microsoft, Meta Platforms, Google, Amazon, Tesla, Netflix and Nvidia are always in my port-

folio because they are the “best in class “ in their respective industries, in my opinion. I enjoy owning companies that are the best at what they do. Even when the market is down and these companies sell off, they always come back to the top of the leaders board. This is why I always buy more of these names on the dip. Next issue, I will give you more of my perspective on this crazy and volatile market. I hope to catch you next time at:

“The Market Corner”



ADVENTURES OF J DAWG



WHEN YOU KILL THAT FLY IN THE CELL



FIRST TRY
MID-FLIGHT

K
H
M
E
M
E

K
H
M
E
M
E

QUACK POSSESSION



FREE THE GUYS

WHEN YOUR MOM ASKS YOU



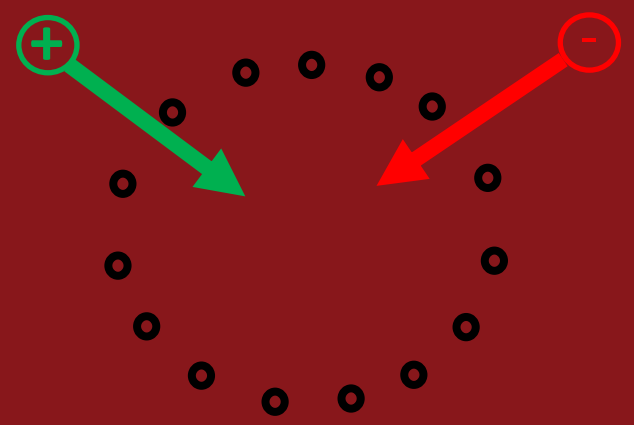
HOW MANY BURGERS YOU WANT
OUT OF THE VENDING MACHINE

MENTAL HEALTH

Boundary Styles

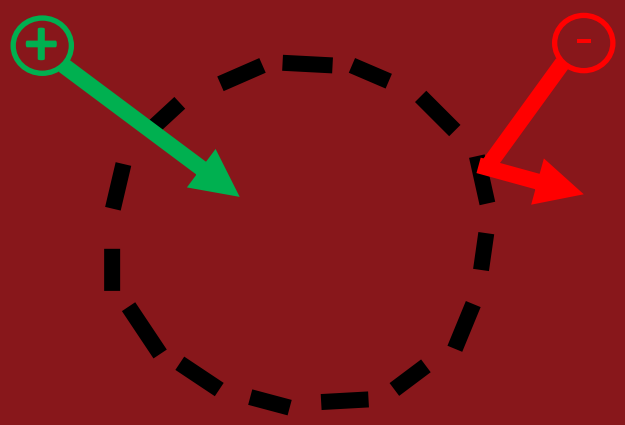
Boundaries define what is acceptable, and what is not, in a relationship. It is possible to have different boundary types in different relationships.

Porous Boundaries



- Let's almost anyone get close to them
- Overly trusting of others, even strangers
- Overshares personal information
- Has difficulty saying "no" to others
- Overly involved in others problems
- Quick to adopt others opinions
- Avoids conflict by giving in to others
- Does not assert personal values
- Communicates passively

Healthy Boundaries



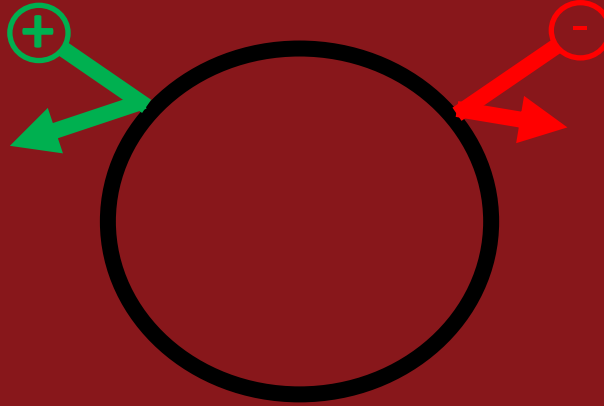
- Selective about whom to let in and keep out
- Takes time to build trust with others
- Shares personal information appropriately
- Able to say "no" when needed
- Supports others without being too involved
- Values both own and others' opinions
- Accepts conflict as a normal part of life
- Stands by personal values, but can adapt
- Communicates assertively



MENTAL HEALTH



Rigid Boundaries



- Keeps most people at a distance
- Very untrusting of others
- Very guarded with personal boundaries
- Says “no” to others most of the time
- Detached from others problems
- Tends to ignore others’ opinions
- Avoids conflict by pushing others away
- Has inflexible personal values
- Communicates aggressively

HOROSCOPES

AQUARIUS



April calls for various resets: of plans, financial arrangements, even lifestyle goals. Still, there's no need to be glum, because you're full of innovative ideas and you're making the kinds of moves that will set you on a happier track.

Translation: Hit the gym to lose that gut and skip the sweets at commissary. **You'll become healthier as well as save a few dollars. A win-win** if you ask me.

