



# GOOSEHUNT<sup>KH</sup> KEWANEE<sup>KH</sup> HORIZONS

VOLUME 41



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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.

# HAPPY MEMORIAL DAY



# FROM THE KLSRC VETERANS

# IN MEMORY OF COLONEL GARY W. MILLER

By: Antonio Aguirre

Gary W. Miller, a retired USMC Colonel, died at the age of 71 at 9:16 p.m. on Friday, April 14, 2023. All who knew him called him “The Colonel” as he was an upstanding and astute member of society in his hometown of Kewanee, IL. Colonel Miller was born October 6, 1951 in Kewanee, the son of Gerald Wayne Miller and Elizabeth Lindberg Hackwith. He is Survived by his Mother, three sons, three grandchildren, three siblings, and several nieces and nephews. Known for his brash sense of humor, sharp wit, and militant ambience; you would have never guessed by looking at him that he was sporting a huge, “Charitable Heart of Gold”!

Colonel Miller was also one of the Honorary Founders of our Kewanee Veterans Group at “Kewanee Life Skills Reentry Center”. Thanks to his extensive experience as a Marine, a Psychology Scholar, and Commander of his Neponset American Legion Post #875, The Colonel rigorously reminded us as “Individuals in Custody” about the true meaning of Patriotism and being of service to your country. He also strongly expressed that nothing and no one could ever take away the honor, the integrity,



# R.I.P. COLONEL GARY W. MILLER

the commitment, or the grit that it took in becoming a Veteran of the Armed Forces for God, family, and the United States of America.

On his visits to KLSRC, The Colonel loved to swap “War Stories” and share his dreams and aspirations with us. He also arranged for the KVG to help with community service and Veterans projects like, donation drives for the “Honor flight” campaigns and in helping maintain Veteran Memorial sites. Due to The Colonel’s influences, resources, and social networks, we have been able to host events on holidays’ such as Veterans Day, Memorial Day, and Patriots’ Day. In conclusion, we have learned a great deal from The Colonel, who has helped to make our Kewanee Veterans Group, what it is today and for future Veterans to come. May God be with him and his family during this time of ascension and victory. From all of us here at The Kewanee Veterans Group, we wish to salute you one last time, “Attention”, Officer on deck, Semper Fi, and farewell Colonel Gary W. Miller!



**HAPPY MEMORIAL DAY**

# TRUE GRIT

**Written By: Veteran Antonio Aguirre**



LT. Michael P. Murphy was a United States Navy (SEAL) Born on May 7, 1976 and died in combat on June 28, 2005.

The “Murph Challenge” is not just a physical test, but also a mental and emotional one. The participants are pushed to their limits and are encouraged to keep pushing through the pain and exhaustion, just like Lieutenant Murphy did, during his final moments. The Murph Challenge is a powerful reminder of the sacrifices made by our military and a testament to the strength and resilience of the human spirit.

LT. Michael P. Murphy (SEAL) was the officer-in-charge of a four-man SEAL element in support of “Operation Red Wings”, tasked with finding a key anti-coalition militia commander near Asadabad, Afghanistan. Shortly after inserting into the objective area, the SEAL’s were spotted by three goat herders who were initially detained and then released. It is believed the goat herder’s immediately reported the Seals’ presence to Taliban fighters.

A fierce gun battle ensued on the steep face of the mountain between the SEALs and a much larger ene-





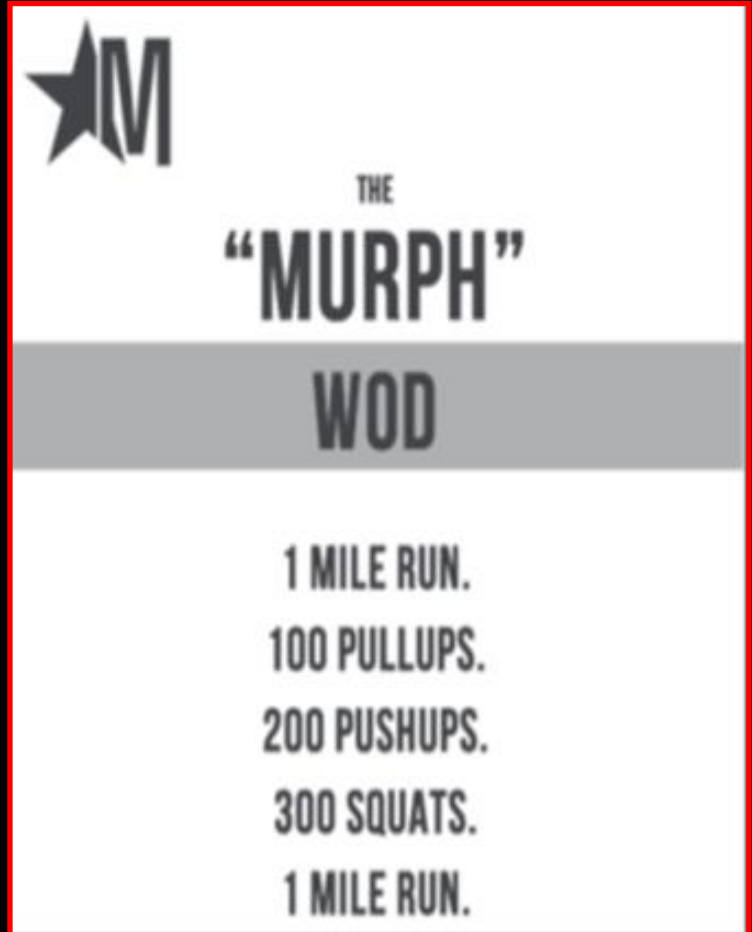
# HAPPY MEMORIAL DAY

my force. Despite the intensity of the firefight and suffering grave gunshot wounds himself, LT. Murphy is credited with risking his own life to save the lives of his teammates. LT. Murphy, intent on making contact with headquarters, but realizing this would be impossible in the extreme terrain where they were fighting, unhesitatingly and with complete disregard for his own life moved into the open, moving away from the protective mountain rocks, where he could gain a better position to transmit a call to get help for his men.

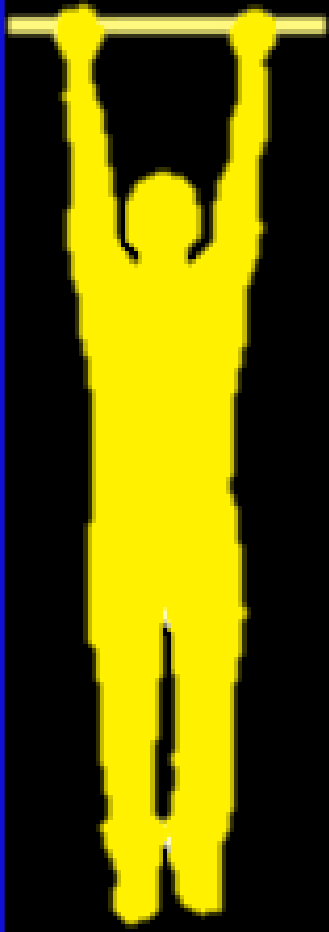
He knowingly exposed himself to increased enemy gunfire. This deliberate and heroic act deprived him of cover and made him a target for the enemy. While continuing to be fired upon, LT. Murphy made contact with the SOF Quick Reaction Force at Bagram Air Base and requested assistance.

He calmly provided his unit's location and the size of enemy force while requesting immediate support for his team. At one point, he was shot in the back causing him to drop the transmitter. LT. Murphy picked it back up, completed the call and continued firing at the enemy who was closing in. Severely wounded, LT. Murphy returned to his cover position with his men and continued on with the battle.

LT. Murphy fought on, allowing one member of his team (Marcus Luttrell) to escape, before he was killed. For his selfless actions, LT. Michael Murphy was posthumously awarded the Congressional Medal of Honor on October 27, 2007. Veterans around the world honor his sacrifice and memory through The "Murph Challenge" every year!



# HANGIN' TOUGH COMPETITION



## RULES

- ◆ OVERHAND GRIP
- ◆ NO GLOVES/STRAPS
- ◆ MUST USE STRAIGHT BAR
- ◆ MUST BE TIMED BY AN LTS WORKER
- ◆ FEET MUST NOT TOUCH THE GROUND



**LITTLE**



**RICHMOND**

## LOGAN C.C. RECORD HOLDERS

LITTLE Y16128	1 MIN 54 SEC
RICHMOND R91710	1 MIN 43 SEC
PLEASANT R91854	1 MIN 41 SEC
JACKSON K86667	1 MIN 38 SEC
JACKSON Y55211	1 MIN 36 SEC

KEWANEE HORIZONS WANTS TO KNOW WHOSE GOT THE STRONGEST GRIP IN IDOC. THIS COMPETITION IS OPEN TO BOTH STAFF AND INDIVIDUALS IN CUSTODY. HAVE YOUR LTS SUPERVISOR SEND US THE TOP 5 TIMES.

## CINCO DE MAYO



By: **ISRAEL GONZALEZ @ Dixon C.C.**



On May 5th people in America will celebrate “Cinco de Mayo” which as you know, commemorated a battle won by Mexican forces over the powerful French Army back in 1862. Although Cinco de Mayo is not an actual holiday in Mexico, it will be celebrated by Mexicans and other peoples around the globe giving us a chance to march in colorful parades, to eat good Mexican food, and to party with friends. Unfortunately, this is all many of us know about Cinco De Mayo when in fact there is so much more to this event that can teach us a lot, and is only by analyzing the details of this famous battle that we find valuable lessons hidden in history that could benefit us today, even in our current situations.

According to history, back in 1861 Mexican President Benito Juarez, the first native North American President of any nations, announced that since the Mexican treasury was bankrupt, he was issuing a moratorium in which all foreign debt payments to England, Spain and France would be suspended for two years. When this news reached France, based on a sense of invincibility because the French had not been defeated in almost fifty years, French Emperor Napoleon III sent 6,000 soldiers under the command of Count Carlos Ferdinand Latrille to invade Mexico and to try to recover their money.

The French forces disembarked at the Port of Veracruz, quickly taking control of the city and the area and then they made their way to Mexico City where they were expected to snuff out any resistance, take control of the capital, the government, the entire country and then to recover Napoleon's money, but on their way to accomplish all that, Latrille and his troops came to a town called Puebla, where the unthinkable happened.

General Ignacio Zaragoza, who was in charge of the military fort at Puebla, had only about 2,000 troops consisting mainly of Indigenous people, blacks, Mestizos and a few professional soldiers under his command which obviously wasn't enough to stop Latrille and his 6,000 soldiers. Long story short, General Zaragoza managed to rally his men and after arming them with rusty muskets and pistols, they faced the enemy invaders. It was this multiethnic, ill-equipped army (If you can call them an army) of 2,000 that against all odds managed to defeat 6,000 soldiers of the most powerful and efficient army of the time, giving birth to the global celebration we now call Cinco de Mayo.

As I reflect on the situation these 2,000 Mexicans faced, I see that it must've taken all the courage, valor and determination they could muster and then some to defend their hometown and fight a mighty enemy who outnumbered them 3 to 1, who were better equipped and better prepared to wage war; who wants to face an enemy like that?

The Pueblans could've just surrendered and let the French take their town, their resources, and forced young Pueblans to fight for them, but instead they chose to face the enemy head on regardless of the consequences, and here lies the hidden lesson in history I mentioned: Mexico decided not to pay their debt to the French breaking financial laws in the process, and as a consequence their homeland was invaded. For the Pue-

blans in particular could have been worse; they could have lost it all, including their right to exist as a people, but as history shows, they decided to confront the invaders.

