

KEWANEE HORIZONS

leson

WU

HIG





TABLE OF CONTENTS

COVER1
RESTORATIVE JUSTICE
MISSION STATEMENT4
WBEZ CHICAGO5
NO LIMITATIONS7
KLSRC ROTARY CORPS8
PEER LED SHOWCASE15
CHOOSING A CDL SCHOOL16
BASIC MUSIC THEORY 121
CREATIVE WRITING 4.030
RESTORATIVE JUSTICE
THE MUSIC IN ME
MY KEWANEE EXPERIENCE40
KEWANEE MONEY TEAM43
TRAUMA

THE LAW OF KARMA	.49
ADVENTURES OF J-DAWG	.50
HOROSCOPES	.51
STATEWIDE CALLOUT	.54
SENDING US SUBMISSIONS	.56
SOCIAL MEDIA PAGE	57







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 <u>RESTORATIVE JUSTICE</u> and <u>RESTORATIVE PRACTICES</u> 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 wit in a larger society.





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.





WBEZ CHICAGO WANTS TO HEAR FROM YOU!

WBEZ Chicago & Illinois Public Radio present **Prisoncast!**, a live radio broadcast serving people in Illinois prisons & their loved ones outside. Listen **Sunday Sept. 17th from 2 to 4pm** on your local public radio station or your tablet's FM app! It's an afternoon of songs, sounds and dedications to share with folks outside—even when you're apart. It also includes news & information **specifically for people in Illinois prisons, your families and outside connections.**

And we want your requests to drive our show! Write your answers to the survey below and mail them to: Alex Keefe, c/o WBEZ, 848 E. Grand Ave., Chicago, IL 60611-3509.

*****Must be received no later than Aug. 4!** We'll play as many requests as possible but will not get to them all.***

- 1. Tell us your name, nickname (if applicable), pronouns and whether we have permission to say your name on the air.
- 2. *Prisoncast!* Seeks to serve you & your loved ones outside with accurate news & practical information. Is there a question you have for our journalists, an issue we can explore or explain, or a topic you think we should discuss?
- 3. What is a sound from outside prison walls you'd like us to record and broadcast? Why do you want to hear that sound? (Previous examples: Lake Michigan waves, a basketball game, a roller





coaster, rain on a tin roof.) If the sound occurs at a specific location or requires us to be in contact with someone, please provide details.

- 4. Is there a song you'd like us to play during the show? Why do you want to hear it? Feel free to include a short dedication.
- 5. What's something you want people on the outside to know about you or your life on the inside?
- 6. How did you get this survey and learn about *Prisoncast!*
- 7. Do you have a special recipe you'd like to share that uses food available from commissary? Don't forget to give us the ingredients & step-by-step instructions. Tell us what it tastes like and why you like it!
- **8.**WBEZ & Illinois Public Radio are planning *Prisoncast!* Holiday special to air Dec. 17, 2023 on public radio stations across the state. What was your favorite holiday tradition or activity with LO's outside prison? We may record some to air on the show. *If the sound occurs at a specific location or requires us to be in contact with someone, please provide details.*

Your Loved Ones outside can also make requests & record dedications that we'll play on the radio! Leave a message at 312-893-2931 or send a voice memo to prisoncast@wbez.org. Also, email to find out more about WBEZ's September event in Chicago for families & children of people in Illinois pris-







By: Jusef Kareem Brown

TALE CALLED NO LIMITATION

Strength brothers and sisters. Change requires you to shift your identity of who you are. See when <u>we</u> focus on what <u>we</u> can do instead of what we <u>can't</u>, a world of great possibilities opens onto you! Never give up on yourself or underestimate the power you have . Take time each day to connect to the divine person you really are with <u>no</u> limitations, okay! Be sure to start your day with gratitude, compassion, and love. You men and women take love with you in all things that you do and leave ripples of kindness wherever you are. Now that's courage, okay.

Today, please share your appreciation and love. Know that what you believe matters!!! When the purpose is big enough, I hope you have the courage to move forward with peace within. When you accept that you're exactly where you're supposed to be in this moment and that you have all you need, miracles will happen for you. Limitations are nothing more than artificial boundaries that we create to feel safe.

Always remember, brothers and sisters, you can do any thing...it is all about your attitude in life. Confidence and optimism will take you to the top. Follow your passion, listen to your dreams, and believe in yourself with <u>NO LIMITATIONS</u>, family.

P.S.,

God bless you all. Be strong and courageous in your pursuit to true happiness within the walls of prison.









The Kewanee Rotary Corps has been honored with the privilege of having a few guest speakers come in and enlighten us about some of the things that are going to be beneficial for the entirety of the IDOC population. Some of those things are of course in the beginning stages of planning, but eventually, we all hope to share with everyone some of the things that will be afforded to us all. What we've done here thus far is work non-stop brainstorming different ideas that will be of benefit to ave

ideas that will be of benefit to everyone not just here in Kewanee, but in every facility statewide as well. As most of you already know, nothing happens as fast as we'd like it to, but I can assure you that those of us that are Rotarians, our only goal and mission is to be of assistance to "EVERYONE" in the best way possible.







We are currently working on and planning a project that will repair/restore a part of an historic Illinois landmark, something that possesses a lot of wonderful history, and is important for a lot of people involved in the project. Rotarians motto is <u>"Service above Self"</u>, and that is something that we all enjoy the most being Rotarians. It's never about what we can get out of any situation, it's about what can **-THOSE THAT WE SERVE-** get out of our service. Being incarcerated doesn't always give us the opportunity to give back and do noble and selfless things, which is of course unfortunate because the majority of us don't want to do anything other than give back and help repair some of the harms we've caused our communities and society in general. Being a Rotarian has given everyone involved the opportunity to meet amazing people that we probably would've never met in life have we not become Rotarians. One of the things that we do as Rotarians at the beginning of all of our meetings is recite the (4) Way Test Ceremony which is: "Of the things we think, say, or do"

1) Is it the truth?

2) Is it fair to all concerned?

3) Will it build Goodwill & Better Friendships?

4) Will it be beneficial to all concerned?

Reciting those four things the first time for me made me think about life in general and how "almost perfect" life would be if everyone lived by that (4) Way Test. We all have it in our power to lead by example and do things that influence others to do things that impact our world in a positive and healthy way.



Since being here in Kewanee, that's one of the main things that I've had the benefit of experiencing; people doing things selflessly with no expectations of receiving anything back except knowing that they actually helped someone. Many of us have never had that experience, and I hope that you all one day do, it's a wonderful thing to see, and it's even more rewarding to be the one doing it. What I'm going to try my hardest to do is get a Rotary Corps going in every facility when I'm released. Without a doubt, there's always going to be some road-blocks, but I think with the right people, we can make it happen. Being a part of something bigger than yourself and focusing on helping others and building communities is something that can't be

compared to anything in life. When we think about our families, our kids, where would you rather them grow up? I hope your answer would be in a community that you helped build.

It's not just about "our communities" either, it's about anyone



Mike M. Kurtis S. Rachel T. Tim B. Ralph S. Mark L.



and everyone that we can reach period. Rotary is not just an Illinois thing, or a USA thing, Rotary is literally all around the world doing wonderful things. When the time does come that you have the opportunity to get involved in a Rotary Corps, I strongly encourage you to do so. I've met a few Rotarians who have shared some of their experiences as a Rotarian traveling to foreign countries and doing some real humanitarian work. Those are the kinds of things that I want to be a part of, things that actually make a difference, things that make life for others a lot easier. There is of course no amount of work that can be done to fix everything in the world, but we can definitely start somewhere, and inspire more people to get on board and pitch in.

