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HORIZONS

KEWANEE
HORIZONS





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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.





VET ZONE



The Centralia C. C. Vet Zone, with the aid of the vocational construction class, have built and painted five large bird houses, each with room for eight nests, designed to attract purple martins. These are birds that love to eat mosquitoes, so attracting them to nest at Centralia C..C. will make our community a safer and better place to live.

Each bird house has been painted to represent one of the first five branches of the U.S. Armed Services (sorry, Space Force Veterans !) by Vet Zone members with the aid of art class instructors. Using their artistic abilities, they added paintings of purple martins to the top of each house. These bird houses will stand proudly in the core of Centralia C.C. on 15 foot tall posts, with the branches' insignias for all to see underneath.





All involved would like to thank the Centralia C.C. administration, especially our Vet Zone Coordinator, Lt. Steve Boyle, for their efforts to get this community improvement project completed.





REALITY vs. EXPECTATIONS



By: Eric Anderson

I am no different than anyone else when it comes to having expectations of what the future should look like. I have been out of prison for 3 weeks as of today. I listened to people when they tried to give me advice or pull my coat to how things were going to go once I was released, even when I had a low opinion of the people giving the “advice”, I listened. I took heed from the people I respected, especially those who had been through a release from prison previously. Some people’s insights were spot on so far and some were off the mark, some of the tools I picked up were useless, but some have been amazingly on point and useful.

Some of the most impactful things I picked up are the soft skills, the intangible things that really have more to do with how I interpret situations or interactions with people. I think of this stuff as keeping my attitude in check, my attitude dictates how almost every



situation ends. If I have a positive attitude, if I show a workable disposition with people, things go smoothly almost every time I run into a potential disagreement. This is a thing I learned just from doing a bit, but I honed it by dealing with people when they have expectations of you, reasonable or unreasonable, I try to keep in mind that how that person looks at the situation is just as important for how things resolve themselves as what I want out of the situation. 2 things pop into my mind as pretty important parts of this skill: 1) “SHOULD” is a word that can get you into a whole’s bunch of trouble, should is the expectation word we use in our minds that lead to disappointment and frustration, if you have no expectations of how a situation must resolve itself then your feelings about how things went will generally be less upsetting and thus healthier and more productive; 2) I try to frame every situation, in my own mind and with the language I use, as myself and the other person (or persons) against the problem. Honestly, it is kind of crazy how easy it is to move people from an adversarial position to a cooperative position just by acknowledging what they are saying and responding with a question asking how we can get to a resolution that is satisfactory for both of us. These are things at the heart of the anger management and conflict resolution groups we participated in.

Some other soft skills I picked up are:

1. To really set a list of your priorities, what is most important to you. No judgement of yourself on those priorities, just be honest with yourself (myself) about what it is I really want, what is important for me to accomplish, and what the order is for how my priorities stack up against each other. It makes choices much easier to handle, I just ask myself where a choice lands on my personal list of priorities and then I stick to it. It simplifies so many choices and helps me keep my anxiety (mostly) in check.
2. Using “I” statements. As corny as it may sound, when you talk to people and you use “I” statements they really respond in a positive way most of the time.





3. Honestly, one of the most important things I have found is the rewarding feeling that comes with living with purpose for something that everyone can agree with, that people should be given opportunities to show their potential, that everyone has the ability to come up with new ideas that improve the lives of all human beings and they should be given the opportunity to show those ideas.

Another set of skills that I picked up with areas more tangible: computer skills, especially basic things like being familiar with typing on computers; a basic understanding of how maintaining a garden works, how labor intensive everything is; anything worth doing is worth doing as well as you can is another life lesson I feel I have seen people really put into practice that yields amazing results for everybody; and I really learned how to build a system that is hopefully sustainable for future use to build on our core Restorative Justice themes like KH or the mentorship program, or whatever else guys have put into action that keeps building on previous successes. It really helps me understand what people are trying to do for everybody on a mass scale.

I would also just put out there that I really believe my expectation and my reality are exactly as I envisioned them: that nobody should be able to outwork someone who has come from where we come from. I have already seen it bright as day almost everywhere I go, I am extremely open about just getting out of prison, I offer it to people like 2 sentences in, I just say, look I just got out of prison, I am trying to learn how to do this, and I get the response from people, welcome home, I got out in whatever year they got out. So many people are impacted that if you let your intentions show, they want to help, it's amazing.

“Fate leads the willing and drags along the reluctant.”

-Seneca





Brothers, you are appreciated

By Antony “Talib” Bell” @ Illinois River C.C.

This is an applause to the brothers who’ve left from behind these walls and continued to struggle for criminal justice reform, putting into practice the ideals of Restorative justice we’ve worked so hard to cultivate. To Fred, Nelson, Eric, Swan, Demetrius, Wendell, Malaki, those whom I don’t know about and anyone else I have forgotten to mention here; you are celebrated by us who know you, and we continue to spread your messages throughout these institutions.

Some of you I’ve walked the yard with, been on decks and galleries with and sat in classrooms with; we’ve talked about what we’d do when we made it out, and you’ve followed through – seeing yawl gives the rest of us hope.

A constant theme with you guys is how fast paced the world is today, and that is why this applause is necessary. It would’ve been easy to walk out into that fast pace and get lost in the sauce, yet even after all the time you’ve spent incarcerated, and the adjustments you’ve had to make to fit into today’s world, you continue to work to make lasting change.

We in here read all your pieces, share in your accomplishments, and are proud of every move you make – you are shining examples of what can be done when given a chance and continue to prove we are not our worst mistakes.

I continue to facilitate, mentor, and educate, using your stories as models of success, with the caveat that a lot of work was put in in preparation to be in the positions you are today.

Insha’Allah, may your efforts continue to pay dividends.





FIESTA



I would like to open with this: May God bless you all in health, spirit, mind and prosperity, sending blessings to all my brothers and sisters in IDOC and everyone who reads my lines.

What can I say besides Cinco de Mayo was AWE-SOME! It was a great success as well. It was a day of fun but it was also educational and informative. We shared the true meaning behind this day. If any of you were still wondering, I'll give you a brief summary of the significance of Cinco de Mayo.

On May 5, 1862, in Puebla, Mexico, a ragtag army of Mexican soldiers along with Tejano volunteers and Indians armed with only machetes, sticks, and stones would defeat the French Army which was considered one of the most powerful in the world at that time. On this day, General Ignacio Zaragoza led 5,000 ill-equipped Mestizo and Zapotec Indians into battle and defeated the French Army in what became known as "The Batalla de Puebla." In the United States "The Batalla de Puebla" came to be known as simply "Cinco de Mayo."

This day is indeed a time to celebrate. However, for me, it's true significance is that it is also a time to honor heroism of the Mexicans, Tejanos, and indigenous people of Mexico who helped the country survive during one of its most trying times. Who knows, we as Mexicans could have been talking French if we never won that battle and the next one to come as well.



I digress, that's another battle and another story.

It was soothing to my soul and nice to see my brothers in Kewanee have a good time. All of us here are doing something constructive on a daily basis; we're working, going to school, trade preparation, etc. With that in mind, a little time off was a good thing for us all. It honestly reminded me of a block party with lots of Mexican sugar spicy rush candies, lol! Our dj, "DJ Milton," (yes, the one and only) was excellent with the music! I took my spot next to the music and in front of the banner that some of my fellow artists and I painted for this event. I sat awe enjoying the weather and watching everyone have a good time.

