



KEWANCE
VOLUME 42



KEWANCE





TABLE OF CONTENTS

- 1. COVER PAGE
- 2. TABLE OF CONTENTS
- 3. RESTORATIVE JUSTICE
- 4. MISSION STATEMENT
- 5. EVERYONE EVERYWHERE
- 6. EVERYONE EVERYWHERE
- 7. EVERYONE EVERYWHERE
- 8. GRATITUDE
- 9. GRATITUDE
- 10. SELFLESS ACTS
- 11. TAKE ACTION
- 12. TAKE ACTION
- 13. THE LEGACY GROUP
- 14. THE LEGACY GROUP
- 15. THE LEGACY GROUP
- 16. THE LEGACY GROUP
- 17. THE LEGACY GROUP
- 18. THE LEGACY GROUP
- 19. PEER LED SHOWCASE
- 20. SPOKEN WORD
- 21. SPOKEN WORD

- 22. H.I.I.T. CLASS
- 23. H.I.I.T. CLASS
- 24. H.I.I.T. CLASS
- 25. CABRINI GREEN LEGAL AID
- 26. CABRINI GREEN LEGAL AID
- 27. CABRINI GREEN LEGAL AID
- 28. CABRINI GREEN LEGAL AID
- 29. CABRINI GREEN LEGAL AID
- 30. CABRINI GREEN LEGAL AID
- 31. BLACKSTONE PARALEGAL
- 32. BLACKSTONE PARALEGAL
- 33. FROM IDOC TO SEC
- 34. FROM IDOC TO SEC
- 35. FROM IDOC TO SEC
- 36. FROM IDOC TO SEC
- 37. FROM IDOC TO SEC
- 38. STOCK TRADING TERMS
- 39. STOCK TRADING TERMS
- 40. STOCK TRADING TERMS
- 41. STOCK TRADING TERMS
- 42. STOCK TRADING TERMS
- 43. 13 VIRTUES

- 44. 13 VIRTUES
- 45. 13 VIRTUES
- 46. JOE REAL ESTATE
- 47. JOE REAL ESTATE
- 48. JOE REAL ESTATE
- 49. NAME THOSE KICKS
- 50. NAME THOSE KICKS
- 51. CARTOON
- 52. KH MEME
- 53. KH MEME
- 54. HOROSCOPES
- 55. HOROSCOPES
- 56. HOROSCOPES
- 57. STATEWIDE CALLOUT
- 58. STATEWIDE CALLOUT
- 59. SENDING SUBMISSIONS
- 60. SOCIAL MEDIA PAGE

OUTSIDE CONTRIBUTOR





RESTORATIVE JUSTICE

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

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

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

Community: A group of people with a common characteristic
Or interest living together 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.





EVERYONE EVERYWHERE

By: Andrew Suh

On an overcast gray Saturday morning an in descript white box truck pulled into the Kewanee Life Skills Reentry Center. The back door slid open to reveal the essentials needed to feed the stomachs and nurture the souls of countless families in need. There were hundreds of boxes ready to be filled and bags of raw materials to make it happen.

Hill Church-Kewanee, Heritage Church-Quad Cities, and the First Christian Church-Kewanee all came together for this worthy cause. Through their cooperative efforts they worked in conjunction with the internationally recognized Lifeline Christian Mission. This community of churches raised the funds needed and provided the logistical support to bring together the first ever MEAL PACK event at the Kewanee Life Skills Re-entry Center.

Lifeline Christian Mission has been in existence since 1980, a non-denominational Christian group dedicated to spread the tangible word of the gospel while helping to feed those that are in need.



Their inclusive mantra is EVERYONE EVERYWHERE. With an international infrastructure spanning the globe, they are based out of OH and have a base camp in Haiti. Serving the greater good of humanity they utilize the common denominator of food, community and service to bring about change. They have a mission of bridging communities through service and use the Meal Packs to accomplish this altruistic mission. Lifeline Christian Mission liaison, Justin Johnson stated, “We want to spark people’s lives on a mission towards God.”

Lifeline Christian Mission provides for the production of MEAL PACKS. (MEAL PACKS are Pre-packed, highly nutritious, shelf stable; vacuum sealed packages of food; that can be easily transported and delivered to communities in need.) The available MEAL PACK flavors include Oatmeal and Cinnamon; Macaroni and Cheese; Pinto Beans, Rice and Vegetables; and Soy, Rice and Vegetables. For today’s event the menu item was Oatmeal and Cinnamon.

Over 23 civilian volunteers came in to the KLSRC from the surrounding community to work side by side with over 50 Individuals in Custody to make MEAL PACKS for families in need. Bobi Throneburg, the Outreach Coordinator for the Hill Church eloquently stated that, “This is an amazing opportunity to serve along residents of the Kewanee Life Skills Reentry Center as brothers and sisters in Christ.”

This Saturday morning started gray and overcast but by the end of the day, the sun was shining. When all the work was finished over 20,100 servings of cinnamon flavored oatmeal were packaged and ready to be passed out the Kewanee Food Pantry and the Western Bureau Food Pantry. With a shimmer of a tear in his eye, Chaplain Justin York of the KLSRC looked upon the flurry of community activity and proudly stated, “Through this MEALPACK event we have been able to bridge two communities that normally could not meet. The incarcerated men of Kewanee and the surrounding community coming together in service to help those in need. This is the true epitome of Restorative Justice!”







GRATITUDE

By: Ronnie Carrasquillo

It is all about community. Two weeks ago we witnessed the Kewanee Community come together to hand make sand bags; load the trucks, then men of the Kewanee Community went and stacked those bags to prevent people's homes from being flooded. Everybody participated in this community effort; including the Wardens, the Chaplain, Teachers and Staff, that's what you call a Community event.

Once again, on May 6, 2023 the Kewanee Community had a blessed opportunity to help multiple churches who came in to the facility to package 20,000 meals for "Outside" Communities.

We are grateful to the following people for allowing us the opportunity to be part of an event that we see as giving back to society. I pray all the names are covered.

- | | | | |
|------------------|-------------------|--------------------|-------------------|
| Bobbi Throneburg | - Hill Church | Sandy Milby | - Hill Church |
| Lance Hampton | - Hill Church | Doug Milby | - Hill Church |
| Kimberly Hampton | - Hill Church | David Wheeler | - Heritage church |
| Jennifer Clague | - Hill Church | Scott Kochuyt | - Heritage Church |
| Keri Gould | - Hill Church | Rachel York | - Mom |
| Craig Hollenbock | - Heritage Church | Veronica Shupach | - Hill Church |
| Bronwen Griffith | - Eastside Church | Michelle Gillespie | - Hill Church |





Samantha Riber - Hill Church
 Bennett Riber - Hill Church
 Jack Hageman - Hill Church
 Tricia Pearson -Hill Church
 Kevin Pearson - Hill church

Savannah Sisk - Hill Church
 Taran Sisk - Hill Church
 Justin Johnson - Hill Church
 Jeff Hepner - Hill Church

The Kewanee Community Church also expresses gratitude to all people who came and participated. As we watch and see the Kewanee community Church growing in number and events. We have to recognize our Chaplain York for his making this event happen. Along with Warden Jones and Warden Carothers for approving it. Thank you to all for a successful event.