Another thing that we're in the process of doing is assisting our fellow peer's with career/ education planning upon their release. It's truly rewarding to be able to actually help other's,



especially those that are willing to step up and ask for help instead of being prideful. I applaud anyone who is able to put their pride to the side and ask for help. I don't care who you are, we all need help in life. The wonderful Woman responsible for making sure that we're able to help actually help people is Lori Warren from American Job Center.



She makes sure that she comes and meets with us once a week to help us answer any questions we may have, as well as any questions our fellow peers may have. For those that don't know what American Job Center is, I will briefly explain. The American Job Center (WIOA) Workforce Innovation & Opportunity Act helps job seekers succeed in the labor



market by providing access to employment, education, training, and support services while matching employers with the skilled workers they need to compete in the global economy. The American Job Center works with colleges and universities to train in-demand skills to ensure your employment with suitable wages. WIOA grant-funds can help pay for: tuition, book & fees, uniforms, equipment and/or tools, testing, licensing, & graduation fees, and other re-



quired costs needed to complete training or college. Some of the trainings that are paid for are= <u>Manufacturing:</u> including welding, machining, engineering, and more. <u>Transportation:</u> including truck driving (CDL), auto & diesel mechanics, and more.



Health & Medical: including CAN, medical assisting, nursing, veterinary technician, and more. **Information Technology:** including computer information technology, network administration, and more. **Business:** including accounting, Human Resources and more.

That's just a brief description of what AJC does and for any questions that you may have, feel free to contact their office. They are located all over the country, in every county. Not every office is called American Job Center, some have different names. To locate the nearest office in your area (the area you anticipate residing upon release) have your family or friends go online www.illinoisworknet.com/fundinginformation.







Even if you're not part of a Rotary Club at the moment, I still strongly encourage you to take it upon yourself to do things that encourage community building. Help lead the way to a better world for not just yourself, but for everyone. Believe me when I tell you that "selfless" behaviors and actions are most often-times mimicked, which is good because that's what we

need in the world. Most of the time, all it takes is for someone to see that it's not always just about them. Being a Rotarian is an honor, and it comes with a great sense of pride. I truly hope that everyone gets to know how it feels to be a Rotarian. As always, I leave you all with love and well wishes!





"TOGETHER WE SEE A WORLD WHERE PEOPLE UNITE AND TAKE ACTION TO CREATE LASTING CHANGE ACROSS THE GLOBE IN OUR COMMUNITIES AND IN OURSELVES"







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.





By: <u>maurice-bate@youtube.com</u>

smart-trucking.com/youtube.com

1.Make sure the training school will provide the required documentation for the

DMV. This will make it a lot easier for you to take your CDL tests as soon as you finish the school course. Depending upon the school, courses for full-time students can end as quickly as 30 days. Part-time students (attending on weekends only, or periodically during the week) can take up to 2-3 months to complete the requirements for the DMV tests. Although rare, for whatever reason, some students who had paid their tuition were not able to receive their CDL license. Making sure you *can* receive a CDL license at the end of the course will be entirely on you.

2. You are able to learn everything the school is required to teach you from the CDL Study Guide. This includes the inspections and how to perform them, the maneuvers you need to perform, the hazmat rules and placards, coupling and uncoupling methods, air brake knowledge, combination vehicles, doubles and triples, etc. Passing the DMV tests is different from knowing how to drive the truck in all conditions you will face. The schools do have the ben-



efit of behind-the-wheel learning time, as well as hands-on time with the trucks and inspection components.

3. CDL Study Guide Teacher/Instructors vs. experienced Driver/Instructors. The requirement of the training schools is to equip you with the knowledge needed to pass the DMV CDL written & road tests, not on how to actually operate the truck during real-world driving conditions. A CDL Teacher/Instructor will teach you the knowledge and maneuvers that are in the CDL Study Guide, and instruct you on the needed knowledge for the road test and what the DMV tester will be looking for and grade you on, but this is different from operating the truck on a day-to-day basis on the road. An experienced Driver/Instructor will be able to teach you from their driving experience and how to operate the truck in real-world situations that a non-driver instructor can not. Choosing a school with experienced Driver/Instructors, or ex-Driver Instructors, is preferable—even if the school courses are a little more expensive. Tips and knowledge from their experience will save you from headaches and lost earning time once you are working.

4. Average Class size. Ask for the student to instructor ratio at the school. Smaller numbers of students per class or more Instructors per class size will allow for more attention from instructors and more Behind-the-wheel time in the yards. Also ask how much equipment the school has for hands-on training—the more trucks they have the more time you can receive in training in and with the trucks. You will want to be as comfortable as possible with handling the truck when it comes time to take your driving tests with the DMV testers.

5. Likelihood of passing. Most schools will not post their passing rate of students but try to find out the schools pass rate—you don't want to shell out your money (or grant money) to a school that has a passing rate of less than 70-75%. If you're able, talk to other students, see how many pass on time when they do everything in the course. Ask if the students feel they learned what is needed to confidently pass the DMV tests?



6. What happens if you fail? Ask what the schools policy regarding failure of the course in the allotted time frame of a single course. Ask about what happens if you fail once, three times, or need more time to pass beyond the course time frame. Will the school require additional money for you to continue, or will they allow you to continue beyond the time-frames until you pass? What is the schools policy for repeating courses?

7. What kind of relationships does the Training School have with potential employers & trucking companies? Are there companies that the school sends or recommends students to once they finish their CDL tests and obtain their CDL permit or license? What trucking companies come to the school regularly to recruit drivers? Are the companies that are associated with the school reputable companies that drivers want to drive for or are they the kind of carriers that drivers regret signing on with? Ask what the school's reputation with good companies is? Do companies desire drivers from this school on account of their teaching methods and high driver skill sets?

Six things to be aware of with some Mega and Smaller Trucking Carriers before signing on with them.

1. Sign-On Bonuses. The idea of a sign-on bonus is you sign a contract with a company to drive for them for a certain amount of time (usually a year) and the company gives you the advertised bonus money for signing that contract. However, the reality is the company will break that "bonus" into small increments paid over a long period of time—that may even extend beyond the signed contract time forcing you to stay on longer with the company to obtain the full amount of the sign-on bonus. This bonus can also be "transferred" into a Safety Bonus or Productivity Bonus, where it becomes deductible based upon your safety and/or productivity record determined by the company—you have a few scrapes or a ticket (or they claim you do)—and your now "Safety Bonus" gets deducted for those infractions. Always



check your pay statements when you receive them to check for any "deductions of bonus" language.

2. Shorting your Mileage. Drivers get paid on a per-mileage scale and some carriers will short the miles from one point to another. An example of this would be Dallas to Houston: actual miles driven: 240, miles accounted by carrier: 200. Or New York to L.A.: actual miles driven: 2800, miles accounted by carrier: 2500. The carrier is shorting the miles because they are using "Air Miles" to calculate the distance, not "road miles", the actual miles driven on that route. Keep track of your mileage that you actual drive with a Mileage Tracker Program as well as recording the odometer readings for your truck at the beginning of the run and after. Note and grieve any discrepancies right away.

3. Fuel Mileage Bonuses. Some carriers "spec" their trucks to achieve a certain amount of miles per gallon on each of the routes and expect their drivers to achieve these numbers if they want to get a fuel mileage bonus. This causes the drivers to cook in the summer and freeze in the winter because they shut off the truck when on off-duty in an attempt to save fuel, hoping to earn the fuel mileage bonus that amounts to maybe an extra penny a mile (if the company is-n't shorting the miles already).