PISCES



With Mercury out of sync after the 20th, it's best to make any changes beforehand. With Mars in emotional Cancer, focus on friendships and creative endeavors. Tensions in the air this month may affect you more than others, but toward month's end you'll have confirmation that you're on the right track.

Translation: **Don't let the indirect**-ish cause you to lose focus. Stay on course with your goals and plans.

ARIES



Your ruling planet, mighty Mars, is passing through the vulnerable, watery sign of the Crab, so you may be feeling a bit off your stride this month. Some emotional turbulence in the air, and personal issues demand attention. Financially, it's time to take stock.

Translation: Keep your emotions in check and make sure your affairs are **in order. Don't go overboard with spending all of your money on commissary** and girly magazines.

TAURUS



Critical decisions are in the air. You need to ask your self where you stand on various issues, and with the Sun in a behind-the-scenes part of your chart until the 20th, **don't hesitate to give yourself some precious private time.** You're at a positive turning point.

Translation: You need to prioritize. Stop being indecisive and man-up. Utilize that alone time for more than doing that.

GEMINI



April will be an up-and-down month for Geminis, partly because others will be a bit stressed out. Be ready to come to their aid and to maintain a balance between responsiveness and good humor.

Translation: You know what it means to be a great friend. You have to smile a little more, give that awesome advice you give even though your friends are complaining about the simple things in life.

CANCER



You'll be feeling motivated –even churned up- as adrenalizing Mars shoots through your sign this month. Changes in financial arrangements may be in the works, and the new Moon eclipse of the 20th is about rerouting your vision of the future.

Translation: Your people just hit you with some of their income tax so **now you're prison rich, huh? Let me guess, your box gon' be swoll for the next 6 months.**

LEO



Your ability to accommodate others' abrupt mood changes and shifting needs will keep you on the right track. The Sun in Aries ignites your hunger for new adventures, but you may need to stay closer to home than you wish.

Translation: **Yeah, your cellie is bipolar so it's time for you to bounce (or him).**

VIRGO



You can't make everyone happy, as Saturn in Pisces forms some tricky aspects this month, but you're a practical and logical Virgo, so your plans will be right on target. Your ability to be a team player will be a key element in your success this month, with harmonizing Venus in your favor.

Translation: **Being a people pleaser is a full time job. Yeah, you're a team player but they're only worried about their stats.**

LIBRA



While some things may not turn out as you hope, don't be discouraged. Mars in Cancer stirs up your ambitions but also makes you feel more vulnerable and uncertain. Relationships are in an up-and-down phase, but Jupiter in Aries indicates that you'll be receiving more attention and support from those who matter.

Translation: You win some and you lose some so stay focused. Those who **abandoned you should be left right where they are. If they can't ride when you're down they damn sure shouldn't be allowed to ride when you're up.** Success is the best revenge. Ya dig.

SCORPIUS



Matters at a distance may exert a powerful effect on you in April, but whatever occurs, adopt a wait-and-see attitude. The middle of the month holds a quality of tension, and your perspective will probably shift.

Translation: **You can't control what goes on in the world. They said the money and pics was sent off yesterday so chill yo. Your cellie don't want to hear you constantly complaining about who lied about what.**

SAGITTARIUS



This is a period when you must get out and about, because people you meet will have a strong effect on your future. It's time, too, to let go of worn-out plans and reconfigure your dreams. A close relationship may demand adjustments, but more harmony will soon follow.

Translation: **Your current circle is hindering your growth. It's time to build on something other than foreign whips, BBL's (Brazilian butt lifts), fitted caps and designer cloths. Focus on your LLC and a 800 credit score. Think like a Boss.**

CAPRICORN



Lots of planetary action makes April a volatile month for Capricorns. Mars in your relationship angle makes close connections challenging while the full Moon in Libra demands that you excel. What's more, an eclipse on the 20th turns emotions topsy-turvy, and with Pluto making harsh aspects, crucial decisions are at hand.

Translation: **You don't have to get aggressive when you're being interrupted while reading. Your cellie just didn't want you to miss the twerk scene on Love and Hip Hop. Chill out will you.**

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

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

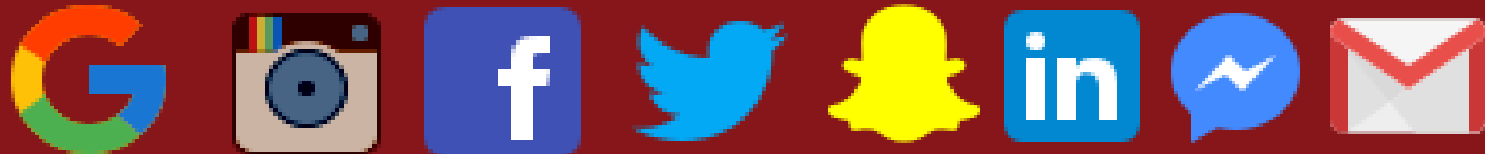
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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

#KEWANEEHORIZONS

THEN LIKE AND SHARE THE POST!



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

IDOC HOME PAGE → **CLICK "ABOUT"** → **CLICK "NEWS"**