



KEWANEE HORIZONS



V47

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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 with in a larger society.**

Merriam-Webster's Collegiate Dictionary Eleventh Edition

MISSION STATEMENT

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

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

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

MEETING U.S. SENATORS DICK DURBIN AND CORY BOOKER

By: Eric Anderson @ Restore Justice

People in power or people whose voices the powerful listen to need to learn about all the amazing talent, potential, and perseverance that exists within our community. Last Friday night I was given an opportunity to attend one stop on a “living room talking tour” featuring U.S. Senator Cory Booker. I was invited as a new apprentice in the Restore Justice F.L.A.P. program, I was paired with one of the Directors here at Restore Justice, Mr. Nelson Morris, he is, as many of you all know, also an impacted person who served almost 30 years in IDOC before being resentenced and subsequently released based on the 2012 U.S.Ct. decision, “Miller v. Alabama”.

Our host for the evening is a member of the Restore Justice Board of Directors and it was her living room we were invited to come to. As we arrived we weren’t really sure exactly what kind of gathering this would look like



and whether or not we would even be able to say 2 words to the Senator, we went through a pretty thorough check-in procedure, and immediately were informed that Senator Dick Durbin was also going to attend based on a last minute scheduling change. Before the Senators arrived Nelson and I introduced ourselves to as many of the 20 or so people who were also in attendance. We explained where we worked, what we do there, what Restore Justice stands for, and what our points of emphasis looked like in the near and long term future. I must admit it was a good warm up and helped to get me comfortable with talking to this impressive group of caring, generous people.

When U.S. Senator Durbin arrived there was no fanfare or announcement, he was just suddenly there in the living room with the rest of us. He was very quiet and listened intently to every person who spoke to him. After about 15 minutes our host approached Nelson and I if we had spoken to the Senator yet, and if not, whether or not we would like to? We hadn't, we did, and then we were meeting the U.S. Senator from Illinois, Mr. Dick Durbin. We spoke to him about the issues that concern us as a community: truth in sentencing, programming in prisons, opportunities for education, retroactivity for newly passed laws so that they can be applied fairly to everyone in the criminal legal system, and more. When asked by Senator Durbin why we felt he could help we explained that the federal system can tend to set the agenda for the states when it comes to the legal sys-



tem, also, we know that there are unjust practices on the Federal level not just the state of Illinois and the incarcerated population is our community. He agreed that that was indeed true and that he would look into what the next steps to be taken were. Our host then stepped in and asked if Senator Durbin would take a picture with us to commemorate the moment. As soon as we finished with that conversation U.S. Senator Cory Booker arrived.

Things moved quickly forward, we were asked to find seats in the living room, and then Senator Durbin was given a quick introduction by our host after which, Senator Durbin quickly launched into a concise outline of the state of our democracy, economy, and politics. He mentioned the need for the criminal legal system to be moved forward in a more progressive manner. Then he introduced Senator Booker, he gave a brief bio of some of Senator Booker's highest achievements including the fact that Senator Booker had come across a burning home once and after seeing a mother out front screaming for her child ran inside and pulled the child from the building, or the fact that he played tight end for the Stanford football team.

Senator Booker gave some introductory remarks that touched on his belief in the importance of the next election cycle especially as it concerns the reelection of President Biden. He outlined many things he



I was excited about that came to fruition during the first 30 months of the current Administration. He made some remarks about the criminal legal system and mentioned specifically the need for a more restorative legal system for those who have experienced harms and for those who have committed harms, basically he spoke about many of the things that concern us. He answered questions and spoke for well over an hour straight talking to a room of about 20-25 people in it in total. What that says to me, is that the people in that room have voices that those in power listen to.

Nelson and I did not want to squander an opportunity to speak directly to the people who might have an opportunity to help us create a more restorative, just, and humane legal system and we feel like we did not miss that opportunity. We feel like we were heard, and that you, our fellow community members, were also heard. I know that one conversation, or two conversations about the need to rebuild a more humane system isn't going to recreate the courts, but I also know that you can't have the 100th conversation if you haven't had the first one.

My point in writing about this amazing opportunity I experienced is not to claim how great I am doing since release, my point is that there are so many people out here who are fighting for us. From the people who attended the conversation to Nelson to support staff for the Senators to the Senators themselves, people care about our community. I am also aware that people caring doesn't fix our issues or even improve them in an immediate way. My point is that you too can come out here and get to work trying to improve or rebuild or reimagine a more productive system that reflects our inherent humanity.

Every time I speak about our community I speak about how the people who are out here that have been impacted by incarceration, are amazing, caring, hard working, people, what they are not is: extraordinary as compared to all the people we have left inside those fences. The people I have met in my life of incarceration have built my belief in many of us to do

some amazing things post release. I have seen people start companies, I have seen people who work in politics, I have seen people make great personal sacrifices of time and energy (not to mention money) to try and improve things that they have left behind in their own lives. Some of the people I work with are impacted by having served time in the system and they are the most inspiring to me. To see a new friend of mine (who works at Restore Justice) finish their parole and finally be “off paper” was amazing, what is even more amazing about this person is that she only looked at how getting off parole as a new opportunity to work even harder for those still incarcerated and those who will sadly be impacted by in the future. You can do the same things post release. And even if it’s not you, you can encourage those you interact with to be that kind of person. Our community doesn’t need saving from people who don’t understand the legal system. I feel like what we need to do is become involved in the system as the stakeholders that we are, because if we have a voice at the table we can substantially affect the future outcomes. I am by no stretch an exception to the caliber of people still incarcerated, I stress that to everyone I speak to about my experiences.

So, at the end here I’d like to say that participating in and contributing to our community’s fight against inhumane, unjust practices is a responsibility we all carry, some of us have more visible opportunities than others, but every action everyday counts toward the future we are trying to build. Nobody has to do the things they do to improve the lives of others, that is just as true for anybody out here fighting for a better tomorrow as it is for anybody inside who feels that it isn’t their responsibility to make the choices that affect better outcomes for us. We owe it to ourselves to do the things that are difficult because if we don’t do them then we end up with the system we have had our whole lives. That isn’t good enough, we need to do better for ourselves.

I appreciate you all and I say thank you. Much love and respect for you all, Eric.

A WILL TO CHANGE

By: Fidel Castro @ Danville C.C.



It's been a tough 23 years to say the least. In 2004 I arrived at Statville C.C. with a 32-year sentence. I had only completed an 8th grade education. I couldn't see beyond the walls that surrounded me. I found a concentration of negative influences that encouraged the same destructive patterns that landed me in prison.

