



GOOSE OF THRONES



Kewanee Horizons

Volume 50





TABLE OF CONTENTS



RESTORATIVE JUSTICE.....3
MISSION STATEMENT.....4
WBEZ.....5
KLSRC VETERANS.....7
PROUD TO BE OF SERVICE.....8
IS IT WORTH IT.....9
PEER LED.....11
TREO.....12
CREATIVE WRITING16
THE 7 DECISIONS SERIES.....23

BRATING AMERICA'S B-DAY..26
THE AMERICAN DREAM.....27
FOURTH OF JULY @ KLSRC.....28
MONEY TEAM.....33
DAY MY SOUL CHANGED.....39
The Covers of KH46
Story of the Goose47
ADVENTURES OF J-DAWG.....50
HOROSCOPE.....51
STATEWIDE CALLOUT.....54
SUBMISSIONS.....56
SOCIAL MEDIA57





Restorative Justice

KEWANEE LSRC has agreed to allow us, consistent with COVID protocols, to engage in more **Restorative Practices**. In the Horizons newsletter you will see the terms

RESTORATIVE JUSTICE and **RESTORATIVE PRACTICES** very often.

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

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

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

Merriam-Webster's Collegiate Dictionary Eleventh Edition



Mission Statement

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

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

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



KEWANEE HORIZONS VOLUME



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.**

Your requests 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 re-*



quires 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 prisons!

produced by
WBEZCHICAGO
Your NPR news source

KEWANEE HORIZONS VOLUME

KLSRC VETERANS



HELPING NEPONSET AMERICAN LEGION

KEWANEH HORIZONS VOLUME

PROUD TO BE OF SERVICE

By: Jeff Kennedy

For the past few years, the Kewanee LSRC veteran's group has been volunteering time and labor to assist the Neponset American Legion by making flagpole anchors. The anchors are constructed from two pieces of PVC pipes and concrete mix. The materials were donated by the late American Legion commander, Colonel Miller (Marine Corps.), and the KLSRC veterans supplied the man-hours to complete the task. Even though Colonel Miller passed away a few months ago, the new American Legion commander has met with our group to ensure the continuation of the project.

Other than being a service provided by the American Legion, the main idea behind the anchors is to allow local veteran's family members to purchase one (for the cost of materials) and place it permanently in the ground on Veteran's Memorial Drive in Neponset. They then can memorialize their loved-one by erecting and removing a flag at their convenience (i.e.: Memorial Day, Veteran's Day, Flag Day, etc.).

I was honored to be a part of the project and I'm proud to know it will carry on into the future. The KLSRC veterans wish to thank Lt. DeCoster and Mr. Kuster for their assistance organizing material drop-offs and pick ups.



Is It Worth It?

By: Antione “Dub” Ridgeway @ Sheridan C.C.





As I sit here on another “LOCKDOWN,” Sheridan’s favorite word, I felt overly compelled to bring forth testimony to this Addiction and Recovery Issue. Especially being that I’m currently in the WestCare Drug Treatment Program. The exact place I should be, due largely in part to the fact that I NEEDED tools! The necessary tools to give myself an opportunity to stay free.

When this issue is published, I’ll be one month from breaking goal and re-entering society! A society where crime, drugs, pills, alcohol, sex, and gambling will be anxiously awaiting that person who entered these gates back in 2004. I’m not that guy anymore and I’m not him because I decided to look in the mirror and recognize my potential.

Prior to my arrival to what some people around here are calling “Sheradise,” I’ve had intentions of getting back to the money upon my release. After receiving a 45 year sentence and enduring almost 19 years of lockdowns for getting to the money, I still had that mindset. Insanity, right?

I titled this submission “Is It Worth It?” because I question whether doing whatever to get money through ill-gotten gains of criminal activity for two years worth losing 19 of



them prison cell? After doing just that and knowing I was headed in that same direction, that's what I asked myself nine months ago after attending a group that discussed addictions.

My addiction wasn't the addiction one would think the average individual has around here. My addiction was and still is to money, cake, paper, the bag, etc. Anyone who knows me can attest to this and the closer I get to that outdate, it's all I can think of. So, here's my solution or at least how I'm about to move in its pursuit.

For those who were addicted to paper as I was or addicted in general. Do you remember them all-nighters? Two, three day all out runs from the 1st through the 3rd? Channel that same energy into what your passion is, your legitimate passion. My way of exercising that strategy will be inside one or two of the many jobs in the manual-labor field. Then, maybe even taking on a part-time slot elsewhere. In essence, applying that same "all work, no play" attitude or approach I took in the midst of those all-nighters.

That's the initial game plan because I'm a BOSS with entrepreneurial aspirations. The same way I was successful in the wrong game, I'm about to be successful the right way. It will just take a little bit longer than what I was accustomed to. So to everyone who's reading this, activate your potential right now in preparation for your exit.

"The road that is built in hope is more pleasant to the traveler than the road built in despair, even though they both lead to the same destination."

-Marion Zimmer Bradley



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.

KEWANEE HORIZONS VOLUME



Trade Ready Employment Opportunities

By: Donevin Quick

Welcome to another edition of T.R.E.O. My name is Donevin Quick and I'll be reaching out to you for now. Disclosure: I've been incarcerated for over 17 years on 4 different bids. While I am no master craftsman or card carrying union member, I have spent most of my time on the streets working construction of some kind or other (some Union). Having said that, I will do my best to bring you current facts on a trade or two an issue. It will include the job expectations of the union, average pay, and some trade or community college programs that will accelerate your career.

I'm taking this approach because finding a job that pays a sustainable wage upon our release is often our greatest obstacle. Almost any job in the construction field will offer you the ability to provide for yourself and/or your family. Also, construction is the most background friendly job market, and open to both men and women. While there are many other trades that fit this bill, I will be focusing on construction for a while because it is one of the fastest growing industries. In 2021 there were over 250,000 union con-

KEWANEE HORIZONS VOLUME





struction jobs added to the workforce. With more baby boomers retiring that number will only go up for the foreseeable future. With the recent passing of the Trillion Dollar Infrastructure Bill, work on roads, bridges, tunnels, train tracks, and buildings the job market is flush with high wage positions for anyone willing to work hard, pay attention to detail, and continue to learn along the way. Any of the construction trades will provide the opportunity to earn near 100K a after a couple years.

Okay, enough small talk. Lets get to the bread and butter of it. I'll be kicking things off with concrete construction because it is one of the easiest trades to get into and learn , as it is often called more brawn than brains. Concrete construction is made up of three basic aspects; residential, commercial/industrial, and infrastructure. Residential is the forming and pouring of footings, walls, slabs, steps, walkways, driveways, and patios. Commercial/industrial is similar but on a larger and thicker scale as it is designed to withstand heavier vehicles and large machinery. Infrastructure is the developing and pouring of concrete and asphalt for roads, bridges, tunnels, railroads, and skyscrapers. While each is different they share a lot of similarities in make-up and application, and one may find themselves working across all over their career.

The two general Union concrete construction positions are the Laborers and the Cement Masons, although you will often see carpenters, iron workers, and heavy equipment operators on site working alongside of you.

The Laborers International Union of North America (LIUNA) has the broadest reach, the shortest apprenticeship, and the least requirements for acceptance. One is only required to be 18 or over (no high school diploma or G.E.D.), physically able to perform the tasks (this usually involves hard and demanding work outdoors in all weather), and the passing of a drug test. The Laborers work includes the placing and repairing of residential and commercial concrete structures, pouring and repairing roads, highways, bridges, and tunnels, erecting scaffolding, traffic control and flagging, preparing and cleaning up job sites, and much more. There is a two year apprenticeship that starts out at around \$24 an hour and goes up every six months topping out at around \$44 an hour (until 2024 when it will increase slightly). Over these two years you will also attend 360 class-





room training hours which you will be paid hourly to attend. In addition to an hourly wage you will receive medical, dental, and vision insurance, a pension (retirement money), and an annuity option (all on top of your hourly wage). The Illinois LIUNA locals are all over the state. For the local nearest you visit www.illaborers.com or www.chicagolaborers.org.