I'd like to send a huge thank you to the Administration for making the thought of this event a reality. Just as well, I want to give a huge amount of thanks to everyone that contributed to and supported this event. I'm sending many blessings to all involved on every level. To my incarcerated peers: stay humble, stay ready, and stay focused on executing your agenda as you prepare for your return to society. To my brothers of Kewanee Horizons who work so diligently to make this platform available, we appreciate you. Blessings to my boy, Eric, who always encouraged me to write, keep your head up.

I close in the same manner that I opened, with nothing but respect and love. Until paper and pen meet again.



Respectfully,
Evigan Marcos
Your Boy,
Happy

BELIEVE IT OR NOT, WE DID THAT

By: Antonio Aguirre

Many Americans are very familiar with the “Cinco de Mayo” Day festivities and all of its perks, like promotional ads for food/drink specials at your local Bar & Grill. However, as an “Individual in Custody” at an “IDOC” facility “Cinco de Mayo” usually, just passes us by, like an average, mundane, and anti-climactic day. Except, that this time, it was anything but, and quite contrary; some may even say, that it was an extraordinary phenomenon!

This “Cinco De Mayo” day event, at the KLSRC was unprecedented and surprisingly nostalgic; due to its real world feel. Moreover, on the next day, my fellow peers approached me sharing their thoughts and gratitude for coordinating and getting the event approved. Several of them even mentioned; how it brought them back, reminiscing to a time being with their family and friends at social events like, back-yard BBQ’s, neighborhood block parties, or spending time with their kids at a local festival and/or carnival. I even got a little emotional, hearing their stories, causing one tiny teardrop to run down my “manly and muscular cheek”. (LOL)

I believe that the major reasons for all this emotional intensity came from a combination of heightened excitement and anticipation that came from the realization of being one-step closer to freedom, family, and of finally getting out to live our own lives. Others brought up, how





cool it was to have a Softball and Corn-Hole tournament simultaneously ran together, like some Olympic event. In addition, just about everyone enjoyed the pleasant sounds of music bumping right outside in the east-yard, which was an unprecedented and never seen or done before scenario. We had a Real Live “DJ”, Chicago’s very own DJ Milton, who played 20second workouts for 107.5 WGCI, back in the early 90’. This set the mood and ambience if you will, by playing music not heard in years. DJ Milton’s diverse playlist from every era and genre, which consisted of, Mexican Ranchero and Banda music, Dominican Bachata, Puerto Rican Salsa and Reggieton, 70’ Disco and Jazz, 80’ House and Latino Free Style, 90’ Rock-n-Roll and Hip-Hop, 00’ Pop and Alternative, and of course, by all modern day, young artists, and the list went on and on....



What was even more amazing was how a fellow peer expressed being caught off-guard, and how he could not believe that this was actually happening. He felt like he was in an episode of the Twilight Zone or on Ripley’s “Believe It or Not” for he’s been locked up for over (20) years and has never seen anything quite like this taking place in any of the other correctional facilities he’s ever been too. Either way, “Cinco De Mayo” was an all-around success, for both, the individuals’ in custody and the KLSRC Administration and staff alike. Here is one for the Restorative Justice History Books, as proof, that rehabilitation and growth are possible when theirs a collaborative and sincere effort aimed towards helping returning citizens transition back into society. For me, personally, I will always be grateful for the opportunity and trust given, and for all those who helped me to accomplish it. Thank you, this will always be a memorable proud day, which for me will last an eternity.





By: ANDREW SUH

Almost half a year ago several inspired individuals in custody at KLSRC tossed around the idea of having a Cinco de Mayo celebration to commemorate the battle of Puebla, where 600 Mexican soldiers stood against the 6500 French invaders, in 1891. For most of the world, celebrations surrounding Cinco de Mayo is merely an excuse to go out and drink tequila, and make some bad decisions such as chowing down on tacos, and nachos, in some hole in the wall all in the name of cultural appreciation. But the proud Individuals in custody of KLSRC wanted to change the narrative. They wanted to provide a history lesson and to instill a sense of ethnic pride for the men and women who sacrificed so much on that fateful day many years ago. They wanted to provide all the men of the KLSRC an opportunity to share in the sense of community with a Mexican Flare. To make this vision a reality there would be countless hours of prep work, written proposals to the Wardens and a laundry list of details that needed to be organized and



executed. We thank you, the members of the 2023 Cinco de Mayo Steering Committee: **Antonio Aguirie** Event Coordinator, **Brian Lehnert** Donation Coordinator, **Pedro Sanchez** Commissary Coordinator, **Josh Hernandez** Game Coordinator, a lengthy list of unnamed volunteers and last but not least **Lt. N. DeCoster** KLSRC Staff Liaison who was responsible in making this Cinco de Mayo proposal a reality.

In a day and age where selfish behavior is the norm, the men of Kewanee showed their true colors of altruism.

A brown cardboard box was positioned at the prison's commissary entrance for donations and in a sense of true camaraderie and community, countless righteous individuals in custody at the KLSRC generously donated hundreds of dollars in commissary to be dispersed amongst the participants of the Cinco de Mayo celebrations. Through these generous donations; gift and prize bags were filled. This is the epitome of Community Spirit at Kewanee.

The Cinco de Mayo festivities began with an informative presentation surrounding the history of Cinco de Mayo given by **Evigan Marcos** bringing to light the sacrifices of the Zapotec Indians, which segued into a live action theatrical skit by **Reginald Spenser** and **Sergio Castro** reflecting the differences in language and culture with a spiritual message of Ephesians 5:18, "Be not drunk with wine,





wherein excess but be filled with the Spirit.” We were further entertained by the physical prowess of Juantio **Figerora** aka “**La machina puertoricanu**”(48) and **Demilo Fox** who demonstrated the importance of core strength with their impressive show of strength performing the very difficult STANDING AB WHEEL, wrapping things up **Franklin Hendricks** eloquently flowed his very powerful original Spoken Word piece entitled, “THIS LIFE”.



Amid laughter and good feelings, the attendees were all able to embrace, a Mexican version of Bingo called Loteria. Then a real treat revealed itself when a real piñata stuffed with candies was brought out and smashed open by a few very lucky men. We were provided with an authentic taste of Mexico via homemade chicken tortas., provided by the KLSRC’s First Shift dietary department.