I took a chance and signed up for the G.E.D. program in early 2005. I say chance because I was never good at school. The pursuit of knowledge became my mental escape, and helped me see beyond the walls meant to confine my mind, body and soul.

Within the hostile and stressful environment, I received my diploma at the end of 2005 because of my hard work, determination, and grinding. I was super happy to have accomplished something positive in my life. It gave me a vision and hope for a better future. I set my first goal to get into higher education and I was hungry for more knowledge.

I had a couple of bumps along the way. In 2013, when I got under 20 years of my sentence, I was transferred from Menard C.C. to Western C.C. where I applied to Lakeland College. I was admitted in late 2014. I was proud to be a college student, but my family were just as proud. I was half way close to getting my Associates Degree but was transferred to Danville C.C. in 2015. I had submitted for a transfer to be closer to my family and to get out of that aggressive environment. Upon my arrival I wrote the Educational Facility Administra-

tor. Luckily, I was afforded the opportunity to enroll into Danville Area Community College (DACC). But, unfortunately I had to start over because the credits I had accumulated weren't transferrable. Which was fine because I saw it as an opportunity to gain more experience.

I'm now proud to say that my first goal is accomplished and I have received my Associates in Science and Arts on May 11th 2023 from DACC. A new goal is in progress thanks to Eastern Illinois University (EIU) and I'm now working towards a Bachelor's Degree in Interdisciplinary Studies. I also partake in the Educational Justice Program (EJP), which offers a program called Community Anti-Violence Education (CAVE). It has been the most beneficial towards my growth and has transformed me into a better man. Cave has helped me understand how my childhood trauma has affected my life. I enjoyed the program so much that I became a facilitator. I not only love helping others learn about trauma, and the affects it has on their life, but helping them discover the tools they need to be better.

I also participate in a variety of sporting events as a referee. It's a tough job, but I enjoy building a community in the environment I'm in. It gives me supreme peace to help others which is why I wrote this - in hope that I inspire others.

I leave with this saying I read in one of my classes, "Education is Knowledge; Knowledge is power; Power is change." Peace, Fidel Castro.

"You define your own life. Don't let other people write your script."

-Oprah Winfrey

THANK YOU DAD



By: Baha ' eddin AL Momani @ Centralia C.C.



Dear Dad, thank you for guiding me and teaching me with your love and care... for all the good times you gave me throughout the years... for all the advice and values you instilled within me. You never gave up on me despite the many times I disappointed you. You always taught me the right way and how to be a good person even though I haven't always listened to your wisdom and truth.

Thank you for being the bright light in one of the darkest times of my life. You did the best you could and I want you to know that the good things you instilled in my heart and mind are now the qualities and values I strive to live.

Thank you for believing in me. You taught me what love really means and I truly appreciate you for that.

Thank you for putting the smile on my face... for being the wonderful person who gives so

much to others. You care about everyone, you take the time to listen to everyone. You make everyone feel special and important. You're always there for everyone. You are a beautiful person. I love you more than words can describe. You are in my heart and that's where you will always be. I promise you I will always make you proud...

I love you until the day I die... Happy Father's Day to you and to all the Dads around the world.





PEER LED SHOWCASE

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

Trust me, it's not going unnoticed.

SPOKEN WORD

By: Carlos McDougal

Welcome back to another edition of spoken word I'm your friendly neighborhood poet. Today I want to challenge you to write a piece to (the heart of me)?



If you have ever been in the peculiar position of needing something to write and haven't the slightest idea as to what you're going to write or just don't have the desire to write well that is the perfect time to create something incredible. This challenge is to piggy back on the last article and pushes you to continue on the path of strengthening your ability to convey to whomever you allow the privilege of experiencing your creative ability. This is the old adage that steel sharpen steel so here is me trying to sharpen your ability to perfect your craft.

I believe I am therefore I am, to quote Whoopi Goldberg in SISTER ACT "if you can think of nothing but writing when you get out of bed then you supposed to be a writing." The thing is I can't make you write you have to have the desire to write, you have to want it like you want to continue to breathe. It will not be easy and you will feel like this is not how you saw your life but if you're within the confines

if a prison cell then you're life has already took a major detour it's time to try something new.

The feeling I get when I recite one of my pieces to someone and the reaction is a genuine reaction whether or not they like it or not I still feel like I've done what I set out to do in the event that he and/or she doesn't like my piece I put that said poem to the side and create another pushing myself to be better, each time you sit down to write you become better if you allow yourself to be open.

Are you better then you were six months ago? Can you say that you've grown in your writing?

I implore you to strive to be better than you were yesterday the most devastating thing to do is to squander your talent by not exploring it who knows you may be the next NEW YORK times best seller.

We only live once so please, please WRITE!

**“He who is not everyday conquering
some fear has not learned the secret of
life.”**

-Ralph Waldo Emerson

DO YOU BELIEVE?

By: Marvin Alexis @ Robinson C.C.

DO YOU BELIEVE that you're more than just matter.

As a matter of fact, the fact of the matter is that

You are matter's lord and it's master.

We, we are not void, and we will not ignore nor be ignorant to nothing that will have our greatness moored and fastened

Shored to peers,

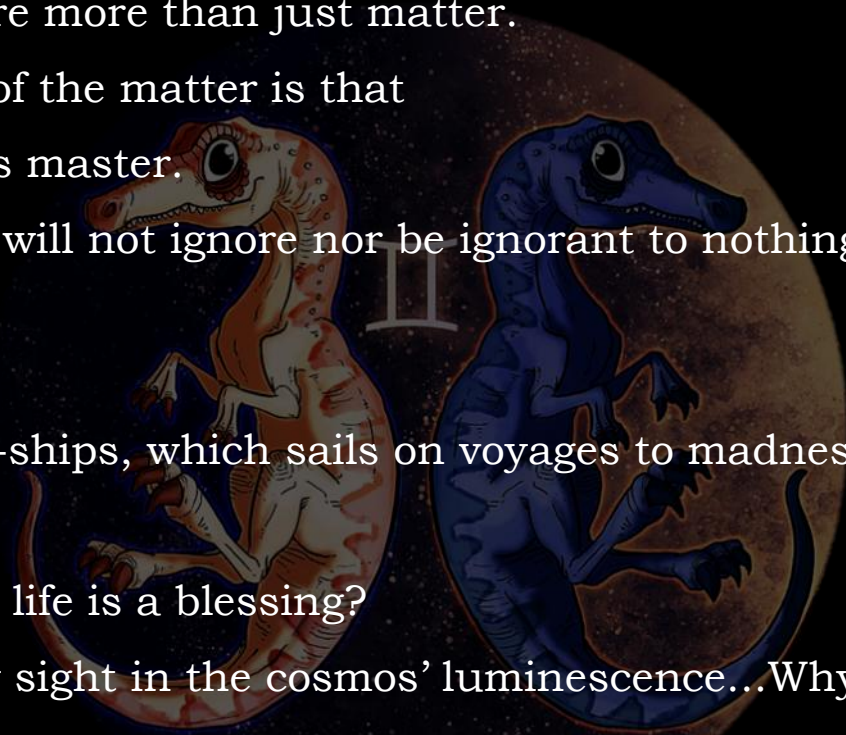
And docket by toxic relation-ships, which sails on voyages to madness

DO YOU BELIEVE that your life is a blessing?