The Cement Masons Union (often referred to as cement finishers) place and finish any concrete surfaces, apply coatings, and patch and repair concrete in residential, commercial/industrial, and infrastructure settings. The Masons Union is almost as easy to get into and the work is just as demanding. The apprenticeship is three years and starts at around \$27 an hour topping out at around \$44 an hour. In addition to (on top of) your wages you will receive the same benefits ie.. insurance, pension, and annuity. For more information on joining the Cement Masons Union contact Local #502 at 739 South 25th Ave. Bellwood, IL 60104 (708 544-9100 extension 18).



The following are two college programs that will not only accelerate, but solidify your acceptance and career in one of the two unions mentioned herein.

Kennedy King College at 6301 South Halsted Chicago, IL 60624 offers a Construction Masonry Certificate that provides hands on and in class training for the concrete construction trade. It is a 21 college credit hour course, takes less than six months to complete, and costs around \$5,000.

Illinois Central College at One College Dr. East Peoria, IL 61635 offers a Highway Construction Certificate that introduces building trades, math, construction and principals. Upon completion provides an introduction to the Illinois Department of Transportation (I.D.O.T.) and Union affiliates where most will find apprenticeship placement. The program is four months and costs \$2,100.

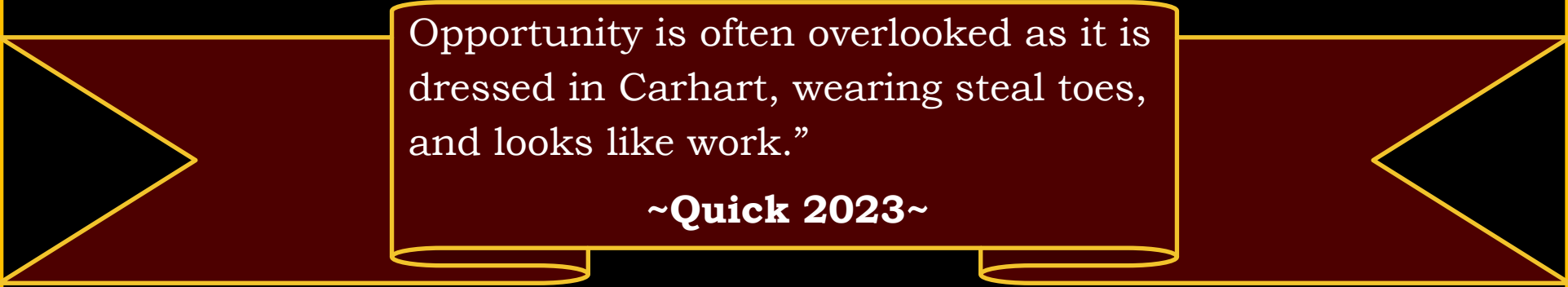
Either of these certificate will give you the skills needed to guarantee you a start in a promising career. They can be funded using a PELL grant (obtained by filling out a FAFSA application) and/or WIOA grant (obtained through the American Job Center application) both of which should be available in your facility library or from your counselor.

Throughout my 17 years of incarceration I've done time in nine different prisons.



Each one had a library with books and magazines that contained much information on any skilled trade or career you could imagine. In addition to learning on your own, never pass up an opportunity to take a vocational class or get an assignment as a maintenance helper. Though none of the apprenticeship programs expect you to know everything, you will be expected to know some of the basics to get accepted. At the very least, you don't want to be the person looking for a left handed wrench or a board stretcher on your first day.

In closing... while you're waiting for your day of release remember, "Do this time, don't let this time do you!" You can learn a lot from reading as your doing now. While very few of us will make it as professional musicians, athletes, or gamblers, the job market is full of openings for skilled workers that pay well and have no consequences that will land you back inside.



Opportunity is often overlooked as it is dressed in Carhart, wearing steal toes, and looks like work."

~Quick 2023~



Creative Writing 4.2

By C.T. Bashaw



PUBLISHING OPTIONS

There are a few options available for authors to get their works published. Here I will discuss traditional and unsolicited options that will work for any type of the writing styles we have discussed in the previous articles. At the end of this series I will also include the copyright information that was previously published by the creative writers of Re-Creations at Robinson C.C. and self-publishing options.

A decade or so ago you could not get a manuscript published in mass without hiring a literary agent willing to take your work to a major publishing house and hoped they would give you a publishing deal. You can find publishers and agents on websites like *QueryTracker.net*, *WritersMarket.com*, or *PublishersArchive.com* and search for one that suites your particular writing style. However, these days inspiring authors have the benefit of technology to get their work out there for the reading public to buy and enjoy without an agent if you don't want one! There are plenty of legitimate companies that accept proposals straight from authors without a literary agent to negotiate with.

If you want to go the traditional route, the major publishers like Hachette Book Group, Harper Collins, Macmillan Publishers, Penguin Random House, and Simon & Schuster are the big five powerhouses that offer accolades and prestige to their writers.

KEWANEE HORIZONS VOLUME



These publishers are extremely selective and will only accept proposals through a literary agent. Fiction writers must have impressive writing skills and the manuscript or body of work must fit the commercial mold of genre fiction. Nonfiction writers must have a compelling story or hook or a marketable idea, and a substantial author platform to be considered.



Once you find a legitimate agent (there are a lot of scammers on the internet looking to prey upon someone desperate for a book deal, or amateurs who don't know what they're doing but call themselves "agents" who will end up wasting your time, and possibly money) and hire them, they will (if they're any good) help you make your book even better and will work hard to find you a great book deal. If they do get your book accepted and you get an advance, they will take up to a 15% commission on **all** your earnings.

AGENTLESS OPTIONS

There are also a lot of reputable medium sized and small publishers out there, with more big publishers loosening the reins and allowing agentless writers a shot at contracts for their manuscripts. Although the smaller publishers don't have the huge clout with retailers or large resources for marketing, they still have talented editors, designers, and passionate professionals to publish great books. Here's a small list of 10 publishers to consider for agentless and new authors that accept proposals directly from writers (**Note:** Be sure to check each of the publishers' websites and submission requirements carefully. Apply only to those that carry books like yours):

DAW- A respected and popular imprint of Penguin, they publish science fiction and fantasy. They only accept snail mail submissions and full-length novels of at least 80,000 words, exclusiveness on the submissions (if you haven't heard from them after 3 months you can submit elsewhere,) no short stories or novellas, based in New York City. Send **all** your contact information with your submission to: DAW Publishers 375 Hudson Street; Suite 3, New York, New York 10014.

Chronicle Books- Publishes children's books and Adult trade (not fiction), their books are in international retail stores, they have different submission guidelines for children's and adult trade so follow them carefully. They will respond only if interested in publishing



your work, and are based in San Francisco, California.

Bean- One of the most respected publishers that will accept full-length manuscripts from new and agentless authors, publishes science fiction and fantasy only, strongly prefers electronic submission through their submission form, can take between 9 to 12 months to respond back (longer than the average), located in Wake Forest, North Carolina.

Kensington Publishing Corp.- Known as “America’s Independent Publisher” they have many imprints, publishing over 600 fiction and nonfiction titles each year, including romance, woman’s fiction, African American, young adult and nonfiction, true-crime, western, & mystery titles, some being *New York Times* bestsellers. They will respond only if interested, based in New York City, New York.

Jollyfish Press- Started in 2012 and acquired by North Star Editions, Inc. in 2016, they publish a variety of commercial & literary fiction, fantasy, science fiction mystery, thrillers, young adult, humor, romance, and woman’s fiction. Accepts submissions through e-mail only, and based in Provo, Utah.