Whether you are new to the IDOC or you've been here for a while, I say to you brothers and sisters: just like Mexico was invaded as a punishment, our freedom has been suspended to punish us; just like the people of Puebla faced a mighty foe, you too now face a powerful enemy that comes to you in the form of ignorance, complacency and laziness, the three biggest obstacles to your rehabilitation and a successful future back in your community.

You do not need a rusty musket to face this enemy; the tools you need are education, humbleness, and will power. If you want to learn, enroll in whatever classes are available to you like ABE. G.E.D, vocational college-level classes, even therapeutic classes; the trick is to learn as much as possible and to educate yourself. If you think you already know it all, then you should know that only God is omniscient; leave your pride behind and give your mind and heart to chance to learn something new and good because even our elders can learn something from a child. If you are unassigned, then get a job because no honest job is beneath you and the Mexican proverb "Laziness is the mother of all vices" turns out to be true more often than not.

I understand that not all of us can get a job or get into any of the few classes and programs left in the system or even transfer to Kewanee, but there are other things you can do to further your education: you can to the library and pick up a book to learn the basics of a trade; you can attend religious services to nourish your spirit, or you can exercise the only body God has given you. If you are not in a position to learn or to

work, perhaps you are in a position to teach and be a good example to your peers. In addition, who knows, you could learn something while teaching.

Today is your Cinco de Mayo; today you are a Mexican facing an enemy far more powerful than you called ignorance, complacency and laziness; today I ask you: will you face this challenge like the courageous people of Puebla no matter the consequences, or will you just surrender and give in to the negative lifestyle playing tough, chasing phones and catching tickets? Will you lose before the battle begins or will you rise to the occasion and shed your negative behaviors and attitudes? Will you be remembered, as a person who gave up on their freedom and their future or will you be remembered in the same manner as the Mexicans who fought for their honor and dignity? I pray you make the right choice. Happy Cinco de Mayo.

## LA BATALLA DE PUEBLA



**By: ISRAEL GONZALEZ @ Dixon C.C.**



Este mayo, el pueblo de America celebrara el "Cinco de Mayo" que como saben conmemora una batalla ganada por soldados Mexicanos sobre el poderoso ejercito Frances en 1862. Aunque el cinco de mayo no es un dia feriado en Mexico, sera celebrado por Mexicanos y otros pueblos alrededor del mundo dandonos una oportunidad de marchar en coloridos desfiles, probar buena comida Mexicana y hacer fiesta con los amigos. Desafortunadamente esto es lo unico que muchos de nosotros sabemos sobre el cinco de mayo, cuando en realidad hay mucho mas sobre este evento que puede enseñarnos bastante y si

analizamos los detalles de esta famosa batalla encontraremos valiosas lecciones escondidas en la historia que nos pueden beneficiar hoy en día aun en nuestras situaciones presentes.

De acuerdo a la historia, en 1861 el presidente mexicano Benito Juárez (el primer presidente Indígena de América del Norte de una Nación) anunció que como la Tesorería Mexicana estaba en banca rota, ordenaba un moratorio en cual todos de la deuda externa a Inglaterra, España y Francia serían suspendidos por dos años, el Emperador francés Napoleón 3 mandó 6,000 soldados bajo el mando del Conde Charles Ferdinand Latrille a invadir a México y a recuperar su dinero. Las fuerzas francesas desembarcaron en el Puerto de Veracruz y rápidamente tomaron el control de la ciudad y el área, luego marcharon hacia la ciudad de México donde se esperaba que abrumaran cualquier resistencia, tomaran control de la capital, el gobierno, el país entero y luego recuperarían el dinero de Napoleón 3, pero antes de lograr todo eso, Latrille y sus tropas llegaron a un poblado llamado Puebla donde lo inimaginable sucedió. El general Ignacio Zaragoza, quien estaba a cargo de la base militar en Puebla, tenía solo cerca de 2,000 tropas que consistían principalmente de indígenas, negros, mestizos y unos cuantos soldados profesionales bajo su mando quienes obviamente no eran suficientes para detener a Latrille y sus 6,000 soldados. Para no hacerla tan larga, el General Zaragoza logró animar a sus hombres y después de armarlos con mosquetes y pistolas oxidadas, todos ellos enfrentaron a los enemigos invasores. Fue este ejército multiétnico y malarmado (si es que los podemos llamar ejército) de 2,000 que contra todo pronóstico lograron derrotar 6,000 soldados del ejército más poderoso y eficiente de esa época, creando la celebración global que ahora llamamos “Cinco de Mayo”.

Mientras medito en la situación a la que estos 2,000 Mexicanos se enfrentaban, veo que tuvieron que echar mano de toda la gallardia, y pelear contra un poderoso enemigo que les sacaba ventaja numerica de 3 contra 1, que estaban mejor preparadas y equipadas para pelear una Guerra, quien quiere enfrentarse a un enemigo asi? Los poblanos bien pudieran rendirse y dejar que los Franceses tomaran su pueblo, sus provisiones, y que obligaran a jovenes poblanos a pelear para ellos, pero mejor eligieron enfrentarse a este enemigo sin importar las consecuencias, y aqui esta la leccion escondida en la historia que mencione. Mexico decidio no pagar su deuda a los Franceses y quebranto leyes financieras, y como consecuencia, su territorio fue invadido. Para los poblanos en particular pudo haber sido peor, lo pudieron haber perdido todo, incluyendo su derecho a existir como un pueblo, pero como la historia nos muestra, ellos decidieron confrontar a los invasores.

Si es que eres nuevo en el I.D.O.C. o ya has estado preso por un tiempo, les digo a ustedes hermanos y hermanas, Asi como Mexico quebranto leyes financieras, todos nosotros hemos quebrantado leyes, asi como Mexico fue invadido como castigo, nuestra libertad ha sido suspendida para castigarnos, asi como la gente de Puebla tenia en frente a un rival imponente, hoy tu tambien tienes enfrente a un poderoso enemigo que viene a ti en la forma de ignorancia, arrogancia y pereza, los tres obstaculos mas grandes que puedas enfrentar en tu rehabilitacion y la planeacion de un exitoso futuro en tu comunidad. Tu no necesitas un mosquete oxidado para enfrentar a este enemigo, las herramientas que necesitas son la educacion, la humildad, y voluntad. Si quieres aprender, inscribete en clases disponibles como el ABE, GED, clases vocacionales de colegio, y hasta clases terapeuticas. El chiste es aprender lo mas que puedas y educarte. Si tu piensas



que ya lo sabes todo, entonces deberias saber que solo dios es omnisciente , deja tu orgullo atras y dale a tu mente y a tu corazon una oportunidad de aprender algo nuevo y bueno porque nuestras ancias pueden aprender algo de un nino. Si no tienes una asignacion, consiguete un trabajo porque ningun trabajo honesto es denigrante para ti y porque el dicho Mexicano “La flojeria es la madre de todos los vicios” resulta siendo cierta la mayoria de las veces.

Comprendo que no todos nosotros podemos obtener un trabajo o entrar en una de las pocas clases y programas que aun quedan en el sistema o transferirnos a Kewanee, pero hay otras cosas que puedes hacer para aumentar tu educacion. Puedes ir a la libreria y tomar un libro para aprender lo mas basico de una profesion o puedes ejercitar el unico cuerpo que dios te ha dado. Si no estas en una posicion de aprender o trabajar, quizas estas en una posicion para enseñar y ser un buen ejemplo para tus companeros, y quien sabe? Quizas puedas aprender algo mientras ensenas.

Hoy es tu “Cinco de Mayo”, hoy eres un Mexicano enfrentandote a un enemigo mucho mas poderoso que tu llamado ignorancia, arrogancia, y pereza. Hoy te pregunto, enfrentaras este reto como los valientes habitantes de Puebla o simplemente te rendiras y te abandonararas al negativo estilo de vida de la prision fingiendo ser bravo, correteando los telefonos y cachando tickets? Seras un perdedor antes de que la batalla comience o vas a encarar esta situacion y desecharas tus actitudes y comportamientos tan negativos? Seras recordado como una persona que dio por perder su libertad y su futuro sera recordado de la misma manera que los Mexicanos que lucharon por su honor y dignidad? Espero en dios que tomen la decision correcta. “Feliz Cinco de Mayo”

# **El llamado en Español**

**Atencion hermanos y hermanas, si el Español es tu idioma queremos escuchar de ti. Eres un segmento masivamente importante de nuestra poblacion y tu voz es importante para nosotros en Kewanee Horizons y otras personas en la custodia de I.D.O.C. Nosotros sentimos que tu voz en su lenguaje nativo no es representada como deberia en las paginas de K.H. Porfavor escribenos pero ten en mente la mision de Horizons, lo que si se puede y lo que no cuando nos escribes.**

**Esperamos escuhar de ti pronto!**

**Gracias Israel Gonzales por escribirnos y por traer esto a nuestra atencion.**



## 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.**

## BIG BOBS ROOFING GROUP

WELCOME BACK COMMUNITY

LESSON #10

### LAYING OUT HIP RAFTERS

The layout procedure for hip rafters begins with marking the ridge plumb and side cuts. Next, the seat and heel plumb cuts are marked, followed by the lines showing the overhang. A procedure for laying out hip rafters using a framing square or speed square is shown here

#### PLUMB AND SEAT CUTS

The 17" inch unit run of the hip rafter makes the angles of the plumb and seat cuts different from those of a common rafter. To mark the plumb and seat cuts, use the measurement on the tongue of the framing square and the 17" measurement on the blade. Mark the plumb cut along tongue and the seat cut along the blade.

When positioning the square to mark the seat cut of a hip rafter, first check the amount of stock left

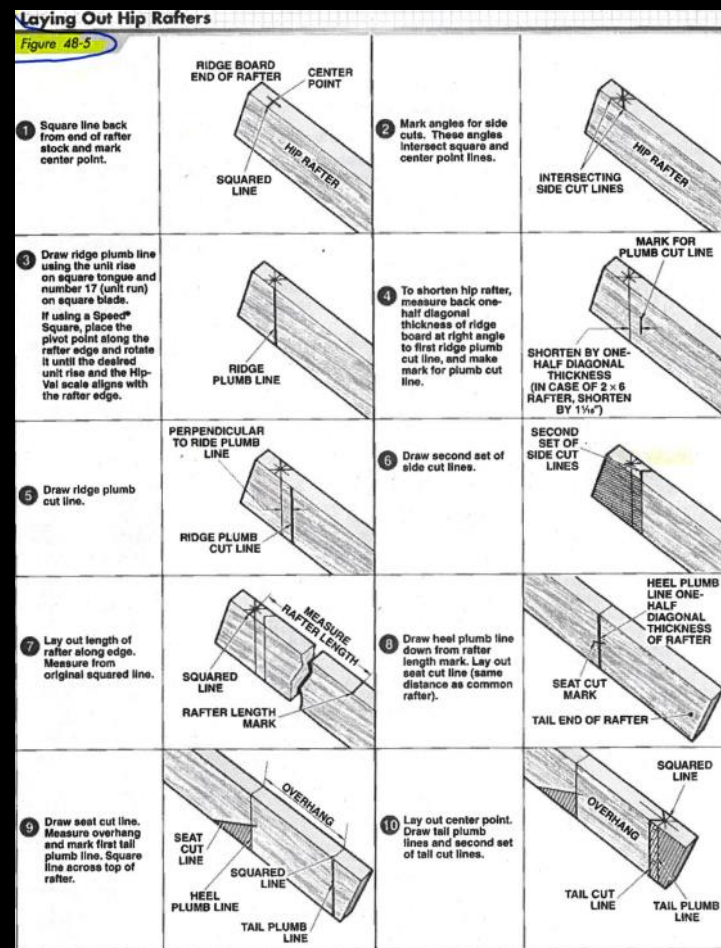


Figure 48-5. When laying out a hip rafter, the angles for side cuts and ridge plumb cuts are marked first.

