

KEWANEE HORIZONS

Volume 51





TABLE OF CONTENTS

Restorative Justice.....	3	F.L.I.P.....	34
Mission Statement.....	4	Vienna Hanging Tough	41
Chronic Disease.....	5	7 Decisions.....	42
Lending A Hand To La Harpe.....	7	ATC Info Center.....	44
We Did It Again.....	9	Kewanee Money Team.....	47
And Another One.....	10	Letting You Go.....	51
More To Give.....	11	FLEX.....	53
My La Harpe Experience.....	12	Adventures of J-Dawg.....	56
Your Red Shirt Friends.....	14	Horoscopes.....	58
Once Again.....	16	Statewide Callout.....	61
Peer Led Showcase.....	20	Sending Us Submis- sions.....	63
Basic Music Theory Pt. 2.....	21		
Creative Writing 4.4.....	29		

OUTSIDE CONTRIBUTORS





RESTORATIVE JUSTICE

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

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

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

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



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.



LAVERNE & SHIRLEY of CHRONIC DISEASE



By: Andrew Suh

The dynamic duo of Professor Jackie Franks (Professor from Eastern Illinois University) and Shelia Greul (Geriatric Services Consultant) affectionately dubbed the **Laverne & Shirley of Chronic Disease**, came to Kewanee Life Skills Reentry Center. Their genuine



friendship is palpable as they presented a lively Q & A for the IIC of Kewanee. Their passionate commitment to bring information regarding chronic diseases to the men and women of the IDOC was evident with their personal sacrifice of their vacation time. They drove over 3 ½ hours to volunteer their time and energy to bring this program to Kewanee.

The program originates from the Self-Management Resources Center out of California. The Chronic Disease and Self-Management program has been in existence for over 50 years and its popularity has grown steadily in the State of Illinois since the mid-90s.

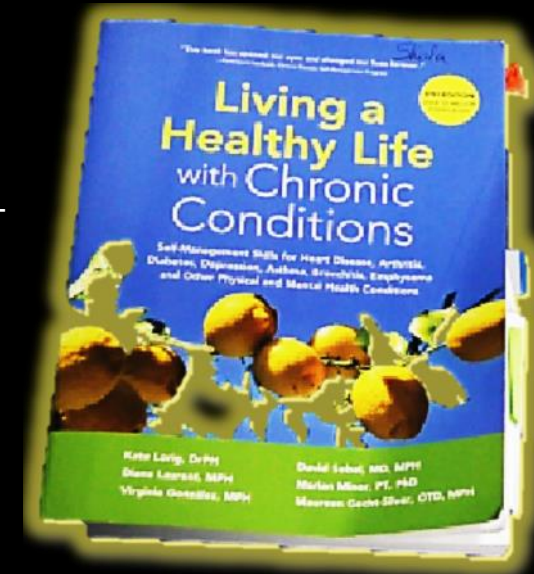
Today's preliminary Q & A segment was focused on familiarizing the individuals at KLRC on



KEWANEE HORIZONS VOL. 51 PG. 6



what this program will entail and what direction it will take. The program which has several distinct sections; **Chronic Disease Self-Management, Diabetes Self-Management, and Chronic Pain Self-Management**, will consist respectively of a 6 weeks of 2 ½ hour classes, interactive coursework with problem solving techniques and require the individuals to create a weekly action plan all, conducted through a WebX Virtual learning experience. The individuals in custody will be following curriculum from” **Living a Healthy Life with Chronic Conditions**”. Upon completion and certification in this program the individuals will be allowed to participate in a Class Leader program. The dynamic duo have plans to plant the seeds of this program here at Kewanee and allow it to ultimately become a Peer Led Group. Furthermore, certification in this program will translate to real world applications in their respective communities where they can utilize the knowledge gained in this program to assist the people in the community.



Sheila Gruel left us with these great words of wisdom regarding this program. “You have the choice to be a good self manager. You can manage your health, your life and your future. This program will give you the tools to be successful in that.”

Applications for this program will be forthcoming in the upcoming weeks, here at Kewanee Life Skills Reentry Center. As for the other men and women across the state, please be patient. **The Laverne & Shirley of CDSM** are making headway within the IDOC and hope to bring this program to your facility in the very near future.