Black & White Publishing- A leading Scottish publisher open to authors around the globe, publishes fiction and nonfiction, women’s fiction, crime and psychological thrillers, contemporary YA and new adult crossovers, children’s fiction, nonfiction such as memoirs, sport (the UK & Ireland especially), humor, food & drink, as well as activity books. They prefer you use their online submission form, but will accept snail mail submissions within their guidelines, will respond back within 3 months if interested, based in the United Kingdom.

Albert Whitman & Company- Publishes Children’s books from 0-15 (board books to young adult). Picture books, middle-grade fiction, and young adult fiction each have their own set of submission guidelines to follow. You should hear from them within 6 months if interested, located in Park Ridge, Illinois.

Turner Publishing- Publishes children’s books, health & fitness, cookbooks, literary fiction, thriller/suspense, family & relationships/religion, juvenile fiction, history, humor, science, sports, romance, and nonfiction. Simple e-mail submission guidelines, will con-



tact you if interested, located in Nashville, Tennessee.

Koehler Books- They have two different publishing models: traditional model for experienced and agented authors with good sales, and a hybrid/co-publishing model for new and emerging authors who need help and coaching. They publish a wide array of genres including memoirs, military, business, fiction, self-help, mystery, thrillers, young adult, and women books. They do not accept previously published books. Accepts submissions on their submissions form, expect to hear from them within 1-2 weeks, located in Virginia Beach, Virginia.

Graywolf Press- Publishes only 30 books annually and has open & closed submissions at different times so check their website for dates. They publish poetry, memoirs, essays, fiction, and nonfiction. Located in Minneapolis, Minnesota.

SCREENPLAYS



Here are 10 Production Companies that will accept unsolicited scripts:

BBC Studios- At times they have an “Open Call” accepting screenplays and scripts for genre stories such as comedy or drama, check the open call dates. Scripts must be at least 30 pages and edited to perfection before submission (no rough drafts). Also include a resume detailing your writing experience.

LaRoda Films- Based in the UK, this production company accepts short stories, full-length screenplays, and scripts from agented or agentless writers—of any length you desire. The young and innovatively thinking producer, Blake Borcich, is eager for “fresh and innovative material,” and is willing to build relationships with aspiring filmmakers and executives around the world. LaRoda Films asks for a one-page treatment or synopsis with your submission. You can reach Borcich by e-mail at blake@blakeborcich.com.

Century Films- Also based in the UK, Century Films produces documentaries and dramas, such as *Mumbai High: The Musical*, *The Confessions of Thomas Quick*, and *Britain’s Biggest Primary School*. They will accept a one-page pitch of your script at development@centuryfilmsltd.com.

LLeju Productions and Films- This production house has produced works such as *Dark*





Around the Stars, *The Baytown Outlaws*, *After.Life* with Christina Ricci, and *The Chameleon* with Angelina Jolie and Christian Bale, as well as *Unthinkable*. They are looking for “micro and low budget projects” (think three filming locations films) that do not push the boundaries. No period pieces, biographies, or animations. Submit a synopsis and logline of your script by e-mail at info@lleju.com. If they are interested they will contact you to request a copy of your entire screenplay and send you a release form. They are located in Houston, Texas.

One-Eyed Dog Films- Another film company located in the UK, they are willing to accept unsolicited scripts that fit their motto: “making films to inspire and excite.” Submissions should be sent via e-mail and include your contact information (your full name, phone number(s), and e-mail address), a descriptor of your screenplay (feature film or TV show), a logline of 20 words or less, and a synopsis of the script not to exceed 500 words. Send your submission to Charley Choules, Steve Plummer, Svetlana Barr, or Olga Barr at submissions@one-eyed-dog-films.com.

Little Jade Productions- This UK based production house has produced works such as the short film *Great Expectations*, and the immersive film *Ex Libris Macabre*. Executive producer Jade Alexander and her team are looking for scripts that have a female lead role set in the fantasy or sci-fi genres. She also requires that submissions from writers have at least two credits on projects that have been accepted into the film festivals.

Road Movies- Based in Berlin, Germany, this film company has been around since 1976, and have produced more than 100 art-house films and worked with many directors around the world. This company is big into documentaries and has to its credit Luca Lucchesi’s 2020 film *A Black Jesus*, and Ayten Amin’s 2021 film *Souad*. They have also produced the films *Palermo Springs*, *Don’t Come Knocking*, *Bread and Roses*, as well as *Wings of Desire*. E-mail a treatment or synopsis of your screenplay to info@roadmovies.com. Do not submit your full screenplay to them before hearing from them first, they will not read it.

Jump Start Productions- Founded in 2009, this UK based company produces independ-



ent feature-length films such as *Tracks*, *Fractured*, *Home for Christmas*, *Further Ed*, and *Daisy*. Send unsolicited scripts only to their e-mail address at info@jumpstartproductions.co.uk.

Elevating Entertainment- Based in Nashville, Tennessee, this boutique motion picture company specializes in full production coordination, distribution to film marketing companies, cable and internet outlets, TV networks, home entertainment and DVD providers, and film distributors. Some of their works include *Shakespeare School Year*, *Season of Miracles*, *No Limit Kids: Much Ado About Middle School*, and *Silver Twins*. E-mail the title, a brief synopsis of your script, and the screenplay along with all your contact information on their submissions form, adding any comments you may have.



COMIC BOOKS, GRAPHIC NOVELS, & GAMES

Most comic books and graphic novels are published through the “Big 4”, Marvel, DC, Image, and Dark Horse. There is also the indie magazine *Heavy Metal*. Marvel, DC, and Heavy Metal magazine currently do not accept unsolicited material, but you should continue to check Marvel’s and DC’s websites as they have imprints that often do at certain times.

Image Comics- Publishing a wide range of genres, Image will accept unsolicited material via e-mail only (no physical copies are accepted), and will contact you if interested. Submission guidelines can be found online at submissions@imagecomics.com.

Dark Horse Comics- Due to the large amount of submissions they receive, Dark Horse has two types of strict unsolicited submission guidelines, *art* and *story or series*. Art submissions need to include your full name and e-mail address, be less than 15 megabytes in size, 1000 pixels wide by 1500 pixels high in either PDF or Jpeg formats. Inking samples must have a copy of the original pencils sent with them. Send Art samples only to dhartsubmissions@darkhorse.com.

Story or Series proposals must include a full creative team on board (if you do all the work—writing, pencils, inking, lettering, and coloring (if not in b&w), than you *are* the cre-



ative team). Writer-only proposals will not be accepted. You must also send a signed (by all creative team members and copyright holders) submission agreement found on their website (story or series submissions only, submissions without a signed agreement will be deleted without review, nor will they review any scripts, story ideas, or proposals pertaining to properties currently published by Dark Horse or any property not owned by the submitter).

Include a logline of your story no longer than two sentences that introduces who the main character is, what they want or are trying to accomplish, who or what is trying to thwart them, and the consequences of failure, (*ex: To save the future of mankind a soldier travels back in time to stop a cyborg from killing the mother of his best friend, the leader of the human resistance!*), as well as a synopsis no longer than 300 words for a four or five-issue series revealing a bit more about the character(s) and some of the complexities of the plot. Also include an outline of the entire story: beginning, middle, and ending (without leaving the resolution of the story in question) no longer than a page (an outline for a multi-issue series or graphic novel should be no longer than a page per issue) stating exactly what happens in the story, noting plot specifics and character specifics. You will also need to include six consecutive completed sample pages of artwork for your story (they need not be the first six pages, but they must be in sequence), send no more than six—if you have more, state that they are available upon request. Do not send character profiles, reviews of past work, screenplays, novels, or other long prose works.

Send all components of your proposal e-mail as attachments and a signed submission agreement as a separate attachment in your e-mail (make sure the word PROPOSAL appears in the subject line of e-mail along with the title to your story) to dhsuubsproposals@darkhorse.com. Their snail mail address is: Dark Horse Comics 10956 SE Main Street, Milwaukie, Oregon 97222, however, they prefer online submissions.