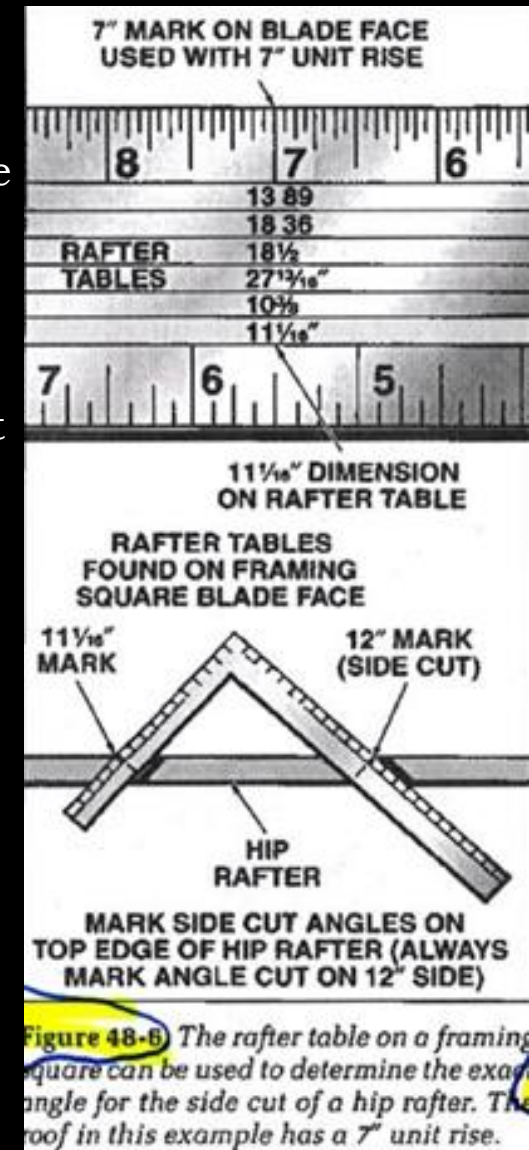
above the seat cut at the heel plumb cut line of the common rafter for the roof. Lay out the same distance at the heel plumb line of the hip rafter and draw the seat cut line. The length of the hip rafter seat cut is greater than the seat cut of a common rafter because a hip rafter rests diagonally at the corner of a building and has a lower angle of slope.

## SIDE CUTS

For a 45 degree hip roof, a circular saw is always set to 45 degrees. This blade angle will produce the proper 45 degree angle cut in plain view. When viewed perpendicular to the edge of the rafter, the angle will lay out at less than 45 degrees,

The rafter table on a framing square can be used to determine the exact angle for the side cut of a hip rafter when laid out on the top edge of the rafter. The procedure for determining the proper angle is as follows:

1. Locate the unit rise (in this example, 7") along the blade above the rafter tables.
2. Follow the column down to the last line, which indicates the "Side Cut Hip or Valley" The number is  $11 \frac{1}{16}$ ."
3. Using the  $11 \frac{1}{16}$ " on the tongue and 12" on the blade, place the framing square along the edge of a piece of the rafter.
4. Mark the side out along the 12" side.



## OVERHANG

Since a hip rafter runs at a diagonal, its overhang is longer than the common rafter overhang. The run of a hip rafter overhang is 1.42" for every 1" of common rafter overhang. Therefore, to find the run of the hip rafter overhang, multiply 1.42" by the run of the common rafter overhang. A framing square can also be used to calculate the run of the hip rafter overhang. Take a diagonal measurement from two points that are equal to the sides of a square formed by the common rafter overhang.

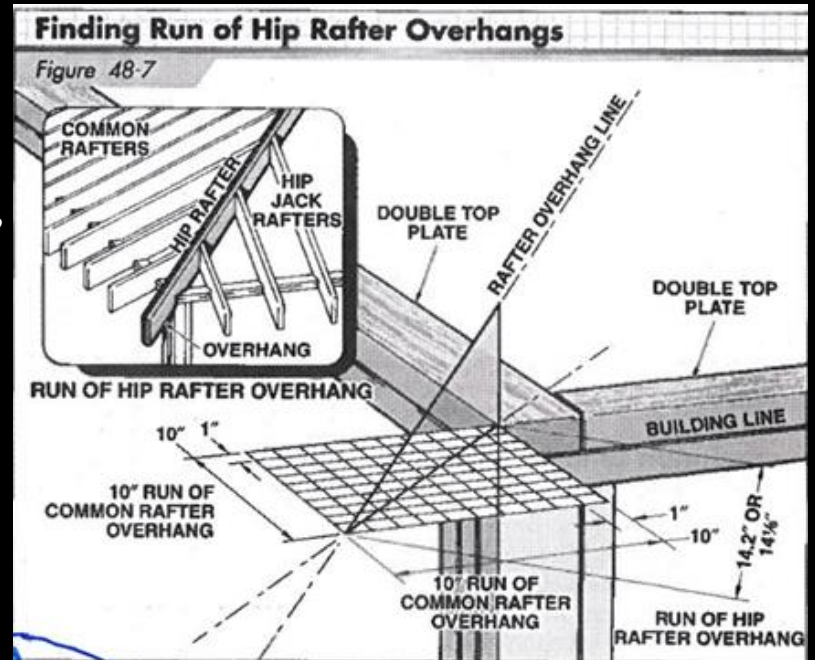


Figure 48-7. A hip rafter overhang runs 1.42" for every 1" of common rafter run. In this example, the run of the common rafter is 10'. To find the run of the hip overhang, multiply 1.42" by 10. The result is 14.2", or 14 1/4".

## STEP-OFF METHOD FOR CALCULATING LENGTH AND LAYING OUT HIP RAFTERS

The step-off method described earlier for common rafters can also be used for hip rafters. The framing square is set up with the unit rise measurement on the tongue and the 17" (rather than 12") measurement on the blade. Use accuracy.

## BACKING OR DROPPING HIP RAFTERS

Chamfering the top edges of a hip rafter is called backing the rafters. Backing prevents roof sheathing from being higher where it covers hip rafters than where it covers com-

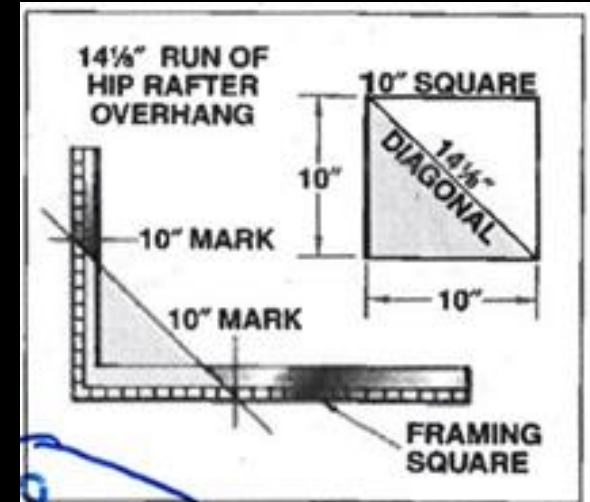


Figure 48-8. A framing square can be used to calculate the run of the hip rafter overhang. In this example, the run of the roof overhang is 10'.

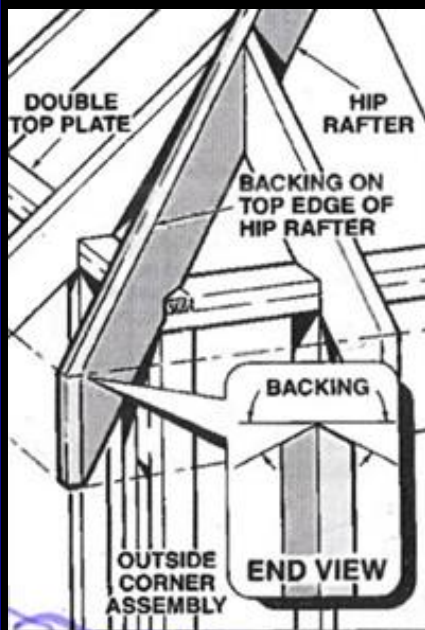


Figure 48-9. Backing a hip rafter allows roof sheathing to lie in the same plane as common and jack rafters.

mon and jerk rafters.

Another method to prevent roof sheathing from being higher over hip rafters is dropping the hip rafters. The seat cut is enlarged, causing the rafter to drop. Consequently, the sheathing rests on the top corners of the rafter and is in line with the roof. Most carpenters use the dropping method because it is faster than the backing method.

## HIP JACK RAFTERS

Hip jack rafters frame the space between hip rafters and wall plates. Hip jack rafters run in pairs and are spaced the same distance apart as common rafters. If common rafters are spaced 24" OC, (On center) the hip jack rafters are spaced 24" OC.

## COMMON LENGTH DIFFERENCE

Hip jack rafters decrease in length as they get closer to the end of a building. Hip jack rafters have a common length difference as long as they are equally spaced. When the length of one hip jack rafter is known, the length of other hip jack rafters can be found by subtracting or adding the common length difference.

The common length difference of hip jack rafters can be easily calculated using the framing

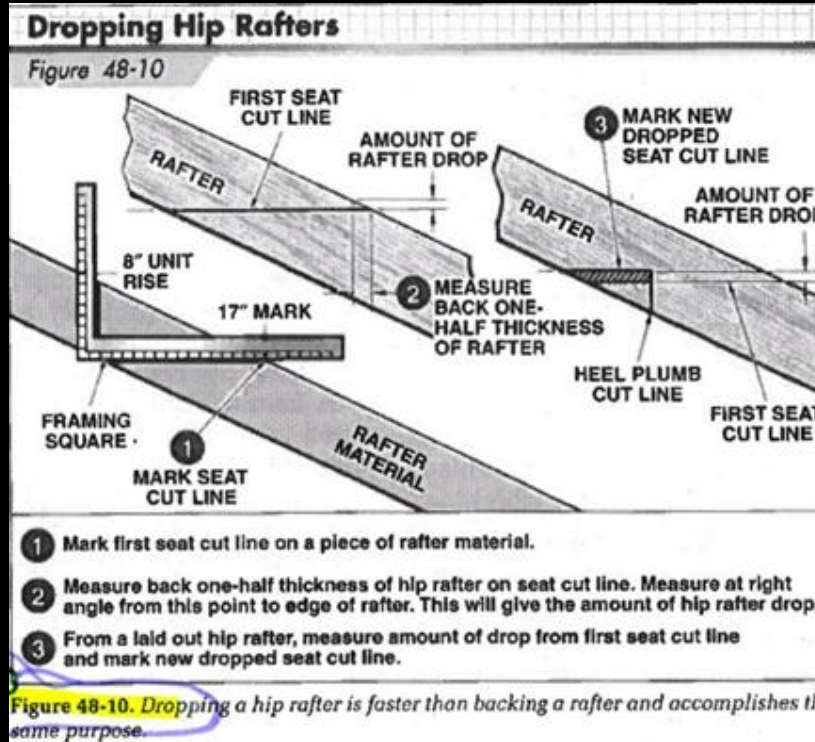


Figure 48-10. Dropping a hip rafter is faster than backing a rafter and accomplishes the same purpose.

square rafter table. The common length difference is expressed as the “difference in lengths of jacks.” Measurements on the third line of a rafter table are for jack rafters spaced 16” OC. Measurements on the fourth line are for jack rafters spaced 2’ (24”0 OC).