That your light is unlike any sight in the cosmos' luminescence...Why?

'Cause you are created in His likeness, made in His mirror image,

You are God's brightest reflection.



You are the Potter's clay, shaped
And molded out of the most glorious & righteous essence.

I NEED YOU TO BELIEVE, and stop thinking in drills
and start thinking in Mils
Stop overdrinking and fiending for pills
Stop being deaf, dumb and blind
And allow your mind to climb through any lumps and swells
So that you will be able to scale through all of the bumps, like Braille

IF YOU BELIEVE, that living here doesn't have to be a living hell
I swear, your light speed will exceed any limit or limitations
You will see through the lies of the skies being your ceiling, why?
Because, you will realize that they have lives residing on space stations

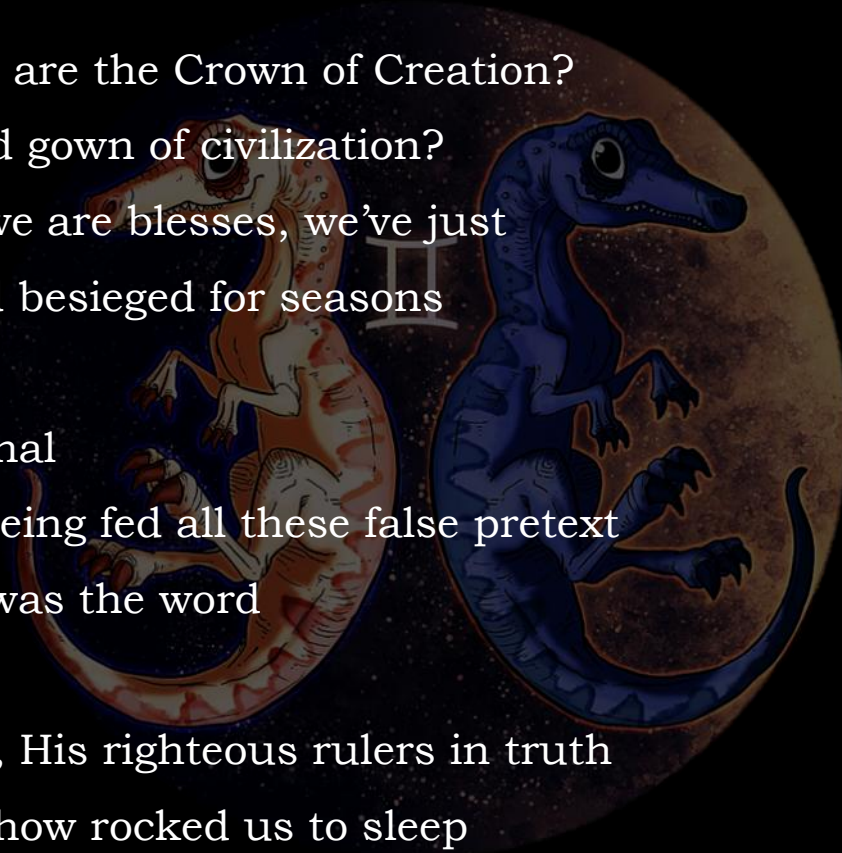
I NEED YOU TO BELIEVE that your greatness is not a mirage of an oasis
It's not faux, a flaug, nor fakeness
It isn't makeshift. It doesn't shape shift...It shakes rifts in the earth's foundation
It's groundbreaking, quaking the tectonic plates



It pulsates through our T-cells & platelets
Then becomes the playlist to the soundtrack of our lives

DO YOU BELIEVE that you are the Crown of Creation?
Worn as the head dress and gown of civilization?
I need you to believe that, we are blessed, we've just
Been declared deceived and besieged for seasons

Told that hope springs eternal
Knowing somma fall from being fed all these false pretext
Blessed—In the beginning was the word
So yes, We are that prefix
With God, as His Khalifahs, His righteous rulers in truth
But, the deceiver has somehow rocked us to sleep
And now, now... I NEED YOU TO BELIEVE!



GETTING GOALS ACCOMPLISHED



By: Chad "Cartoon" Combs



Freedom is not the ability to do what you want; it means the opportunity to soar as high as you possibly can.

Here is a perfect example of a group of guys at Kewanee LSRC that did just that. These guys put in the work and the reward is that they graduated the Blackstone Paralegal Course. These guys didn't let incarceration, busy schedules or their surroundings stop them from not only setting goals, but achieving them as well. This group of people showed up, dug in and got what they set out to get. **Congratulations!**

Another Big shout out to our proctor Kira Kyle for coming in and helping us grow as a group. We truly appreciate your help !



THERE IS HOPE

By: Nick Ogden @ East Moline



What's up brothers and sisters within IDOC. I want to address an issue that affects many of us today.

I am currently on the Sex Offender Registry. Not because I am a sex offender but because of a law that was passed in 2006. This law, 730 ILCS 154/85 (a) & (b), was passed and it places those with crimes against someone under the age of 18 years old on the Sex Offender Registry. The law goes on state that all you have to do is write your State's Attorney requesting to be removed. You will then be placed on the "Murder and Violence Against Youth Registry."

However, this is not always the case. The county that I'm from, Rock Island County, has not done so despite the following: two separate Writs of Mandamus, countless letters, numerous emails, and a Motion of Instanter.

I am currently housed at East Moline C.C. and this is being held against me by the Ad-

ministration...it affects which job assignments I can have as well as my transfer to Kewanee. All hope is not lost because IDOC does have some staff members that care; they see things that are wrong and are willing to help. There are counselors that are willing to make phone calls for you if you search them out.