PRICELESS

By: Jacob Kaminski



For me, being incarcerated often makes me feel useless. I am not able to provide assistance financially to my family, I am not able to help around the house taking out the trash or mowing the lawn, and I am not able to hug a loved one when they are having a bad day. Feeling useless is not a healthy way to go about your day. On Saturday May 6th here at KLSRC we packed over 20,000 meals for children and families in need. Knowing that I was serving a purpose and doing something bigger than myself was very rewarding. It was one of the rare occasions I actually

felt useful. It is my hope that I can do more acts of service during my incarceration here at Kewanee and hopefully other facilities can give use the opportunity as well. The feeling I have from helping others is priceless and I hope you can experience the gift of giving back too. Let's make our time worth something.



TAKE ACTION

By: Evigan Marcos



A moment to remember 21,000+ meals. Saturday May 6, 8:30am, was a wonderful day. The atmosphere was surrounded with positive energy and love. **'Team work makes the dream work'**. As we gathered together, both individuals in custody and Hill Church volunteers with other members of the community to accomplish a greater good for those less fortunate than us.

An assembly line ready, hair nets ready, gloves ready, and Love ready. We all worked together like ants preparing for the winter all collectively and in harmony. Brothers and sisters smiling and laughing, vibing while packaging bags of delicious oatmeal with sugar and cinnamon. Conversations of daily life and God our provider. I stopped briefly to observe everyone and all I could see and witness was Love, being selfless and Thinking of others, similar to the days me and my brothers, staff, and the administration all helped to bag up sand bags for the Savanna community.

There's something powerful about helping our neighbors and the disenfranchised. I know one thing my heart, mind, and spirit has been fed through such events. I encourage all to take action when the opportunity arises. Thank You for allowing me to share this moment Kewanee LSRC. In closing God bless you all. Respectfully Evigan Marcos- your boy, Happy







By: Jamal "Cincere" Jones

Several years ago, I became a mentor in the Man-to-Man Mentorship program here at Hill C.C. I was fortunate to be able to work with eight great men from all different walks of life. All of us united and dedicated to bringing about positive change in our environment. Respect is due to YahKah'yil (Ed Willingham) for creating Man-to-Man.

While all the men were great and treated me like a little brother, there were three men that I truly connected with and have a lifelong bond (Martice Hanible "O", Curtis Ferdinand "Deleyahu" and Johnny Veal "Khalif"). Together we founded United Minds Resource and Re-entry Consultants which helps incarcerated individuals transition back into society. Especially after spending decades in the system.

Being incarcerated we have all heard that if an individual has time to do, they are put on a waiting list for G.E.D., college and programs. This is common in both the men and women's facilities. Some of us had to deal with it firsthand and in no way has the outcome been great feeling. Especially when you hear those short timers are a priority.

The four of us heard the cries. We felt the pain of our peers. So we created The Legacy Group. Before we could take off, COVID hit us. During this time Deleyahu, Kalif and O were all blessed to go home right behind each other. So as I continue to fight my own battle for liberation I stand firm in continuing our mission inside while connecting outside.





So what is The Legacy Group?

The Legacy Group is a program that was created specifically for individuals serving long term sentences. You either already served 20 plus years or you were sentenced to 20 plus years. This includes individuals who are serving de-facto, virtual or life sentences.

The goal of the program is to help individuals serve a meaningful term of incarceration by finding effective ways to communicate. To engage in the process of healing from the trauma of being incarcerated for long periods of time. To create a healthy lifestyle and provide individuals with the skills and resources to lay a foundation for a positive legacy.

A legacy that is not defined by your last name or ID number.

A legacy that is not defined by the crime for which you were sentenced.

It will be a legacy defined by the spirit of the individual. An individual who has overcome struggles and obstacles in life to become a better person.

A legacy that brings about a new meaning of life. A life guided by positive purpose that involved their families and communities.

The Legacy Group has been great. I must acknowledge the men who have stepped up to assist me in my mission. Who believe in my vision without question. Who have helped to restore hope back into the many who had lost it. These men are true legacy builders. Thank you and much respect due to Ed Willingham, Geno Macri, Kelly Bennett, Sam Shelton, Excell Nute Sr., Roberto Mata, Michael Austin and Leon Cannon.

I would also like to thank Ms. Chaney, Ms. Sharer, Ms. Overton, and counselor Patch for believing in me and the program. All your assistance, time and wisdom has truly helped.

I am looking forward to seeing The Legacy Group in other facilities, both men and women. For we all have a purpose in life and so much to give to the future generations.





WHAT DOES LEGACY BUILDING MEAN TO ME?

By: Mr. Nute, Sr. (Ben Yisrael)

What does it mean to leave a legacy? Well to leave a legacy represents money or property bequeathed to another by will. Something handed down from an ancestor or a predecessor or from the past: a legacy of religious freedom. Legacy also represents one's heritage. Something that is passed down from preceding generations, a tradition. The status acquired by a person through birth; a birthright: a heritage of affluence and social position. These synonyms: heritage, inheritance, legacy, tradition are nouns that denote something immaterial, such as customs, that are passed down from one generation to another. A heritage or legacy of moral uprightness; a rich inheritance of storytelling; a legacy of philosophical thought; the tradition of noble oblige.

As we reflect on the life that we lived throughout the many years of our incarceration in the IDOC, "What have we done, learned and invested our time in preparation of being able to leave a lifelong legacy?" I'm asking this question because it's imperative that we understand the significance of how you would want for you legacy to be viewed and interpreted by those who know you, and by many others who can learn from your mistakes, trials and tribulations, victories, and triumphs because of the legacy you chose to build and leave behind as a testament to the man you become!

Many of us are fathers, grandfather and uncles that have many children, grandchildren, as well as nieces and nephews who don't know anything about us except what we tell them over the phone. Some of us have been incarcerated over two or three decades with a lot of life experiences, education certificates and degrees, a multitude of trades and person life skills that should be passed down to help aid, assist and strengthen whoever it may be that learns about the legacy you've built while you were incarcerated and if you're blessed to finally acquire your freedom, the legacy that you chose to build can be shared by you unto many as a great inspiration and motivating source for a man who has changed his life when the odds were against him! This is what legacy building should mean to all of us. Shalom.





THE BENEFITS OF THE LEGACY GROUP

By: Geno Macri

The Legacy Group at Hill Correctional Center is a wonderful opportunity for the often-overlooked men that are serving a life sentence or a de-facto life sentence. The Legacy Group is a great way to build relationships by offering support to others in need, strengthen the community, and to commemorate each other's successes.