4. Unpaid waiting time (aka Detention time). Some carriers do not pay their drivers for waiting at a shipper's docks to be loaded or unloaded. This happens frequently where a driver will arrive at a shipper's or customer's loading docks and has to wait, sometimes for hours, to unload their truck or to pick up a load, even when the driver is on time for the load scheduled to be loaded/unloaded. This is known as detention time. The carrier will charge the shipper for their truck and driver to sit idle waiting to be loaded or unloaded, but does not pay the driver for waiting. Insist on Detention pay of at least \$35 to \$50 an hour. Most carriers that do pay for detention time will begin paying their drivers an average amount of \$40 an hour after the first



hour of waiting. This is less then you will earn for actually driving, but at least you are receiving some pay that you would otherwise be losing out on (plus, the company is getting paid for it and you're the one doing the actual waiting).

5. Unpaid or Non-Reimbursed Layover time. This occurs when a driver arrives at a shipper and the load is not there or will take a few days to fill/load. The carrier will have the driver wait at the location for the backhaul to be filled, at the driver's expense (food, lodging and hotel costs, plus the unplanned time lost not working). Save all your receipts so you can prove your expenses during the layover time to negotiate for reimbursement.

6. False Freight Claims. This can occur when a driver arrives at a shipper's loading docks and is not allowed on the docks while the truck is loaded and then "sealed" without inspecting the load and piece count (or load count). Then the shipper wants the driver to sign the Bill of Lading for receiving the load. Mistakes (or shady shippers and/or employees at the shipper) can short the load that you are there to pick up. Once you sign the B.O.L., your carrier can hold you legally responsible for the load if it comes up short. Never sign your real name on the B.O.L. No one ever checks the signature on the Bill of Lading unless there is damage to the load or it comes up short. Use a pseudonym when signing the shipping/receiving papers, or never sign for a load that you did not inspect or watch being loaded. If it is a sealed load, have them break the seal so you can inspect the piece count of the load—they can easily re-seal the load once you have inspected it—otherwise don't accept the load and call your carrier and explain the situation.

Not all carriers pull these tricks so do your research and always be mindful of the paperwork you sign.

Striving to bring you the latest information in the Transportation Industry.



NE HIGH



Basic Music Theory

Welcome to the first installment of Basic Music Theory. My name is Nicholas Chittick. I'm a life-long student of music who began playing at five years old, a child prodigy, and was later a working musician in Nashville and Chicago. I'm currently a 56 years-old virtuoso guitarist who has played music in every band/music privilege and/or chapel choir band at every IDOC facility I 've been in over these past 25 years.

I want to pass on a little of the knowledge I 've gained through a lifetime of study. In upcoming installments I hope to cover:

BASICS: The Musical Alphabet, Sharps, Flats & Octaves and Reading Music KEYS & INTERVALS: The Circle of Fifths, Melodic and Harmonic 2-Part Harmony CHORDS: 3 or More Notes Played Together, 3 and 4 Part Harmony SCALES: Do, Re, MI, Fa, Sol, La, Ti, Do CHORD PROGRESSIONS: Diatonic Chord Progressions as the Building Blocks of Songs SONGWRITING: Song Construction, Different Song Sections & Developmental Techniques





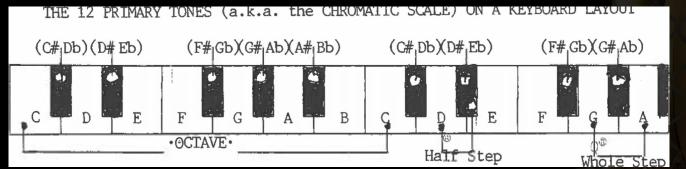
BASICS

The Musical Alphabet

The Musical Alphabet consists of 7 letters, and they are: A B C D E F G

While there are only 7 letters in the Musical Alphabet, there are actually 12 primary tones known as THE CHROMATIC SCALE. Every piece of music ever written contains portions (or all) of the CHROMATIC SCALE. To progress to higher levels of Music Theory you must have a firm understanding of HALF-STEPS, WHOLE-STEPS, SHARPS, FLATS and OCTAVES. The symbol for SHARP is (#) and the symbol for FLAT is (b). Let 's illustrate these concepts on a piano format.



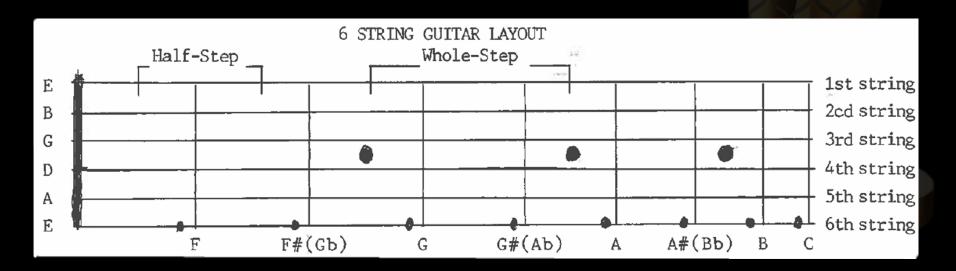


The 12 notes of the CHROMATIC SCALE repeat over and over in higher or lower registers. The black keys on a piano are termed either SHARP (#) or FLAT (b). To SHARP a note, you raise it a HALF-STEP (one musical increment). To FLAT a note, you lower it by a HALF-STEP. The space between the same notes (A to A) is an OCPAVE.



The 12 notes of the CHROMATIC SCALE are:

As you can see, the note a HALF-STEP above C is C SHARP (C#). But this same note is also a HALF-STEP below D, and therefore may be called D FLAT (Db). C SHARP and D FLAT are EN-HARMONIC (the same note). We will get into when it is correct to call it C SHARP versus D FLAT when we talk about KEYS, but for now it is enough to know that they are the same. It is also worth pointing out that the notes B and C, as well as E and F, have only a HALF-STEP between them. All other notes of the Musical Alphabet have a WHOLE-STEP (two musical increments) between them. This pattern holds true on many musical instruments. Let's look at a guitar fretboard layout.





A guitar is a stringed instrument upon which notes are sounded by plucking the strings. Slim metal bars, called FRETS, are spaced up the FRETBOARD of the guitar neck. By pressing down on the string by the FRET, you can sound the different notes. The open strings are tuned E, A, D, G, B, AND C. As you can see by looking at the notes on the sixth string, the same pattern on a piano holds true on a guitar. Or a saxophone. Or violin. Or any musical instrument, even the human voice. The CHROMATIC SCALE is the same no matter the instrument.

An A-note is an A-note whether you play it on a piano, violin, guitar or tuba. Or sing it. Music theory is universal.

While we are on the subject of musical instruments it is worthwhile to point out that some instruments, like pianos, organs, synthesizers, guitars, or even cellos or violins to a certain extent, are POLYPHONIC. This means that they are capable of producing more than one note at a time. Keyboards are the most polyphonic; all ten fingers are at your disposal.

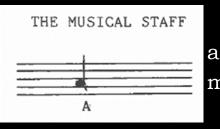
Other instruments, like horns, (saxophones, trumpets, French horns) and woodwinds (clarinets, oboes, bassoons), or the human voice, are MONOPHONIC, or capable of producing only one note at a time.

Now that we know the names of the individual notes and where they're located on a piano keyboard layout, we can learn how to read music.