There was a time that I wanted to snap! Yet, I didn't and cooler heads prevailed. Through the education afforded me by IDOC and the programs I've participated in during my stay, I'm reminded that there's no need to act out. Utilizing the knowledge and tools I've acquired during this time, taking the time to "stop, pay attention and take a breath" has proven to be the best course of action. There are avenues for receiving help available and there are staff members willing to assist you. All of this was learned in time honestly. At the end of the day, I'll get about 2 1/2 years of good time once this situation is all straightened out and I'm off the Sex Offender Registry.

It may take some time to everything taken care of but it's in the works. Until then, I will continue to better myself, work on the deck, attend programs, set and achieve my goals. THERE IS HOPE! Don't give up, know that there are options, use the tools that IDOC gives

"It ain't about how hard you can hit. It's about how hard you can get it and keep moving forward."

-Sylvester Stallone

WHAT'S IN YOUR POT?

By: Walter "Wally" Makowski

Hello everybody. I am right where I am supposed to be as I write this...in the television room here in Kewanee, and I am enjoying a cup of...well, I'm not sure if I can call it coffee due to all of the other stuff I added: two large spoons of maxima instant coffee, one packet of Keffe cappuccino, one packet of hot cocoa, two packets of sugar twins and a three-second pour of French vanilla coffee mate creamer. I will admit that even though it's not my thing, it really is kinda good. I won't make it a daily thing because I don't have much of a sweet tooth, plus it would just be too long of an intro to our morning meets. However, when one of my friends told me about this drink and all that went into it, I was reminded of my friend Milo back at Hill C.C.

As an elective to earning our associates degrees, we took a communications class together and eventually were part of a 5 or 6 man group slated to give an oral presentation, with each man having to speak within an allotted 12 minute plan. Together, our team came up

with a concept, which included a logo and everything, entitled “What’s In Your Pot”. Meaning, of course, the ingredients that make you who you are. Most of us really do not know. When we began our journeys, we were never really told we had control of what went into us becoming us. Eat this, watch this, do this, don’t do that, etc..., but there was not a lot of explanation of why. There was plenty of...“It’s for your own good,” though, sometimes followed by some sort act of physical violence to knock the lesson into you.

As children, we dreamed and we imagined being all sorts of stuff. Young boys dreamed of being a fireman, spaceman, cowboys & Indians, and yes...even policemen...and of course there was an occasional dinosaur tossed in for good measure. Young girls on the other hand dreamed of being a princess, nurse, superstars and marrying some overly rich man where all of their material needs would be fulfilled...perhaps even a knight in shining armor?

Well, it is quite obvious that the majority of us never quite made it through childhood to become those things we dreamt of. Why is that though? Because as children, we did not quite understand that to become those things meant we had to do more than just put on a costume and play put the role. It meant that we had to begin adding ingredients to ourselves via knowledge and experience that would ultimately help us become the things we imagined. As we began growing, experiencing and learning, we were slowly influenced by many things. None of which were in line with what we wanted to become as small children. You see...in a sense, we are kinda like pots on a stovetop. What we put into those pots will ultimately determine what we will later become.

During this phase of our lives, our pots are relatively empty...a literal BLANK SLATE, but we do not yet realize just how fragile this phase is and we begin being influenced by things that begins to fill our POTS. Imagine it like this: Mom is in the kitchen making some...let’s

say...chicken soup, from scratch. Mom knows exactly what she needs to put in the pot and how much of each ingredient to make it the way Mom makes it. Now you come along, not knowing what Mom is even making and you begin tossing stuff into the pot. Maybe your intentions were to just help Mom, all of a sudden you just contorted her soup. It may still resemble something she was trying to make , but because you did not follow the recipe, it cannot possibly taste like Mom's soup.

Well, this is exactly what happened to us. We were either influenced by our friends, or other community characters that began adding ingredients. Perhaps our living conditions weren't the greatest and seemingly even dire, and forced us to take a turn down that fast lane for some quick cash, or whatever...as we did, we took in even more of those ingredients that lead us even further away from those childhood dreams until one day...all those ingredients now leaves us making irrational decisions, that lead to actions that just cannot be reversed. Now, we are left with a pot full of nonsense that never became anything and unfortunately we cannot just dump that pot out and start over. So, what do we do? We all ready have the answer. It is quite simple. If you put too much sugar in a batch of koolade what do you do? You are correct, you simply add more water until it balances out. If you add too much seasoning or salt to some foods, you simply add more of the meal's ingredients until it absorbs and spreads out the over-seasoning.

Every year food producers put out products that contain bacteria that originated outside of that particular consumable product, like when rodents fall into vats of peanut butter. That rodent is distributed within such a large batch of the product that the rodent and/or any bacteria it brought with it fall within a range of acceptable limits that cannot harm us so they let it ride. What does this mean for us? It means that with us controlling the ingredients

from here on out, we can literally become anything and the ingredients we overwhelm by flooding ourselves with new ones will not be enough to keep us from achieving our goals. Some of those ingredients can still be utilized. Because even though we were sellers of illegal items, we're still great salesmen.

There is truly nothing we, as individuals, cannot accomplish if we put our minds and ingredients to work. Of course, some of us will find that we have a tougher time down the same road as others, it doesn't mean we shouldn't turn around or even stop the journey. You owe it to yourselves to become the best versions of yourselves possible and never stop trying.

Could you even imagine all of the things that would not exist if the Wright Brothers never envisioned flight and seen it through? No planes, no space shuttles, no satellites, no cell phones, no laptops, no smart phones and on and on.

Back in "A Class Act," I explained how you do not need a classroom to learn. That all you need is the material. That material is now the ingredient to make the new you. Everything takes a certain recipe. So, find in your heart something you want to excel at and begin studying for it. Soon, you will overflow yourself with such good ingredients that the old you will no longer be recognizable. Even old habits can be replaced by new ones by forcing new repetitive actions...just saying.

*Read "The Greatest Salesman In The World" by Og Mandino

JOURNALISTIC PITCHING

By: Anthony M. Olivieri @ Danville C.C.

My name is Anthony M. Olivieri and I am currently at Danville C.C.. At this time, I am serving the Building Block Community as a Peer Educator as well as attending Education Justice Project (ELP) programming which provides for-credit upper division collegiate courses through the University of Illinois at Urbana-Champaign.

In addition to college courses, the EJP program also provides students with the opportunity to attend many not-for-credit workshops. These workshops span topics from bird activity in your backyard, to social justice, computer programming, and even movie editing! Recently I attended a workshop on how to pitch an article or book to a publisher in order to get published. I wrote a review of the workshop so the students who weren't able to attend would have access to the information conveyed. I would like to share this piece with the Kewanee Horizons Reading Community.