## LAYING OUT HIP HACK RAFTERS

As shown here, layout for hip jack rafter placement may begin from a common rafter at the end of the ridge board. Layout may also begin from a common rafter located out some point other than the end of a ridge board. In a third hip jack rafter layout method, layout begins at the corner of the building.

The hip jack rafter has plumb cuts where it fastens to the hip, as well as at the heel and tail. A seat cut is made where it rests on the plate. The plumb and seat cuts can be laid

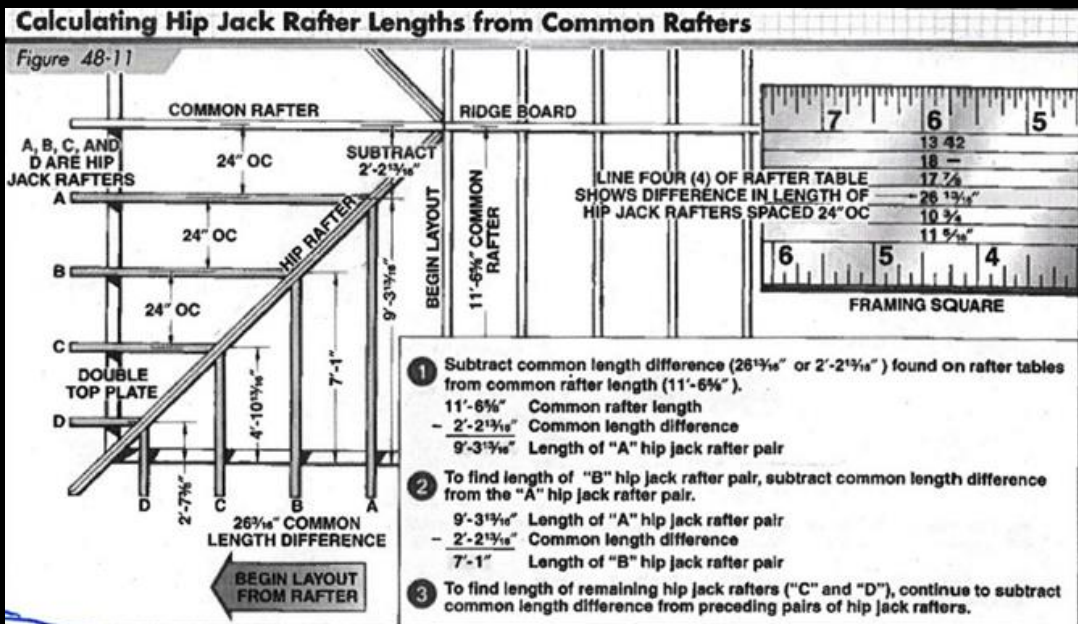


Figure 48-11) When calculating lengths of hip jack rafters for layout beginning from the common rafter at the end of the ridge, the common length difference must first be determined. In this example, the roof has a 6" unit rise and a 20'-8" span. The length of common rafters is 11'-6 1/2". The hip jack rafters are spaced 24" OC. The common length difference is 26 13/16".

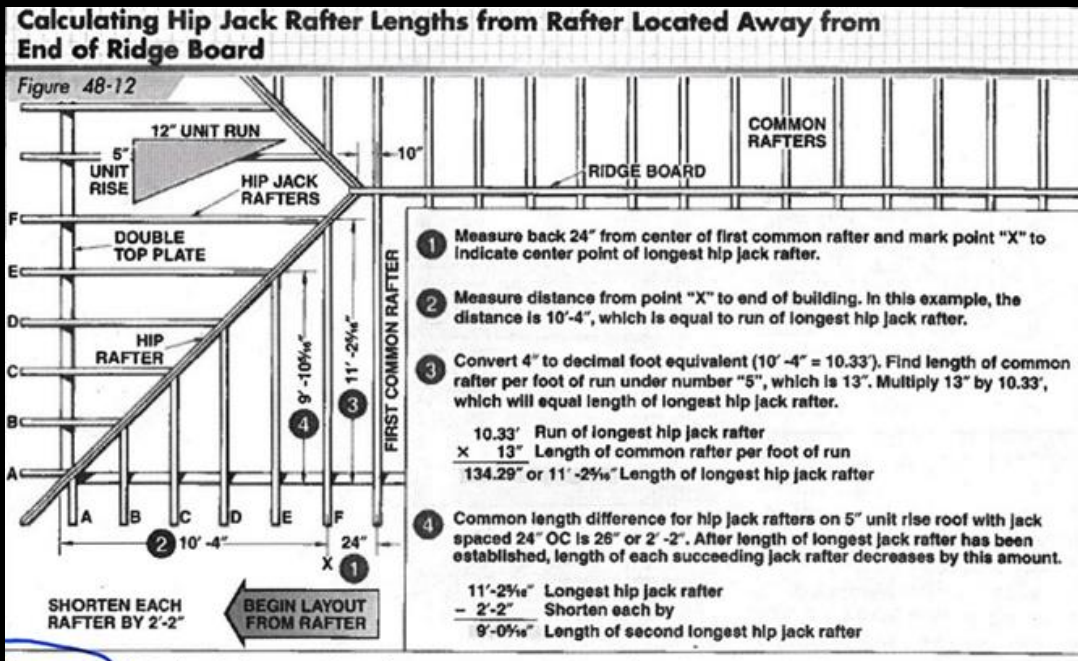


Figure 48-12) Hip jack rafter layout can begin from a common rafter located away from the end of the ridge board. In this example, the roof has a 5 unit rise and 20' 8" span. The hip jack rafters are spaced 24" OC. The common length difference is 26 13/16".



out using the unit rise and 12" on the framing square, as is done for the common rafter. The plumb cut is marked on the 12" side. The bird's mouth and overhang are marked the same way they are marked for common rafters.

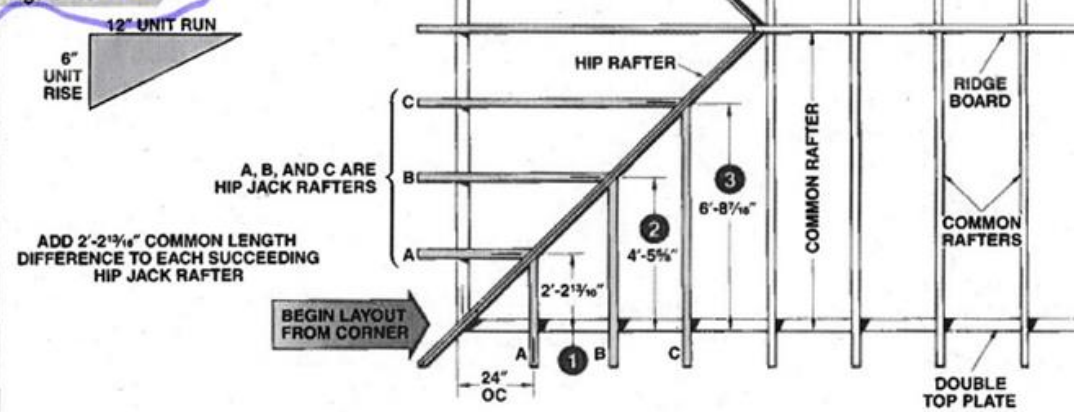
Hip jack rafters require a single side cut where they fasten to the hip rafter. A framing square can be used to find the angle of the side cut as viewed and laid out perpendicular to the top edge of the rafter. A procedure for laying out the cuts on a hip jack rafter using a framing square or speed square is shown here. Next time we will talk about constructing hip roofs, also we will start on intersecting roofs.

OK community here is a couple roofing tips. #1 every roof installer needs to know that it isn't the wet roofs or icy roofs we fall off of... It's the dry hot ones (Over confidence)! Clear clutter and waste.

#2 Rubber bands from coiled nails are dangerous.

## Calculating Hip Jack Rafter Lengths Starting from Corner

Figure 48-13



- 1 Find common length difference on framing square rafter tables for 6" unit rise, in this case  $28\frac{1}{16}$ " or  $2'-2\frac{1}{16}$ ". This is the length of the "A" hip jack rafter pair.
- 2 Add common length difference ( $2'-2\frac{1}{16}$ " ) to the  $2'-2\frac{1}{16}$ " length to find the length of the "B" hip jack rafter pair.
- 3 Add common length difference ( $2'-2\frac{1}{16}$ " ) to length of the "B" hip jack rafter pair ( $4'-5\frac{1}{8}$ " ) to find the length of the "C" hip jack rafter pair.

$2'-2\frac{1}{16}$ "	Length of "A" hip jack rafter pair
$+ 2'-2\frac{1}{16}$ "	Common length difference
$4'-5\frac{1}{8}$ "	Length of "B" hip jack rafter pair
$4'-5\frac{1}{8}$ "	Length of "B" hip jack rafter pair
$+ 2'-2\frac{1}{16}$ "	Common length difference
$6'-8\frac{1}{16}$ "	Length of "C" hip jack rafter pair

## Determining Side Cuts Framing Square Rafter Tables

Figure 48-14

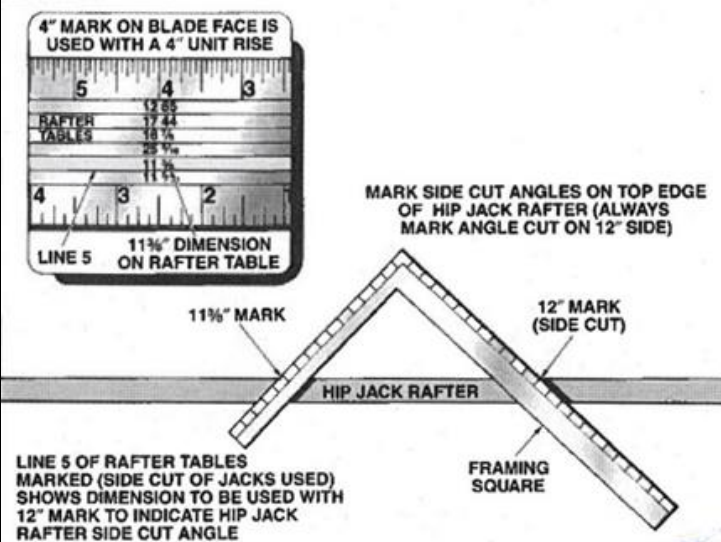


Figure 48-14. Hip jack rafters require a single side cut where they fasten to the hip rafter. In this example, the roof has a 4" unit rise.

To prevent possible falls, after removing rubber bands from coil, put it on the back of your nail gun.

Thank you community for reading and following along. I'm excited to say the next stage of Big Rob's Roofing Group, the NRCA TRAC class will be starting soon. Remember your never to old to learn something! God bless and lets git R done.



## Laying Out Hip Jack Rafter

Figure 48-15

- 1** Square a line across top edge of rafter. Layout center point.

Labels in diagram: MARK CENTER POINT OF RAFTER (90°), SQUARE LINE ACROSS TOP EDGE OF RAFTER MATERIAL, TOP EDGE OF RAFTER, HIP JACK RAFTER.
- 2** Using framing square, lay out angle for side cut line on top edge of rafter. If using a Speed\* Square, place pivot point along edge and pivot along edge until unit rise of Common scale aligns with rafter edge.

Label in diagram: MARK ANGLE FOR SIDE CUT LINE, HIP JACK RAFTER.
- 3** Using framing square, mark top plumb line on side of rafter.

Label in diagram: MARK FIRST TOP PLUMB LINE, HIP JACK RAFTER.
- 4** Shorten hip jack rafter by one-half diagonal thickness of hip rafter. Draw ridge plumb cut line on side of rafter.