The morning festivities culminated with the Team Trivia Contest. Eight teams participated but only one could be victorious. It was a hard fought victory but the Pelons (Spanish translation-The Bald Ones) Co-Captains J-Dawg and Jessie Tokich; led a diverse team: Leal Jose, Randy Kagel, Halik Williams, Alvin Harris and yours truly (Andrew Suh), clawed

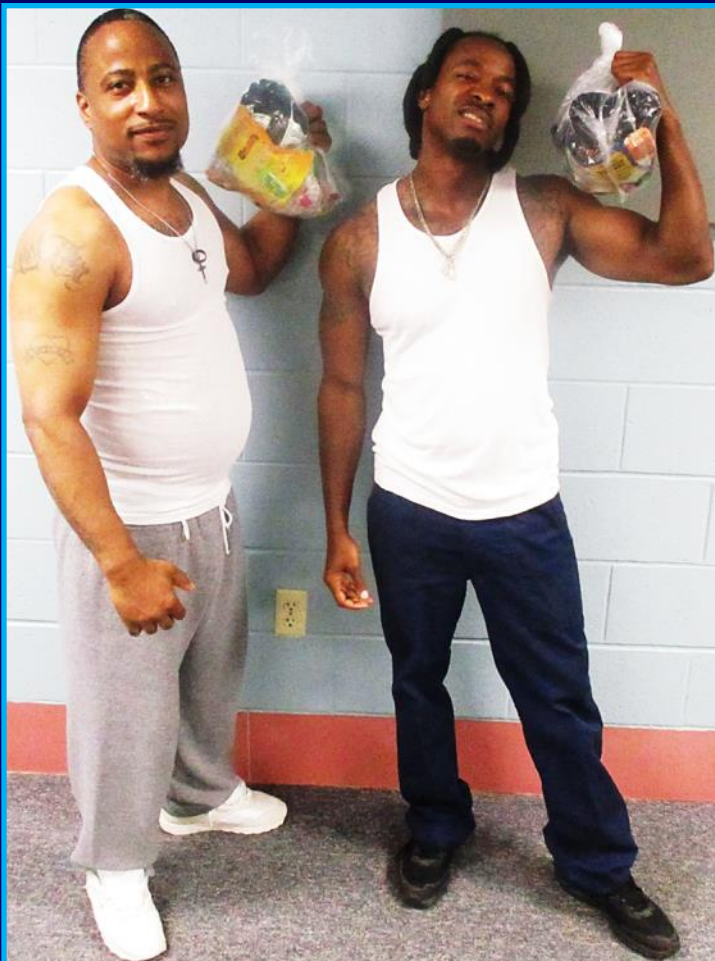




our way to the top and overtook the heavily favored Sandbaggers with a last minute victory. The next phase of this amazing day of celebrations resulted with a very competitive softball game; where Five house settled the age old grudge match and triumphed over Four house. Last but not least the night concluded with the Cornhole tournament where Demario Brooms and Jarvis Moore cruised into a lopsided final, placing an exclamation point proving that they were the true cornhole champions of Kewanee.

As the festivities of Cinco de Mayo slowly drew to a close, the music provided from

one of our very own IIC DJ Milton (Jones) filled the warm summer night air. The scene was idyllic and dare I say magical as I savored a glimmer of happiness in his world of incarceration. There were smiling faces, laughter and an atmosphere of community. In a life filled with decades of pain and hurt because of incarceration I was transported to a place of happiness. In this moment of lucidity, I gazed upon my fellow IIC's and I was truly grateful I was given this opportunity to be here at Kewanee. Through communal activities like these I am finally able to decompress and shed the decades and years of my own trauma filled institutionalization. However, it is not lost on me. This happiness is so bittersweet because I know so many of my brothers and sister are still struggling as they are locked in their cells. To those who are not able to be here with me this





warm summer evening enjoying this glimmer of serenity; I can only say, **“Hold on and be patient, it will get better. When it is your time, you too will find yourself in a better place. Like those outnumbered men of Pueblo who faced those daunting odds on Cinco de Mayo many years ago, I ask you to keep fighting the good fight and stay focused on your better tomorrow. It will arrive one day.”**









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.





What Type Of Business Structure Do You Want?? (Part I)

Hujambo!! So, if you made it this far with me, then it is time to talk about creating a business and all it entails. Having credit is very important to your success, but knowing what type of company you are looking to be involved in takes legwork, and you will definitely need it as we slog through terms and determining what is best for you (which is **WHATEVER YO DECIDE TO DO!**). **If I am you, write these down in your composition books or on your legal pad and put it in your correspondence box, as you will refer to it A LOT!!**

Factors in Choosing an Organizational Type

The organizational type you choose for your business, sometimes called a “legal structure”, can impact your taxes and income.

Some common organizational types are:

- Sole proprietorship
- S-corporation
- Limited partnerships
- C-corporation
- General partnership
- Limited liability company (LLC)

A **sole proprietorship** is a type of business entity that is owned and run by **one individual** and in which there is no legal distinc-





tion between the owner and the business. In other words, the business is one and the same as the owner. The sole proprietorship is the most common form of legal structure for small businesses.

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A **General Partnership** is an association between two or more people in business seeking a profit. Like a sole proprietorship, partnerships have pass-through taxation and owners are personally liable for the debts of the business. General partnerships can be created with little formality, but because more than one person is involved, a written contract stipulating the terms of the partnership, called a “partnership agreement,” should be created.

Owners of a general partnership have unlimited personal liability. In general, each partner is jointly liable for the partnership's obligations. Joint liability means that each partner can individually be held responsible for the entire amount of an obligation of the partnership. However, as with the sole proprietorship, insurance and quality contract design can protect the partnership against most risks.

Limited Partnerships (LPs) and **Limited Liability Partnerships (LLPs)** are two other organizational options for two or more people who plan to maintain a business for profit. Some jurisdictions only allow those who are licensed to practice in certain professions, such as law or accounting, to be eligible for the LLP structure.

With the limited partnership structure, liability varies depending on the type of partner:

- A “*general partner*” has unlimited personal liability. The general partner is responsible for the everyday operations of the business.
- “*Limited partners*” are personally liable only up to their personal investment in the partnership. The limited partner must maintain a limited role in the day-to-day administra-





tion of the business. Legal counsel can advise what, if any, activities are permissible for a limited partner (besides contributing capital) to perform without losing the shield of limited liability. With a limited liability partnership, personal liability for partners may be limited, but the rules vary considerably from state-to-state.

Unlike a general partnership, the creation of a limited partnership or limited liability partnership requires a filing, possibly including the written partnership agreement, with the state. A limited partnership will likely also be required to include "limited partnership" or "LP" as part of its name, just as limited liability partnerships will be required to include that phrase or LLP in their name.

Limited Liability Company (LLC)

An **LLC** is similar to a corporation in some ways while similar to a general partnership or a sole proprietorship in other ways. An LLC is considered a type of unincorporated association, not a corporation, even though it is a business entity. Similar to a corporation, though, owners have limited personal liability for the debts and actions of the LLC. Other features of LLCs are more like a partnership, including the benefit of pass-through taxation and greater management flexibility in allocating profits.

Owners of an LLC are called members. Since Illinois do not restrict ownership, members may include *individuals, corporations, other LLCs, and foreign entities*. An LLC can have any number of members. Most states permit an LLC with only one owner, called a "single member LLC". To form an LLC, you file paper work, usually called "*articles of organization*", with a state agency (Secretary Of State), pay a filing fee, and create an LLC operating agreement which sets out the rights and responsibilities of LLC members.

Like owners of a corporation, all LLC owners are protected from personal liability for business debts and claims, a feature known as "limited liability" (hence the name!). If a business with limited liability owes money or faces a lawsuit, only the assets of the business itself are at risk. Creditors usually cannot reach the personal assets of the LLC owners, ex-





cept in cases of fraud or illegality.

However, owners of an LLC must take care to not “pierce the corporate veil,” which would expose the owners to personal liability. For example, LLC owners should not use a personal checking account for business purposes, and should always use the LLC business name when working with customers.