KEWANEE HORIZONS VOL. 51 PG.7

LENDING A HAND TO LA HARPE





KEWANEE HORIZONS VOL. 51 PG. 8





WE DID IT AGAIN

By: Demario "Rio" Bolden



Yoooo.. Once again "The Team" My Red Shirt Friends was given another amazing opportunity to extend a helping hand and give back to a community in need. La Harpe was affected by a severe storm which knocked down almost every tree in their small town. We cleaned up their cemetery. Seeing all the damage the storm left behind was crazy because the wind was so

strong that it knocked over 300 pound headstones. Coming together as a whole, picking up stick by stick, branch by branch, and chopping down tree by tree, we all was indeed the message we bring, getting the job done.. La Harpe embraced us with welcoming hospitality, making sure we was well in their town. Giving back to these small towns sets one on a path to give back to his own community and put work in. I'm excited to embark on this journey of freedom and see where my path of liberation leads me to. The best feeling in the world is being free, especially after being locked up 18 years and helping the ones that's in need. One hand washes the other, both hands wash the face.. SALUTE!



AND ANOTHER ONE

By: Demilo Fox B.K.A. "Milo"



Giving back is something I love doing because I put a lot of bad karma into the universe so having a chance to do something good is a feeling that I really enjoy and I will do it over and over again. So this week we went to a small town called La Harpe, it took 2 hours to get there and when entering the town it had trees down everywhere. I never seen nothing like it. It looked like a tornado hit the town. When we made it to the church we found out that it was opened for storm aid so the community can come out to eat and receive things that they needed because the storm was that bad. It's crazy because people was telling us that it was whole trees on their homes, that's crazy. But through all that hurt they still welcomed us with open arms, they told us about the storm. Mayor Kat told us it was like winds up to 100 and something MPH, like a hurricane, she said you couldn't see anything.

But once again they showed us a lot of love so seeing and feeling that, we was ready to work and help the town out as much as we can. The place they needed help at the most was the cemetery. There were trees down everywhere. We didn't think we was gonna be able to handle all of it, but like we always do, we showed up and showed out! We cut up trees and put them on the trucks that was out there so they could take them to the burn spot.

We was out there 7 hours a day for 4 days and we got a lot done. The town couldn't believe how fast we was getting things done. We cleaned up almost that whole cemetery. The mayor of La Harpe showed us love too. Made sure we had everything we needed to get the job done. But know that she was very happy about the work we done and we was thankful to be



there in time of need. Look, when we go out to help these towns, we not doing it for us, we doing it for the people of these towns and to give back but we also doing it for ya'll. When we doing good, we making room for ya'll to do some good as well to show that we not just a number. We are people that made some mistakes but are willing are willing to change those mistakes by putting some good into the world.

MORE TO GIVE

By: Chad "Cartoon" Combs



I had the opportunity to go out and volunteer in LA HARPE, a small community that had been hit by the storm. Not knowing what to expect I knew one thing for certain... I was going to help clean up the trees that were downed due to the storm. To my surprise they helped me much more than I could have ever helped them. The LA HARPE Christen Church opened their doors to us and gave me a sense of family. The Mayor, Kat welcomed us and a man named Max worked with us throughout the week. We weren't judged by our red (work crew) shirts or felonies.

Sometimes I get in a "prison mindset" the feelings of uselessness, the feeling of being worthless. A thought may pass my mind that this is all I am ever going to be. During this past week I didn't feel that way. As I spent the majority of the time cleaning trees up in a cemetery. I would read headstones and it reminded me that this isn't my end, this isn't what has to define me. I am an overcomer and this will be over come by me. I have so much more to give. The list of those around us those five days are too numerous to list. As they all told me "Thank You" at the end, I too was saying Thank You because the help and hospitality shown to me was priceless.