Labels in diagram: SHORTEN BY ONE-HALF DIAGONAL THICKNESS OF HIP RAFTER AND DRAW RIDGE PLUMB CUT LINE, MEASURE PERPENDICULAR TO TOP PLUMB LINE, HIP JACK RAFTER.
- 5** Measure length of hip jack rafter from squared line on top edge. Draw heel plumb cut line and lay out bird's mouth by marking seat cut line. Measure length of rafter overhang from heel plumb cut line and mark tail plumb cut line.

Labels in diagram: LAY OUT LENGTH OF HIP JACK RAFTER, MEASURE LENGTH FROM SQUARED LINE ON TOP EDGE OF HIP JACK RAFTER, MARK SEAT CUT LINE, MARK HEEL PLUMB CUT LINE, MARK TAIL PLUMB CUT LINE, HIP JACK RAFTER.

Figure 48-15. A hip jack rafter has plumb cuts where it fastens to the hip rafter as well as cuts at the heel and tail.

# CONGRATS CERTAINTEED MASTER SHINGLER COURSE GRADUATES



# CHECKIN' A BAG





SAVANNA, ILLINOIS  
SAVANNA BEEFS UP AGAINST FLOODING



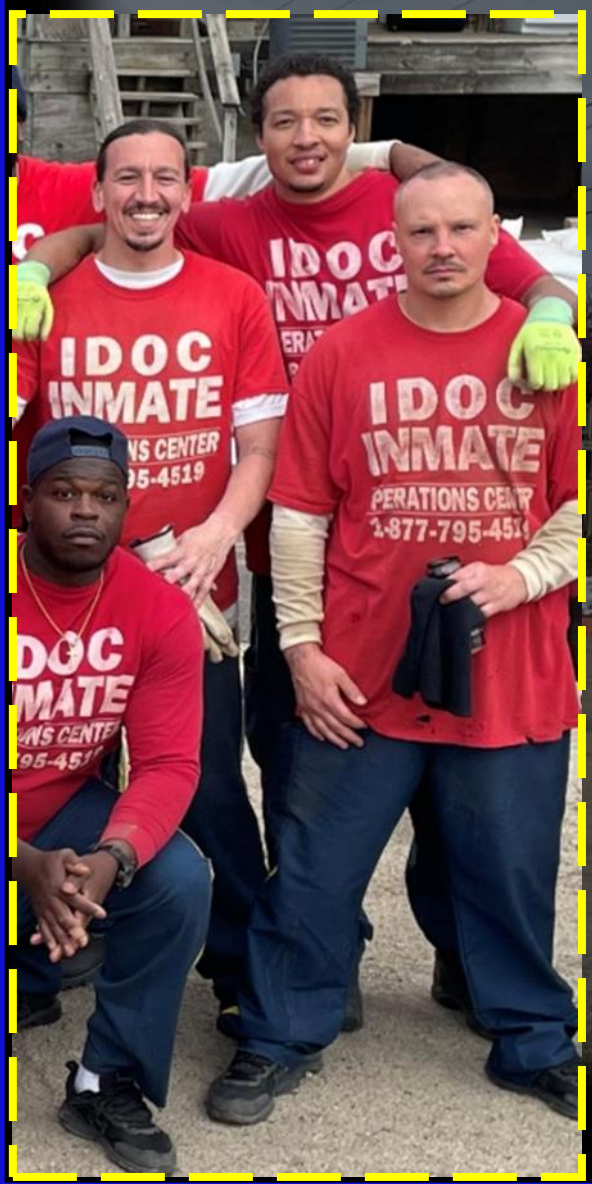
SAVANNA, IL  
FLOOD PREPARATIONS UNDERWAY

TV KWOC.com  
6:03  
62°



# TIME WELL SPENT

By: Tiiyon T. Byrd



Being able to go out and help save the homes and businesses of the people of Savannah was truly an enriching experience. We were all embraced by the community, and for 3 straight days, we were treated as if we didn't have prison clothes on. One of the most important things about restoring justice is being able to apply restorative practices during the time spent incarcerated. It wasn't just that myself, along with 13 of my fellow peers, were in a sense "free" for those 3 days; the best part was that we were all doing something worthwhile, something that actually made a difference, something that was helping, and not "destroying". It was a joy to see my fellow peers enjoying the fact that we were all doing something good, and together. I'm sure I speak for all of us that are incarcerated when I say that we all just want to do everything we can to help and prove that we aren't the horrible people that we're sometimes portrayed to be.



During those 3 days, I had zero sleep, not because of anything bad, but because I wanted to savor every single moment, and I couldn't wait to get up the next morning and do it all over again. This is exactly what humanity is, what it means, coming together and helping one another without the expectation of anything other than someone knowing that they can depend on you in the time of need. I will never forget the generosity of the people of Savanna, how kind they were, and accepting. I will also never forget that experience. I will always appreciate those who made it possible for me to have that amazing experience as well. Thank you Warden Carothers, Warden Jones, Lt. Barnes, and everyone else that assembled that team and gave us the opportunity to show that we are more than just individuals in custody. For the wonderful people of Savanna, you may think that we helped you, but you all actually helped us. You helped us feel "human" again, and experience normalcy for 3 amazing days. I met some incredible people out in Savanna, and I will definitely be seeing them all again soon. To all my Brothers & Sisters, please continue to keep your head up. Stay positive, and try to be as productive as possible. Nothing in life comes easy, as most of us already know that hard-fact. What we put out there in the world is exactly what we should expect to receive back, and that's what I want everyone to think about. As always, I leave you all with love and well wishes!

**Life sometimes moves very fast, but sometimes you just have to take a slow breath and take it all in slowly. Enjoy the moment, appreciate the small things.**

**-Tiiyon T. Byrd**

# SAVANNA EXPERIENCE

By: Demario Bolden



SAVANNA BEEFS UP AGAINST FLOODING

I was given an amazing opportunity to assist the city of Savanna from the flooding of the Mississippi River. It was an honor to give back to a community. Extending that helping hand to protect their livelihood, protect their businesses that they feed their families from. I'm forever grateful to be a part of this humbling movement. I take pride in helping people, I feel that's always been one of my purposes in life. Savanna showed us a lot of love, they was so grateful and appreciative and welcoming which

made every brother out there continue to grind and go hard stacking every sandbag we possibly could stack. 50 thousand sandbags in 3 days.. WOW.. We did that despite the fact of it being hard labor we still came as one and made it possible. Salute to every individual that was out there on that front line putting in for Savanna. We all needed new backs after that (lol) Real Talk. I pray our hard work stopped the flooding and them businesses was protected. Throughout my 18 years of being incarcerated I never would have thought that I, Demario Bolden, would be given an opportunity to be free for 3 days before my MSR or work release. I took every moment 'IN' inhaling that fresh air of freedom interacting with a community, real people, from a world outside this prison world I've been



knowing for 18 years. It shows that we should never take not even a second of life for granted. Being up close to the Mississippi River enjoying that beautiful view and just thinking to myself like how could something so beautiful be so dangerous to this community. Hands down the Savanna Experience was the highlight of my 18 years of incarceration and I'm honored and grateful that I was one of them chosen one's to be a part of that moment... Only in Kewanee.

## GIVING BACK

**By: Thomas Perconti**



On April 20, 21, 22 2023, myself and 13 other individuals were given the opportunity to volunteer to place approximately 50,000 sandbags in the commercial district of the city of Savanna, Illinois to protect the city from near record flooding along the Mississippi River. This was by far the most rewarding thing I have ever done. It felt so good to be able to help others in such a meaningful way. The whole entire community of Savana were truly appreciative of our hard work and dedication to saving their city. For 3 days we worked hand in hand with the city of Savanna Fire Department and proved that no matter what obstacles may exist that we can come together for the common good. I will forever remember this experience. It was an honor to have been chosen to represent Kewanee LSRC in such an impactful manner and it was an honor to have worked with the 13 other individuals who poured out every ounce of their strength and worked as a team to achieve a common goal—Giving Back!

# CHANGING THE NARRATIVE

**By: Patrick Klein**



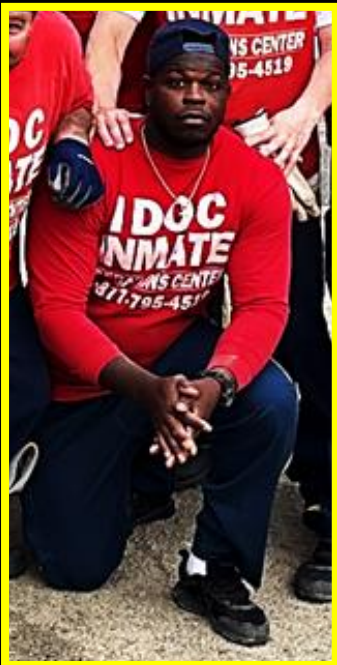
One of the most frustrating things about being locked up is being locked in a cell and being made to feel useless when most of us want to give back to our communities. I understand that I am in debt to my community, that I owe, so when I was presented with the opportunity to give back, I jumped at the chance. Leaving prison for 3 days without handcuffs on is a crazy shock to the system all by itself. I was a bit nervous and discombobulated at first, I wasn't sure how the community or the fire department that we were assisting would receive us. I realize there is a stigma when it comes to inmates, that we are often seen as lazy or just as bad people, and I wanted to show just how untrue that is. Our goal with Kewanee Horizons and with everything else I do is to change the narrative, that we are more than just a bad decision we made and that if given even a small chance, we will capitalize on it.

My worries soon went away, however, because they received us with open arms. It was actually a really touching, emotional experience the way that people embraced us and showed us love. It just made us all want to work harder, and don't get me wrong, it was brutally hard work, but it was meaningful work and that kept us all going. We worked through every type of weather you can imagine, from pouring rain to sleet to snow to the

beating hot sun. It was all worth it in the end, seeing the gratitude from the townspeople and everyone else involved was one of the most rewarding experiences of my life. One of the best parts for me was the camaraderie. I got to experience all this with some of my closest friends. It was a trip watching some of the guy's reactions to the free world who haven't been outside of a prison wall without cuffs on in over 10, 15, 20 years. In the end the whole thing was just really restorative. There is nothing more valuable, more impactful for the incarcerated than being able to give back and engage in the community in a positive way. I really wish there were more opportunities like this. 3 days, 14 inmates without cuffs, and not a single problem, only good vibes, hard work, and positive interactions.

## BEYOND EXPECTATIONS

**By: Demilo Fox**



My experience sandbagging was the best experience because I knew that I was helping save homes and businesses from being flooded. I helped make the bags the first day and the second day I was asked to volunteer to go to the town of Savanna. I began thinking in my head, "I must've really been working hard to get this opportunity." I agreed and when I found out which guys were coming along I felt like God had set this in motion. I felt this way because this was a great group of guys. The ride there was everything...it were seven other guys in the van with me and we laughed the entire ride there. Seeing the "free world" for the first time in 14 years made my eyes light up and my heart was beating heavi-

ly—I was like a kid in a candy store. Real talk.

When my feet touched the ground I was in heaven so to speak. I was in the world and the people that were showed us nothing but love. They treated us like people, they didn't treat us like we were locked up. We went to the site that the rising Mississippi River would impact first. A firefighter from Savanna instructed us on how he wanted us to stack the bags, eight bags long by five feet high. We were everywhere with it but we got it done; when I say done, I mean done fast as hell! The people couldn't believe how much we were getting done at the rate we were doing it. We had a an assembly line going to get the job done and it worked amazingly because we worked as a team. That old adage "team work makes the dream work," held true. In the end, we stacked a total of 40,000 sandbags in two days which was not what they'd expected from us. We made history.

We thanked the four guys from East Moline that helped us out on the second day. If memory serves me correctly, I believe we stacked almost 50,000 bags in three days. We did such a great job that the mayor of Savanna came out to show his appreciation. He shook all of our hands and gave us some history on the city of Savanna. That was the best experience of my life, if I could do it all over again I would without a second thought!