One disadvantage of forming an LLC, instead of a partnership or a sole proprietorship, is that you pay a filing fee (*ranging from \$100 to \$800*) when you submit your articles of organization. On the positive side, articles of organization are short, simple documents. You may be able to quickly prepare articles of organization on your own using a form provided by your state's filing office. Even though an operating agreement may not be required by your state law, you should create one anyway.

Next Time:

We will continue with the C-Corporations and S-Corporations and find which is more suitable for you and your business. I will also give you some worthy information on the Small Business Administration and how to seek further information.

ASK AWAY!!!

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

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





EATING BEHIND BARS

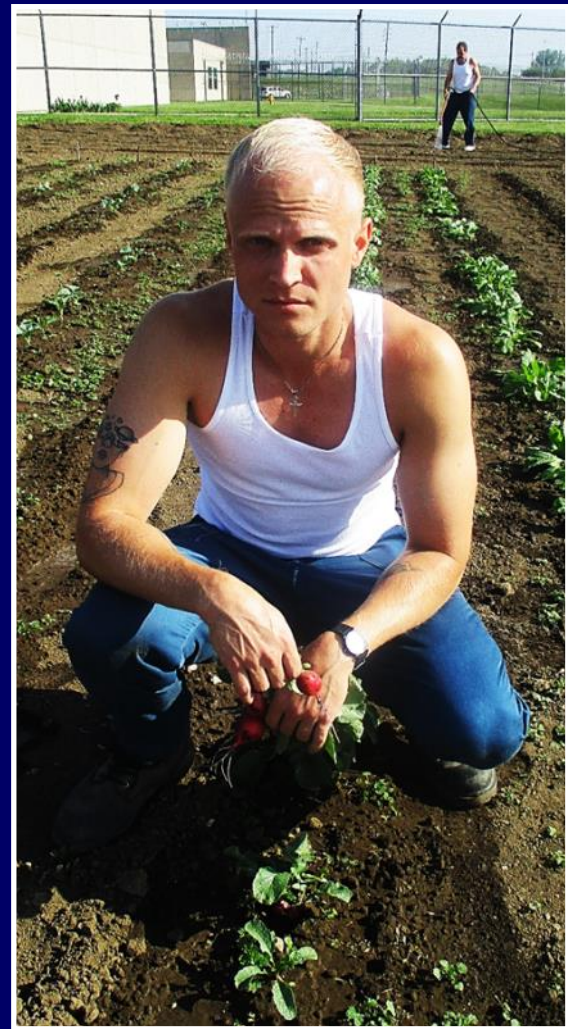
FOOD IS THE PROBLEM & FOOD IS THE SOLUTION

By: Patrick Klein

Good food nourishes and sustains the body and does more than that. What we cook and eat affirms who we are as individuals and connects us to people, places, and cultures. Yet a positive relationship to food, an essential aspect of being human, is denied every day to individuals in custody when the food made available to us functions as another form of punishment.

The quality of the food we eat, and the role of food in our lives, affects every aspect of our being: our physical health, mental acuity, emotions, identity, self-worth, culture, relationships with others, and more. Quite simply, a person cannot grow and evolve without meals that nourish body, mind, spirit, and human relationships.

Individuals in custody are damaged by the experience of eating in prison, with both immediate and long-term consequences. Humans are hard-wired and acculturated to imbue food with meaning far beyond survival; we use food to communicate our relationships and values. Most food served in prison sends a clear message that the people eating it don't matter. Not only is the food generally unappetizing, it's also routinely a source of disgust and humiliation. Science is beginning to reveal the deeper effects of eating in such an unpleasant environment. For example, lack of natural light and high





noise levels negatively affect how the body processes food, with both immediate and long-term consequences for physical and mental health.

“Home cooking” in prison is an important form of resistance within this system but most commissary offerings are unhealthy and unaffordable. The alternative to the tasteless (or worse) big-batch food prepared in prison kitchens is meals that individuals in custody make for themselves and others with supplies purchased at the facility commissary. “Home-cooked” meals are some of the only positive memories associated with food during our time in prison. While cooking in prison with items purchased from the commissary has gained attention as a form of creative resistance to the depersonalization of prison, it doesn’t typically increase access to healthy food. Food items sold by commissaries (such as instant ramen and honey buns) are heavily processed, typically high in sodium, sugar, refined carbs, and unhealthy fats and they’re expensive.

For some people, the ill effects of a poor diet in prison linger long after they are released. Eating habits once required for survival, or ones that brought a modicum of pleasure in an otherwise punishing environment, can be hard to break. The trauma of prison can manifest in both physical and psychological reactions to food. It’s hard to get in the habit of eating healthy when a person just ate what was handy by habit.

The food available to people in prison could promote rehabilitation and support successful re-entry and that requires a new approach to food service that’s grounded in dignity and health. There are obvious benefits to rethinking and dramatically improving the experience of eating in prison. Addressing nutritional deficiencies, satiating hunger, nourishing the senses, and restoring human agency by giving individuals in custo-





dy some choice in what they eat can profoundly improve physical and mental health. This will help people prepare to become fully engaged parents, family members, neighbors, and work colleagues after their release. These outcomes could very well spur larger improvements in public health and public safety, strengthening entire communities.

Improving the prison food experience reaps significant benefits for facilities as well. Research demonstrates a link between proper nutrition and lower levels of violence and aggression, and suggests that when food in prison satiates hunger and fulfills nutritional needs, incarcerated people are less inclined to act out in anger, or to harm staff and one another, or to disrupt facility operations. Many food-related security concerns, such as exploitative bartering and stealing food from the kitchen, actions motivated by deprivation, are less likely once individuals in custody have access to satisfying meals. A healthy relationship with food, for both incarcerated people and staff, is a foundation for healthy relationships with people and a more positive environment in general. This is often evident here at Kewanee when special meals are prepared on special occasions such as holidays. When individuals and staff eat well, you can feel it in the air. Everyone is in a positive, celebratory mood.

So how do we go about repairing the damage that is done by the food we've come accustomed to eating? Food is the problem and food is the solution. Gardening is a crucial tool in repairing the harms done by unhealthy eating habits.

Getting one's hands in the soil, tending plants, and cooking food offer sensory and aesthetic experiences that can stimulate the brain in new and positive





ways, improving attitudes, behaviors, and overall mental health. The planning, maintenance, and care of a garden is a valuable life skill full of metaphors and meaning that teaches individuals care and responsibility and fosters a healthy relationship with food that has been damaged or completely destroyed by long-term incarceration. There are few things more intrinsically rewarding than eating food that you grew yourself. Gardening and culinary education programs in prison are associated with boosts in self-esteem and resilience, reductions in violence, and the fostering of positive relationships.

Given the hierarchical nature of corrections, shifts in culture tend to come from leaders at the highest ranks. Only they have the authority to enact policies and directives that break with ingrained practices and habits. The fresh, local approach to food service in the Maine Department of Corrections,

in the Maine Department of Corrections, for example, was codified in January 2019 when Randall Liberty, who grew up with an incarcerated parent, became Commissioner. A Master Gardener and beekeeper, his efforts to integrate these practices in the Maine State Prison during his time as warden met with resistance and were small in scale. Liberty has taken advantage of his position as Commissioner not only to expand the gardening programs but also to increase the amount of food that prisons statewide are required to purchase from local producers—getting fresh, whole foods onto the trays of incarcerated people while strengthening local economies. Commissioner Liberty emphasized, “Our job is about rehabilitation, redemption, and getting busy healing those wounds. Our job is to reduce the frequency of future victims. Our job is to help these men and women back to





society.”