Paizo, Wizards of the Coast, and Legendary Games among others do not accept unsolicited material so I suggest the self-publishing route for game writing.

In the last article in this series, we will discuss self-publishing options and copyrights.



KEWANEER HORIZONS VOLUME



The Seven Decisions Series

Decision 1 Introduction

Life is full of ups and downs, highs and lows, peaks and valleys, successes and failures, or with whatever identifier you choose to label these situations. However, you are in control of where you end up on this spectrum. I'm curious, will you take ownership of your past? Will you take ownership of your future? What about everything in-between, will you own that? Have you owned these things prior to now? If you answered "no" to any of these questions, read on and take note that you EVERYTHING begins and ends with you.

THE SEVEN DECISIONS PERPETUAL CALENDAR

Decision 1: The Responsible Decision



The Buck Stops Here.

From this moment forward, I will accept responsibility for my past. I understand that the beginning of wisdom is to accept the responsibility for my own problems and that by accepting responsibility for my past, I free myself to move into a bigger, brighter future of my own choosing.

Never again will I blame my parents, my spouse, my boss, or employees for my present situation. Neither my education or lack of one, my genetics, or the circumstantial ebb and flow of everyday life will affect my future in a negative way. If I allow myself to



KEWANEE HORIZONS VOLUME



blame these uncontrollable forces for my lack of success, I will be forever caught in a web of the past. I will look forward. I will not let my history control my destiny.

The buck stops here. I accept responsibility for my past. I am responsible for my success. I am where I am today—mentally, physically, spiritually, emotionally, and financially—because of decisions I have made. My decisions have always been governed by my thinking. Therefore, I am where I am today—mentally, physically, spiritually, emotionally, and financially—because of how I think. Today I will begin the process of changing where I am—mentally, physically, spiritually, emotionally, and financially—by changing the way I think.

My thoughts will be constructive, never destructive. My mind will live in the solutions of the future. It will not dwell in the problems of the past. I will seek the association of those who are working and striving to bring about positive changes in the world. I will never seek comfort by associating with those who have decided to be comfortable.



When faced with the opportunity to make a decision, I will make one. I understand that God did not put in me the ability to always make the right decisions. He did, however, put in me the ability to make a decision and then make it right. The rise and fall of my emotional tide will not deter me from my course. When I make a decision, I will stand behind it. My energy will go into making the decision. I will waste none on second thoughts. My life will not be an apology. It will be a statement.

The buck stops here. I control my thoughts. I control my emotions.

In the future, when I am tempted to ask the question “Why me?”, I will immediately counter with the answer: “Why not me?” Challenges are a gift, an opportunity to learn. Problems are the common thread running through the lives of great men and women. In the times of adversity, I will not have a problem to deal with, I will have a choice to make.



KEWANEE HORIZONS VOLUME



My thoughts will be clear. I will make the right choice. Adversity is preparation for greatness. I will accept the preparation. Why me? Why not me? I will be prepared for something great!

I accept responsibility for my past. I control my thoughts. I control my emotions. I am responsible for my success.

THE BUCK STOPS HERE.

Kewanee Horizons is beginning a short series called “The Seven Decisions Perpetual Calendar”. This series will span the length of seven alternating volumes (i.e. the next seven odd or even volumes). It is our belief that the seven principles we’ll share will change your life. These lessons that lie within will engage you in a way that will cause you to look deep within yourself. At the end of the day, it is your choice whether you change or not. We can provide you with the information, it’s up to you what you do with it. In other words, we can lead you to the water but we can’t make you drink!

The knowledge that you will acquire within this series will produce accountability as it pertains to your thoughts and actions. It will propel you to greatness if taken seriously - trust me!! After reading “Decision 1”, I personally gained a different perspective of myself and dove head first into the rest of the series. It has greatly changed my life and I’m sure it will change yours as well.

How do you move beyond the worst day of your life? How do you forgive yourself? Furthermore, how do you forgive yourself for failing your dependents? How do you discard the baggage of old and begin life anew with strength and confidence? This series will give you the tools to answer these questions with words and deeds. Throughout the course of this series you’ll be asked to make seven decisions...each one is a call to action. I hope that you will travel this road to personal redemption.

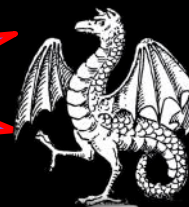


KEWANEE HORIZONS VOLUME

CELEBRATING AMERICA'S B-DAY



By: Marcus Harris



I really enjoyed myself on the Fourth of July. I participated in the trivia, kickball game and the football game. The trivia was Monday July 3rd. My team didn't win the trivia, but we bust a** in the kickball game due to some outstanding plays, great communication, and quick-thinking double plays. It was the first time I ever played and I enjoyed every minute. Kickball was my favorite event of the day. The BBQ chicken, fries, cookies and ice cream tasted delicious. Hats off to the chefs and supervisors in dietary. I had a wonderful time on America's birthday, and I'm looking forward for future events.



THE AMERICAN DREAM

By: Evigan "Happy" Marcos



July 4th was a day to remember. I'm mindful of the importance of such date. I'm very thankful and grateful towards the men and women who gave their lives so me and you may have a home country. I'm proud of my ethnic roots and I'm honored to be an American! People are always looking at the negative but the truth is that we are blessed to have a country like this one, **USA!** Every country has its own problems but our country gives you a fighting chance if you focus, educate, work hard and above all put God first in everything. "The American dream" quote, is just that "a dream". It's up to you to make your own dreams happen because to begin, you were the only one giving that vision. I encourage everyone to focus and pursue your vision and dream. Align the right people in your life that will support your vision and your mission and make it happen.

In closing, here in Kewanee we pursue our dreams. This was a great day and that is all I can say. Blessings to all my brothers and sisters in IDOC with much love and respect. Your homie Happy.

KEWANEE HORIZONS VOLUME





THE 4TH OF JULY @ KEWANEE

By: Kenji "Truck" Haley



Kewanee celebrated the Fourth of July holiday in style by having program for the men to enjoy by engaging the community and being ONE KEWANEE. On July 3rd, we had a trivia, there were six teams from all over the camp, and there were questions from many genres, including important history dates, famous movie quotes, commodity facts and more. In the end, Team Ramrod defeated Uhuru Seekers 128-127! It was a battle to the end and they were able to come out on top.

July 4th was filled with three activities: Kickball, Beat Da Jam, and Flag Football. Although we started a little late, due to the extreme weather and guys showing up on time, it was Team Harris over Team Green 2-6. Team Green started out with a tremendous 4-0, as Team Harris couldn't catch the kickball!! After a pep talk and some changes, their offense kicked in and their defense stepped up. It is unfortunate that someone had to lose, but, the takeaway is that everyone had fun.



Later that afternoon, we teamed up with DJ Milton and had the very first edition of Beat Da JAM. It was a play-off of BEAT SHAZAM, but there were 8-teams and our objective was that they heard the song for up to 30 seconds and then they had 30 seconds to respond. There was a variety of team, but it came down to three teams: Smoove Grooves, The AWB, and the Young Gunz. In the end, The AWB came out victorious and although there was only one winner, all the teams did a wonderful job.

Last but not least, we had the 4th of July KFL (Kewanee Football League) Flag Football Game. We decided to take two of the players from winning Juneteenth game and make them the captains of this game. Team Captain Crem was out with an “undisclosed injury”, so he gave it to the next person fit to lead the team. In the end, that didn’t matter as Team Rio came out to a blazing start, scoring on their first 3 possessions. The defense stepped in as well and had 2 interceptions in which one they score. This was all before the end of the first half, as Team Rio were up 26-6. Rio, the captain, had to go to work, but his team kept on fighting, playing defense on offense, and playing offense on defense. In the end, it was a blowout and we played by IHSA rules, *any team up 42 points, the clock doesn’t stop.*

I must say that the activities, food that was made by the dietary cooks, and served by the workers in the dietary, and the music while eating in the yard was an overall blast. Although it was 97° and the heat index was 100° (HOT, HOT, HOT) it was very nice to see people having a good time. I would like to thank all the participants that joined in the activities. I would like to thank all of the staff members, who could have been out on holiday pay, came in to assist in the trivia and thank you to all the individuals that competed in the events as well as the one who came to watch. (We see you Mr. Wally!) Remember, community is everything and we encourage you to participate in events that are educational, fun, and challenging. We hope to see your event on the HORIZONS!