Facilitators:

Katheryn McQueen (Facilitator)

Kelli McQueen (Escort)

Date Held

March 23, 2023

Prison Projects Involved With:

Prison Journalism Project

Free Newspaper-style Journal

Non-fiction

Specializes in Criminal Justice Reform

Accepts Articles and Art by individuals in custody nationwide

Pieces on **Criminal Justice Reform** are most likely to be published!

San Quentin News

Publishes monthly/quarterly

Accepts articles from San Quentin inmates only

Overview

Our group reviewed tactics that an author should employ when pitching his/her idea(s) to a Publisher. After learning about how to pitch an article to an editor, EJP P members analyzed an article written by Steve Brooks San Quentin 1000 Mile Club An Escape From Feeling The

Heavy Weight of Hate'. The article was authored in the style of Creative Non-Fiction– main topic sports (1000 Mile Club) as an escape from identity politics.

Topics Covered:

How to maximize potential acceptance for publishing

Pin your article to something that is universal in nature

Current Events

Holiday

Tie two things together that otherwise wouldn't be associated

Journalism types/styles

Interviews

Are you conducting interviews with the relevant people to obtain information?

Statistical Research

The use of facts and figures to support your claim.

Tactics List:

Suggested Headline

-Provide a headline that encapsulates what the article is about or how it is relevant.

Short Description of the Story

Using a few succinct sentences, explain what your story (Article or Book) is about. This description shouldn't be any longer than one paragraph and should wholly encapsulate your piece.

Why Your Piece is Important and Why Now?

Again, in clear, complete, concise, and correct sentences, you should explain why your audience should care about your article/book.

Why/How is it relevant?

If Print Media, Entail Your reporting Plan

Who are you going to talk to/interview? Are they insiders?

Is this information unique?

What is your research method?

What are you observing?

Who Are You? And, why are you the right person to write the story?

Do you have access to sensitive information, connections, sources?

Are you an expert in the field of research?

Do you have lived experience and/or school education pertaining to the topic?

Submission Information:

When submitting your pitch, as much of the above information should be supplied in your communicate. Your agenda topics should be precise and to the point. Remember, you have an objective in mind, so sell yourself. Even though your main objective is to get published

that doesn't mean you should conduct business in an unethical manner. Do not promise something you cannot deliver. One priority for both publisher and authors alike should be to not endanger anybody involved in the story. Yes, you want to get published but make your pitch responsibly.

Articles

Prison Journalism Projects

2093 Philadelphia Pike #1054

Claymont, DE 19703

Art

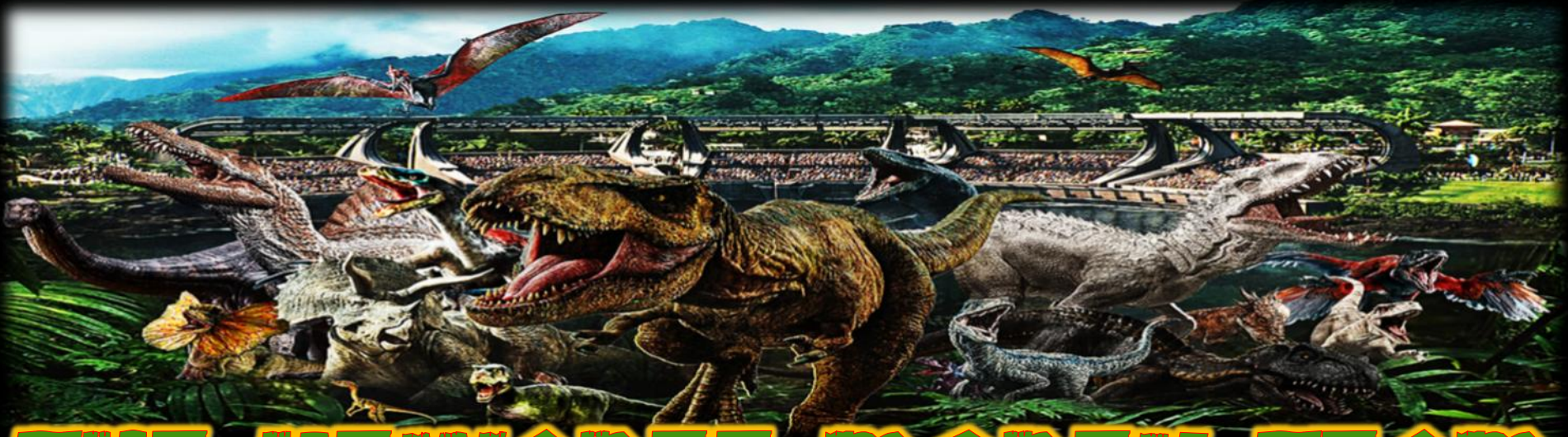
PJP ART Dpt.

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Berkeley, CA 94705

prisonjournalisnproject.org/donate

Prisonjournalismproject.org/inside-story



THE KEWANEE MONEY TEAM

By: Timothy “Timzale” Alexander

GREETINGS EVERYONE, now that the debt has been raised the government has paid its bills. I would like to talk about what the Federal Reserve has been doing for the last year, and the reason for the actions of Fed Chairmen Mr. J Powell has been taking. First, Mr. J Powell is the head of the Federal Reserve, but the Treasury Department is really a big board of very smart people who understand what it takes to control and protect the balance of the U.S Dollar. The way this is done—by managing stability and growth of the economy, and by maintaining a high level of employment, stability in the purchasing power of the dollar, and reasonable balance in transactions with other countries—has come to be recognized as primary objectives of governmental economic policy. The system’s principal function is overseeing monetary policy, which it controls using three tools: **Reserve Requirements** (set by the board, and applied to the transactions accounts and non-personal time deposits of all depository institutions); the **Discount Rate** (the interest rate at which depository institutions can borrow money from the

Reserve Banks); **Open Market Operations** (the most important tool of monetary policy being the purchase and sale of government securities).