If you've never done it before, reading music can seem a bit intimidating, like trying to deci-

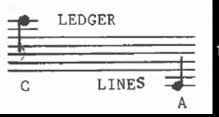


pher ancient icons and symbols straight out of the DaVinci Code. But it's actually a simple and relative easy to understand system once you get into it.



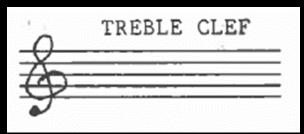
The musical staff is 5 lines upon which music notes (little oblong dots) are placed. Where they are placed, either on the lines or in the space, determines what note they are.

The 5 lines of the staff represent only a small section of possible range within the tonal spectrum. To cover all the ground, there are two devices used to ensure that all possible notes, from the lowest low notes to the highest high notes, are covered. They are CLEF and LEDGER LINES.



Ledger lines are used to notate the music notes a little above or below the staff.

But to catch all the notes, we need CLEFS. Here, we will only be addressing the two most common CLEFS, and they are the TREBLE CLEF and the BASS CLEF.



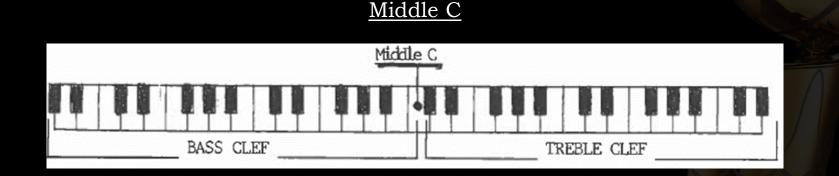
The Treble Clef is used to notate higher notes. On a piano, these would be the notes on the right side of the keyboard.

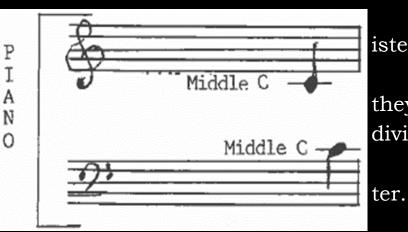




The Bass Clef is used to notate lower notes. On a piano, these would be the notes on the left side of the keyboard.

For an example of the Treble and Bass Clefs in action, take a look inside any standard church hymnal. When reading piano music, the player must read the Treble and Bass Clefs at the same time. The Treble Clef Tells the right hand what to do, while the Bass Clef tells the left.





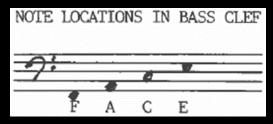
The Treble Clef covers the tonal range in the upper register.

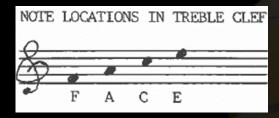
Both notes here are the same: MIDDLE C. Even though they're on different Clefs, they are the same. Middle C is the dividing point between Bass and Treble Clef.

The Bass Clef covers the tonal range of the lower regis-



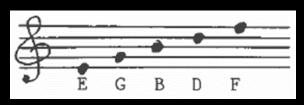
When reading music, there are some useful pneumonic devices you can use to help you memorize the notes. The first we'll discuss is FACE in the SPACE.





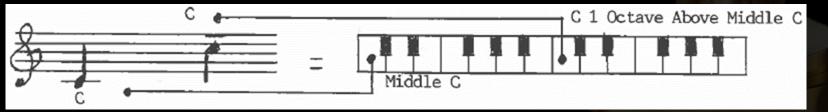
As I said earlier, music notes are placed on either the LINES of the Musical Staff or inside the SPACES. The spaces in the staff contain the notes F, A, C and E. The notes on the BASS CLEF are one space lower than they are in the TREBLE CLEF. This is because of the placement of MIDDLE C on each Clef. The other notes branch off from there.

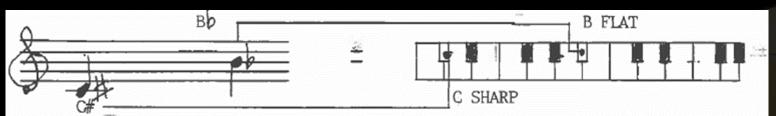
The second pneumonic device we'll discuss is for the notes that are located on the LINES of the Musical Staff. It is EVERY GOOD BOY DOES FINE.





Now we know where the notes are on the keyboard. We know where the notes are on the staff. So...





So the notes on the Musical Staff tell you what notes to play. But this is only part of the equation. A way of specifying TIME VALUES, or the durations of the notes, must also be used.

The act of tapping your foot along with a song shows you are aware of its RHYTHMIC ELE-MENTS. In standard notation, music is broken down into simple units called MEASURES or BARS. Depending on the TIME SIGNATURE, there are a certain number of BEATS in each MEASURE (or BAR).

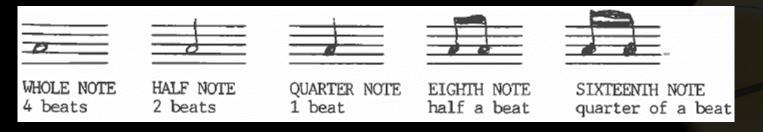
We'll deal with the most common time signature, 4/4 time. Or appropriately, also known as COMMON TIME.



The TIME SIGNATURE specifies the music's ME-TER. Here, the top 4 tells you that there are 4 beats per BAR. The bottom 4 means that the QUARTER NOTE gets the beat.



In the simplest terms, in the above BARS—if you were tapping your foot along with the music—each one of them would equal 4 taps of your foot. And, now for note TIME VALUES:

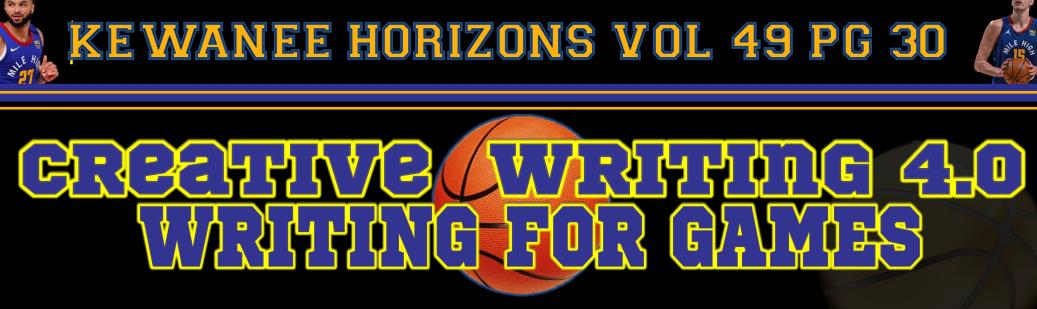


When first learning RHYTHMS of TIME VALUE for notes, it is helpful to count out loud, i.e. ONE-TWO-THREE-FOUR, (if you're tapping your foot, the "AND" would be when your foot is in the raised position) TWO-AND-THREE-AND-FOUR. SIXTEENTH NOTES are counted ONE-EE-AND-AH-TWO-EE-AND-AH-THREE-EE-AND-AH-FOUR-EE-AND-AH.



Inside each MEASURE (or BAR) above, the notes inside it will always add up to FOUR BEATS.

I hope you found this installment informative. Next time, we will be discussing KEYS and INTERVALS. Rock and Roll!!!



By: C. T Bashaw

Writing storylines for games can be fun due to the fact that you can have multiple twists and turns that end in different locations and have very different outcomes. The one thing you will need to integrate into your story—whether you are writing for board games, card games, table-top games, video games, or even novelized games—are the mechanics of the particular type of gaming format you are writing for. However, regardless of the format you *are* writing for, almost any format will follow the *Short Story* style of storytelling—and will most likely utilize the *Second Person POV*, where the character descriptor of "*you*" plays the dominate role in your writing.