KEWANEE HORIZONS VOLUME



KICKBALL CHAMPS





Apart from water, what is the most widely consumed drink in the world?



TRIVIA WINNERS

A group of six men standing in a line, posing for a photo. They are wearing blue shirts and white shirts, and are standing in front of a blue wall.



The Horizons Money Team



By: Timothy "Timzale" Alexander

Greetings Everyone: This is Part 2 of last weeks article.

AvisBudget-(CAR) \$212.20 vs **Hertz**-(HTZ &HTZZ)\$ 17.91 for the price of one (CAR) you can buy around 11 shares of hertz (HTZ &HTZZ), and once hertz goes up you can sell some of your shares to get your money back and keep some to keep the dividends coming in for the long-term, if you don't like hertz look into (VRRM) at 19.50 a share but be smart first please do your research,

Nike-(NKE)\$110.15-In so many ways Nike gets you to spend money with the Jordan Brand or Converse, Hurley ,Golf, or Tennis lines, or its retro line of all kinds there direct to consumer is a hit but Nike deepens to much on foreign makers to make there apparel

KEWANEH HORIZONS VOLUME





as we saw in 2022 that always is not a good plan, they need to make Air max line, Vest, Hats and other things with the Air Bubble material on certain places on of the products vs **Lululemon**- all the mishaps by others make it possible for new brands to thrive and become successful in a short amount of time, if they keep their eyes wide open they will take over the women's workout filed or be a leader in that area but they need to make something for or baby clothing at a cheap price kids (LULU)\$390.06

Ultra Beauty-\$490.66 vs **Elf**-(ELF)\$88.39-this is a fast growing co that has jumped so fast that I missed out on this one but they are here to take over in somebody's spot who I don't know yet but we will see.

Wendy's- knows burgers and how to make them with locations everywhere you enjoy knowing somewhere someone is eating at a Wendy's (WEN)\$24.08 vs **McDonalds**- this is the King of the business in so many ways that you got to give MCD it props they keep coming up with new ways to make you come in,(MCD)\$283.54.

Ford- this brand has a rich history with the car industry now they are coming with the EVs ford will be a leader in this field with the trucks and fast coups Mustangs(F)\$14.75 & **(GM)** will be right there to fight it out with the other big brand for the top spot of innovation in new markets -\$37.56 vs **Tesla**- is the leader of the pack but others are coming up fast they just keep moving in other ways before others get out the starting block(TELA) \$250.21 **Wal-mart**-(WMT)\$135.34- is one of the world biggest employers and a power house on everything from food to clothing to healthcare banking and pick-up your safe with this investment vs **Target**-(TGT)\$152.80- has a similar game plan but they have a great way presenting the product to the customers they also keep pricing power under control.



Under Armor- Just placed a new CEO in charge to turn this ship around this will take some time but they still have a good core of developers and endorsers for the long term. (UAA & UV)\$8.95 vs SkechersUSA-steady growth and a list of new products that keep this brand at the top of a lot of investors list.(SKX)\$50.03.



SixFlags-(SIX)\$25.22 is the Great America brand parks and games for family fun it coast less than a trip to Disney land vs Dave&Busters-(PLAY).

Sony-(SONY) vs Microsoft-is the maker of XBOX along with an unstoppable programing and cloud service and cyber security services (MSFT) \$331.97.

Walgreens- has a great brand with good prices and R/X but something is missing from this business maybe they should do home visit for their customer's that only get there prescriptions from them (WBA)\$ vs (CVS) -is eating Walgreens lunch and dinner they push past them like nothing after playing in the back for 40 years (CVS)\$ rite-aid-(RAD)\$1.90 has lost its way but they are still good buy for a young kid "what a gift" to buy-in now before a big chain buys them out.

Adidas- needs to get back on track with what they do best fully dressing there base from head to toe at a great price, with a few new product every few months ()\$ vs **Onon**-New brand from the EU if Adidas keeps the mishaps coming and depending on their classic products to carry them they will be like Reebok and this brand will track them down (ONON)\$26.25.

Costco- have a footprint in US & CAN and carry everything along with pricing power (COST)\$456.84 vs **BJ's Wholesale**-is growing fast and moving to other places outside of the US makes this brand a growth and at this price a value all in one (BJ) \$89.64.



Columbia Sport Wear- one the industry leaders in outdoor hiking and all whether wear in and outside of the US (COLM)\$98.22 & **Ralph Lauren**-the best brand from the US with a world-wide market with a history that keeps true to its history you can wear your POLO from 2000 and its still respected (RL)-\$120.42 vs **Louis Vuitton Monet Hennessey**-this luxury brand is the home of LV and Tiffany's and Hennessey you get your money's worth, but this should be bought when you have a sur-plus (LVMH)\$890.21

Johnson & Johnson-(JNJ)\$164.02 vs **Unilever**-(UL)\$46.75.

O'Reilly Auto-this brand is fast growing within the US & CAN & now moving south of the border give this brand the power to push upward fast (ORLY)\$935.14 vs **AutoZone**-as of now AZ is the king of the market with locations and pricing power along with next day pickups and a grate dividend they speed up every time they see something in their rear-view(AZO)\$2653.18.

GSK- maker of toothpaste and other household good grate brand all over the world(GSK) \$35.61 vs **Colgate Palmolive**-this is the complete brand to buy if you have the fund to do so this brand is filled with everything from bath soap to dish soap to toothpaste and more (CL)80.13.

Rivan-came in with so many expectation, but lost its drive with a few missteps now they are playing catch-up to the world, they need to make cheap bikes (RIVN)\$14.79 vs **Lucid-are** for the wealthy, but needs a coupe to compete with the super luxury brands for less (LCID)\$7.03.

Sofi- now that the student loans are to start being repaid this bank will make a better move up with the fintect and brick bank buildings for customers to visit look for this brand to grow with the young investors (SOFI)\$8.34 vs **Nu Holding**- is a new banking

KEWANEH HORIZONS VOLUME



business in Mexico and South America (NU)\$7.61

Samsung-(SSNLF)\$58.20-this co is one of the top cell phone makers & they also make Electric products and chips good investment vs **Apple**(AAPL)\$182.15- this is the top of the line in the industry and is only placing itself in the position to stay on its A game.

Spartan Nash-(SPTN)\$23.99 vs **GXO Logistics**-(GXO)\$52.50

Nvidia-(NVDA)\$412.21 vs **Intel**-(INTC)\$36.37-you can look at other co such as (AMD)

VF- has to bring in new things to get the loyal customers to buy on imposes when buying shoes (VCF)\$19.46-makers of Timberlands & Vans vs **Crocs**- are doing everything right and are loved by the many people in the hospitals (CROX)\$115.59

International Flavors& Fragrances, Inc (IFF)\$99.45- if you think the foods or scented products such as perfumes' & cologne's come smelling good think again this co makes so many things when it comes to scents and flavors that it's too many to name vs **McCor-mick**(MKC)\$89.95-from hot Sauces to Bar B Q to seasoning for food this power house is only the one to get for the long term.

Raytheon Tech-(RTX)\$96.58- this is a must for a few reasons but one of the most important is this co makes our nation's safety better they make missiles and others things for the military we should all buy this and the competitor vs. **Northrop Grumm**,(NOC) \$446.81- as I said this co makes this country safer this is about our nation's safety this is a must we should buy both the US spends the most money on staying ready in the world, or you can buy T-Bills.