At the Noble Correctional Institution in Ohio, each housing unit has its own small garden that residents plant, tend, and harvest, sharing the produce and eating it when they wish. Some units have George Foreman grills, toaster ovens, and prep tables that accommodate more cooking from scratch than microwaves and hotpots. “Security risks are always weighed, but there is real value in a person preparing food on their own terms,” explains Noble’s former warden, Tim Buchanan.

I have always had a love for gardening and my time in prison has really opened my eyes to just how important it is for my mental health and how important it could be for people that have been incarcerated for decades. Not only is it a nostalgic experience for myself as I grew up helping my mother and grandmother in the garden, but It can help repair that broken relationship with food that is created through incarceration. I am very lucky to be able to facilitate a horticulture group here in Kewanee. On the first day of group I have everyone plant a seed in cups that we grow in the library window. It always amazes me to see how excited the guys get when the seeds sprout and how proud they are to be responsible for something growing. I am also able to have the autonomy to tend the gardens here, it is a creative outlet for me and the garden crew and is extremely rewarding for everyone involved. There is real value in producing your own food, having a choice in what you eat, and putting nutritious, nourishing food into your body. If any of you out there are doing amazing things with the gardens at your facility, we would love to see it!





REAL MEN DON'T NEED MAPS

By: Wally Walls @ Pontiac C.C.

“Real men don’t need maps”, Tim Allen used to say. So, when he wound up 500 miles out of the way on a road trip, it would finally dawn on him that the road map was sitting right there beside him the whole time. While I haven’t been on a road trip (of my own choosing) in over twenty years, I found out that I am still pretty good at getting lost. My version of getting “lost” though didn’t have anything to do with a physical destination. It was all about where I was mentally. For all intents and purposes, I was lost. I had no focus, no sense of purpose or direction for my life. All I knew was that I was stuck here for the rest of my life, and there was no way that I could change it. I felt beat up, pushed around, and put down for being me. I was trying to protect a façade of being happy and content. But inside, the wear and tear of prison life was bringing me down. I felt depressed and increasingly anxious. In a bit of “self-therapy”, I started journaling back in 2017.

I did so in an effort to coincide with seeking assistance with my issues from Pontiac mental health. After being told that the focus of Pontiac’s treatment protocol wasn’t in the area of treatment I was seeking, I began to seek Pontiac mental health’s guidance in help-





ing me get transferred to the Big Muddy River C.C. where they DO offer the area of treatment that I seek. We made it part of my treatment plan. “Treatment Goal”: To seek treatment at Big Muddy River C.C.” from 2017 to 2023, I was privileged enough to take some major steps in my life.

- I managed to fully research and file a successive Post-Conviction Petition.
- I had life-saving open-heart surgery.
- I took an appeal all the way to the Illinois Supreme Court.
- I shared the story of my incarceration with the state legislature’s Prison Reform Committee.
- I drafted a petition for Executive Clemency, and had the petition heard before the Illinois Prisoner Review Board
- I drafted a proposal outlining changes to the statutes regarding clemencies, and had it submitted to three Illinois Senators and the Illinois Prison Project...and I got to write a few articles.

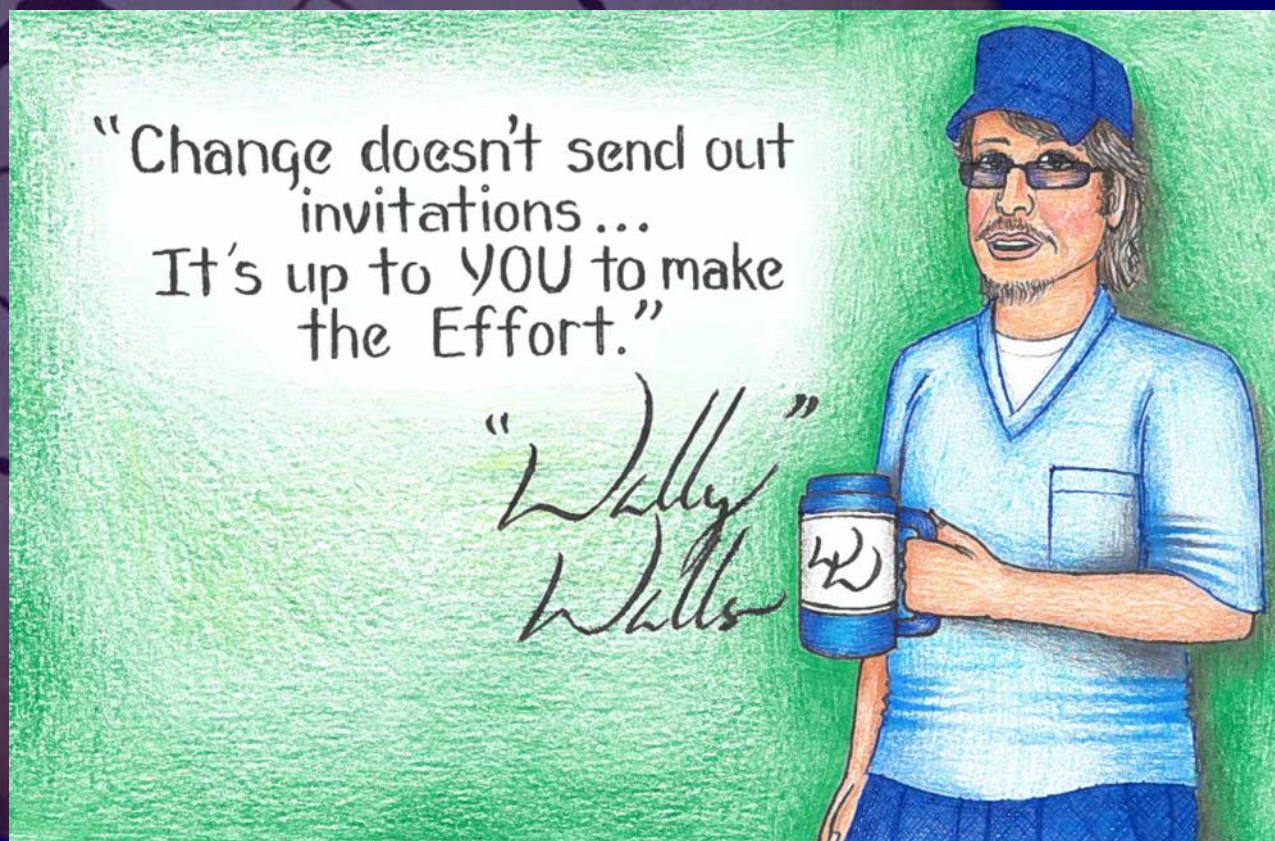
On the mental health front, however, I’m still sitting in the same spot. I feel like a car sitting up on concrete blocks. I haven’t managed to get past “Treatment Goal: To seek treatment at Big Muddy River C.C.” (Hmmm...it must be one of those long-term goals.) Personally, I find it embarrassing. After a lot of soul-searching, and wishing that I was a lot braver than what I am, I had to finally confront my issues head-on...on my own. And going forward, I’m hoping that my decisions are the right ones. I have spent decades of





my life being around those in the mental health community. One of the best friends that I ever had was a psychology intern at SIU-C. It was through her that I gained a healthy respect for those in the mental health field. I got to pick up a few tools to use in seeking to get where I eventually want to be. My problem was that I was always too scared to use them. I was just too dependent upon seeking help from others. Sometimes it works, and sometimes it doesn't. Change doesn't send out invitations. It's up to ME to get it done. It is up to me to learn from my mistakes, and move forward with my life.