- **TREASURY BONDS** Responsibility for influencing the cost and availability of money and credit through the purchase and sale of government securities lies with the **Federal Open Market Committee (FOMC)**. This is why we hear the words “Rate Hikes” or “percentage points”. These points are fixed at 0.25, 0.50, 0.75, 1.00, or more depending on how the Fed Chair along with the board sees fit to quell inflation. Right now the target range is at 4.5% to 5.25% versus 4.75% to 5%. This however is a risky move due to the Fed’s being slow to react to inflation going up in the first place. Now the Fed is putting the brakes on an economy that has been running good. When they increase the rates repeatedly, as they have been doing, this makes it cost more to buy or sell shares of any kind other than crypto, and some bonds. Most investors buy gold, silver, copper, and other minerals and commodities for protection from inflation as well as to make a profit. Once inflation goes down to a level that is more respectful to the Dollar, The Fed Chair will start reducing the rates to make the economy speed back up. If they move too slowly in reacting to inflation going down, this will show on the Measurements of the Consumer price Index, causing a recession, but things will never go back to the way they use to be. That’s the cost of living: things will go up and down slower than they have been since 2021. **Volatility** is the name for this, as now the consumer balance sheets look good, but they’re trending in the wrong direction. As pent up savings dwindle, things could get worse if the unemployment rate starts to go up. As of now all the Fed rate increases are just starting to impact the broader economy. Think of the current situation with small banks such as (SVB). If the Feds are able to make a soft landing, these moves will make it possible for all of us to be able to buy a few more things for the same amount of money we are paying for these goods and services now. Nothing comes for free, the stimulus money cost, for instance: we’ve been paying for that money along with funding our government in other ways, and until things become better balanced we will pay a little more for the usage of the greenbacks.

ARTIFICIAL INTELLIGENCE: As of now, The Nasdaq is on a roll. **NVIDIA-(NVDA)** is up to all-time highs, along with other companies. “Why,” you ask. It’s **AI** that has caused this boom. That said, what is this AI going to be used for? In short, everything: fast foods, drive-thru bank tellers, gas pumps, and much more. How do you compete with **AI**? If you’re asking me, you don’t. I suggest you buy into it, then you get profits from it as everybody else will be doing. **McDonalds, Microsoft, Google, Amazon, Nvidia GM, Ford, Tesla, Boeing,** and many many more will be using **AI** technology. I will put a few more up at the end of this section. But this run has been quiet due to the recession and bubble fears, but this is something to look at. You should never let this stop you from doing your studying to get into a buying opportunity when it comes up in times such as a recession. For companies you didn’t have before, if you are invested already, just take a look at the list of companies I have named: they have had **AI** for years working well for them and now it’s coming everywhere near you.

- Microsoft-(*MSFT) ChatGPT
- Tesla-(*TSLA)
- Ambarella-(*AMBA)
- Zoura-(ZUO)
- Apple-(*AAPL)
- Aurora Innov-(AUR*)
- Boeing-(BA)
- Sony-(SONY)
- Baidu-(BIDU) China owned
- Alphabet-(GOOGL) Bard
- J P Morgan Chase-(JPM)
- Blackberry-(BB)
- MetaPlatforms-(*META)
- NexFlix-(*NFLX)
- United Health-(UNH)
- Bank of America-(BAC)
- Amazon.Com-Owns, WholeFoods(AMZN)

The horizon money team: We will never ask or tell you to invest in any of the information that we give. Making you or your love ones suffer financially, we are only giving information on investing for everyone to research; our only attempt is to provide information to guide us in our quest for financial success. Please never take our word as being correct. Always seek the knowledge for yourself first.

YOU MATTER

By: Curt Sanders



With the tragic passing of father, husband, dancer, and executive producer of the “Ellen Show”, tWitch, I began thinking about my life and the battles I had with depression and thoughts of suicide.

A lot of people who know me may be shocked to learn of this by the way I carry myself - I exude playfulness. I can only use the late comedic actor, Robin Williams, as an example of someone who was smiling on the outside but hurting within.

Depression, as some can attest, is a beast! The feeling of worthlessness, hopelessness, being overwhelmed, and unloved is crippling. You feel as if you don't matter so what's the point of living.

Your mind tells you this ANYTIME you have a setback. Some, like myself, managed to fight through it. Sadly, others were not as fortunate and worse, children as young as seven years old have fallen victim to this disorder.

My own instance came in 2009. To the outside world, I was living a good life. That was their view because I had steady employment doing construction work and my illegal pharma-

ceutical business was very lucrative. The holidays had recently passed and been enjoyed by my family. However, I was miserable and I had no clue as to why. I struggled with everything I did, from getting out of bed some days to eating (you know it's a problem if I'm not eating). The only thing I did with any consistency was drink. My sister, Chelle, asked if I'd started a new diet for the New Year and I jokingly replied, "It's a liquid diet by Patron." I was a functioning alcoholic which caused me to lose 40 lbs in 3 1/2 weeks. I chose to seclude myself and I'd only come around when it was necessary.

As my depression grew, I thought about a family member, R.I.P. Marcel Kemp, who committed suicide earlier. I remembered being upset about it but soon began debating with myself about whether or not my life mattered at all. One day I decided that it didn't and this prompted me into action. I went shopping and purchased the following items: a pair of white jeans, a white tee, a white hoodie, and a pair of white Nike Air Force Ones. I placed all of this in one bag along with \$10,000 cash to pay for my burial expenses and stashed the bag at my mom's house. It was normal for me to be in and out of her home with bags, so it made it very easy for me to hide this bag in the closet of my childhood bedroom without any suspicion.

I'm not a fan of pain so I contemplated the most painless way to complete my mission. Using a gun was an option but pulling the trigger and possibly surviving terrified me. I didn't have the courage to slit my wrist. Unless it was a strong ass tree, hanging myself was questionable. Water has always had a calming affect on me so I finally had my answer. I drove to 63rd street beach and watched the water ebb and flow onto the shoreline from my truck. As I watched, I began scripting my "suicide note". It was mainly an apology to my family and children for what I planned on doing. I also let my mom know about the bag in the closet. When I finished the note, I listened to "Zoom" (by the "Commodores") three times and came up with

the plan. I was going to simply walk into the water until it was over my head and inhale as much of it as I could until I no longer could.

*(Side note: Years later, while watching “Orange Is The New Black”, a character did the same thing.)

I’m 1000% sure that I turned my phone off but, as I stood at the edge of the shore taking in the skyline one last time, my phone rang. I hit ignore and it instantly began to ring again. It was, my then friend, now wife, Victoria calling. I answered to her asking, “Where are you? Are you busy?” I replied, “Kinda sorta, wassup?” She responded, “I was thinking about you and wanted to grab something to eat.” Victoria went on to insist that we meet which I reluctantly conceded to. Not revealing what I was up to when she’d called, she told me that she’d had plans that fell through and for some reason I’d popped into her head which is why she’d called me. I chalked it up to coincidence but I know that it was God keeping His plan for my life on track. To this day, I credit God and my wife for saving my life. It’s also why no matter what we (my wife and I) go through, I know we’re together for a reason.

Some attribute depression and suicide as a sign of weakness but I can assure you, I am far from weak. Mental health is extremely important, probably more important than physical health. It (mental health) is, in my opinion, easier to do than physical exercise because all you have to do is talk. Talk to someone, anyone, instead of holding it in.