Apollo Glb Mgmt.(APO)\$64.53- Apollo has been working building there postios in so



many companies is the world that this will be a great start for our kids or grandkids to reap grate benefits at a good price vs. **Berkshathway**-B (BRK.B)\$323.88-this is the co-owned and operated by Mr. Warren Buffet and Charlie Mungerthe own DQ, a big portion of Apple Gillette Fruit of the Looms, Oil co Rail Road's co Coke and more so stop playing and buy this one is a must have.

Once you do all the research, you can go into buying with the full confidence of knowing your coming in with winning at this Game on you mind. You also have sound understanding of knowing what these Companies do in the world, keep in mind we are always fishing for information that gives us the upper hand while staying within our budgets, and remember to stick to your STRATEGIES. This keeps your money working for you while allowing you to reach your end goal in this GAME.

“What is GAME anyway? Just take the G-off, game is having the right AME to hit your target successfully.”

The horizon money team: We will never ask or tell you to invest in any of the information that we give. 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.

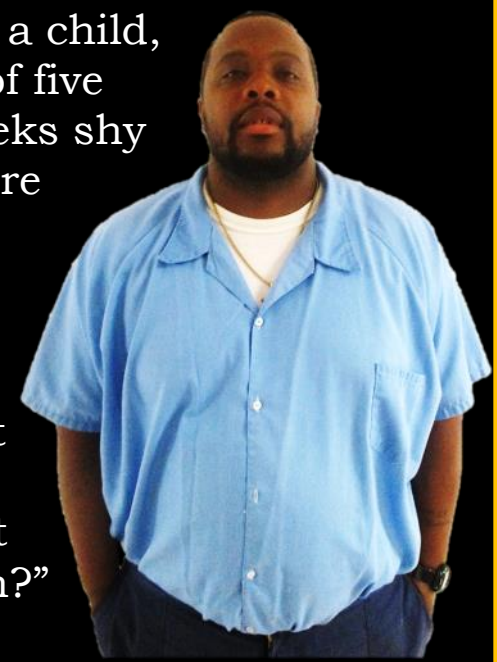




KH MENTAL HEALTH

The Day My Soul Changed

By: Carlos D. McDougal

The story I'm about to tell you is probably the most heart-wrenching thing I've ever had to do. I don't normally talk about my mother but, if I am going to heal the wounds that were left after she passed away, this has got to be the start. As a child, all I had was my mother and I was cool with that. I am the second of five children and my earliest memory of my life as a child is in 1987 weeks shy of my 1st birthday, my mother pushing me toward the hospital where apparently my father was fighting for his life. She pushed me to the corner and my uncle Zeb, who was trying to flip the police car the two women who were responsible for my father being there were in, saw my mother and I so he came running over to stop her. He said, "Sheila take Carlos home, he doesn't need to see this." Then he put a gun in my stroller (how I remember that I don't know) and my mother turned around and took me home. My father died that night and with his last breath he asked, "Where's Carlos? Where's my son?"







Lets fast forward to 2003: I became something I never wanted to be, but felt I had to be, in order to live up to the constant onslaught of “boy you look just like your father” and “damn, you act just like Carlos; your hair, eyes, temperament, smile, you even walk just like him.” So you can imagine what that does to a kid’s mental state who yearns for that father-son relationship. I was 17 years old, just out of Illinois Youth Center (IYC) on March 13, 2003, and I went right back to the very place I was arrested. This time things were different, I had graduated to the big leagues - dealing drugs. I was still trying to find out who I was as a young man in one of Chicago’s most notorious housing projects...things went fast and I ended up back in jail. There was no calling mommy to come get me this time, I had to do this on my own. Here I am in the county jail going through the process of being probed by the county’s medical staff as I fight a case of domestic violence on a family member but I digress. Two weeks I spend in the county and I am released right back to the projects I go; things again go horribly wrong and now I am on the run for murder. I don’t last long and eventually I’m caught and arrested on September 8, 2003, facing murder charges. I began to fight for my life and, to make matters worst, I have a child five months away form his due date and a scared girlfriend carrying him. Two years I spend fighting until I’ve had enough... on October 26, 2005, I was sentence to 23yrs in the Department Of Corrections.

The year was 2006, my mother just had a stroke and things weren’t looking good. Suffice to say I wasn’t doing good but she came out of it losing the usage of her left side. I had to have a long tearful talk with “the reason for my heartbeat” which I did. She made all type of promises and, like the eight year old that live inside of me, I believed her. It wasn’t a matter of “do I or don’t I”, it was: “this is my mother and if she says she’s going to do it who am I to distrust her?” Plus, I needed to believe her - the fear of losing her made me believe something I had long since given up hope on. Two weeks after she was released from the hospital, she regained her mobility and was off to the races.

I called home to check on her and was told by my grandmother that my mother had been



gone for about an hour. As we began our conversation, my grandmother announced that my mother had just walked in the door and I asked to speak with her...this is how our conversation went:

Mom: Hello, hey baby, how you doing?

Me: Hey ma. I heard you back up and already running the streets?



Mom: Yeah, I've been doing good for a couple of weeks now.

Me: Mom, are you back messing with them drugs?

Mom: (Long pause)

Me: Mom, you gone end up dead or in jail. Why do you keep doing this? We've been trying to get you to stop using drugs since I was little. Now you have a stroke and almost die, and you still won't stop. What is it gonna take for you to stop? You're the reason I don't believe in God. I've prayed to God since I was seven to help you break away from that demon you've been fighting but He didn't answer me. Why do you continue to do this? You know what, I'm done. I wash my hands of you. Give grandma back the phone.

That was the last communication I had with my mother and it wasn't for her lack of trying. It hurt me to do that but I just couldn't take it anymore: all the lies. As a kid, I had no choice but to believe her and accept the pain of disappointment when she wouldn't or couldn't deliver on the promises she made. There were time when I wanted to respond to the letters she wrote but I thought if I just hold on, maybe she would finally see we, (my siblings and I) needed her for as long as God permits. So, I pressed on believing that I was doing something but, to be honest, she had continued on without me. Two years into my 21-year sentence, I was now in another facility and I ran into my brother which made the time not seem so heavy now. At this time, I still wasn't talking to my mother and, I have to admit, I was missing her laughter and her spirit as well. But, I still didn't write and when I called I didn't talk to her. The distance became stressful and I started to stress eat. You have to understand, the bond I have with her I've never had



with anyone else and I never will. I was at the end of my rope; she hadn't wrote me in months and this just wasn't her. Knowing this, I continued to ignore that feeling in the pit of my stomach.

February 18, 2008, I receive a letter from my eldest sibling telling me that my mother had been in a coma for three months and in the time that she's been there the decision was made to keep me in the dark about the whole thing. In addition to that, my grandmother has just become an amputee and still no one thought to tell me. I guess, to add insult to injury, she thought she would tell me that the mother of my child was engaged to be married and was expecting her second child. The pain I felt, as the news of my mother bounced around in my head, caused me to pray harder than I've ever prayed before. I asked God to please save her because she has carried this burden for so long, instead of calling her home, give her the strength to overcome the beast she's been fighting.



March 16, 2008 I loss the best thing about me but I didn't even know it. I sat in my cell having a delightful conversation with my cellmate when this horrible feeling came over me and suddenly my smile vanished. My cellmate asked me what was wrong and all I could say is, "Someone had died." I thought it was my granny and it never dawned on me that it was my heart, my lungs, my angel. As we sat there in our thoughts, the door to the cell popped open and my name was called over the intercom; I was to report to the foyer with my ID the counselor needed to speak with me. As I made my way to the foyer, I was preparing myself for the news of my grandmother's death but to my surprise granny was still with the living. Here's how that conversation went:

Counselor: How are you Mr. McDougal? Come in and shut the door please.

Me: Okay, (me shutting the door) what is this about?

Counselor: Do you have a brother named Trumaine Thomas?

Me: Yes, I do, why?



Counselor: He called down here and informed us that your mother has passed away on the 16th.