I am not looking for a group of people who are going to tell me what they think I WANT to hear. That's a politician's job. I am looking to work with people who will tell me what I NEED to hear. I just hope that I get to find it. I have spent WAY too many years driving around in circles. I think that it's about time that I pulled out the ol' road map and plot a course that's going to get me where I want to be.





CREATIVE WRITING 3.2

By: C.T. Bashaw

COMIC BOOKS & GRAPHIC NOVELS, Part Two

SCRIPT FORMATS

There are essentially two styles of writing in comics—the movie script style, and the freeform style. The movie script style follows the same format as an actual film script, with the addition of panel descriptions added to the scene headings. Basic descriptions of the scene within the panel are laid out along with the essential details the writer wants to focus on. Dialogue and character notations are written the same as a movie script. Moving from panel scene to panel scene, the movie script style progresses the story forward with the three-act structure, with one page of script equaling one page in the comic book.

The average length of a comic book story is 22 pages (with 10 pages of ads for a total of 32 pages, not including the inside front cover and both sides of the back cover). Your comic book can have more pages if you wish, but this is the industry page-count standard per issue. If you have your story span multiple scripts, be sure that each script has





the beginning, middle, and ending three-act structure. The right margin in movie script style is also larger than the standard for films, set at roughly 2.0 inches. This is done so that the artist has room to “thumbnail” the panels on the script. Thumbnails are small sketches that the artist can make on the script itself to give them an idea on how the layout of the comic page will be. Not every artist does this, but it is a common practice in the industry. Here is an example of a movie style comic book script:

Page 1

PANEL ONE- CLOSE UP

INT. ARENA STAGE-DAY

NARRATION: Earth: 65 Million years ago:

The MASTER OF CEREMONIES (MC) speaks to the assembled masses in the arena, a portly man dressed in ceremonial robes; the spherical megaphone floats in mid-air a foot or so from him.

MC

All rise!

PANEL TWO- ESTABLISHING SHOT

We see the MC from the back standing on the elevated stage looking out into the circular arena, it appears much like a modern stadium with two decks of thousands of spectators; lights illuminate the packed arena—its domed ceiling mirrors the size of the tan field below. Across from the stage, the royal platform rises to the ceiling overlooking the arena. A huge steel door sits closed beneath it.

Page 2

PANEL ONE- MEDIUM CLOSE UP

MORAX the king enters the royal platform—his long white hair and goatee, amber





eyes, and scarlet skin are the only color that contrasts the cold steel grey and black of his royal battle armor that covers him from the neck down. The lightened grey hallway behind him casts him in hints of near shadow.

MORAX

Sit.

PANEL TWO- MEDIUM SHOT

We see details of the assembled masses—humanoids all—some green, or blue, or copper, even paled ivory skin tones mixed in with humans. Some are bald; others have a variety of hues including lavender hair. All are dressed in modern/futuristic robes and attire—all seated looking to the king.

PANEL THREE- MEDIUM SHOT

We see three humanoids chained together to the arena floor dressed similarly to the spectators in the stands—Morax is silhouetted before them. The PRISONERS gaze up at him.

PRISONER ONE

Wh-why are we here, king Morax? Wh-what crime are we **charged** with?

PANEL FOUR-MEDIUM SHOT

King Morax seated upon his arena throne addresses them:

MORAX

Incitement to disobedience.

Page 3

PANEL ONE- LONG SHOT

We see the backs of the prisoners looking up to the royal platform—guards stand to





their sides as the crowd looks on.

MORAX

The remains of your colleague lie scattered at your feet and you're charged with **encouraging** his outspoken behavior.

PRISONER ONE

B-but we **shouted him down** when he said he was overworked. We were the ones who reported him, sire.

PANEL TWO- MEDIUM SHOT

Two pairs of royal guards flank the king a good twenty feet away—the king sits upon his throne appearing unmoved.

MORAX

That **wasn't enough**. You should have **struck** him for his vile remark, **cleaved his skull** for dishonoring your master...

PANEL THREE- CLOSE UP

MORAX

...beat him to death with your **bare hands** and fought your friends for the **privilege of doing so**.

PANEL FOUR- MEDIUM SHOT- SIDE ANGLE

We see the prisoners now unchained—their heads bowed as their guards move away—the crowd roaring in the distant background.

MORAX (O.C.)

Now you must pay the **price**.

Page 4

PANEL ONE- MEDIUM SHOT- SIDE ANGLE

Morax seated, we see two guards in the foreground and the masses in the stands in the background.





MORAX

Fight **me** or the monster. Your choice.

PANEL TWO- CLOSE UP- OPPOSITE SIDE ANGLE

The prisoners—heads still bowed—and their hoodies up on their heads—

PRISONERS ONE, TWO, AND THREE

(Simultaneous dialogue)

The **monster**, sire. No question.

PANEL THREE- CLOSE UP- SIDE ANGLE

MORAX

Very wise.

PANEL FOUR- LONG SHOT

We see the large foot of the MONSTER as the large steel door beneath the royal platform opens, in the f.g.—the three prisoners—silhouetted in white, in the mid-ground against the hoarded masses in the distant b.g. behind them.

MORAX (O.C.)

Release the beast!

Page 5

PANEL ONE- DOUBLE PAGE SPREAD

We are looking from behind the three prisoners at the monster/beast—it is a bluish-scaled T-REX roaring at the prisoners. Its rider sits upon a sleek, futuristic-looking saddle holding the reins to the headpiece of the dinosaur—no bit in its mouth to interfere with the execution.

PANEL TWO- INSET CLOSE UP-CROSSES TO THE NEXT PAGE





The masses are sprayed and covered in blood—human blood.

Page 6

PANEL THREE- OPEN INSET MEDIUM SHOT

Morax lifts his royal staff and faces to his left—

MORAX

For you my beloved Queen.

PANEL FOUR- INSET LONG SHOT

In the b.g., we see the QUEEN dressed in dark regal dress approaching the platform, her human escort/bodyguard CAPTAIN HAVELOK and his armed TROOPERS walk at her side. Morax and his guards stand in the f.g. watching.

PANEL FIVE- INSET CLOSE UP- SIDE ANGLE

The Queen is a fair-skinned human, her lips a dark ruby red, her eyes hazel.

QUEEN

(smirking)

Thank you, my husband.

PANEL SIX- INSET CLOSE UP- REVERSE ANGLE

The Queen addresses her escort Captain Havelok—a grey-haired, bearded white man who resembles a young Sam Elliot—the Queen's teenage daughter AINE stands behind them.

QUEEN

(softly)

We really need to get out of here.

—Mark Millar and Stuart Immo-





FREEFORM STYLE

The style of the freeform script is less structured than the movie style, allowing for more input and creativity from the artist upon the story. While the writer builds the framework of the story and focuses on essential details, the overall layout and interpretation of the script is left to the artist. The number of individual panels and the scene angles of each panel on the page may or may not be included by the writer within the script. In addition, the flow of the story becomes more of a collaborative effort between the writer and artist, with the artist acting much like a director of a film would in rendering the script descriptions into images within the panels on each page. One page of script in this format does not necessarily equal to one page of the comic book as the movie style does, unless the panel counts are written into the script.