The new Legacy Group has a multitude of benefits to all individuals in custody that attend. The men of The Legacy Group are building new relationship to others in the community, to teaching others new tools to help them deal with a meaningful term of incarceration, to offering hope to the men that have been away from their families for a long time. The hope of reconnecting to family, the hope of learning new ways to deal with the day-to-day life of time in custody, to the hope of looking to the future for new and positive life changing opportunities.



By: Roberto "Smiley" Mata

Living a meaningful and purposeful life. One that is deeply influential and widely impactful. One that touches many lives, you really never know the true impact you'll have on those around you.

Living out our "masterpiece" that God intended our life to be, while helping our community to unleash their masterpiece within themselves.

To be strong and courageous, even in the most difficult of times. To have hope. To stand in faith of least resistance is typically the path of least transformation.

Unleashing the masterpiece is all about creating an ongoing level of positive transformation through-





LEGACY- WHAT IT MEANS TO ME

life. Touching not only our present, but our future generations.

By: K. Bennett

The very first thing that comes to mind is a statement that was made to me back in 2008 during an A.A. meeting. A brother in the fellowship who was serving a 76-year sentence said, "Always be mindful of the legacy you leave!!!"

Also, a younger man, joined the same A. A. group, and spoke to me these words, "You're that guy who killed someone over a parking spot." That hit me in the gut, the narrative that has become my life. With The Legacy Group as well as the Mentorship Program, becoming a peer educator helps me begin changing my legacy by giving back my experience, strength, and hope. Thank you for your time.

LEGACY GROUP

Ed "Yahkhah'yil" Willingham



History has given us a stark reminder of the negative effects to a group of people when they are suppressed, ostracized, and forgotten. The Legacy Group gives voice to that group.

Many programs and courses within the D.O.C. are primarily focused on short term individuals in custody, sometimes at the expense of those deemed long-term individuals in custody. Left without outlets, that groups needs are finally being met in The Legacy program that allows our voices to be heard. It provides an atmosphere of similarly situated individuals to give voice to our fears, aspirations, and the wealth of knowledge we have picked up over the decades. We uplift, we encourage, and hold one another accountable as we deal collectively with traumas, grief, P.T.S.D., depression, anxiety and other challenges that come with long sentences in prison.

Aided by professionals like Ms. Sharer, Ms. Overton and counselor Patch, we are able to navigate to a place of healing, or at least given the tools to get there. We all can come to under-

“The past is a place of reference, not a place of residence; the past is a place of learning, not a place of living.”
-Roy T. Bennett





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

Welcome to another edition of spoken word this is your friendly neighborhood poet.

Today I want to talk to you about complacency meaning how we tend to get comfortable in the ability that we have and forget to push the envelope. The fact that we have took that first step into navigating the intricate world of words I implore you to push pass what you think is your ceiling, if you find yourself with that dreadful enemy writer's block, just write it doesn't even have to be on a specific topic just write until you start to form a body

I know we tend to be our own worst critics, so, if you find the piece to be unfulfilling it doesn't matter you just need to get pass the creative blockage that's hindered you from creating in the first place.

The one thing I had to overcome when I began this journey of becoming a writer is the fear of not being taken serious by the ones that really counted. Like my family and my son but what I realized is if I don't believe in what I'm putting on paper then it won't translate to the person I'm reciting it to or the person that's reading said piece. I took it up-



By: Carlos McDougal





on myself to write on things I never had interest in and it was horrible but after I failed the first time it motivated me to continue to write on that particular topic hence gaining the courage to step outside my comfort zone and strengthening my writing as well.

My process when it comes to my writing is crazy; it may be a phrase or a song I'm listening to. But when I'm stuck with the task of writing on a specific like if someone wants to send a poem to one of their love ones I would ask them a few questions about the relationship with said person and then I'd ask them about their feelings toward that love one in doing this I get bits and pieces of them to implant into the piece speaking as if I was their brother, friend, husband. It's the challenge of expanding your ability to create. In closing I want you to push yourself beyond your limit trust it'll be worth it, until next time this has been your friendly neighborhood poet, Peace.

“Neither comprehension nor learning can take place in an atmosphere of anxiety.”
-Rose Kennedy





H.I.I.T. ME BABY ONE MORE TIME



By: John Yanni

H.I.I.T stands for so much than high intensity interval training...

Garbage in garbage out – most of us are familiar with this saying. From what we eat, watch, listen to, whom we surround ourselves with, in general – everything we introduce to our life – applies to this. It's pretty easy in our position to succumb to negativity daily, and that's a deep pit to fall into. This is where our H I I T training comes in...



We are all students and always have something to learn and share – each one teaches one right? For the majority of my life I had an affinity toward health and fitness. Utilizing this as my therapy/outlet, and the benefits





that continue to come, the goal is to share anything I can, while learning new things along the way. At KLSRC, we have developed a community of individuals from all walks of life, bringing positivity and encouragement while experiencing growth together, as we push each other to the limits. The mind is a powerful thing, and completing each class gives us that edge of self-control, confidence, and becoming the change we want to see.

For this H I I T class to start, all you need is a dedicated space at your facility. Our particular class has started by integrating body weight style training, specifically devoted for functionality, mobility, and overall – focusing on building stability, strength and power. From there it is up to the resources at your facility to depict the direction you would like to see the format go.

An ex. of a typical day starts with a dynamic warm up, followed by 3 main circuits. Every circuit is comprised of 4 exercises roughly 45 seconds long, with 5 – 10 second breaks while transitioning to the next movement. You complete each circuit 3 times before moving on to the next circuit. At the end, we clap it up and take a few minutes to static stretch. Ex of a typical day:

Circuit # 1 – repeat x 3: Sumo squat jack – curtsey lunge alternate – open the gate – star jumps

Circuit # 2 – repeat x 3: Puppet Pushups-Superman Lats - Bird Dog- Spider Pushup





KEWANEE HORIZONS VOL. 4 PG. 24



Circuit # 3 – repeat x 3: Flutter Kicks-Jack Knife-Alternate Get ups-Single leg burpee

Who is welcome to come? For those looking for a change, welcome. For those who don't know where to start, welcome. For those afraid of what others may think, welcome. For those looking to challenge themselves, welcome. For those already at their fitness goals, welcome. For those looking for support, a positive environment, friends, community, a healthy outlet and more, WELCOME! It is welcome to anyone and everyone who shows up. Get with your LTS supervisor and start a HIIT class at your facility!



CABRINI GREEN LEGAL AID

By: Andrew Suh



Cabrini Legal Aid, is a non-profit organization that provides pro bono legal assistance (Records Expungement, Criminal Law, Family Law, Executive Clemency, Parental Rights of the Incarcerated, Civil Law, Landlord Evictions, etc..) to the poor and disenfranchised in Cook County, Illinois. Cabrini Legal Aid has been in service to the community for over 5 decades (1973) this is their 50th

year anniversary of dedicated service to the residents of Cook County.