I would like to thank all of the guys that made all of the sandbags (40,000+) because if it wasn't for y'all, we wouldn't have been able to do what we did to help protect the city of Savanna from the rising Mississippi. Much love to all the guys that didn't mind volunteering, stepping outside of themselves to help other people. That says a lot about our character. Please keep this at the forefront of your minds...there's nothing wrong with helping people, especially those that you don't know!

# SENTINEL

## FINAL FANTASY TACTICS™

The next virtue of Franklins that we will look at is industry. Franklin describes it with this quote “Lose no time; be always employ’d in something useful; cut off all unnecessary actions.” During the research of this virtue many described it as making sure you were productive at all times during the day. Franklin took things a step further than just being productive by adding the words “in something useful”.

It is a little ironic that the virtue of industry fell on the volume that KH decided to use video games as the theme, don’t you think! To work with in the theme I choose Final Fantasy Tactics for the background. This game was my game of choice from when it was first released until just a few years ago. Being release on the original PlayStation the game took the world of Final Fantasy to a new level by adding a tactical platform to it. Not to get off topic and distracted by a video game but I remember in college that the first time I played a beat the game that I had logged over 200 hours into the game. Now even though the game brought me a lot of enjoyment and relaxation I don’t know if I can consider the equivalence of what would be 5 weeks of work (at a 40 hour a week job) spent on a video game to be industrious!

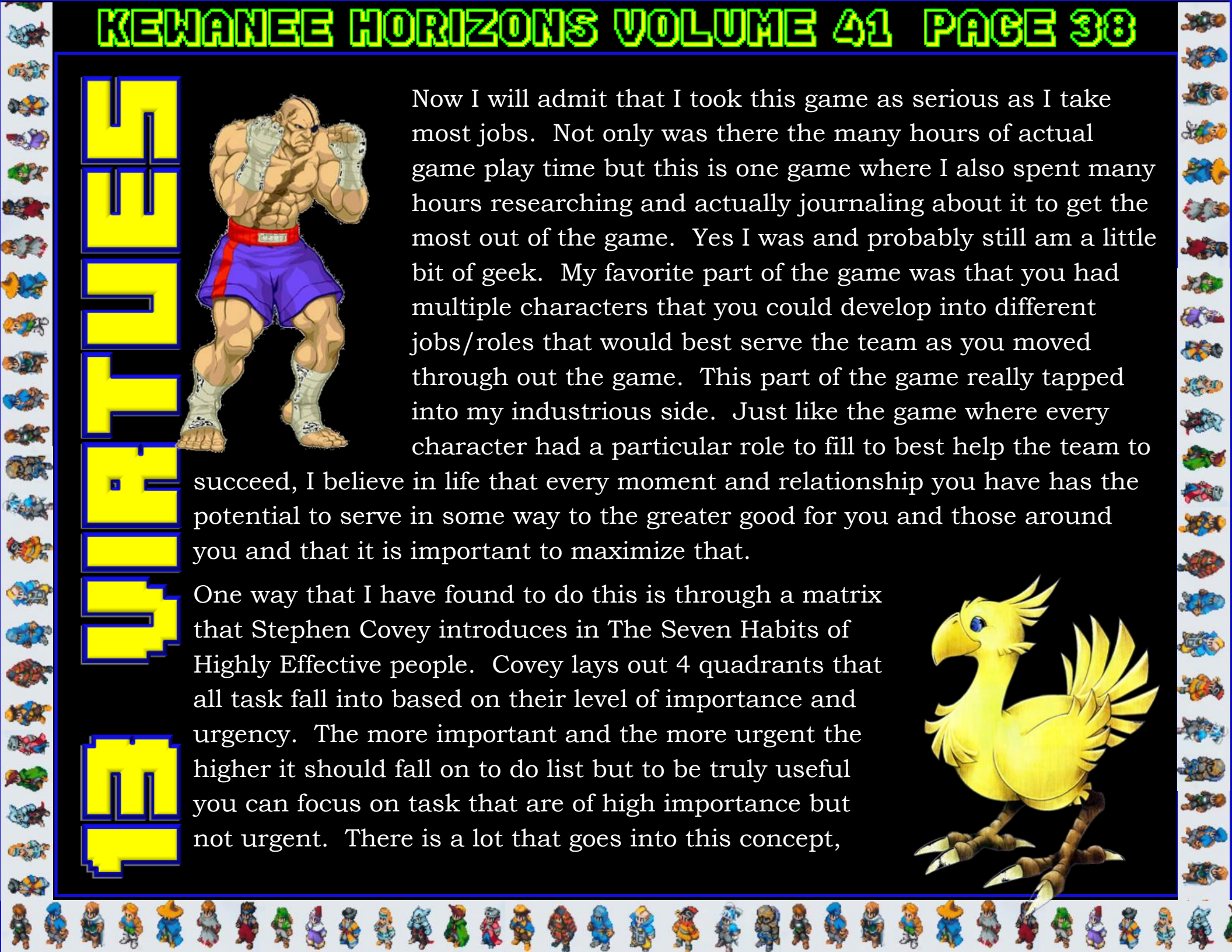
# SEITAI



Now I will admit that I took this game as serious as I take most jobs. Not only was there the many hours of actual game play time but this is one game where I also spent many hours researching and actually journaling about it to get the most out of the game. Yes I was and probably still am a little bit of geek. My favorite part of the game was that you had multiple characters that you could develop into different jobs/roles that would best serve the team as you moved through out the game. This part of the game really tapped into my industrious side. Just like the game where every character had a particular role to fill to best help the team to

succeed, I believe in life that every moment and relationship you have has the potential to serve in some way to the greater good for you and those around you and that it is important to maximize that.

One way that I have found to do this is through a matrix that Stephen Covey introduces in The Seven Habits of Highly Effective people. Covey lays out 4 quadrants that all task fall into based on their level of importance and urgency. The more important and the more urgent the higher it should fall on to do list but to be truly useful you can focus on task that are of high importance but not urgent. There is a lot that goes into this concept,



# SEATTLE

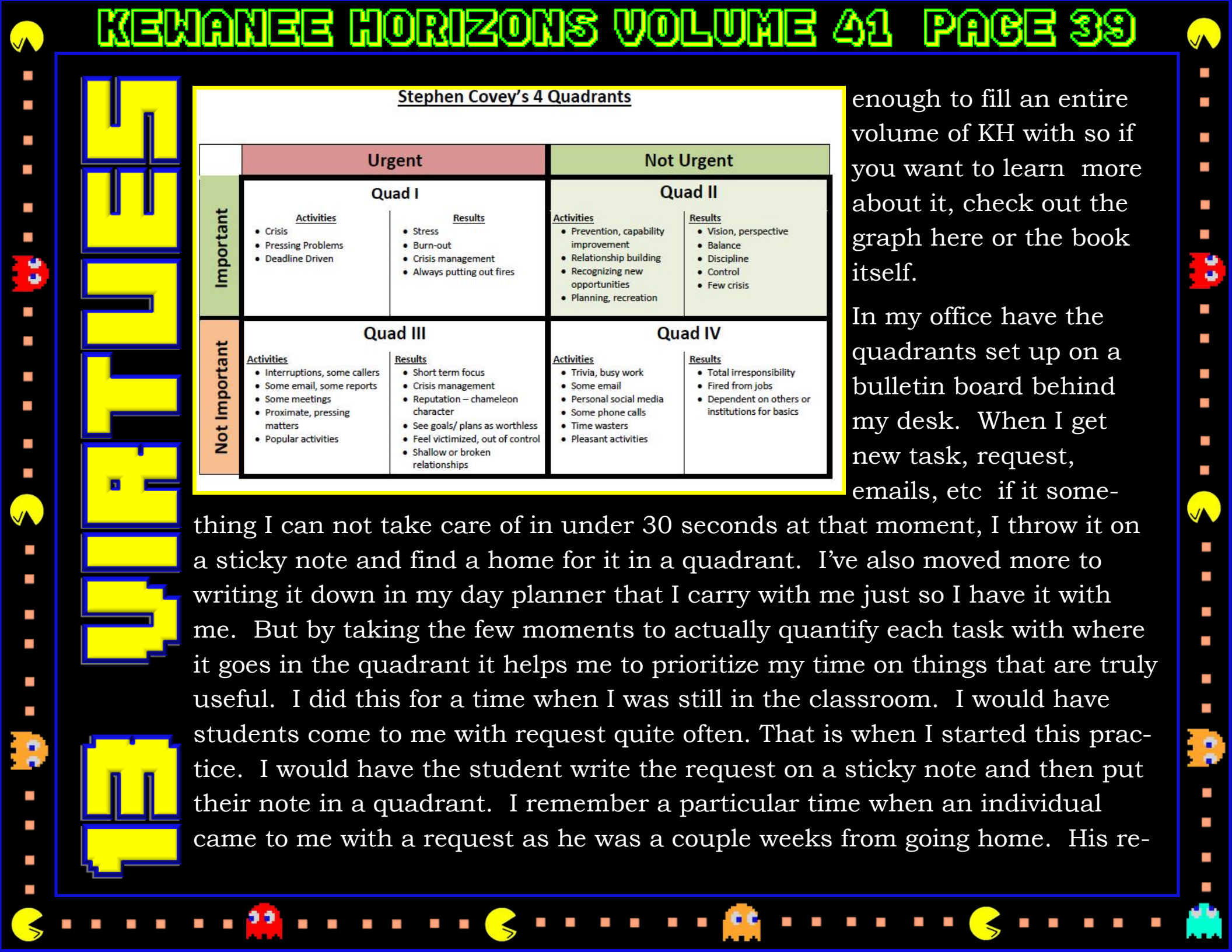
Stephen Covey's 4 Quadrants

	Urgent	Not Urgent								
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enough to fill an entire volume of KH with so if you want to learn more about it, check out the graph here or the book itself.

In my office have the quadrants set up on a bulletin board behind my desk. When I get new task, request, emails, etc if it some-

thing I can not take care of in under 30 seconds at that moment, I throw it on a sticky note and find a home for it in a quadrant. I've also moved more to writing it down in my day planner that I carry with me just so I have it with me. But by taking the few moments to actually quantify each task with where it goes in the quadrant it helps me to prioritize my time on things that are truly useful. I did this for a time when I was still in the classroom. I would have students come to me with request quite often. That is when I started this practice. I would have the student write the request on a sticky note and then put their note in a quadrant. I remember a particular time when an individual came to me with a request as he was a couple weeks from going home. His re-



# SENTENCE

quest was to look up on the internet a couple of different pairs of shoes so he could see which ones he wanted his family to get for him to wear when he left. Just like everyone else I gave him a sticky note and had him write it down. After he wrote it, I had him put it in quadrant 4 (not urgent/not important). He looked at me and said “you going to do me like that”, he tossed the sticky note in the trash and walked out. A few days later before he left, he came back to my room and apologized. We had a good talk and he even admitted that looking back that with everything that he was going to be working through with going home that what shoes he was walking out in was no where close to one of his top concerns anymore.

Speaking of shoes be watching in the next few weeks for a KH volume with a sneaker theme, The geese are doing an amazing job with the design and layout of each edition.



## 6. INDUSTRY

Lose no time; be always employ'd in something useful; cut off all unnecessary actions.

[ashaasiewkumar.com](http://ashaasiewkumar.com)





## COMIC BOOKS & GRAPHIC NOVELS, Part One

Comic book writing utilizes many of the same elements as fiction and screenplay writing with some differences in format. In this article, we will focus on the differences that comic book writing has from fiction and screenplays—and will briefly mention their shared elements. Comic books are single-issue monthly magazine-style books, usually with storylines running up to twelve issues. Graphic novels are either a complete collection of the single-issue monthly comics, or larger collections of stories that span multiple books that can be up to 100 pages long or more. There are also larger collections that may span 1000 or more pages, called omnibuses.