Legendary comic book writer Stan Lee, often credited as the pioneer of the freeform style, would often hand a script to the artist he was working with, like legendary Jack Kirby, without any dialogue. After the artist had drawn out the pages, Stan would then come up with the dialogue for each panel, receiving his cues from the flow of the artwork. I highly encourage you to write the dialogue into the script *before* you have an artist render the art for at least two reasons: first, dialogue is a major driving element of the story. Details needed to keep the plot moving, as well revealing character and themes, are easily conveyed through the dialogue of the characters without the need to add long narratives to help explain the action.

The second reason to have dialogue within the script before any art is drawn is to give the artist an idea of how much room within a panel they need to allow for word balloons that are later added after everything is drawn and colored. No one likes to view the artwork of a comic book only to have word balloons cover up portions of the art that help reveal details of the story not contained in the dialogue or narrations. Here is an example of





the freeform script style using the same storyline previously revealed in the movie script style, without panel counts:

Page One

Though everything and everyone appears futuristic, our story begins somewhere in Earth's distant past, millions and millions of years ago—in the Jurassic or Cretaceous period. An alien king, Morax, holds an event within a Coliseum for his subjects. His MASTER OF CEREMONIES (M.C.) addresses the crowd:

M.C.: All rise!

The modern-looking stadium is full with thousands of spectators.

Morax, a tall humanoid, enters his royal platform to view the arena below. He is intimidating in appearance.

MORAX: Sit.

The audience resembles humanoid aliens from all over the galaxy, as well as humans, much like the cantina scene from Star Wars. They all look to the king to begin the event.

In the arena are three humanoids bound with chains gazing up at the king. One of them speaks:

PRISONER: Wh-why are we here, king Morax? Wh-what **crime** are we charged with?

MORAX: Incitement to disobedience.

The crowd roars.

Page Two

MORAX: The remains of your colleague lie scattered at your feet and you're charged with **encouraging** his outspoken behavior.

PRISONER: B-but we **shouted him down** when he said he was overworked. We were the





ones who reported him, sire.

The king is unmoved.

MORAX: That **wasn't enough**. You should have **struck** him for his vile remark, **cleaved his skull** for dishonoring your master, beat him to death with your **bare hands** and fought your friends for the **privilege** of **doing so**.

Now you must pay the **price**.

The guards remove the prisoners bonds and exit the arena. The crowd roars louder.

MORAX: Fight **me** or the monster. Your choice.

ALL THE PRISONERS: The **monster**, sire. No question.

MORAX: Very wise. **Release the beast**.

Page Three

A large monster emerges from behind a steel door—it appears like a dinosaur—maybe a T-Rex, or more dragon-like. It has a rider upon its back.

The prisoners are killed instantly; the blood is red—human blood. The crowd roars in delight—and horror.

The king raises his staff as the Queen enters—she is human—and very pretty.

MORAX: For you my beloved Queen.

The Queen's royal escort and bodyguard follows her—another human, male and middle-aged—a captain in the army. The Queen's daughter and some armed troopers follow behind them.

QUEEN: Thank you, my husband.

She turns to her escort, whispering:

QUEEN: We really need to get out of here.

—adaption of *Empress* 2017 by Mark Millar and Stuart Immonen





Notice that many of the details that were written in the movie style script were not in this example. Those details and how the pages are actually laid out is left up to the artist—the look and feel of the story comes from the artist’s imagination, allowing him or her greater freedom in how to illustrate the tale. This can be a great way for someone who struggles with articulating their ideas to another, and still be able to convey a story they wish to tell. It also allows the artist to experiment with new angles, poses, and backgrounds to bring the story to life. Both forms of script styles are used in the industry and each has their advantages; however, the movie style is the more popular form used. Decide which form you are comfortable utilizing and have fun bringing your imaginations to life.

Next time we will tackle the process for writing storylines for games!

“YOU CAN’T GO BACK AND CHANGE THE BEGINNING, BUT YOU CAN START WHERE YOU ARE AND CHANGE THE ENDING.”

C.S. LEWIS





-What is the Stock Market-

The stock market lets companies raise money and investors make money. When a company decides to issue shares to investors, it's offering partial ownership in the company in exchange for investor dollars. Issuing shares helps companies raise money and spread risk. Instead of finding investors one by one, companies who qualify and register offer their shares in a stock exchange, also known as a stock market. This offering is known as an **Initial Public Offering (IPO)**, also called "going public". An IPO creates a primary market for the company's shares.

In the secondary market, investors buy and sell shares on a stock exchange like the New York Stock Exchange or the Nasdaq. Investors in stocks could be large entities like commercial banks, or they could be retail investors (a.k.a. regular individuals just like you). You don't buy the shares from the issuing company, you buy them from someone who already owns them. The prices of the shares on a stock market fluctuate according to supply and demand, investor confidence, world events and information about company profits, among other factors. With all the variables in play, it's notoriously hard to know which stocks are on the rise. It's a good idea to be suspicious of any "hot tips" or guarantees of astronomical returns. If it sounds too good to be true, it probably is.



-Understanding the Stock Market- -How to Invest-

If you want to get in on what the Stock Market has to offer, you don't have to travel to New York, put on a funny-looking blazer and start yelling "buy! sell!" You just need a broker to act as your representative. This could be a person you hire or a big brokerage firm that sells mutual funds. The internet has made this process much simpler. You don't have to be rich to start investing-but it's important to look for low-fee options. Fees eat into your gains and can cost you tens of thousands of dollars over the years to invest.

What's on a Stock Ticker?

Stock tickers list companies by their symbol. Unless you know the symbol of the company you're interested, you'll have to look it up before you consult a stock ticker. Then, you'll see the stock symbol, the number of shares trading and the price. You'll see a green upward-facing arrow if the price is higher than the day before, or a red downward-facing arrow if the price is lower. You'll also see the difference between the current price and the price at the end of the previous trading day. If you're an average retail investor just looking for some low-cost index funds, you don't need to spend you day glued to the stock ticker. It's probably information overload. But now you'll know what you're looking at next time you're watching television and see a stock ticker moving across the bottom of the screen.



Stockholder's Equity: Why you want it

Stocks do come with some risk. If the stocks you own become less valuable, your net worth goes down. Bummer right? It sounds counter-intuitive, but experts advise the way to ride out the ups and downs of the stock market is to buy low and sell high, or buy and hold. If you panic in a downturn and “sell low”, and then you only “buy high” after stocks have become expensive, you’ll miss out on opportunities to increase your net worth. The good news is that there is a way to remove the temptation to try to “beat the market” by timing your investments and hand-picking stocks. If you think you’ll be tempted in this way, it’s probably a good idea to steer clear of individual stocks and online stock-trading sites. Instead, consider low-cost index funds that track the market and stay strong in a downturn. Experts agree: offloading your shares when times get tough is not a winning strategy.

Bottom Line

If you’re looking to grow your retirement savings, you’d likely be well served to invest in the stock market. Conventional wisdom says that when you’re younger and further from needing to live off your investments, you can afford to have a higher percentage of your investments in the stock market. Later, as you approach retirement, you’re more vulnerable to a market downturn that could wipe out your retirement savings right before you need them.