On a blustery May 1st morning, Darryl Apperton, Attorney at Law, who has practiced law for over 31 years made his way to the Kewanee Life Skills Re-Entry Center with the sole purpose of providing pro bono legal assistance to the individuals in custody at Kewanee Life Skills Re-Entry Center. His mission on this day was to share his knowledge regarding parental rights of the incarcerated within the state of Illinois. During his com-





elling presentation and subsequent spirited Q & A with the audience, he covered the spectrum of parental rights ranging from paternity, parenting time, visitation, parental allocation, child support and abatement for the incarcerated. His main focus was to make sure we, the incarcerated, fully understood our rights as parents. In his articulate soliloquy he fielded questions and provided clarity as to what we can and should expect as we file our cases in family court. He emphasized the **importance of his message, "As a parent you have rights and it is important for you for you to know your rights and responsibilities. With this knowledge you must exercise your parenting rights, beginning now!"**



For those who were unable to meet with Darryl Apperton ESQ. of the Cabrini Legal Aid. I have provided a copy of the packet created by the Cabrini Legal Aid regarding parental rights in Illinois. (2023)

Paternity

There are 4 ways to establish paternity:





Both parents complete , sign and have witnessed/dated a Voluntary Acknowledgement of Paternity (VAP) form

If the parents are married when the child is born, there is a presumption that the husband is the father.

An administrative Paternity Order is entered by the State of Illinois Department of **Healthcare and Family Service' (HFC) Child Support Services.**

If the alleged father who has been served with notice, does not attend the interview, HFS may declare him to be the legal father by default

An order of Paternity is entered in court by a judge

If an alleged father is served with notice but does not attend court, the court may declare him to the legal father by default.

Child Support

How is the amount of child support decided?

In Illinois, child support each parent contributing to the support of the child or children since 2017. There is a calculation made to determine amount of support each parent needs to contribute toward the support of the child.

Things to know about Child Support

Ordered until the youngest child reaches 18 years old or graduates high school

If you do not go to court or HFS when summoned for child support, the amount will be decided based on the needs of the child instead of your income.

Child support is separate from situation or custody.

You can be ordered to pay child support even if you never see your child.





Paying support does not entitle you to visitation

If you are behind in child support, you will need to continue to pay back the amount after the child turns 18.

Unpaid Child Support may accrue at 9% interest annually.

If income changes for any reason, the child support payments DO NOT change automatically. You must request a modification.

If you do not stay current with your child support payments you could lose your driver's license or even be incarcerated.

If you need to modify your child support amount, while incarcerated, ask your counselor to speak to HFS Project Child or when in the community, contact HFS at 1-800-447-4278 or www.childsupportillinois.com

Parenting Time

It is difficult to start court ordered visitation for the first time while incarcerated.

To see your child in person, you must coordinate with the mother, a family member, or relative to bring the child to visit you.

If you previously had a relationship with your child, there are things you can do to maintain that relationship.

Write or call your child as often as you can.

If your child is too young to read, write a letter to your child's caretaker to read to him/her.

Keep a record of any attempts you make to interact with your child, including letters and cards, phone calls made, etc. Keep lists of the dates you do these things and write a sentence of two describing what you did?





Ask your family members to stay in contact with your child.

If you don't know where your children are, try to use your network of friends and family to locate them

The courts cannot locate your children for you.

You child might look for you on social media. Make sure your accounts represent how you would like your child to see you.

Participate in any classes or programs that would help you to be a better parent.

Sign up for every waitlist.

Ask for a certificate or letter to show that you signed up and then that you completed the program.

Factors Court Use to Decide Parental Allocation

The wishes of the child's parents

The wishes of the child (if over 14)

The interaction and interrelationship of the child with this parent, siblings, and any **other person who may significantly affect the child's best interest**

The child's adjustment to his home, school, and community

The mental and physical health of all individuals involved

The physical violence or threat of physical violence by the person asking for visitation or custody, whether directed against the child or another person

The occurrence of ongoing or repeated abuse against the child or another person

Willingness and ability of each parent to facilitate and encourage a close and continuing relationship between the other parent and the child

Whether one of the parents is a sex offender

Military family-care plans for a parent who is being deployed 750 ILCS 5/602 "Best





Interest of the Child”

HELPFUL PHONE NUMBERS –

DCFS Case Tracking: 773-371-6161

Call to find out whether there is a DCFS case for your child and if so, who the case-worker is.

Give the child's name and date of birth, and your name and date of birth

DCFS Hotline: 1-800-25-ABUSE (1-800-252-2873)

Alternate hotline number: 1-217-524-2606

Use these only after careful consideration. This is how you report child abuse.

Office of the Cook County Public Defender

Child Protection Division: 312-433-7047

Usually appointed to represent the mother in foster care/DCFS cases.

CABRINI GREEN LEGAL AID 6 S. Clark St. Suite 200 Chicago, IL. 60603 office

312.738.2452 Collect Calls only 312.675.0911

DISCLAIMER: THE KEWANEE HORIZONS IS NOT PROVIDING LEGAL ADVICE. WE ARE MERELY REPRINTING THE INFORMATION PROVIDED BY CABRINI GREEN-LEGAL AID.



CONGRATULATIONS

By: CHAD "CARTOON" COMBS

I want to congratulate the eight that just graduated the paralegal course from Blackstone. Only four are pictured here, the other four were off living the "Kewanee experience" and were unable to make it to the photo shoot. Often times it is hard to find a positive nugget in an environment like prison, to get a certification that can lead to a career upon release, or six months of good time. This course here gave us the opportunity to receive all three and so much more. Here at Kewanee I felt the need to start a peer led study group to not only help others prepare and study for the book tests and proctored exam, but to help myself as well because as we know, iron sharpens iron. That was proven here, all eight of the recent graduates were diligent and attended every week. We formed a friendship and a team, we not only wanted to see ourselves pass the test, but we wanted to see each other pass the test. I would encourage anyone on the fence about starting the Blackstone Paralegal Course to go ahead take the leap! We also want to give a shout out to our proctor Kira Kyle, she stayed after hours to proctor our exam, without her doing that it wouldn't have been possible. Thanks to all who attend the Blackstone Paralegal Study Group, even though we have passed we will continue to have the study group going to help all others along the way!!!!





Along with this article I want to include a letter from a dear friend of mine who I met along the way Mr. Seidel, I am honored that he sent in a morsel of hope. He is out there busy in life and in business. He is an inspiration to me and I hope after reading his letter he will be an inspiration to some of you as well.

BLACKSTONE PARALEGAL GRADS!





FROM IDOC TO SEC

BY: Nick Seidel



If you would had told me, even ten years ago that my life would end up where it is now, I would have taken you for a lunatic. The property crime that earned me two ten year sentences and a seven (resulting in five years of actual incarceration) were the culmination of a troubled adolescence and an antisocial young adulthood. Looking back on my prison experience, I can honestly say that it was the most valuable part of my life. While most people who have never experienced incarceration see it as **life just kind of stopping, I now know what it truly is. Life doesn't stop because you're in prison.** It definitely changes, but it doesn't stop. For me, the change was welcome. I was out of options, left without direction, and most of all, I was tired. Prison gave me a chance to slow down and work on what had been holding me back for years. I got an opportunity to really examine myself.