### POINTS OF VIEW

There are two separate points of view in comics—the POV of the story, and the individual point of views of the individual panels on the page. The story's POV is the point of view in which the story is being told—whether you use first, second, or third person, with

limited, serial, or omniscient sub-views. Decide how you want to tell the story and maintain that POV throughout the story. The point of views of individual panels, (aka shots), will be detailed further when we discuss the different writing formats of comics.

## STORY STRUCTURE

Build the structure of your story—deciding on the plot, themes, and setting you want to convey within your story. These elements don't need to be lengthy pieces—a sentence or two describing them will be enough for a basic understanding on what you will need to refer to, as needed, when scripting your tale.

You could also draft up an outline of your story to flesh out the flow of each page or chapter. This can come in handy if you ever find yourself experiencing “writers block”—or to help you eliminate unnecessary portions that would bog-down the momentum of your story.

## CHARACTERS

Create your main, secondary, and minor characters the same way you would for a novel or screenplay—listing all the details of your characters as well as their motivations and conflicts they will need to overcome. However, in addition to these details, since a comic book is primarily a visual medium, it would be a good idea to list the physical descriptions of your characters in more detail. This would include the way they express their emotions—how they smile (large smiles, smirks, or just slight grins), how they display anger (lots of hand movements, scowling, or yelling), or when they are concerned, scared, bored, etc.

List out three to four (or more if you wish) outfits or styles of clothing they wear—or any uniforms that they would wear when working. These details will assist the artist who has to render your characters in multiple scenes. If you can draw or are planning to illustrate the comic yourself, it would be helpful to sketch your characters out. The sketches don't need to be elaborate or perfect, just rough ideas of how they will appear visually. Sketch out several “head shots” of them expressing different emotions, or any mannerisms they may have that makes them stand out—does your hero have a particular stance he or she assumes when “powering up” to attack the villain? Does your villain cock his head a little when addressing those he feels are beneath him? All these details will help in keeping your characters consistent and save you time later on.

## COMIC BOOK FORMAT

A comic book page is formatted in a number of panels that have a precise flow of direction. The set-up is designed to be visually appealing and to draw the reader's eye from one panel to the next effortlessly, with narration boxes, word balloons, sound effects, and depending upon what POV style you've chosen to use, thought bubbles. Here is a basic layout that you need to keep in mind when writing your story:

Think of each panel (the boxes that the illustrations are drawn in) as snapshots of a movie, each drawn in sequential form. This will aid in visualizing the story as you write it.

## DIALOGUE

Just as in fiction and screenwriting, you want the dialogue to further the plot and move the story forward. You also want the dialogue to convey traits, mannerisms, and attributes of your characters that would be missed without lengthy narratives to reveal

them. Keeping the dialogue as short and concise as possible is important because every line will be placed within word balloons that will cover some of the artwork within the panels. The same is true for thought bubbles and narrative boxes.

In addition, long sections of prose will disrupt the ease of eye flow from panel to panel and distract from the visual appeal of the artwork on the page. The word flow of the balloons follows the normal pattern of top to bottom and left to right in Western comics, and from top to bottom and right to left for Eastern and Manga style comics (see diagram above [ a to b to c to d to e]). Utilizing accents, speech patterns, regional dialects and figures of speech, as well as slang can convey a lot about a character, when used correctly. Another textual tool that comic book writers use to great effect is the use of different font types to convey characterizations or material nuances' instantly.

An example of this would be if you had a Russian character that spoke English but still had a strong accent. When he speaks, you could make a parenthetical note to the letterer in the script to use a font that has **СҮЯІІІІІС LƏTᄁRS** that appears similar to English lettering. Not all cultural alphabets can be used in this manner, but for those that can; this is a quick way to show details about your characters without explaining them. This trick can also work for characters that may be **frightening**, or robotic, or medieval, or even a little abnormal. Use this technique sparingly and only with a few characters so that the reader does not confuse the speakers, and the text remains easy to read. Foreign dialogues are scripted in three different ways in comic book scripts. The first method is to write the words just as they are in the language they belong to using the English alphabetic lettering, say for instance, Latin (quas deus vult perdere prius dementat). The second method is to spell out the words as they sound phonetically (kwos deus woolt per-deh-reh

pre-us dah-men-tat). The final method to writing the foreign dialogue is to write the translation of the words spoken, placing them within less than/greater than symbols (<those whom a god wishes to destroy he first drives mad>). This method allows any reader to follow what is being said without knowing the language spoken by the character in the story, especially when there are multiple uses of the foreign language in the script.

## **SOUND EFFECTS**

Sounds can be incorporated into the story in subtle and artistic fashions, much the same way special fonts can be utilized. Sounds are noted within scripts in much the same way as they are in film scripts, but usually only the main or necessary sound is noted. Keep in mind also that these too will take up space within the panel illustration, and should be kept to a minimum. If the sound happens once, or is a focus, such as an explosion or a crash, it should be noted. If it is continuous, such as rapid machine gun fire, then note when it first occurs and only note it again if the sound stops for a period of time and starts up again.

The style of the font can also help convey the type of sound it is—whether it is smooth or sharp, rough and chaotic, soft or quiet, or whether it is a natural or manufactured sound—all of which have a look and feel that can reveal details quickly in the story.

## **COMIC BOOK SCRIPTING GLOSSARY**

In addition to the terms used in film scripts, comic book scripts include the following terms unique to the medium:

**BIRDS EYE VIEW (Extreme Down Shot)** - Panel drawn looking down upon an object(s) from far away. Little to no detail is visible.

**CLOSE UP (CU)** - Shot in which a head or hand, etc. fills the panel.

**DOUBLE PAGE SPREAD**- Two connecting pages of a comic book, across which a single image is drawn. A double page spread can also contain any number of smaller panels as well, known as **INSET PANELS**.

**DOWN SHOT**- Panel in which the reader is looking down on an object or objects.

**ESTABLISHING SHOT**- Usually a **LONG SHOT**, drawn to show the readers where the character(s) are (like a bus station), who the characters are, or the spatial relationship between the characters and their environment.

**EXTREME CLOSE UP (ECU)** - Shot so tight that just a small part of an object is seen, such as an eye or hand, that fills most of or the entire panel.

**EXTREME LONG SHOT (ELS)** - Panel drawn from such a great distance away from an object that details, such as people, animals, or vehicles are not visible.

**GUTTER**- The blank areas between panels, and the margins on the edges of the page.

**LONG SHOT (LS)** - Panel drawn from a great distance where some details are visible.

**MEDIUM CLOSE UP (MCU)** - Shot in which half of the figures or main object(s) are visible from head to toe.

**OPEN PANEL (OP)** - Panel that has no borders in which the image(s) spill over into the **GUTTERS** and may even overlap into another panel on the page. Usually the background around the main figure or object is not drawn, leaving only white or blank space.

**PAGE**- An individual sheet of paper on which a single comic book illustration consisting of one to six (on average) panels have been drawn, with individual images filling the panels.

**SIDE ANGLE**- Panel drawn looking into profile of a figure or object, designated in one of three ways: **1/4 SIDE ANGLE**: view of figure or object is from the front and side quarter profile; **SIDE ANGLE**: full profile of figure or object; and **3/4 SIDE ANGLE**: view of figure or object is from behind and side three-quarters profile.

**SILHOUETTE (SILO)** - Blackened or heavily inked image used for a framing element to highlight specific characters, objects, actions, or environmental aspects. They can pinpoint an action, object, or figure (or any combination of the three) very quickly to create mood, such as a feeling of impending danger, entering the unknown, mystery, or terror, etc.

**SPLASH**- Any page of a comic consisting of only one panel, usually the first page of a story—and usually where the title and credits are placed.

**WORMS EYE VIEW (Extreme Up Shot)** - Panel that is drawn looking up at a figure or object in an extreme perspective.

**Next, we will go over the two main formats of comic book scripting!**



# AS SEEN ON facebook

WHAT  
DOES  
RE-ENTRY  
MEAN TO  
YOU?

PATRICK KLEIN OF 'KEWANEE HORIZONS' ASKED SOON-TO-BE RETURNING CITIZENS AT KEWANEE LIFE SKILLS RE-ENTRY CENTER.

#SECONDCHANCEMONTH



IDOC  
RE-ENTRY  
UNIT



WHAT DOES  
RE-ENTRY  
MEAN TO  
YOU?

"RE-ENTRY MEANS HAVING THE OPPORTUNITY OF GETTING OUT OF PRISON FOR SO LONG AND BEING ABLE TO HAVE AN OPPORTUNITY TO HAVE A NEW LIFE AND LOOKING AT THINGS DIFFERENTLY."

ALEX  
CASAREZ

KEWANEE LIFE SKILLS  
RE-ENTRY CENTER

#SECONDCHANCEMONTH





IDOC  
RE-ENTRY  
UNIT



"RE-ENTRY MEANS THAT I'M ABLE TO GET THE OPPORTUNITY FOR FAMILY REUNIFICATION, JOB INTEGRATION, AND BEING ABLE TO EDUCATION MYSELF ON WHAT I NEED TO LEARN TO TRANSITION AND REENTER SOCIETY."

ANTONIO  
AGUIRRE

KEWANEE LIFE SKILLS  
RE-ENTRY CENTER

## WHAT DOES REENTRY MEAN TO YOU?

#SECONDCHANCEMONTH



IDOC  
RE-ENTRY  
UNIT



"RE-ENTRY IS THAT YOU CAN GO THROUGH A LOT IN THE PRISON SYSTEM AND CHANGE YOUR WAY OF THINKING AND REALIZE EVERYTHING IS DIFFERENT AND IT PREPARES YOU FOR RELEASE."

BRIAN  
LEHNERT

KEWANEE LIFE SKILLS  
RE-ENTRY CENTER

## WHAT DOES REENTRY MEAN TO YOU?

#SECONDCHANCEMONTH

# KEWANEE MENTAL HEALTH

K.H. would once again like to take a second to extend our heartfelt thanks to Mr. Kuster and Mr. Ross for their assistance in our mental health pages. They have offered encouragement and insight whenever we have asked, any mistakes or omissions are our responsibility.

## STAGES OF CHANGE

*Stages of Change based on the Transtheoretical model of change.*

As we have discussed in the past couple of volumes of KH, we are looking into the Transtheoretical Model of change which is a tool therapists use to understand where their clients are as far as a path to healthy behaviors is concerned. You may recall that there are essentially 6 stages of change that a person progresses through:

1. Precontemplation: failing to recognize the need for change.
2. Contemplation: seriously considering the need for change.
3. Preparation: making small changes.

# KEWANEE MENTAL HEALTH

4. Action: committing to exercises or activities etc. for less than 6 months.
5. Maintenance: staying regular with your new behavior for longer than 6 months.
6. Termination: the point at which the new behavior has become a structural change in your life.

It should be noted here that there are 2 additional pieces of information that you need to know:

1. even though these stages are listed in order like steps on a ladder, you might not actually go in order in the sense of time. You might go back and forth between stages 2, 3, and 4 before finally making the leap to stage 5 or 6.
2. There is also potentially a stage 7 which is relapse. Basically, it is you reverting back to your unhealthy behavior or substituting a new unhealthy behavior for the old one. For example, you stop smoking rocks but you start gambling on ass.

It is important to understand that while the manifestation of an unhealthy mindset is an important tool, the most important part is determining where you are positioned in terms of these stages.

So, we left off our discussion with stage 4...