Granted, talking is not easy for everyone. Pride can be both good and bad. Growing up as men, we are taught to never show emotions, let alone cry because it’s considered soft. I feel it makes you softer holding things in because pain and guilt can eat away at you mentally and internally. It’s okay to admit that you are not okay. There isn’t a playbook for life...no one should be allowed to tell you how you feel. No one knows you better than yourself.

There are many ways to let out your pain in a safe way that doesn't require alcohol and/or drug usage. You can find a support group or you can talk to a therapist or a trusted friend. I am in a spoken word/poetry group (shout out to the fellas) that allows me to express myself freely. If you're uncomfortable sharing your feelings in that kind of setting, maybe you could journal or you could write down your feelings/what it is you're going through and discard it once you're done. Anything can help, JUST GET IT OUT instead of letting it fester and allowing it to bring you down!

You are never really aware of what others may be going through. Due to our current situation, our incarceration, we walk around guarded. Vulnerability and incarceration is like oil and water, it's usually a recipe for disaster. At the same time, walking around holding things in can be just as harmful. Individuals in custody can be potential "time bombs of emotions". Civility and compassion is not as favored as protecting yourself and minding your own business. A piece I submitted to KH, in an earlier volume, was intended to show that even though we are different people we deal with similar issues. A prime example is with it being the holiday season, all of us are feeling some type of way, wanting to be with our loved ones. Another example is that some days are more trying than others. Have you ever felt like you're all alone although you're surrounded by people? A simple gesture like asking someone, "Are you okay?", can make a difference and mean the world to someone.

Before you feel like you don't matter, that no one cares, that you want to hurt someone, or that you may even want to hurt yourself, talk to someone. Reach out to Clinical Services, Mental Health, a trusted family member, a close friend, or do some type of journaling. Whatever you choose, just know that you do matter.

MENTAL HEALTH

If you know someone in crisis on the outside encourage them to call or text the 988 Suicide & Crisis Lifeline. If the person you know that's in crisis is in IDOC, PLEASE encourage them to contact a crisis team member...DON'T drop a request slip, DO notify an officer, sergeant, or lieutenant that you NEED to speak with mental health or a crisis team member. Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk.

In 2020, suicide was the 12th leading cause of death overall in the United States, claiming the lives of over 45,900 people. Suicide is complicated and tragic, but it is often preventable. Knowing the warning signs for suicide and how to get help can help save lives. Warning signs that someone may be at immediate risk for attempting suicide include:

Talking about wanting to die or wanting to kill themselves; Talking about feeling empty or hopeless or having no reason to live; Talking about feeling trapped or feeling that there are no solutions; Feeling unbearable emotional or physical pain; Talking about being a burden to others; Withdrawing from or saying goodbye to family and friends; Giving away important possessions; Putting affairs in order, such as making a will; Taking great risks that could lead to death, such as driving too fast; Talking or thinking about death often.

Other serious warning signs that someone may be at risk for attempting suicide include:

- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy;

Making a plan or looking for ways to kill themselves, such as searching for lethal methods online (or otherwise), stockpiling pills, or buying a gun; Talking about feeling great guilt or shame; Using alcohol or drugs more often; Acting anxious or agitated; Changing eating or sleeping habits; Showing rage or talking about seeking revenge.

Suicidal thoughts or actions are a sign of extreme distress and should not be ignored. If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently. Here are five steps you can take to #BeThe1 to help someone in emotional pain:

1. **ASK:** “Are you thinking about killing yourself?” It’s not an easy question, but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
2. **KEEP THEM SAFE:** Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan to and removing or disabling the lethal means can make a difference.
3. **BE THERE:** Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce rather than increase suicidal thoughts.
4. **HELP THEM CONNECT:** [For those on the outside] Save the 988 Suicide & Crisis Lifeline number (call or text 988) and the Crisis Text Line number (741741) in your phone so they’re there if you need them. [For those outside or inside] You can also help make a con-

nection with a trusted individual like a family member, friend, spiritual advisor, mental health professional, or a crisis team member.

5. **STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

Suicidal behavior is complex, and there is no single cause. The main risk factors for suicide are:

- Depression, other mental disorders, or substance use disorder; chronic pain; a history of suicide attempts; family history of a mental disorder, substance use, or suicide; exposure to family violence, including physical or sexual abuse; presence of firearms in the home; having been recently released from prison or jail; exposure, directly or indirectly to others' suicidal behavior.

Although risk factors for suicide are important to keep in mind, someone who is showing warning signs of suicide may be at higher risk for danger and need immediate attention. Stressful life events (such as the loss of a loved one, legal troubles, or financial difficulties) and interpersonal stressors (such as shame, harassment, bullying, discrimination, or relationship troubles) may contribute to suicide risk, especially when they occur along with suicide risk factors.

Some individuals at risk for suicide might benefit from medication. Health care providers and patients can work together to find the best medication or medication combination, as

well as the right dose. Because many individuals at risk for suicide often have a mental illness or substance use problems, individuals might benefit from medication along with psychosocial intervention. These include Cognitive Behavior Therapy (CBT) and Dialectical Behavior Therapy (DBT). CBT helps individuals recognize their thought patterns and consider alternative actions when thoughts of suicide arise. DBT on the other hand helps a person recognize when their feelings or actions are disruptive or unhealthy and teach the person skills that can help them cope more effectively with upsetting situations.

Clozapine is an antipsychotic medication used primarily to treat individuals with schizophrenia. To date, it's the only medication with a specific U.S. Food and Drug Administration (FDA) indication for reducing the risk of recurrent suicidal behavior in patients with schizophrenia or schizoaffective disorder. If you're prescribed a medication, be sure you:

- Talk with your health care provider or a pharmacist to make sure you understand the risks and benefits of the medications you're taking.
- Don't stop taking a medication without talking to your health care provider first. Suddenly stopping a medication may lead to "rebound" or worsening of symptoms. Other uncomfortable or potentially dangerous withdrawal effects also are possible.
- Report any concerns about side effects to your health care provider right away. You may need a change in the dose or a different medication.
- Report serious side effects to the FDA MedWatch Adverse Event Reporting program online or by phone at 1-800-332-1088. You or your health care provider may send a report.



AWARDS FOR SERVICE

AWARDS FOR SERVICE



KW MEME

NRC DAY 1



NRC DAY 14



HOROSCOPES



Aries: Stick to the truth and do your best to make a difference. Give others the reinforcement they need. Seek entertainment that you can share with a loved one.