MY LAHARPE EXPERIENCE

By: Robert "Big Rob" Simpson



I've been involved in a lot of volunteer work here at Kewanee. I've worked two different day release jobs. The first thing I did was worked on setting up and repairing the Christmas lights at Windmont Park here in Kewanee. The ladies and men we worked with treated us like normal people and after it was all done, the community response was crazy, they loved it. Little kids we didn't even know sent us thank you Christmas cards and it really made me feel good inside. That was the first time I ever volunteered and the first time I had that feeling inside. It was amazing! Next, I helped clear out a grocery store in Sheffield that closed due to the Covid pandemic. I worked for Ecology Solutions cleaning up interstate 80, then I went to Savanna to lay the sand bags that everyone here at Kewanee worked their butts off filling. That's the first time I really saw people come together for a purpose bigger than themselves. Savanna was before the storm prep-work, so I got to help a small town get ready for the damage to come. The guys I went to Savanna with worked together and we beasted a serioius wall of sand bags. I did experience some genuine gratitude from the people of Savanna, but I didn't get to see all our work in action and I didn't really hear if it was a success. It felt good to help them. Since Savanna, I've been working on one of the city crews and the peo-



ple in the community really are great to us and make me feel appreciated.

Now I was asked to help at a small town in the middle of nowhere, La Harpe. When we pulled up the first day the damage was crazy. There was trees down everywhere. Trees on houses, cars, and in every yard. The town looked like a war zone. The houses had roofs and siding blown everywhere. There was a trampoline on top of a house, it was crazy! That wasn't what shocked me the most though. It was when we pulled into the church parking lot and it said storm aid outside. You would think everyone would be in a mood or sad due to all the damage but everyone was smiling and just happy! The people of La Harpe are some of the nicest people I've ever met. They welcomed 10 inmates into their town with open arms and a smile on their faces. It made me want to work as hard as I could for them. We pulled into La Harpe on Wednesday and when we pulled out on Friday, we removed close to seventy thousand dollars worth of tree removal for them they said! Seeing the work we did, the smiles on their faces, 9 other guys tired in the van from busting their butts also, I felt blessed to be part of that. It was an honor to work with the Kewanee tree removal crew of 2023 LOL! Thank you Kewanee and thank you La Harpe for treating us like family.

“Be brave enough to live the life of your dreams according to your vision and purpose instead of the expectations and opinions of others.”

-Roy T. Bennett



YOUR RED SHIRT FRIENDS

By: Patrick "PK" Klein



It never ceases to amaze me the amount of love people show us when we go out into the community. On July 6th we were asked to go to the town of La Harpe, IL to help with storm damage clean-up. I was excited about the opportunity, especially after having worked in Savanna recently building sand bag walls for an approaching flood. It was an extremely rewarding experience so when I was asked to go out and help again, I jumped at the chance. I was a bit confused at first since I hadn't heard anything about extensive damage from storms recently on the news. La Harpe is about a 2 hour drive from Kewanee and the whole ride there I didn't see any damage. As we pulled into town it was pretty shocking, massive hundred year old trees were snapped in two like toothpicks everywhere. Trees were on top of everything from homes to businesses to cars, I'd never seen

anything quite like that. I was a bit nervous at first, walking into a church in the middle of this small town, a rag-tag looking bunch of guys with bright red shirts that say "INMATE" on them, but people were extremely friendly nonetheless. After the first day the people got to know us and saw how hard we worked, how dedicated we were. They really went out of their way to make us feel comfortable and welcome, it was extremely heart warming and meaningful.

The Mayor of the town, Mayor Kat, was there with us from day 1 making sure we had eve-



KEWANEE HORIZONS VOL. 51 PG. 15



rything we needed to be successful. The Emergency Coordinator, Max, was extremely knowledgeable and kind, he fit right in with us and made the work fun. The work was grueling at times, it was hot, it rained, it was dangerous at times cutting down toppled trees leaning against other trees but we were careful and smart and it all came together. It was amazing to see all the progress we made day after day and what made it all worth while was the constant “thanks!” we got from people. People thanking us at the church, people driving by and yelling “Thank you!” out their windows. It made us feel really good about what we were doing. One of the most frustrating aspects of being incarcerated is wanting to give back, wanting to pay back that debt that I owe and not having a means to do so, feeling useless.