The thought of prison being an empowering place is kind of an unusual outlook, I know. I also implore anyone reading this to simply consider it for what it is though. By design, prison is supposed to be restrictive. During the day, when everyone is locked in their cells, I challenge you to make a general observation out the window of your door. You will notice different people with different mind-sets, There is this guy that is always trying to get a C/O to let him out so he can grab a roll of toilet





paper. He doesn't need it, he is just obsessing about being outside the door of his cell for a moment instead of inside it. He is definitely doing time in a box. There are the guys who burn their hours away watching television or playing endless games of cards and chess. They too, are doing their time in a box, just winding out the clock.

If you are fortunate enough to finally want an actual change in your life, I would urge you to fall into a third category. Bo Lozoff wrote a fantastic book called "We're All Doing Time." You can get a copy for free from the Human Kindness Foundation if you want it. The title of that book is absolutely sage. We are all doing time, whether in prison or out. The trick is to not to do it in a box, but rather, to do it in your head. That kind of time is much more rewarding.

While I was serving my sentence, I found the opportunity to take a course from Blackstone Career Institute for paralegal studies. This was actually the result of a long stretch of commitment to personal development and discipline. From the time I made that commitment, I made sure that every day that passed, I would be a little smarter, a little wiser, a little more spiritually sound and a little stronger than I was the day before. I knew that if I wanted my life to be different, I would have to build a different routine. While the other inmates played cards or rushed out to the dayroom to watch tv, I read tomes of literature. I wrote books to entertain myself and improve my literacy. I wrote thousands of letters to develop a support network of resources. I studied world religion. I exercised every weekday and rested on the weekends. It was a dynamite regimen, and it led me to study law. When I heard about Blackstone, I took a gamble and enrolled in the course. After earning my certificate, I enrolled in four more of their advanced courses and earned certificates in those as well. It built a foundation that I could begin to construct a new life on.

With the education I received from Blackstone, I was able to help my fellow inmates with their le-



gal issues. By definition, everyone in jail and prison is experiencing some degree of a legal challenge. That makes it the perfect place to begin earning experience with litigation. With regular visits to the law library, I learned to conduct legal research, shepardize precedent, draft cogent filings and develop effective legal strategy. My initial work in prison litigation, right from my cell, gave me a working knowledge that I knew would be useful when I returned to society.

I know I mentioned that I wrote thousands of letters over the years. You should do that. I can't stress enough how helpful it is to have resources and support on the outside. Write to everyone: family, friends, politicians, outreach programs, religious groups, and yes...write to potential employers. One of the organizations I wrote to from the inside was a legal aid law firm in the city of Chicago. They are quite well-known for their work with criminal record relief and advocacy, and I am pleased to say that they are still one of my personal favorite charitable organizations in the whole city. You could imagine my surprise when they wrote me back offering me a volunteer internship position upon release.

When I initially committed to paralegal studies, I had a plan to get a job with a corporate legal department and make a comfortable six figure salary. Those positions are all over downtown. They were **when I got out, and they still are today. While that was my initial plan, the old adage "man plans, God laughs" proved to be the truth that I was about to learn. When I accepted the volunteer internship, I fell absolutely in love with legal aid. I volunteered with them while I made my way through community college, and after fifteen months, they offered me the first staff paralegal position in the company's 45 year history. I gladly accepted and stayed with the company until they made the decision to replace the part-time position with two full-time paralegal positions. At that time, I was a full-time university student, earning my bachelor's degree, so I had to sadly decline. While everyone in that organization remains as dear to my heart as family, I had to make the difficult decision to move on. Fortunately, I had developed relationships throughout the legal community and was able to immediately find a part-time position**

with a private criminal defense attorney. Then COVID hit and the courthouses shut down. That was the first time I was out of work since my release.

It didn't take long to find a new position. Having graduated from university, I was able to accept a full-time paralegal position with a different legal aid organization, where I worked for over two years assisting with the New Leaf Illinois Project to expunge the records of people with cannabis arrests and convictions. The launch of the project was a huge success and we managed to assist with the expungement of thousands of records in just a couple short years. While I again, absolutely loved my role, and I was thrilled to work from home, my five-year goals caught up with me and I learned the hard way that they are pretty expensive. Despite leaving IDOC with the clothes on my back and a "good luck," from the guards, I now had an apartment building, a car, a girlfriend, and these really unpleasant things called "bills" and "expenses." Legal aid is friggin' awesome – don't get me wrong. Nobody works at a legal aid for the money though. That's just how it is.

My resume had become pretty desirable at this time, and I had developed a lot of connections in the legal field, so by providence, I ended up getting a call and an offer from an agency that I would have never dreamed would have taken an interest in me. That agency is the United States Securities and Exchange Commission, and the offer was a position with the Division of Enforcement. Naturally, I told them that, while I have an active petition for Executive Clemency filed, I am still waiting on the governor's decision and until he grants it, I am still a justice-impacted paralegal with multiple felony convictions. The SEC assured me that I was still qualified, and that I just needed to be completely honest on the background check. The federal government's background check takes about four hours. It requires all of the information about yourself, your family, your criminal record, your credit score, and much, much more. I answered everything brutally honest, and they made good on their word. I am now a paralegal for the SEC with security clearance and a U.S. Government PIV Card. It still astounds me



when I think of it today.

Work with the SEC is incredibly interesting. The cases are spellbinding, the talent of the staff is truly humbling and the sense of accomplishment in restoring equity to the vulnerable and dispensing justice for the American public is very rewarding. I still get to work from home three days per week, but when I have to go downtown, the office is next door to the Chicago Board of Trade, one block from the Sears Tower. We have a rooftop patio to eat lunch at if we want, and when I do, I look around, from the heart of Babylon, and I remember how it all started: I decided I wanted something different, I made a commitment, and I pursued education through a small correspondence school from my prison cell. It is an unbelievable journey, and I am thankful for every step I had to take to get here.

As it stands, I am on the waiting list for Loyola School of Law. When a position becomes available, I will begin law school in their weekend program. The program is four years, instead of three, but it only meets every other weekend, so I will be able to continue to work for the government while I earn my JD. After passing the Bar Exam, I will be perfectly poised to apply for the next open attorney position with the SEC. I am learning that goals are organic. They are there to be achieved, but they also need to be steadily developing to continue personal growth.

I am reminded of a saying that I read when I was in my cell one evening that will stick with me until I take my last breath. **“The difference between a prisoner and a monk is that a monk wants to live in a cell.”** As Bo Lozoff said, **We are all doing time. I still am. My cell is bigger, I have more yard time, and the chow hall serves higher quality dinners, but when I realized that an effective person does the time in their head, I became aware that it doesn’t really matter where you are physically; it just matters what you do with the time you have.** Nobody reading this has a life that has stopped. It has changed, certainly, but it is up to each and every one of us to make sure that change is something positive.