Me: (A long pause followed by some heavy breathing and ending with shaky hands.) What did you just say? (This was not said in that tone or that language, I was freaking out)

Counselor: Mr. McDougal, you have to calm down. (looking toward the door for the guards.)

Me: I am calm! You just told me my mother died and you want me to be calm?! What the (expletive) you think was going to happen when you told me?

Counselor: I know this is not the news you want to hear and I am sorry that this has happened. If you'd like, I can give you a phone call so that you can talk to your family.

Me: Okay. (choking up a little)

The counselor picks up the phone and calls someone and asks for an open line. After the line was opened, she handed the phone to me. I dialed my sister's number and waited for an answer. My sister picked up on the third ring. After we said our hellos, she informed me of our mother's death and how the family thought that if I knew what was going on, it would affect my mental stability. To be honest, I didn't like it but I didn't want to argue, especially not after hearing my angel was gone. I told her, "I want to talk to my grandmother." As she did that, I tried to compose myself before I heard her voice.

Grandma: Hello, who is this?

Me: Hey grandma. This is Carlos, how you doing?

Grandma: Hey baby. When you coming home? I sure can't wait till they let you go.

Me: (trying not to tear up) Well grandma, it's going to be awhile but I'll be there soon.

Grandma: Who is this?



Me: (a little confused) Grandma, this is Carlos.

Grandma: Oh, hey baby. When they gone let you out? I sure can't wait till they let you go.

Me: Grandma, can you give Dominique the phone?

Dominique: Hello?

Me: What the hell is wrong with grandma?

Dominique: She has Alzheimer's

Me: What? Why didn't you tell me that? This is too much.

I couldn't take it...I wanted to hang up the phone but I continued to talk, trying to understand why this was happening and what I was going to do. This extreme pain washed over me and I ended the call angry because: (1) I couldn't go to my mom's funeral. (2) My grandmother had Alzheimer's and she was beginning to forget me.

I didn't know how I would deal with this rage I felt for being away from them in their time of need. I went back to my cell, still not yet feeling the full weight of the pain that was bearing down on my shoulders. As soon as the door closed behind me, it hit me like George Foreman hit Muhammad Ali in that epic fight. But, unlike Ali, I was down for the count. The tears wouldn't stop and my legs gave out causing me fall to the floor in a heap of this useless flesh that covers my skeleton. I thought I was strong and that I could handle anything but this was a weight I did not care to carry.

The pain and mental anguish I felt lay heavy on my heart still to this day. I lost my grandmother the following year and, I'm sure you can discern from my words in this paper, I deal with this pain on a day-to-day basis. Now that I'm at the end of this journey of incarceration, I face a battle like no other. The life I must live without the contagious laughter of my mother and the God-like presence of my grandmother - I can't picture life without them.

Now, here I am, living and breathing air that I would gladly give up just to see them, even if it was for just a second. They've always told me that I was better than the life I chose to live but it took me serving 21 years to finally understand what those beautiful souls were telling me. I hope that wherever they are, they're proud of me and how far I've come. When its my time, they should look for me among the stars.



In Loving Memory
Of

SHEILA RENEE MCDOUGAL
Nov. 7, 1965 - Mar. 16, 2008

And

(pictured left)

HATTIE MAE BELL MCDOUGAL
JUNE 30, 1944 - Sept. 16, 2009

The Covers of KH!

Below are the covers for all of the first 49 KHs that were published. They are not in order! If you count you will notice that there are only 48 covers here?! That is because we used the same cover on two KH volumes!



KEWANEE HORIZONS VOLUME



The 50th!

Looking back at the last year of KH with now publishing the 50th volume is pretty amazing. We have had many ups and downs, hurdles and obstacles, but here we are at 50! From the beginning KH was an opportunity to look and share ideas about Restorative Justice and community with in facilities. From the beginning days of the Informer to three guys approaching me about morphing the Informer into KH to today where we have a completely new staff from the beginning and get consistent content from other facilities from all across the state. To not only having the potential of reaching the 28,000 plus on the GTL network but also reaching staff via email and then friends and family through the web at <https://idoc.illinois.gov/news/kewanee-horizons-newsletter.html>! It has been an amazing adventure and growth opportunity for many! Now that we are 50 volumes in, some of you observant people may have noticed a goose gracing the pages of the KH from time to time. And you may be wondering what it is all about.

So back in the early days of KH, May of 2022, as the staff was figuring out all of the different topics they wanted to have in each volume the idea of having a space to allow peers to share their knowledge with everyone was something that we wanted to include. So the birth of the Peer Led Showcase. One idea with the Peer Led Showcase was to have the picture of the group leader with each of the articles. In the discussion of how these pictures would be taken, it was decided that the KH staff would develop a schedule for each of the leaders to arrive at the chapel and they would take the pictures there during one afternoon. So the day of the picture taking arrives and I go to meet KH with the



camera. As we begin to take the pictures everything is going very smooth. I pull the staff to the side and let them know I need to get some work done and I would be going to my office. With the plan that I would come back at the end of the schedule to pick up the camera. Instructions were clear, the camera needed to stay in the chapel with one of the KH staff until I returned.



Back in my office completing reports, checking email, etc the time was going by without a hitch. I had set a timer on my computer for 15 minutes before the pictures were to be complete, so that I could return to the chapel. In the middle of a report, my phone begins to ring. I answer and it was an officer working the yard. She ask “did you know that there are a group of individuals with a camera?” I replied “yep, they are completing a project for me in the chapel, I’ll be checking on them in about 30 minutes.” She responded with “Well, just so you know, they are in the yard with the camera!” Not sure if I hung up the phone or not but a few choice words were said as I was getting out of my chair and heading for the door.

I went directly to the yard and looking around did not see any of the KH staff in the yard and did not see the camera. So then I made my way to the chapel. Sure enough everyone and the camera were in the chapel. I took a seat in the back and let them finish with pictures. As they were cleaning up, I asked if there was anything we needed to discuss.

Quickly they all started talking about how there were a gaggle of geese in the yard. Some of the other peer leaders were coming in talking about how the geese were chasing them and running around the yard. So they thought it would “interesting” to get a picture of them to include in the first volume (those pictures



never saw volume one). While I agreed that pictures of a goose chasing an individual would be hilarious, we needed to have an important conversation about trust. So we proceeded to have a lengthy discussion about trust and how that trust worked. It wasn't just as simple as me trusting them to have a camera checked out to them. The trust was given to me by the Wardens and even IDOC to even try to have a newsletter that had this type of reach. And even a small fracture in any of that trust could cost the entire opportunity.

The concept that the opportunity of doing this type of newsletter was important not only for them but also for all of those to be reading it and those working on KH after their releases was huge motivation. So the goose became a symbol that day of trust and the importance of how trust affects opportunities.