# KEWANEE MENTAL HEALTH

- 4) **ACTION**: the point at which you have decided to act on the information you've gathered and are actively participating in things that address your unhealthy behaviors with corrective solutions. Think of this as things like going to therapy, meditating, attending an AA/NA type of program, etc.. The point is that you are in a phase where you are on top of your shit and you are doing the things that will help you internalize healthier behaviors. This stage usually lasts up to 6 months.
- 5) **MAINTENANCE**: the point at which you have truly internalized the new healthy behaviors and have adapted to new habits and routines that result in the changes you were working toward.
- 6) **TERMINATION**: the point where you are confident in your new skills and you can stop going to therapy or whatever activity you have engaged with to build out your new life skills.

The best way to use this information about the stages of change is to try and objectively assess where you are at right now in your life with your behavior, actions, reactions, habits etc.. The next thing you can do is figure out where you feel you need to go in order to improve your mental health and well being.



# ADVENTURES OF J-DAWG

NO MAS!  
GLASS JOE  
JOE

YEAH!!!  
MIKE TYSON  
CRIM

HA-RYZIONS!!!  
TYU

HE'S ON FIRE!  
T.Y. 61443

I'M A MARCO!

NBA JAM JDANG  
SUPER MARCO

2021 WARSING  
REALLY?!  
BOLO AS RAIDEN

BOOM!  
I'M THE PUERTO RICAN MACHINE!  
DBLOCK AS WARIO  
HA HA

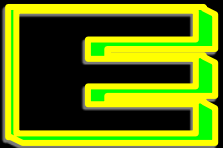
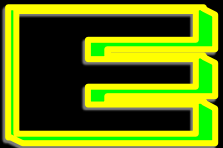
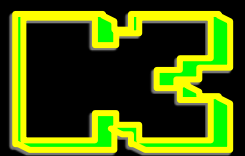
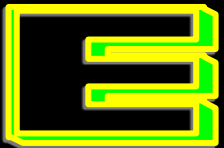
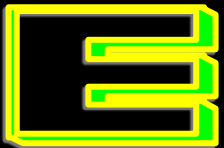
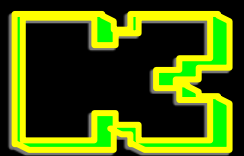
JUANITO AS SONIC

I'M OUTTA HERE BEFORE THEY GOOSE HUNT MY BUTT!

ME WAITING FOR GTL TO



COME OUT WITH BETTER VIDEO GAMES



Decorative border with Pac-Man and alien icons and a dotted line.

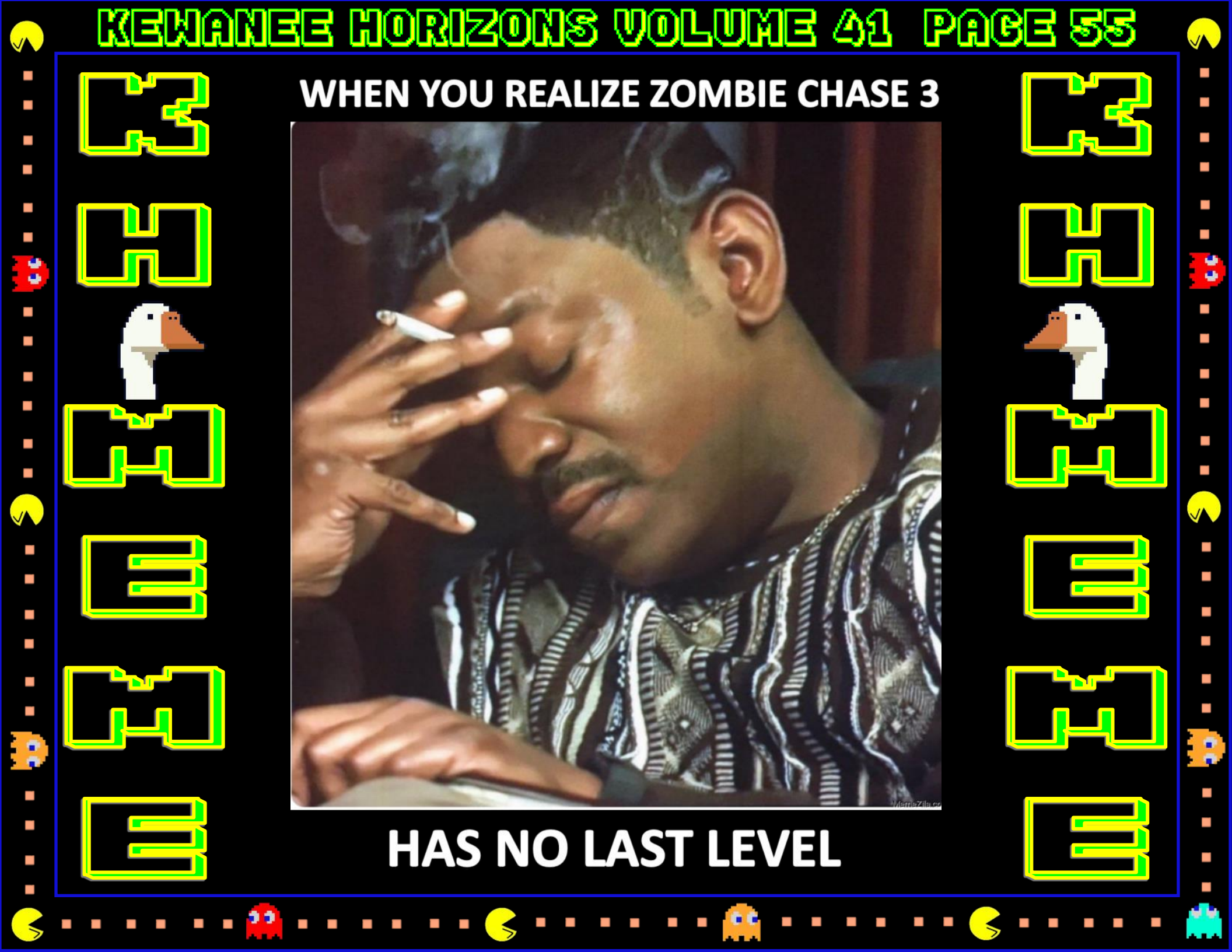
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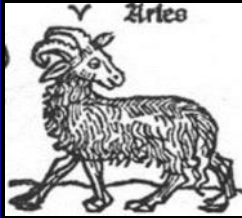
HAS NO LAST LEVEL

MEME

MEME



# HOROSCOPES



**Aries:** Keep the momentum flowing. Don't ignore the rules or listen to bad advice. Someone will be eager to make you look bad and ruin your plans. Be true to yourself.

**Translation:** You're getting it done by playing it safe and strategizing but be careful because the one next to you might be trying to jump your gate. If it feel right to you then do it. If not, fall back. Move at the beat of your own drums.



**Taurus:** Hard work will be necessary when trying to get in shape, following your dream or joining forces with someone you find compatible. Refuse to let outside influences interrupt your plans.

**Translation:** You're never gonna lose that gut hanging around with your homies who only wanna eat big boys every night. Shake em' and start hitting the gym. Don't listen to the haters - get to it.



**Gemini:** Don't start what you can't finish. Getting upset with someone will slow you down. The best opportunity is the one you create yourself. Stay on budget and be practical.

**Translation:** Stay focused on the task at hand. How your life turns out is on you. Don't allow someone else's BS to interfere in your plans. Focus, Focus and Focus.



**Leo:** Change only what's necessary. Focus on learning, experimenting and visiting people who can offer something valuable to you. Taking a trip or going to a meeting will prove educational.

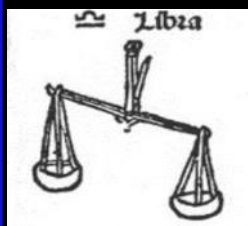
**Translation:** You're entertaining the idea of changing for that person who keeps complaining about your life choices. Does that change benefit you? If it's needed, do it. But if not tell them to kick rocks.





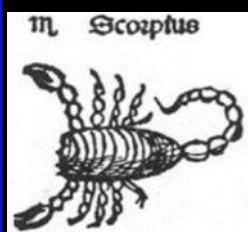
**Virgo:** Try something new and explore the possibilities. Don't give in to others. Map out how you want your life to be, then start the journey. Practical ideas will be key. Self-improvement is favored.

**Translation:** You have to live with the decisions you make so make sure you can handle the outcome. Don't allow others to dictate your moves.



**Libra:** Take pride in what you do and tackle as much as you see fit. Having your finger on the pulse of something will give you a full range of options. An incredible opportunity awaits.

**Translation:** An idle mind is the devils playground which is why you should keep busy doing all that you need to do in order to get where you need to be.



**Scorpio:** Getting your house in order will ease your mind. Do the dirty work yourself and you'll understand the benefits of maintenance. Steer clear of joint ventures or shared expenses.

**Translation:** A filthy home is a replication of your mind. It has been proven that cleaning brings solace and deep insight into... I'm just talking sh\*t. Just stop being trifling.



**Sagittarius:** Keep an open mind, but don't believe everything you hear. Keep your emotions in check when dealing with peers, friend and relatives. Be accommodating, but don't give up too much.

**Translation:** Just following that old saying about believing half of something and none of the other, you know what I'm talking about right? Yeah, do that.



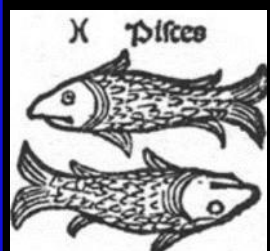
**Capricorn:** Simplify your plans and stick to your budget. Use your ingenuity and experience to change things for the better. You can dream, but be realistic about what's possible.

**Translation:** Stop wishing for blow up dolls to be sold at commissary. It's never gonna happen. Lets focus our time, money and energy on getting TIS changed. You think?!



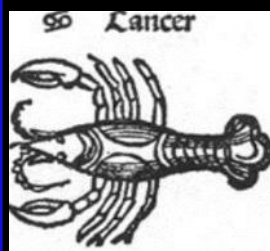
**Aquarius:** Pick up the pace and finish your to-do list. Don't withhold your thoughts and feelings when dealing with pushy people. Be blunt about what you expect and are willing to give.

**Translation:** Workout at your own pace before you end up at sick call all because Lil Hercules told you to get under 225lb when your MAX is only 185.



**Pisces:** Funnel your energy into something unique, creative or passionate. Refuse to give in to annoyances and disgruntled people. Declutter your space and arrange things to fit your lifestyle.

**Translation:** Start spending time by yourself in order to get knowledge of self. Misery loves company so keep hanging around miserable people and your life will be a mess just like the people you're hanging with. You'll soon see.



**Cancer:** Observe what's happening around you and listen to what people are telling you, but don't share too much information. Don't compromise your position by saying something you shouldn't.

**Translation:** That fish would never had gotten caught had he never opened his damn mouth right? Don't throw yourself under the bus.

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

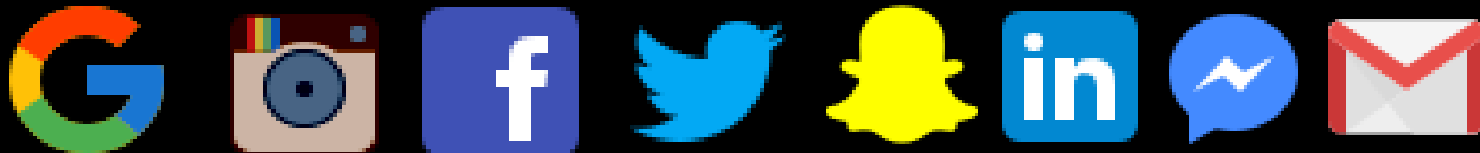
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