-40 KEY STOCK TRADING TERMS- FOR BEGINNERS

Buy

Means to take a position or buy shares in a company.

Sell

Getting rid of the shares that you purchased, either because you've achieved your goal or because you want to cut your losses.

Bid

Your bid is what **you're willing to pay** for a stock.

Ask

Ask, on the other hand, is what people selling the stocks are looking to get for their shares.

Bid-Ask Spread

The bid-ask spread is the difference between what people have to spend and what people want to get. The spread must be resolved before the transaction can take place.

Bull Market

A bull market is a market condition that means stock prices are expected to rise.

Bear Market

A bear market is one in which investors expect stock prices to fall. This is where short sellers shine.

Limit Order

A limit order provides instruction to only execute at or under a purchase price or at or above a sale price. Always use limit orders, not market orders.





<p><u>Market Order</u></p> <p>A market order provides instruction to execute, as quickly as possible, a transaction at the present, or market price. Don't use market orders.</p>	<p><u>Good Till Cancelled Order</u></p> <p>A GTC order means that your order stands until you cancel it and will be executed whenever the stock comes to your price- even if that's 2-3 weeks down the road.</p>	<p><u>Day Order</u></p> <p>Day order means that your order is only good for the day when it's placed.</p>	<p><u>Volatility</u></p> <p>Volatility is simply how fast a stock moves up and down.</p>
<p><u>Liquidity</u></p> <p>Liquidity is how easily you can get into and out of a stock</p>	<p><u>Trading Volume</u></p> <p>Trading volume is the number of shares being traded each day- a factor that has huge implications for a stock's liquidity.</p>	<p><u>Going Long</u></p> <p>You're betting that the company's stock will increase in price so that you can buy low and sell high.</p>	<p><u>Averaging Down</u></p> <p>This is when an investor buys more of a stock as the price goes down. This results in a decrease of the average price at which the investor purchased the stock.</p>





<p><u>Capitalization</u></p> <p>Market capitalization refers to what the market thinks a company's value is.</p>	<p><u>Public Float</u></p> <p>This is the number of shares that can actually trade, once shares that insiders (like the company's C-suite and early investors) control are subtracted.</p>	<p><u>Authorized Shares</u></p> <p>This is the total number of shares that a company can trade. It's always bigger than the public float.</p>	<p><u>IPO</u></p> <p>An IPO is an initial price offering, which happens when a private company becomes a publicly-traded company, in order to raise money.</p>
<p><u>Secondary Offering</u></p> <p>If a company's stock is doing well, they may do another offering in order to sell more stock and raise more money.</p>	<p><u>Blue Chip Stocks</u></p> <p>These are the large industry-leading companies offering stable dividend payments.</p>	<p><u>Forex</u></p> <p>Forex-or-"foreign exchange"-involves trading different currencies.</p>	<p><u>Hedge Funds/Mutual Funds</u></p> <p>Hedge funds and Mutual funds are two different types of investment accounts that you can buy into. They turn around and invest your money in dozens, hundreds or even thousands of stocks.</p>





ETFs

ETFs are exchange **traded funds. They're** like stocks, because you can buy and sell **shares, but they're also** like mutual funds, because they track an index.

ADRs

ADRs are American depository receipts for foreign companies that trade in the US.

BETA

A measurement of the relationship between the price of a stock and the movement of the whole market. If stock XYZ has a beta of 1.5, that means that for every 1 point move in the market, stock XYZ moves 1.5 points

Broker

A person who buys or sells as investment for you, in exchange for a fee.

Day Trading

The practice of buying and selling within the same trading day, before the close of the markets on that day.

Dividend

This is a portion of a **company's earnings** that is paid to shareholders, the people that own that **company's stock, on a quarterly or annual basis.**

Exchange

An exchange is a place in which the different investments are traded. The most well-known in the United States are the New York Stock Exchange

Execution

When an order to buy or sell has been completed. If you put in an order to sell 100 shares, this means that all 100 shares have been sold.





<p><u>Margin</u></p> <p>A margin account lets a person borrow money (take out a loan) from a broker to purchase an investment. The difference between the amount of the loan and the price of the securities is called the margin.</p>	<p><u>Moving Average</u></p> <p>A stock's average price-per-share during a specific period of time. Some time frames are 50 and 200 day moving averages.</p>	<p><u>Portfolio</u></p> <p>A collection of investments owned by an investor.</p>	<p><u>Quote</u></p> <p>Information on a stock's latest trading price. This is sometimes delayed by 20 minutes, unless you are using an actual broker trading platform.</p>
<p><u>Rally</u></p> <p>A rapid increase in the general price level of the market or of the price of an individual stock.</p>	<p><u>Sector</u></p> <p>A group of stocks that are in the same business. An example would be the "Technology" sector, including companies like Apple and Microsoft.</p>	<p><u>Stock Symbol</u></p> <p>A one to three-character, alphabetic root symbol that represents a publicly traded company on a stock exchange.</p>	<p><u>Yield</u></p> <p>This refers to the measure of the return on an investment that is received from the payment of a dividend.</p>





The 7th virtue of Ben Franklin is one of my favorites, sincerity. Ben’s words to describe sincerity are “use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.”

Sincere or sincerely is one of those words or ideas that I personally feel

people use too much. To explain this I’ll use another word/concept I feel people use too much, love. Oddly my thought on this word mirrors a lame kid/dad joke. We’ve all heard and possibly said the joke in our life. After a friend says something like “I love Oreos!” and your “humorous” rebuttal is “Why don’t you marry it”. Yeah it isn’t really funny, wasn’t the first time you heard it either. But this situation makes me think about how most people use the word “love” in society. Most people will love Oreos, their cars, the favorite restaurant, a tv show, etc. we use that phrase for everything. Now I love my kids, my wife and most of my family so how I can I weaken that feeling of love to the point that I’m using it to describe how I feel about my kids and about how I feel about Oreos. (yes I do like Oreos a lot!) Sincere for me is a lot like love. Over the years with the introduction of e-mail and texting, yes I’m old enough to remember a time when we didn’t have e-mail and texting, I started to notice that peo-





ple would end most of their emails with sincerely and then their name. Now I was guilty of this for years. Sincerely seemed like just that word to end a letter or email with. Then I heard one theory of where the word sincere came from in the novel Digital Fortress by Dan Brown. This theory comes from a controversial folk etymology. A folk etymology is a popular but false belief about the origin of a word. So the etymology of sincere is that it comes from two Latin words sine and cera. In Latin, "sine" equals without and "cera" equals wax. So in this theory sincere means "without wax". Two stories are attached to this without wax idea. The first is that in ancient time sculptors in Rome and Greece would use wax to cover up flaws in their works. So when an artist would advertise their art as without wax, they were saying that their art/ sculpture was authentic and showed the flaws. The second story goes back to how letters were sent in ancient times. When someone would write and send a letter to someone else they would fold the letter and then seal it with a drop of wax and their initial or symbol. The story states that when someone would send a letter with words and thoughts of true conviction they were not worried who saw the words and hence instead of having the seal, they would just write the word sincere. After hearing these two stories, even if false, made me evaluate my use of the





word sincere the next time I sent an email to a friend about fantasy football and signed it with sincere. So now I save sincere for those emails and letters where I am truly convicted in my beliefs and thoughts that I'm sharing that I feel it is "worthy" of the word sincere. Not just the latest meme or every email that is sent off with my signature line.