I am extremely lucky to have opportunities to go out into the community and give back. As I write this I have 14 days left until I go home, people kept thanking me for helping them but what they don’t know is that this experience helped me more than it helped them. Being able to be out in the free world interacting with everyday people, just feeling like a normal human being is so restorative and rehabilitative as I get ready to walk out these gates and it motivates me to engage with my community and give back when I do get out. After those 5 days in La Harpe I honestly didn’t want to leave and I look forward to stopping by there again in the future. Thank you to the people of La Harpe, to the staff at Kewanee, and to the guys that I had the pleasure of working with out there! They put in some seriously hard work!

“Understand that stepping up and helping is a service that leaders provide to the world. It’s our duty to do this—in big situations and small ones. If we expect to be leaders, we must see that thankless service comes with the job. We must do what leaders do, because it’s what leaders do—not for the credit, not for the thanks, not for the recognition. It’s our duty.”

-Ryan Holiday



"Once Again"

By: Tiiyon T. Byrd

Driving to La Harpe, initially all you could see is the aftermath of a devastating storm that came through and did some real damage. All of us that were there to help knew that we had some work ahead of us, nevertheless, we were all prepared and determined to help the people of La Harpe. I don't know what it is about helping people in their time of need that gives you this extra energy and motivation, but it's truly a incredible thing. Knowing that what you're doing is actually helping people and making a difference is the greatest feeling in the world. That first day was brutal, simply because you see all this damage done due to the downed trees, and prior to beginning to do anything, you just look around and take everything in and realize that this is going to take a lot of time and hard work. The other 9 men that I went out with, we didn't play any games, we got right to it, and just started knocking the work out. I have been blessed with this second opportunity to go out and do this kind of thing, and each time has been different from the other, but it always makes me appreciate life more and view people a lot differently than what I did before. Everyone in La Harpe, (and I mean EVERYONE), are the most kind and caring people that I would say I've ever met. Every day that we worked, we had people coming up to us and telling us how much they appreciate us helping and being there.





KEWANEE HORIZONS VOL. 51 PG. 17



Little do they know, we were all appreciative of the fact that we were able to be there and help as well.

Of course being free for a few days is wonderful in itself, but again, the most rewarding thing to me is knowing that I'm helping people and doing something worthwhile. Something that I can't stop thinking about though is when people used to hear someone had to do "community service work", they'd act like it was the most horrible thing in the world. Going out and doing selfless acts is truly one of the most fulfilling things you could ever do. Some people get excited about doing things because they expect to receive something in return. What does it

for me is seeing someone smile, that's all I'll ever hope to get in return. I think that's something that we've all gotten away from in society in general, just doing selfless acts, things that impact others in the very best way and not expecting anything in return. A lot of people in the world have become selfish, which I feel has made others feel like they need to be selfish as well. I've said this a thousand times before, and I'll continue saying it, but we all need to lead by example and quit following behind what others do,

especially when we know that it isn't right. I say that specifically





because I know people who have said that they do something because other people do it, even though they know it's the wrong thing to do. Going out to La Harpe, I was able to meet even more people that have helped me see that there is still good in the world. Small town living seems to be paradise when it comes to actual "community & family" and people actually caring about one another. That's something that I know not a lot of us have ever witnessed before. I am just beyond appreciative that I've been able to do the things that I have since being here at Kewanee. One thing that I want everyone reading this to know is that I have come a very long way. When I began my 34 year sentence 13 years ago, I never would've imagined being where I am today, having accomplished all the things that I have, and being able to do things such as going outside of these prison walls to help people. Just when you think you have it bad, you find out that most people have it worse, and that's truly something that I've