I will be using the Role-Playing Game (RPG) format and the Novelized Game format as examples throughout most of this article since, in my opinion, they demonstrate the most (RPG) or often the least (Novelized Game) moving parts within this category of writing. Nevertheless, the following guidelines will work for any type of gaming format. So let's get started...

PREMISE

Once you have decided which type of format you wish to write in, a good place to start is with the story's premise—what your tale is about—and nailing down the overall theme. The



premise does not require an elaborate description; just a sentence or two to solidify the story's main objective should be enough to convey the premise to the reader/player.

CHARACTERS

Create your characters by hammering out the details of each one who is essential to gameplay, keeping in mind that the Main Characters will be the readers/players. Remember, the more details you flesh out, the better—especially with a *Novelized Game*—even if you do not use every detail in the story. Keeping the details "generalized" may offer you more wiggle room to adapt them to the readers/players characters that will often be more customized within the mechanics of the gaming format you are using.

SETTING

Choose the setting of your story—past, present, or future; fantasy, historical, urban, science fiction, etc.—and flesh out the world in which the story resides. If you are writing for a specific game, this may already be determined. You may wish to work within the pre-determined setting, or you may want to expand upon it if you choose—adding your own little corner to the established universe of the game.

STORY STRUCTURE

The story structure for gaming storylines can be as simple as a few lines to introduce the plot and objective of the game, or it can be very complex depending upon the depth you wish to go. Generally, the more complex the game is, the more the story develops as the game is played, with many of the details appearing as the players choose different moves or actions within the game.

Be sure that a solid plotline is established regardless of the gaming format. This will ensure that when the readers/players are engaged in the game, the story will drive the gameplay, while



at the same time; the gameplay propels the story forward, fulfilling the objective of the game.

THE THREE-ACT-STRUCTURE

This is where writing for games can be very fun and entertaining in ways other types of writing seldom allow, but also where it can become very daunting if you lose your way in too much complexity. Each act of the three act structure can have multiple angles or facets to explore—how many is up to you.

Act One—the beginning. You can begin your story with multiple entry points. For example: your readers/players meet each other inside a tavern in some backwater town; or the readers/players encounter a highway chase that somehow gets them involved into the story; or a natural disaster occurs, thrusting the readers/players into action. Each of these could be starting points to write, giving them choices from the beginning.

Act Two—the journey. Once your readers/players have a storyline objective to achieve (other than just winning), present them with situations, characters, and events that require the readers/players to choose paths that go off in different directions from the main objective—or that may turn into "side adventures" that can lead to something they did not anticipate in the beginning—or both. This is where the storylines you established in the beginning can morph or grow in depth, adding layers that require more choices for the readers/players to make, and causing the game to be very engaging. However, remember to keep track of all the different angles you present so that the original storyline isn't lost in the process.

Fill these moments with more obstacles and challenges that provide awards to the readers/ players, or that add to their experience (i.e. points, treasure &/or special items, a game mechanic they would otherwise not have access to, etc.). Just be sure to add choices that also steer the readers/players back around to the beginning objective, which brings us to... *Act Three—the conclusion.* This is where you bring all the different paths you have introduced in



Acts One and Two to a close. Some will end in the main objective being achieved (and thus the readers/players win the game) while others end with the main objective being unrealized (and thus the readers/players lose the game), while with even others a completely new "adventure" begins. Try to provide at least three different "endings" for each path you introduced, so that even at the end the readers/players have choices, win or lose.

ADDING THE MECHANICS

Once you have the storyline, characters, setting, and acts fleshed out, you will need to integrate the mechanics of the gaming type you are writing in. This includes the ways in which the readers/players are able to advance, take actions, gain or lose rewards, and how they affect the outcomes of choices and actions made, all based upon stats or other set metrics that the particular game you're writing in allows. If you are using pre-set metrics, state what they are and any references to where they are detailed—such as a page number (and book title if in another book that is required to play the game).

If you are introducing a new metric—say a new monster for RPG gaming—you will need to include all the stats and character information for this new creature in the same format utilized by the existing game, usually with an *Appendix* placed at the back of the book or rule guide. Anything that is "new" to the game must be explained in enough detail to be properly incorporated into the game. This includes any diagrams and/or maps; character, society, or group bios; abilities, powers, and items; player actions, rules, effects on rewards and/or scoring, etc.— all of which needs to be included within the appropriate sections of the adventure book or rule guide for ease of reference, and within the appendix(es).

WRITING FORMAT—Descriptions and Narratives

The two segments in writing for any type of gaming format are the *Descriptive Segments* and the *Narrative Segments*. The difference between the two is that the descriptions are the segments that hold information about gameplay, and the narratives segments hold the actual sto-

rytelling portion of the game.

In RPGs, the descriptions are read by the gamemaster (game manager/referee, or "g.m."), and hold information necessary for the g.m. to know in order to manage the gameplay of the players in the game. Information about a non-player character (NPC), location, object, challenge, etc., that the players would not know or receive via the story or narratives, are contained within the descriptive text.

In a Novelized Game such as a *Choose Your Own Adventure*® novel, the description text would hold the options to actions for the reader to choose from and directions on how to proceed within the story. These options can be very simple: *If you choose to go right, turn to page (#). If you choose to go left, turn to page (#).* They can also be more complex based upon different metrics the author has preset before the story began: *If you search for traps and have the* **Disa***ble Device skill, roll one 6-sided die for each point you have in that skill first, add the total cast, then choose which direction to go—if you go left, turn to page (#).* If you go right, turn to page (#). Depending upon how complex you write the novelized game and the more metrics you have, the more you will need to account for them in the narrative portions of the story.

The narrative segments of both formats tell the actual story in the game as the reader/ player progresses. The key here is to describe the scene in detail without giving away information that decides the course of action that the reader/player needs to decide on to advance them in the game. However, you do want to reveal clues to what actions might be beneficial to the character(s), which requires some deductive reasoning or problem solving skills on the readers'/players' part. An example of this would look something akin to this:

You and your fellow adventures enter the dimly lit chamber, the amber colored light of flame glistens off the moisture atop the dark grey stone walls. Strange markings appear engraved upon their surface in an old and forgotten language. The air smells damp and cold. There is the sound of distant rumbling echoing through the large room.



At this point the readers/players would make decisions based upon the rules and metrics of the game to go further in the story. A novelized game narrative would have more description of the environment, possibly including emotional aspects, inner thoughts, and even dialogue between characters that is pre-written in the story.

The formatting of narrative portions needs to be distinct from the descriptive portions so that they are easily identified by the reader/player as to which segment they are—*narrative* or *descriptive*. Most narratives in RPGs are boxed and written in *italics* that are read aloud by the g.m. to the players. In a novelized game, the opposite is usually done, where the description segments are boxed and written in *italics* and the narrative portions are longer in length and read much like a regular novel would read, with the descriptive segments only interrupting the narrative when the reader must make a decision or take some action to continue on in the story.

In the novelized game, any pictures, diagrams, maps, charts, etc., would be placed throughout the book when they would aid in gameplay, at the appropriate sections within the story (a copy of any maps, diagrams, charts, etc., could be placed at the back of the book also, in an appendix form, for easier reference as the reader progresses). Done properly, this will give your readers/players multiple options and adventures repeatedly, with each play of the game telling new stories!

In the next article, we will discuss publishers where you can submit unsolicited material, and production companies for films. Then in the final article in this series, we will discuss self-publishing options, and copyrights!