That's why experts typically advise people who are closer to retirement to decrease their exposure to equity risk by reducing the percentage of their investments in stocks and increasing the percentage in bonds. If all that rebalancing sounds like too much to take on, there are target date funds that re-balance for you according to the year you intend to retire. You tell them when you want to retire and they chase higher returns (with more risk) while you're young, preserving those gains with a lower-risk portfolio as you near the end of your career. Whichever investing strategy you choose, it's important to go into it with your eyes open. Starting from a place of knowledge will likely improve your returns, and it will make you less vulnerable to fraud. Happy investing!

This information was provided by “Amelia Josephson”, and is solely for the informational purposes. –KH– does not advise you, or anyone to do anything other than use this information and take from it what you can, but always make your own decisions when it comes to investing. We will continue to provide you with information about the Stock Market to help those who don't know about, or how to navigate, the Stock Market.





DAYS OF DYPOT!





TRIVIA QUESTIONS



1. What animal cannot stick out its tongue?
2. What is the name of a popular chicken/pork/beef skewer served in Southeast Asia?
3. Who was the first man to swim the English Channel?
4. From what city did the Titanic set sail?
5. Whose crew was the first to sail completely around the world?
6. In which year did the Titanic sink?
7. Which film series stars Johnny Depp as pirate Jack Sparrow?
8. Who Was The First Woman To Fly Solo Across The Atlantic Ocean
9. What is the name of the Duke of Milan who casts a spell on a ship in 'The Tempest'?
10. What animal breathes out of its butt?
11. Nephelococcygia is the practice of doing what?
12. What animal is known by the nickname "sea cow?"
13. What kind of turtle can't retract into its shell?
14. Of which ship was Miles Standish captain?
15. Which mammal is known to have the most powerful bite in the world?
16. What object does a male penguin often gift to a female penguin to win her over?
17. What are the only two mammals are the only ones known to lay eggs?
18. How do sea otters keep from drifting apart while they sleep?
19. What animal is the largest mammal in the world?
20. Which U.S State is the only state to grow its own coffee beans?





TRIVIA ANSWERS



1. Crocodiles
2. Satay
3. Matthew Webb
4. South Hampton
5. Ferdinand Magellan
6. 1912
7. Answer: Pirates of the Caribbean
8. Amelia Earhart
9. Prospero
10. Turtles
11. Finding shapes in clouds
12. Manatees
13. Sea turtle
14. The Mayflower
15. Hippopotamus
16. A pebble
17. The anteater and the duck-billed platypus
18. They hold hands
19. Blue Whale
20. Hawaii





HORIZONS



Aries: It's time to dig deep and confront your deepest desires, especially when it comes to money. These are not easy subjects to grapple with but transformation is on the horizon thanks to this week's full moon eclipse. You have to let go, if you want to move forward.

Translation: Be aware of your distractions, know and confront your weakness. This will opens doors for opportunities and success.



Taurus: How's your love life? The eclipse this week is zooming in on your relations, whether you want this or not! If one relationship is ending, ask yourself very seriously if perhaps the time is right for this to happen, sad as it may be? Is it time to move on?

Translation: Parasitic and toxic people will drain you. So, recognize when it's time to move around. In the end you'll be rewarded for your decision.



Gemini: The full moon eclipse this week is highlighting your work and health. Take a look at your daily routines and think about what changes would support your overall well-being. Take care of yourself first. Get your routines on track and everything else will fall into place. Make well-being a priority.

Translation: Your diet and other habits are doing you a real disservice. Longevity involves being healthy, make it to the finish-line.



Leo: The eclipse this week offers you a powerful chance to reflect on life. It's highlighting a need to shift your focus from your career and ambitions and to tend to your personal life. It's time to create balance and prioritize self-care, family, and loved ones. Trust in the process of release.

Translation: Attaining your goals and effortlessly accomplishing other things is admirable. However, don't neglect the family or your future, make daily deposits in both accounts.





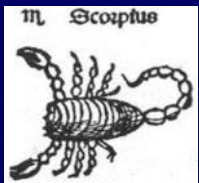
Virgo: This week, you would do well to focus on communication. It's time to speak up and share your ideas with others. Stop second guessing yourself and start being more aware that you're amazing! Virgos are famous for putting themselves down - stop that! Stop with the negative self-talk! Thoughts become things.

Translation: Don't doubt your self or wonder if you said or did the right thing. Our individuality is what makes us unique.



Libra: The eclipse is triggering your two money zones so expect a focus on your finances and self-worth. It's time to let go of any limiting beliefs and embrace abundance. You have the power to create the life you want, but you have to believe you're worth it. Yes, you're worth it!

Translation: You are who you are with or without the money; however, it doesn't grow on tress so rather its reserving or expanding your funds make sure to ponder your decisions.



Scorpio: Hang onto your hat! Here comes the full moon eclipse in Scorpio! The full moon eclipse in your sign heralds a powerful time for transformation and growth. Are you ready? Embrace your strengths and move on from anyone or anything that's holding you back. Trust in yourself and your abilities.

Translation: In your position you don't need those who are anchors or pessimistic.



No-one can read the blueprint but will be in awe of the final work.

Sagittarius: This could be a pretty intense week! The full moon eclipse is triggering your fear zone. That sounds bad but it could actually be good! Pay attention to your dreams and it can lead to spiritual growth. Embrace your intuition and inner wisdom. Decide to trust in the universe more.

Translation: Take heed to your thoughts and vibes that you're picking up on. Your higher power is trying to get your attention, subliminal messages are the most profound.





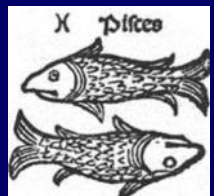
Capricorn: Do you think of yourself as unlovable? The eclipse this week is focused on your social life. It's time to smash through any negative beliefs and embrace your lovability. Trust in yourself and your ability to manifest what you desire. Radiate love for others and it will come back to you.

Translation: Reciprocity is a real thing. Vibrate on a positive level and it will find its way back to you. You teach people how to treat you by how you treat you.



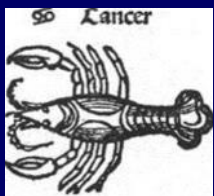
Aquarius: Let's hope you're ready to step things up! The eclipse is triggering your career and public image. Forget about the past upsets and the self-doubt they created. Embrace your unique talents and abilities. This is a time to step into your power and make your mark. If not now, then when, right?

Translation: We learn from mistakes which is why its okay to make them. The things you experience gives insight for you to conquer your fears.



Pisces: Dreaming of getting away from it all? The full moon eclipse in your 9th house this week brings a focus on travel and education. Let go of any limiting beliefs and trust in your ability to manifest your dreams. Trust your inner wisdom to guide you on your life journey. Get away from it all and see the world!

Translation: If you don't believe in you then how will you ever get others to lend you a hand when you need it. Find a place of solace and reflect. Listen to your inner self. That's where all your answers are...within.



Cancer: Now is the time to focus on your creativity and your self-doubt about what an amazing person you are, how much you deserve and what you have to offer creatively. Release any frenemies immediately as they have no place in your life!

Translation: You hold the golden ticket to your life. You have the ability to put yourself in the best position, but remember you can be your own worst enemy as well. Choose wisely about who you allow into your circle.



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

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#KEWANEEHORIZONS

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