Back to Ben, his goal was to speak and act with sincerity. To have your actions/words be premeditated in a fashion as to not cause harm or go against who you are as a person. In corrections the concept of "being spun" is a popular one. Being spun is the opposite of sincerity. Now often staff and individuals are quick to jump to the "being spun" concept because of past practice or our experiences with other people. I have had interactions with many staff and individuals where they reference they were talking with "so and so" and asked about "xyz" and got the response of "I'm working on it" and we are all quick to jump to the conclusion that we're being spun. That either the staff doesn't care about the individual's need or concerns or that the individual has some selfish motive and is just trying to groom the staff. If we can all move to act and speak with more sincerity and believe that others are also doing so, we can get to the point where if someone says "they are working on it" that even though it hasn't happened yet, we know that our name is on their to do list.

Sincerely,
Warningsing





JOE REAL ESTATE

How to Buy A House Almost Anywhere In America

There are many decisions to make when deciding what type of house to buy. If it's for your primary residence, your choices can be endless with unlimited funds, but most don't have this luxury. My suggestions will hold true with any purchase designed to make this house your family's home; your primary residence. When working with a true real estate expert (broker) to find this home, you shouldn't need to suggest your purchase be a sound investment. If I'm your broker (or broker's like me, working for their clients best interest), I'm going to show exactly why or why you may not want to buy each and every home we look at. F.Y.I.-this is what a professional does. If you are ever working with an agent that is always pointing out "Why you should buy this house", you may want to consider a new agent. I'm just sayin!

Questions to consider when buying a home:

- How many will reside in the home?
- Do you have children in school?
- What are the schools like in this area?
- Where do you and your spouse work?





- How far or how long do you want to commute to work? (Always drive this route yourself at the times you will be commuting. Driving 10 miles to my office could take up to 45 minutes depending on the time of day)
- What public commuting options are available?
- How many bedrooms do you need?
- How many bathrooms do you need?
- Do you need or want a garage?

In the areas you are looking, what are the common characteristics other homes have and what are they selling for? (I.E.: Most of the homes in this neighborhood have 3 bedrooms, 2 bathrooms, 2 car garage and a basement and sell for “X”?)

If you are looking in a neighborhood similar to what I just described, it is unlikely you will do well with your investment buying a home with 1-2 bedrooms or only 1 bathroom unless you can add **bedrooms and bathrooms to the home you buy, and of course this doesn't price you out of the market.** You can also make the mistake of having the largest, nicest most expensive home in a neighborhood. The bottom line is in most purchases outside the realm of custom building, being unique is not a good attribute in real estate purchases unless you are in an affluent price range. On a separate note, I always found it to be to our advantage to think about what was going to help my family enjoy life more on a daily basis.

For investment purposes, which was always on my mind, my number one priority was how good the school district is for the area, this was even before I had kids. Be assured where you find a solid school district, you will find real nice appreciation in the real estate market. This is not in every area, but most. You can easily research this online. You will be better served and have a better investment buying





a smaller home with fewer upgrades in a desirable area, than buying the biggest and best home in a less desirable area. If you can find a smaller home amongst bigger, more updated homes in a nice area; this is the way to go. The value of those bigger, more expensive homes will only make your home more valuable. I always followed these very simple rules I watched others refuse to follow, and witnessed many lose money because of this. Over 25 years I bought and sold several houses, some became our “home,” and made a considerable profit on every one. Equally important, we were able to live comfortably.

There is much more that can be said about this process, however, a good broker will walk you through every step of this process, not be pushy, and represent your best interest by helping you obtain the best home for the lowest price. You should not pay a dime in commissions. When working with a broker follow your ‘gut,’ you should not feel like you are being sold anything. If you feel they are looking out for themselves and not your best interest, find another agent.

The seller of the home almost always pays a buyer broker’s (your agent) commission, it’s part of the listing fee for selling a home. There is no reason for you to pay for their services, and just because the seller is paying a commission to them, this does not mean they have a fiduciary obligation to the seller (payment of commission does not equal agency/representation). If by chance they are the listing agent, also representing the seller of the home you are looking at, their Dual Agency status must be disclosed in writing to you, with supporting documentation for you to personally sign in agreement or disagreement. It is then up to you if you would like further or additional representation from another broker that has no obligation to the seller. Your family can Google “buyer agency when buying a home in Illinois.” Preferably, go to websites supported by Illinois.gov or IDFPR (Illinois Dept of Financial and Professional Regulations). There really is no place like home.

Happy house hunting, and best wishes! Joe Real Estate





NAME THESE KICKS

1.



5.



9.



2.



6.



10.



3.



7.



11.



4.



8.



12.