RESTORATIVE JUSTICE

Restorative Justice comes in many fashions. Of course, we applaud all those who advocate restorative justice through fighting to correct the many injustices that exist.

I believing in that form of advocacy, but in another fashion of restoring justice is the restoring or renewing of the mind.

Because of being passionate in seeing restoration as the constitution mandates; "To Restore to Useful Citizenship," I know the route of achieving this must come through the "Renewing" of the mind.

The job of our Restorative Justice Advocates has been approaching the Legislative Powers to **Renew** their mindset unto change. This is a great feat and a continuous struggle.

In my individual regard, as a Christian; I could write pages about God being a God of Justice, and about Jesus constantly Restoring things; therefore, I stand in action by teaching others the primary scripture of Romans 12:2, that says: for us not to be conformed to the world, but be transformed by the "Renewing of





NUL HIGH

the mind."

It is the duty of the church to preach this and during an event here at KLSRC, Chaplain York, through his Networking with multiple churches afforded the Kewanee Community Church to be in the presence of four different churches coming in to worship, fellowship and be ministered to. Present were:

- 1) Pastor Nelson Vargas, of Silohe Evangelical Church, Chgo.
- 2) Pastor Joe Pelegri, of Liberty Christian Church, Chgo.
- 3) Craig Hollenbach, of Heritage Church, Rock island.
- 4) Kevin & Tricia Pearson, of Hill Church, Kewanee.
- 5) Michelle Gillespie, of Hill Church, Kewanee.
- 6) Mike Massey, a visitor from Rotary.



After making a joyful noise unto the Lord through the music of the band and singing from the choir, we heard the sermon preached by Pastor Nelson Vargas.

His message was very clear; it was about our authority as Christians and the need to take our responsibility very seriously. He repeatedly preached on our need to change, to do the righteous things – this took my mind straight to the words – Restoration and Renewing.

a) I wrote what Restorative Justice is for the Advocate.

b) I wrote what Restoration & Renewing is for the Church and I close with the statement: that it is "Our Individual Job" to Restore and Renew ourselves for God, Family and Community.

Thanking all who allowed this event to happen and being thankful in anticipation of the more.

Amen!



JE HIAH

By: Milton "DJ" Jones

My name is Milton Jones, but everyone calls me DJ or DJ Milton. House music was developed in Chicago in the early 1980's. The Chicago sound was identified by exploring music others were scared to play. DJ's used samplers, drum machines, keyboards, synthesizers, turntables, and sequencers. These tools we use are based around repetitive 4/4 beats, off beat hi-hat cymbals and synthesized baselines. House music features a kick drum on every beat and usually has a tempo between 120 and 160 beat per minute.

House music was inspired by boogie, soul funk, electro, synth-pop, and disco, on down to the dirty side of disco that was always very popular in Chicago. From 1990 to 1999, I teamed up with DJ Deeon and DJ Slugo to corner the market in House/Juke music. I recall throwing picnics, talent shows, and parties in gymnasiums in Chicago. I also traveled state-to-state and overseas to the UK djing parties. We (me, Deeon and Slugo) were churning out mix-tapes at warp speed. In short order, the south side of Chicago became the nucleus for most well-known dances and hot-mix tapes. The album you see on the tablet (GTL's streaming music) bearing my picture was taken in Detroit approximately 26 years ago.

There was a time when I was making some bad choices. In 2001, I



was arrested and ultimately convicted of first degree murder and sentenced to 37 years. That was then and this is now, all of those days of poor decision-making are gone. During my incarceration I contemplated where my life was headed and I locked on to something that I'm very passionate about—culinary arts. Cooking and baking on a professional level has helped me to cope during my incarceration. My plan upon release is to own and operate a food truck that deals exclusively with soul food.

Since my arrival at Kewanee, I've been given the platform to properly prepare for re-entry. I would've never imagined that I'd have the opportunity to prepare the relaunch of my music career. DJing on two tablets is very hard, but fun. Editing music for Kewanee Horizons is a blessing and producing music with an 808 drum machine on the Audacity program is like catching a unicorn. It gives me the training I need to produce music on the music programs that are relevant now. This knowledge will allow me to produce music as a second source of income once I'm out. In my opinion, we need more places like Kewanee. However, I know that this is easier said than done because it starts from the top down. This means that the warden sees us as men (and women for our sisters-in-custody) and NOT our crimes that landed us in prison. Shout out to Wardens Carothers and Jones for setting that standard.

A regular day for me here in Kewanee begins with my job assignment in dietary at 3:50 am. From there, I have several classes and/or groups that I attend throughout the course of first shift. Outside of class/group, I utilize my time honing my painting skills and volunteering for Kewanee Horizons. Any free time I get you can find me in either the media or art rooms. I'm producing music to bring home to the fans that I let down. Some of the time it feels like it's not enough hours in the day for the things that I want to be a part of.

Kewanee is giving me the tools to become a professional music producer which will surpass what I'd done pre-incarceration. Whatever your passion or dream may be, know that wherever you are is the place to begin. Who knows, you may just wind up in Kewanee (or somewhere that patterns itself after Kewanee) and place the "cherry on top," perfecting that vision you're waiting to implement upon your release. Stay blessed!



By: Melvin King

Ny Kewanee Experience



What's up to all who are reading this edition of Kewanee Horizons, my name is Melvin and I would like to tell you about my Kewanee Experience. I've been here a little over 1 month and let me tell you, Kewanee is a lot different than any other facility in the state. I know you heard that before but it's the truth. Before I continue I would like to thank the team who runs the Kewanee Horizons for allowing me to share this with you all. I arrived here on May 24th 2023, stepping off the bus to a welcoming committee that consisted of staff and IIC's, where else do you get that? I've heard so much about how laid back this was, but to be here and actually witness it and take part in it

is surreal. I've been incarcerated for 20+ years and this is the first place I've been where no one is on edge, staff or IIC's, everything is calm here, after 8 years in Statesville, 5 years in Pinckneyville, and 8 ½ years in Pontiac (M.S.U.) things are easy now for me. My first weekend here was amazing, it just so happened to be Memorial Day weekend and what I was hearing that was



going to happen, I did not believe, BBQ, DJ Milton mixing on the yard, eating on the yard or dietary (your choice), games, pictures, yeah it was something else, we had a blast. Father's Day weekend and Juneteenth was just the same. To go from being told NO you can't do this or that, to being encouraged to do this or that is a shock to me, I'm still getting used to it. I can't forget to tell you about the food, it's worth a walk to dietary, the food is prepared the right way and staff will say the same. There is this saying that if you are not careful you will put on the Kewanee 20, within my first 3 weeks I gained 8 of that 20 pounds, so yeah it is truth to that saying. Then there is the reason you came to Kewanee, and that's to gain the skills you need before you go back to society. What, you thought you were just going to come here and do the rest of your time or go to an ATC, NO, NO, NO, you will be programing, and trust me they are paying attention to you, they know if you are participating in classes.

There is so much to do here, it's up to you to take advantage of what's offered, just remember one thing, do not take on more than you can handle, you do not want to over whelm yourself. I am about to start my 2nd month of mandatory classes, you have 3 months of those, after that you can sign up for whatever you want. I just submitted my application for Lewis University's bachelor degree program that's supposed to start at the end of August, right when my mandatory classes end, let's hope I get in. I can say this, in my short time here it has been smooth sailing, from the movement I get; to the programs I am in even the staff who are hands on with you, take for instance Clinical Services, you can go see your counselor or social worker if you want to everyday at the hours they have set to see IIC's. If your counselor do not see you within 30 days he or she will come and find you to see if you need anything, you can be sitting in the



chow hall eating and they will pull right up on you to see if everything is alright. The atmosphere her is different, it's better.