Translation: Your word is bond, when you say you go help out then help out. Be that backup support someone need. You never know y'all might share a laugh or two.



Taurus: Keep your plans neat and tidy. Set yourself up for success and popularity. Have a budget and plan in place before you begin your journey. Get to know your opponents before you enter a competition.

Translation: Get your mind and money right. Do your research and make sure you know who and what you're up against before you take on new rivals.



Gemini: Take the high road, regardless of the path others choose. Embrace self-improvement and increase your knowledge and qualifications to meet personal or professional demands.

Translation: Just because you are surrounded by clowns don't mean you have to be one. You know who you are and what you want to be so set out on the path to do so. Real is real no matter what environment you're in or who is around you.



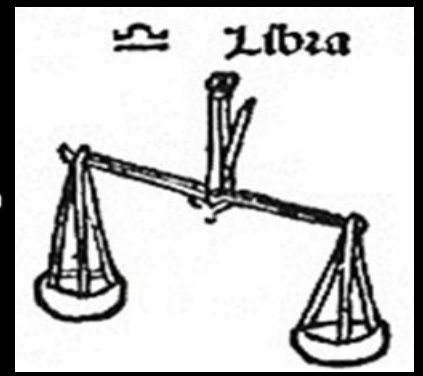
Leo: Anger will disrupt your day. Give yourself a chance to rethink your next move, and try to keep the peace, regardless of what others do or say. Overindulgence will leave you at a loss.

Translation: Your cellie is a bug, but don't trip. They bout to get moved so sit tight and chill. Quit eatin dat Stir Fry cause moms ain't gonna send no more westos til next month



Virgo: Don't ignore an opportunity to learn something new. An open discussion with someone doing something you want to pursue will give the information you require to make your dream come true.

Translation: Be open to have a conversation with someone that don't look like you. That person might have the information you need to get a legit bag. But you have to be open to listen and learn. Keep your mouth shut and listen.



Libra: Add to your qualifications. Update your resume and take an interest in something that's trending. Staying informed will keep you current and enable you to move up the ladder quickly.

Translation: You see something buss'n (legal) out there, learn to see what make it go. Adding something to your toolbox will always be an addition to helping you get to where you're trying to get.

♏ Scorpius



Scorpio: Spend more time at home. Make your place comfortable and convenient. Get involved in something you find stimulating and innovative. Branching out in a new direction will lead to an opportunity.

Translation: Time to use them laces to tie down the faltscreen cause you ain't getting a new cellie and you stuck for a hot minute. No cell moves till placement comes back form vacay. Seriously how many times can you watch Ridiculousness? Pick up a book and learn yourself.

♐ Sagittarius



Sagittarius: Avoid a run-in with someone you need in your corner. Working alongside others will be better than fighting your way up the ladder. Be wary of anyone offering something too good to be true.

Translation: Buddy is trippin, so quit arguing and tell em, "You Right" and keep it movin. It is all about tat Game of Thrones life so, slip and slide till you can't no more.

♑ Capricornus



Capricorn: Stop dreaming and start doing. You have more going for you than you realize, and with a bit of ingenuity, you can make some needed improvements. Don't let anyone take advantage of you.

Translation: You been slow draggin wit your Blackstone application. Get off the bunk and sign dat paperwork. Its 6 months if you get EPSC and its 6 months on paper when they flip the law. Get it movin. Time is a wastin.



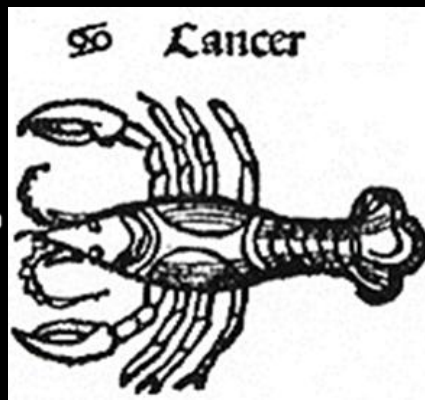
Aquarius: Set boundaries and bypass conversations that can easily lead to argument. Focus on personal improvements, health and fitness, and you'll feel good about your accomplishments.

Translation: Your people be trippin so skip your turn on the jack and call it a night. Instead spend some time on dat new HIIT program, which means do them burpees till you hit the floor.



Pisces: Manage your money sensibly. You may want to help someone, but paying for mistakes won't help your situation. Changing how you handle your cash will lead to peace of mind.

Translation: State pay is about to hit the books and NO, you shouldn't be trickin off with 'Cell Shop', the teddy bear and that fake rose ain't cuttin it.



Cancer: Take a novel approach to work and money. Update your skills and qualifications to suit what's trending in the job market. Get in touch with people who can provide professional insight.

Translation: It's bout time you pick up dat book on how to get things done. "Dummies Guide or Idiot's Guide to doin thangs. Get it in, cause you got plenty of time when you on lockdown. It will pay off one day. Laws about to change and you need to get ready.

STATEWIDE CALL OUT



Everyone here at Horizons would like to take the time to express our sincerest gratitude for all of the viewers, supporters, and participants of Kewanee Horizons. Our approach is different from other material that has been of benefit to us all, especially in regards to highlighting the successes of our fellow peer's, as well as highlighting the fact that we have an outstanding amount of friends, family, and loved ones that contribute to our overall success. Horizons is more than just a platform for us to use to spread content throughout I.D.O.C., it's also valuable to us all to show that we are indeed a community made up of "real" people, striving to make it through this journey. With Horizons, we are experiencing amazing things. Things that weren't the norm just a few years ago, and that's the evolution of "US", (the incarcerated individuals), and our desire to spark an already contagious thing, which is a change in the utmost positive direction. Change begins with us, and that's exactly what's been shown, as well as proven.



STATEWIDE CALL OUT



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



MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

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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.

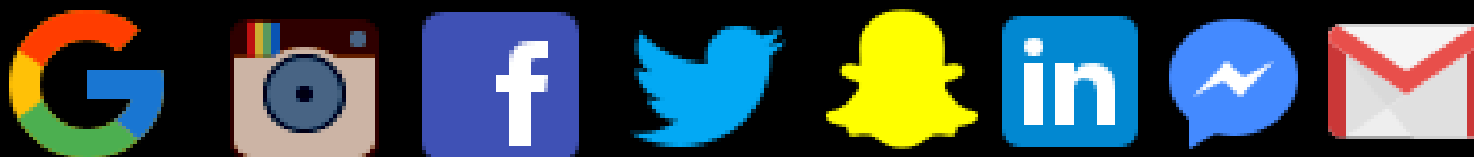
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