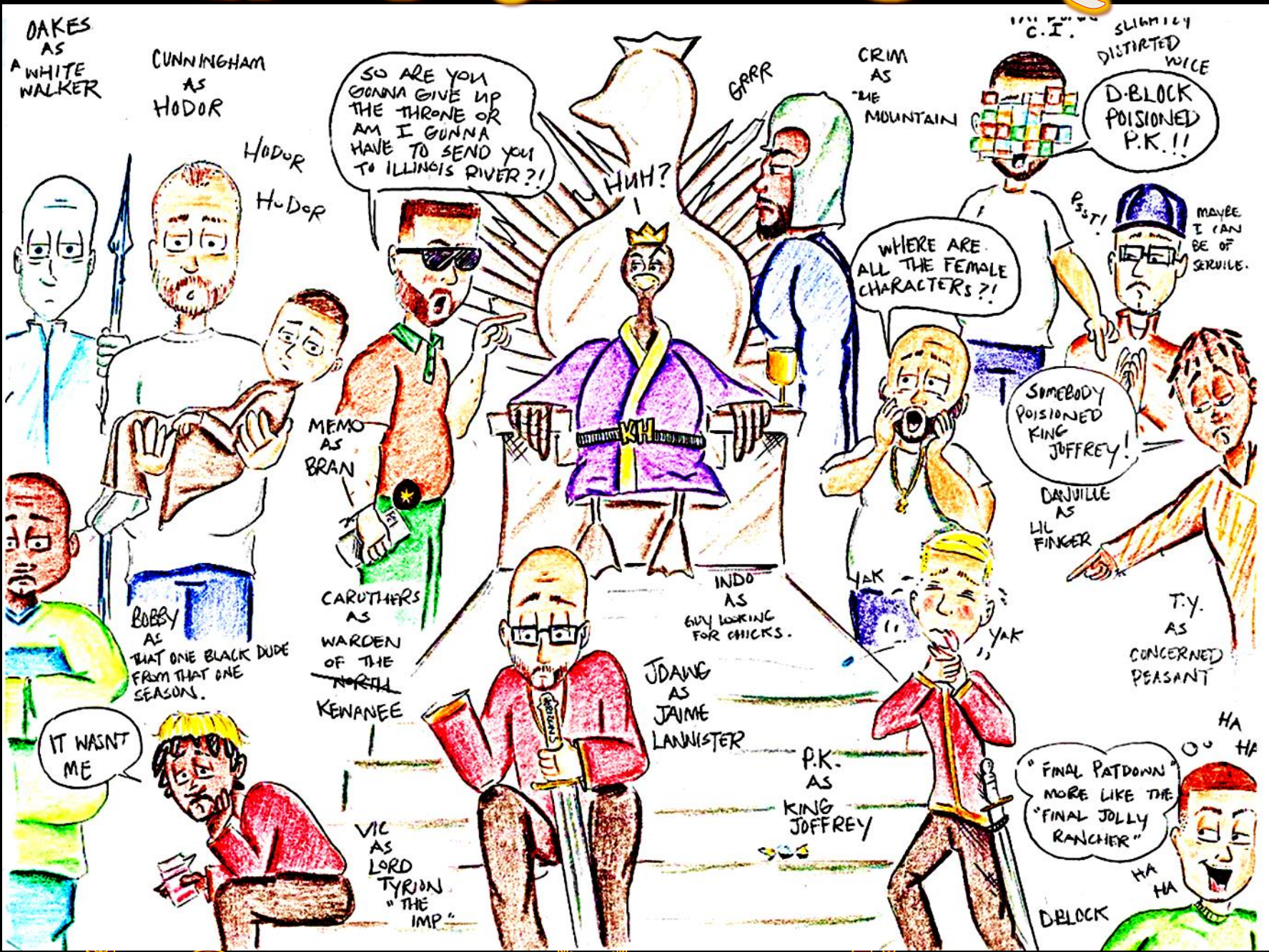
It was not until volume 5 that the goose picture made it's first appearance in KH. The goose below decided to "perch" on the ridge of the roof of a housing unit to get a better look of the horizons and this photo is where the KH goose was "born" from.

For me the importance of the goose, KH, and even to greater extent Kewanee LSRC is that there is an understanding that trust is a vital part of all relationships and community. That trust is just not something that is given, it is something that is earned. And unfortunately, sometimes lost. Trust is not something that is earned in one grand gesture but usually earned by small and consistent habits and behavior. Habits like punctuality, keeping your word, following small rules when no one is looking is usually how trust is earned and lost.



is

ADVENTURES OF JD DAWG



HOROSCOPES



ARIES– Keep your feelings to yourself. Sharing too much information will put you in a vulnerable situation and cause problems. Look at every angle before making a big move.

TRANSLATION: **Stop being so friendly and moving to fast when it comes to dealing with people.**



TAURUS– Don't let anger take the reins when actions are required. Use your connections to ensure you have a back up plan to reach your target. Fixing your personal space will boost your morale.

TRANSLATION: **Your anger/emotions can cloud your judgement. Use your resource to assist you with your plans. Get your affairs in order.**



GEMINI– Consider what's entailed before you offer help. Protect your reputation, position and key relationships. Refuse to let emotions interfere with your plans and decisions. Do things yourself.

TRANSLATION: **Know what your getting into before you get involved. Protect the brand and those you love at all cost. Don't allow the emotions to dictate your pace. Be hands on with everything.**



CANCER– Establish what you want to do before you start. Map out your plan from beginning to end and approach the people you need on your team to be successful. Listen to supporters' suggestions.

TRANSLATION: **Have a plan before you get started. Take advice from those with your best interest in mind.**



LEO– You'll be prone to impulsive behavior today. Don't jump to conclusions. Listen to what others have to say. A change someone makes will give you insight into how to proceed..

TRANSLATION: Don't make any rash decisions. Assuming things without facts can be detrimental. His/her move let you know how to counter or open your eyes on what you should be doing.



VIRGO– Take care of responsibilities before moving on to pleasurable pastimes. You'll enjoy yourself more if you don't have to worry about what you left unfinished.

TRANSLATION: Business before pleasure, the harder you work/ more hours put in. The more you can do when you step out or just want to relax.



LIBRA– Be careful when dealing with others. Your actions or words may be misconstrued. Make your home or workplace functional. The better equipped you are, the more success you'll achieve.

TRANSLATION: A lot of people have selective hearing but sometimes their just messy. Keep people around who you can trust. That's probably nobody right?



SCORPIO– Don't expect smooth sailing. Take a positive attitude, regardless of how others are acting. Focus on self-improvement, educational pursuits and getting along with people who have something to offer.

TRANSLATION: No one can ever say growth is easy but they can say its worth it. Dig deep and elevate. Positivity attracts positivity.



SAGITTARIUS– Pick up the pace, designate funds to cover your expenses and take a minimalist approach to whatever you do. It's time to please yourself and do what comes naturally.

TRANSLATION: You've always been a go-getter so go get it. Your life is in your hands. Chase your desire with passion.



CAPRICORN– Spend more time improving your living arrangements. The change you undertake will ease stress and give you hope for a brighter future. Focus on self-improvement.

TRANSLATION: Your home is your palace and it should bring you solace. Sometimes you need to just chill there and get a peace of mind. Retreat from the outside clutter from time to time and you will become enlightened.



AQUARIUS– You'll encounter a challenge if you share too much information with a friend, relative or colleague. Don't give away your secrets or let someone stifle your dreams. Act on your own behalf.

TRANSLATION: Revealing too much might just show you that your so-called friend is a hater. Sometimes it's just best to keep things to yourself.



PISCES– Push aside negativity. A positive attitude will invite new opportunities and input from people who share your vision. Choose quality over quantity, and you'll be heading down a lucrative path.

TRANSLATION: Your energy attracts it's a-like so wherever you focus your attention will have an affect on your mental which trickles down to your emotions. Also, it will pull the people around who matches that energy, so focus on what really brings good things into your life.

STATEWIDE CALL OUT



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



STATEWIDE CALL OUT



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





MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

Here is a quick list of Do's and Do-not's:

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

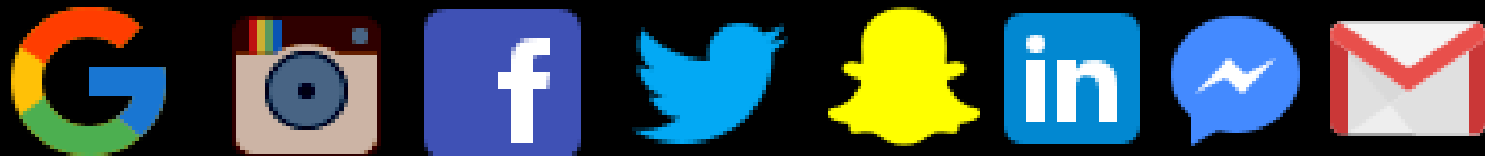
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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

#kewaneehorizons

THEN LIKE AND SHARE THE POST!



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

IDOC HOME PAGE → CLICK "ABOUT" → CLICK "NEWS"

KEWANEE HORIZONS VOLUME