NAME THESE KICKS

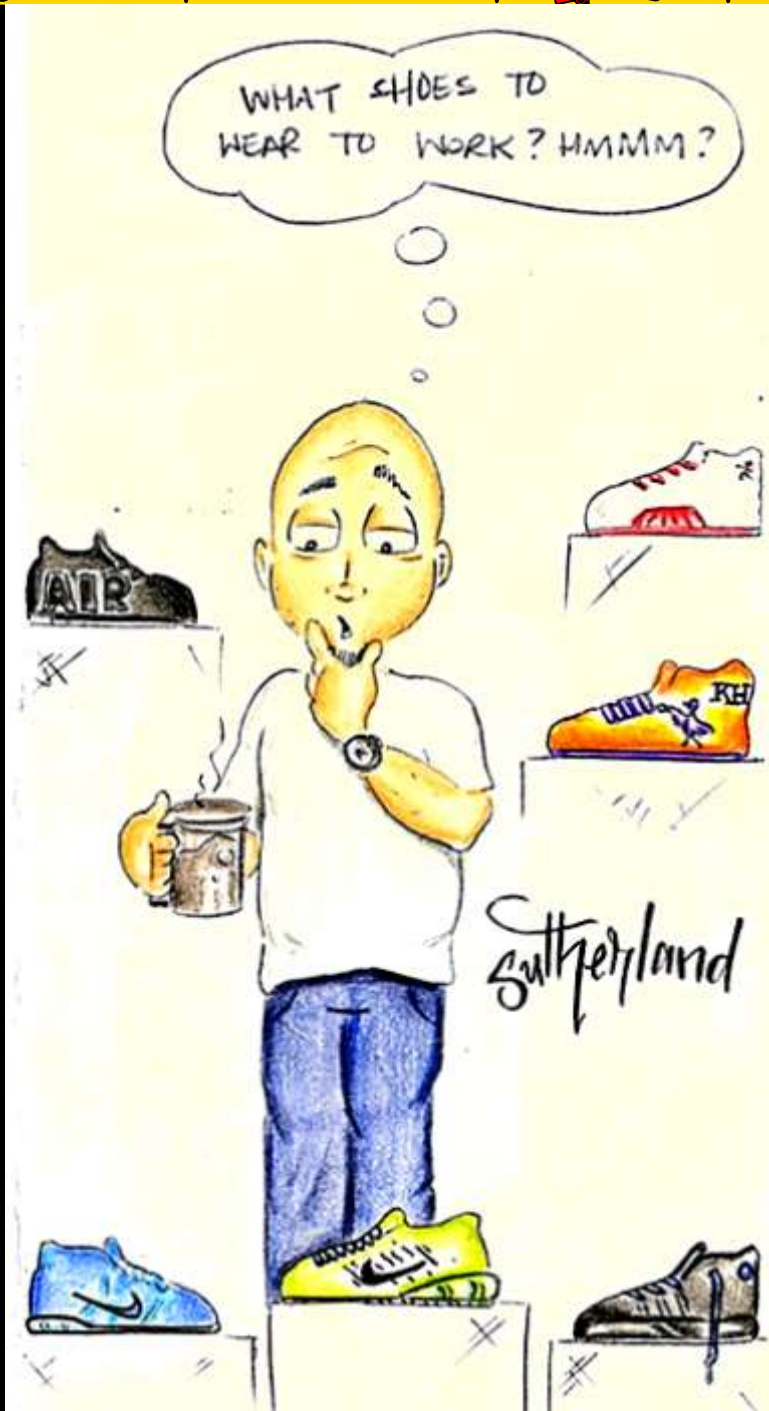
ANSWERS

1. NIKE FLIGHT HURACHE (1992)
2. CONVERSE WEAPON (1986)
3. NIKE AIR ZOOM (2003)
4. AIR JORDAN #1 (1985)
5. CONVERSE WEAPON (1986)
6. REEBOK—THE PUMP (?)
7. REEBOK IVERSON (1996)
8. ADIDAS TOP TEN (1979)
9. AIR JORDAN #11 (1995)
10. NIKE DUNK (1995)
11. AIR JORDAN #5 (1990)
12. REEBOK OMNI PUMP (1991)



AWAY FROM THE STORE

AWAY FROM THE STORE





KH MEME



BOB BARKER X GUCCI

- Turn all the heads in the dayroom.
- Only costs 500 months of state pay.
- Strut to the yard in style.





KH MEME

ADIDAS "NRC"



- One size fits all!
- Perfect for kicking the mice out of your cell.
- Stare at the wall in style.
- Pace back and forth with Adidas Boost[™] technology.



HOROSCOPES

Aries: Sign up for something that makes you proud and grateful. Get involved, take a stand and make a statement. Be the guiding light for others and instigate what you want to see happen.



Translation: Be productive and utilize your time in ways that'll help you advance/progress. There are people watching and others learning from you, make the right moves.

Taurus: Make the changes that will improve your life and point you in a direction that brings you the joy and contacts you need. Participate in something that matters and see what happens.



Translation: Elevate above the nonsensical and focus on the necessary growth that will assist you with evolving. Sign-up for programs or volunteer/ help someone trying to better their self.

Gemini: You're on the right path; now join forces with like-minded people and see what you can do. Don't hide in the background; make your mark, be proud of who you are and inspire others.



Translation: It's no longer about your neighborhood or associations, but what you have in common with those you allow in your cipher, priorities and values are key. Ask questions, speak up, and let your voice be heard. Your perspective and outlook could be what's need from others.

Leo: Don't overestimate what you know when there is still plenty to learn. Open your mind and dive into available knowledge, and you'll gain a different perspective. Let go nonsense.



Translation: The smart man/woman knows that they do not know. They are students of life always ready to learn. Seek knowledge, wisdom, and understanding. It's the true currency of life. Ask your self what's important to you. Is it material things that are tangible or what's intangible?



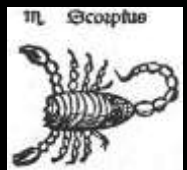
Virgo: You are in a position to improve your life. Travel and personal growth are all possible if you connect with people who can help you reach your goal. Romance will improve your life.

Translation: You can progress and excel, don't be content with your current situation. Dreams become reality with the proper networking. That special someone will be the balance you need.



Libra: Be practical, and you'll discover how to gain financial freedom and ease stress. Take better care of what matters to you. Seek out opportunities, projects and proposals.

Translation: Being realistic about your financial situation/living with-in your means. Can assist you with saving and make it were you never go without. Protect what you cherish and value, don't compromise your situation. Introduce and bring something to the table.



Scorpio: Use your imagination and make home improvements that will promote efficiency and peace of mind. A change of plans will make you question some of your connections.

Translation: Think outside of the box when it comes to making your current situation better. Observation is key pay attention to the signs.



Sagittarius: Devise your plan to make your home and lifestyle more convenient and cost-efficient. Refuse to argue with someone too stubborn to see things your way. Discard what isn't working for you anymore.

Translation: Tomorrow is the future don't wait to start preparing for your exit strategy. If your released earlier than expected do you have a blueprint? Don't debate or go back and forward with that person who knows everything and is never wrong. If you tried something new and it has not worked, let go. Your time and energy is something you can't get back.



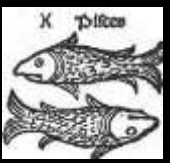
Capricorn: Don't start something you cannot finish. Be a good listener, think matters through and do what's best for everyone. Focus on love, compromise and compassion.

Translation: Finish that book you started, stop procrastinating with things. Listen **to what's being said and ponder every decision. There are people that love you and vice versa. Those relationships and rapports should be important to you, don't take them for granted.**



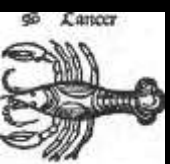
Aquarius: Keep you eyes on what matters. Dismiss whatever is in your way. Having a clear passage forward will give you the drive to reach your mark and outperform anyone trying to compete.

Translation: **What's important to you, focus on that. Things and people who are counterproductive to success are the distractions. The turtle wins the race because the rabbit lose focus.**



Pisces: Consider what you enjoy doing and turn it into something lucrative. How you go about achieving your dreams will make a difference. Be open to suggestions and verify information.

Translation: That what your passionate about could be the thing that put you in the next tax bracket. How you go about your plan will be what cause you to win or lose. Be open to constructive criticism.



Cancer: Silence is golden when you don't have anything but criticism to offer. Look for the good in yourself and those around you. Encouragement is the best way to get things done and to get along with others.

Translation: **There is nothing wrong with biting your tongue, if saying what's on your mind isn't appropriate. Give every-one the chance you would want, if they blow it. It's on them, you did your part. Telling some good job and that you appreciate their work.**

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"**