My Kewanee Experience has been the same as everyone who is here and who has been here and that's GREAT, I am very appreciative of this opportunity. Before I go I want to send a shout out to all my brothers who I built an incredible bond with over these years of my incarceration, I can't name drop but you all know who you are, keep y'all heads up and stay strong, there is light at the end of the tunnel. To the staff, I am allowed to name drop you all so special shout out to Ms. Wykes, Ms. Horton, Ms. Hogan, Ruiz, Ms. Strowmatt, Ms.Molinero, Ms. Zingray, Ms. Jonsson, Ms.Wolf, Stro, Mcfarland, Noretto, Ms.Copeland, Marten, Teno, Ms. Warren, Ms.Wheat, Hanyes, Ms. Odem, there are so many I can't name you all, but thank you all for giving me a chance and trusting me. And I can't forget about AWP Joiner, thank you for the help you provided me with. Well I am about to get out of here, there is something I am supposed to be doing right now, Oh yeah, I have to go to work, I am in the dietary 11a.m-6p.m. Stay tuned, I am looking forward to writing more for Kewanee Horizons. PEACE!





By: Timothy "Timzale" Alexander

Greetings everyone, today we would like to go into strategies for when we invest in the market. After we have looked into the companies we want to invest in with our money, as always **please do your research before you go fully into buying.** We ask that you do this for your understanding and knowledge. Now, there is something that we need to look for before we get ready to make a commitment to the stocks we purchase, this simple task is always overlooked by those moving in a headstrong way when our emotions become involved with the decisions we make at this stage of the process. That is doing a **competition comparison of the companies** that we are investing. The reason why this is so important to us, is we constantly hear about the top stocks, brands, or services from the pros. When we listen to people talking about where and what they are investing in most of us don't have the money to buy into these stocks as the pros can. When we hear the Pros talking about these stocks, bonds, crypto, commodities, or minerals etc. If we are allowed to place our money into stocks or other things that can provide some growth for us while looking for the better buying opportunities at a lesser price, we will be able



THE HIDE

to buy stocks how the pros are doing, at a later time.

Always, remember we have to start from somewhere. Be intelligent in the way you spend money and stay within your budget. This keeps us working in a forward direction towards building wealth. Being a intelligent investors while staying within a budget is fun, along with a valuable skill to take out to your family. By having a budget. You are in control of your money, life, and the end-game. This skill also takes over in other parts of our lives without us paying much attention. When we began to manage where we are spending our money, how much we spend, and looking for deals, we start to manage other parts of our lives like how much are we saving and most important we start to see how much we can use for investing. We begin to think about the things we do and don't need by putting together a list before we go in the grocery store or department stores. Then we see the things we were about to buy, but sometimes we can't resist these temptations when this happens we can't beat ourselves up for making impulse buys, we just have to recognize what triggers us then work to make better choices. When I do this it helps correct this destructive behavior. This keeps my impulse spending under control. What does this have to do with investing you ask? Every time we spend on impulse we are buying something without thinking. When you walk in the store you go in to buy a loaf of bread, you come out with soda, candy bars, chips, cookies, and a cup of coffee. We just spent money we could have used for investing. You think that's not a lot of money?

Fact#1 Nvidia was just \$2.00 when it started out now look where it is today (\$412.17) you may have bought Nvidia stocks with your impulse buys. Are we starting to see the picture and problem all on the same paper ,if so, GOOD. That's our point. Remember we are a team, we only want the same success for you as we want for ourselves. When you're doing your stock portfolio this portfolio should combine a strategy for long-term value and growth while giving you the support to push you upward to reach your goal of building wealth. There will be times when we can't buy-in certain stocks, due to these stocks being too expensive for us to buy-in at the time



we try. During these times we must make the right choices that are best for our success now and later. Fact# 2 Remember if you buy-in a stock when it's at the highest, you're buying someone else something without being thanked. The people that bought-in at the beginning will take some of their profits, reinvest this money in something that will allow them to get more money in something else that we are not paying any attention. This extra money that they have comes from us not doing our research and the fear of missing out (FOMO), But if you do a company comparison, I'm sure you can find a good deal within your budget with a number two or different competitor. Now you know we're going to do it! So just keep reading, "What are we going to do you ask" A List for you to examine in another article to see how it works.

The market is running upward in certain areas. This is due to Fed chairman. MR. J Powell not raising rates for the summer but we now are seeing some volatility coming in health care and retail (target, footlocker, Wal-Mart, and more). But we also have a booming travel section, air-travel is up, car rental, hotels, and vacations on cruise ships are coming back. We are also seeing a jump in the crypto market (Bitcoin, Etherium), are up for now so we need to look in these areas for deals before things get too high to buy-in if you're not already invested, you're late to the party but you can still enjoy the party. Air-lines are not for some of us here on the Money Team, some of us only like the makers of Airplanes such as (Boeing-BA) or (Air Bus-Air-Fr) also you should look into the parts makers these being (GE), Spirit Aerosystem (SPT) to name a couple. I also like rental cars over Airlines, why? More usage: Hertz (HTZ & HTZZ), Avis-Budget (CAR) and (**VRRM).** You do the research on this one, look it up. Here's a clue: they rent out cars and more. Always remember your part of a team now. Your without the y spells Our & the first two letters in Wealth are WE. You can't get rich or wealthy without help!





By: Deshaune Porter

Complex Trauma - Multiple traumatic events

Acute Trauma - One traumatic event

Chronic Trauma - Repeated trauma

Being one that has experienced both complex and chronic trauma, it's easy to explain the many facets of how damaging it can be if not properly dealt with. As a child, I had good experiences but honestly speaking, I have had more traumatic events in my life than any good. I have just become an emotional assassin to cope with it all and create situations that are beautiful. The definition of trauma is: "A deeply distressing experience or an emotional shock following a stressful event." Another meaning goes as far as physical injury.

Now, in my personal opinion, one never really heals from trauma, we just use many skills taught or given to cope with the pain caused. The reason I say this is because if you look at the definition, above you will see that in everyday life we always experience many emotional stress-



es. As a child, I grew up in an abusive home and was caused a great amount of pain. For example, I was once starved and beaten with a very thick orange extension cord. That caused so much emotional shock to my system that it caused me to never really talk for a long time. I bottled up all my emotions and pain which caused me to never trust anyone with my heart.

To heal, as some people say (I would use the words cope, manage or express the pain I felt), I ran to music, basketball, and writing. If not playing 5-on-5 basketball games, I would just take the ball in my school and just shoot around by myself. I would also use this time to think and the combination of these things would lessen the pain I felt. At other times, I would write what I felt or I would write poems. With me knowing how to sing, I would write music and express my emotions that way as well. So you see, you just have to have healthy ways to express the pain you feel from traumatic experiences.

Everyone in this world is built, wired, and programmed so uniquely and different. There is a wide range of experiences that people go through so we all must find what we are gifted at and become great at it. This will allow us to express ourselves in healthy ways. At the age of 14, I went through an event that landed me in a juvenile facility. I was taken away from my family, friends & loved ones and that caused an even greater emotional shock. Going through the shame, guilt, insecurity, the judgment from other people and being looked at as if I was a monster caused me much heartache.

I did not let all that shatter me into pieces so I started my journey on healing, as some would say. At 16 years old, I was transferred to Kewanee when it was a juvenile center. During my time there, I engulfed myself in educating myself, taking classes to gain knowledge, and ask-



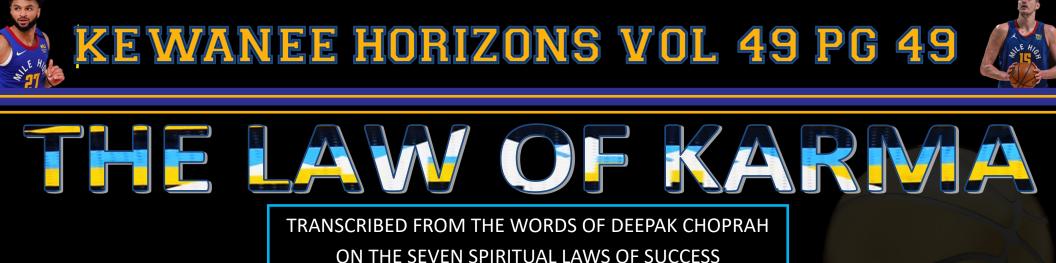
ing the authority figures in position for the proper help to become a better person. I was still quiet and never really opened up like that but I was coping and maturing in many areas of my life.

At age 18, I was transferred to Lawrence adult prison and a whole new level of emotional shock came, but I dealt with it in a healthy manner. I spent five years there and I was later transferred to a facility called Taylorville Correctional Center. I had to overcome many challenges. My journey in prison began in 2011 and now it's 2023. I'm 25 years old now and I'm more outspoken because I faced my trauma that silenced me for a while. I still play basketball and I have become so great at writing the music that's created.

Although I still experience so many emotional shocks, I use all the knowledge, skills, coping tools, and gifts I've acquired over the years to help me deal with traumatic events. So to everyone that feels alone and trapped, know that you can overcome the trauma you've experienced in life. Lean on the people in your life that mean you well, focus on your gifts and become great at them, inspire others and be a light to them and help them out of the darkness they walk in. You can do it because you are a fighter.

This is my tale of trauma and I hope that it opens up some people's eyes causing an enormous spark of inspiration and healing to whoever views this pieces. I still have many struggles, but I overcame them and so can you!

Everything you've ever wanted is on the other side of fear. -George Addair



Every action generates a force of energy that returns to us in like kind. What we sow is what we reap. And when we chose actions that brings happiness and success to others the fruit of our Karma is happiness and success. You and I are essentially infinite choice makers. In every moment we are in the field of all possibilities where we have access to an infinity of chooses. Some of these choices are made consciously while many of them are made unconsciously. Whether you like it or not everything that is happening at this moment is a result of the choices you've made in the past. Unfortunately a lot of us make choices unconsciously and therefore we don't think that there is choices. We don't realize that most of human behavior is mechanical as if we were biological robots. We forget that our reactions are still choices that we are making in every moment of our existence. There's a saying that Karma never losses an address. Karma is the accounting ledger sheet of the Universe-credits and debits and the final debit sheet is always you. Today make a commitment to witness every choice that you make, bringing those choices into conscious awareness. Whenever you make a choice ask yourself two questions 1. What are the consequences of this choice that I am making and 2. Will this choice bring fulfilment and happiness to me and to those affected by this choice. Ask your heart for guidance and then listen to its response as a message of comfort or discomfort. This guidance will enable you to make spontaneously correct choices for yourself and for those around you.





ADVENTURES®FJDAWG



ADVENTURES OF JDAWG











Aries: Problems will surface if you take on too much or overreact. Be a good listener, it will help you decide what to do next. A change at home or your appearance will build confidence.

<u>Translation</u>: Don't bite off more than you can chew. Saying or doing things that you will regret is illogical. Listening is a virtue. Though, it's not needed you'll have more self esteem.



Taurus: You can make decisions that will help you overcome a negative situation. Clearing a path forward will ease tension and encourage you to stop fighting a losing battle. Romance is encouraged.

<u>Translation</u>: Today is the day not when your released, to cut ties and start anew. Moving forward taking situations and people as they are, not what and who you want them to be. Will make your life a lot easier. You have someone that really cares about you.



Gemini: Put in the time and finish what you start. If you live up to promises, rewards will be your. Now is a great time to put your energy in to something that matters Helping others will pay off.

<u>Translation</u>: Stop procrastinating. You can never go wrong by keeping your word, with it comes respect and a good name. It's time to be more productive, time is of the essence. Keep listening and giving advice you have a lot to offer.





Leo: Reorganize your schedule before you add new things to it. Don't follow someone down a path that doesn't interest you. Put your emotions aside and your energy into personal gain and accomplishments.

<u>Translation</u>: Be ware of all that you have going on don't overwhelm your self. Your interest and theirs are different, what's important to you. Don't allow the emotions to cloud your thinking instead focus on growth and success.



Virgo: Push forward, regardless of the obstacles. Think about the possibilities and take the road less traveled; you will outmaneuver anyone who tries to get in your way. Romance is apparent.

<u>Translation</u>: Forward-progress is the plan, hurtle over all obstacles. Create your own lane then take your victory lap. Don't deny or fight real love.



Libra: If you tidy up loose ends, you'll breathe easy. Adopting a new look or adding a few extra touches to whatever you pursue will lead to compliments and concepts that can help you advance.

<u>Translation</u>: Making sure that all your affairs are in order will allow you to focus on other things. Moving differently and looking the part you'll get through those corporate doors.



Scorpio: Refuse to let anyone get in your way or create discord. Stick to the basics, tell the truth and call out anyone who does otherwise. Stand up for your rights, and you will make a difference.

Translation: Stop being passive aggressive and say it with your chest.





Sagittarius: Keep your money moving. Handle your affairs with precision. Refuse to let anyone interfere in what you are trying to accomplish. Make personal moves for the right decision. Focus on fitness.

<u>Translation</u>: Step away from the card table and go to the yard...it's summer!



Capricorn: The changes you make to your living space will push you to be more productive. A change is as good as a rest. Think about the possibilities and summon the help of those closest to you.

<u>Translation</u>: Pull out your boxes and do a thorough cleaning, you got dust bunnies everywhere homie!



Aquarius: Pay attention to what everyone is doing. Stick close to home and distance yourself from anyone trying to hold you back. Put your energy into increasing your earning potential

<u>Translation</u>: Step away from all the gossip on the wing and instead watch some CNBC and invest your time and money in the market.



Pisces: Take control, tidy up unfinished business and consider financial changes that will make you feel comfortable about the future. Be imaginative. A romantic gesture will pay off.

<u>Translation</u>: Spend a few dollars on a custom card for that special person in your life, they go outta their way for you all the time!



Cancer: Set a goal and work towards it. A social work-related event will prove eye opening. Put your energy into adding to you qualifications and using your skills diversely. Romance is in the stars.

<u>Translation</u>: Learn something new, find a new hobby, or join writeaprisoner.com...

STANDAUDE CALLOUT



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.

STANDAUD FCALLOUT



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:

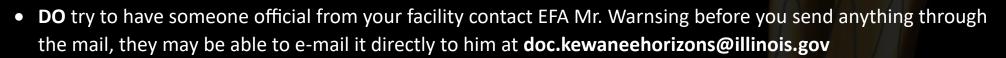
Kewanee Horizons Editor, KLSRC

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 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 <u>any individuals in custody</u> 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.



IDOC HOME PAGE

KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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

#REWANEERORIZONS

THEN LIKE AND SHARE THE POST!

G i f y i n p M

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

CLICK "ABOUT" —> CLICK "NEWS"