KEWANEE HORIZONS VOL. 51 PG. 14



learned during doing this time. Being here at Kewanee, you're exposed to things that you wouldn't normally be in other facilities. This place is designed to properly prepare you for release, and it does in so many ways. When I began doing my time, I started behind the wall and had to work my way down. Year after year, my only focus was staying out of trouble so I can transfer somewhere that was close to my Son. Of course I had a few hiccups along the way, but God had it in his plans for me to make it through and be where I am today. I said that to say that for those of you who think that "Kewanee" isn't in your future...I once thought the same thing. The only thing that I can tell you is that things do get better when you think better, and do better. I've changed so much since I came into prison at 18 that I honestly can't even relate to who I once was. Everyone's story is different, I get that, but I encourage you all to focus on what's important to you in life and try to remain positive. I went years without ever hearing any good news or being able to do anything that was somewhat productive. What you do today most definitely affects your tomorrow, and please never forget that because it's so true. Going out to Savanna and La Harpe has been life changing for me. I have made a lot of new lifelong friends, people that I probably would've never met, but I am extremely grateful that I have. Along with that, I have an amazing story to tell my grandkids! I honestly hope that each and every one of you get to experience something like this in life, not just Kewanee, but the amazing feeling you get when you give back and help people. Please my dear Brothers & Sisters, keep your heads up and stay positive! As always, I leave you all with love and well wishes!!!

"Who you were yesterday doesn't mean that's who you are today, or will be for the rest of your life. The decisions you make today definitely affect your tomorrow, that's why you have the ability to make your own choices. Make them wisely".

-Tiiyon T. Byrd



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.



BASIC MUSIC THEORY PART 2

By: Nicholas Chittick @ Robinson C.C.

Welcome to second installment of Basic Music Theory. We'll be going over KEYS & INTERVALS, but first let's discuss the objectives of this course.

It was pointed out to me that I didn't cover a series of concepts in part I; triplets, thirty-second notes, sextuplets, $\frac{3}{4}$ time signatures (aka waltz Time) and many other basics. That's because this isn't meant as an exhaustive treatise on Music Theory. It's a primer. The goal is to provide a solid foundation upon which to build. Should you want to study the deeper concepts, this course will give you a firm grasp of the necessary fundamentals.

Let's be real, no one is going to become the next John Williams (master composer of such iconic film scores like Jaws, Star Wars, Titanic, Saving Private Ryan, Indiana Jones, the list goes on) from this simple 5 volume primer. I want to give you the rope, boots, climbing gear and survival skills you need to scale that mountain on your own if you so desire. Trust me, no one will ever know everything. The study of music is a life-long endeavor. Let's get started.

KEYS

If you've ever been around a group of musicians you've probably heard some variations of the question, "What key is that song in?" "It's in G Major," may have been the reply. But



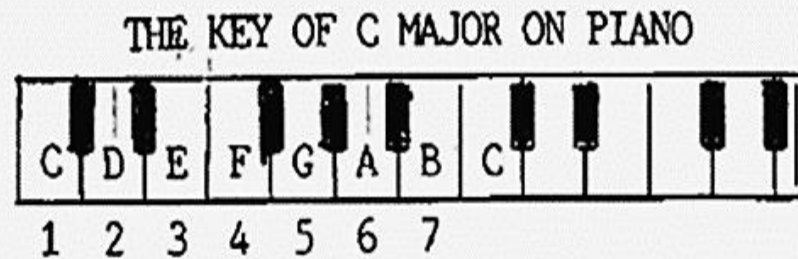
KEWANEE HORIZONS VOL. 51 PG. 22



many musicians don't really know WHAT a key is. Some have a vague idea, and others have no idea at all. Here it is:

A KEY is a series of SEVEN NOTES with a specific tonal orientation of either MAJOR or MINOR. More on the difference between Major and minor in Volume III, but for now just know that the SEVEN NOTES of a KEY are also KNOWN as DIATONIC SCALE, as opposed to the CHROMATIC SCALE we learned about last time. There are 12 notes in the CHROMATIC SCALE. Therefore, there are 12 possible KEYS. The KEYS begin with the Key of C MAJOR, which is known as the NEUTRAL KEY because it contains NO SHARPS or FLATS. The key of C MAJOR is:

Do	Re	Mi	Fa	Sol	La	Ti	Do
C	D	E	F	G	A	B	C
1	2	3	4	5	6	7	



To hear the key of C MAJOR, go to “Scalemate: Volume 6,” on your tablet if you’ve got music and play track 1, “Concert C Major Funk Fast.” While you’re there you can go to “Volume 11” and check out the Chromatic Scale, too. A bit corny, I know, but it ‘ll enable you to hear what those scales sound like. On the Key of C Major, they are simply playing the scale starting on Middle C and ascending up to the OCTAVE (8ve is the symbol for “Octave”) and then back down again, like so:

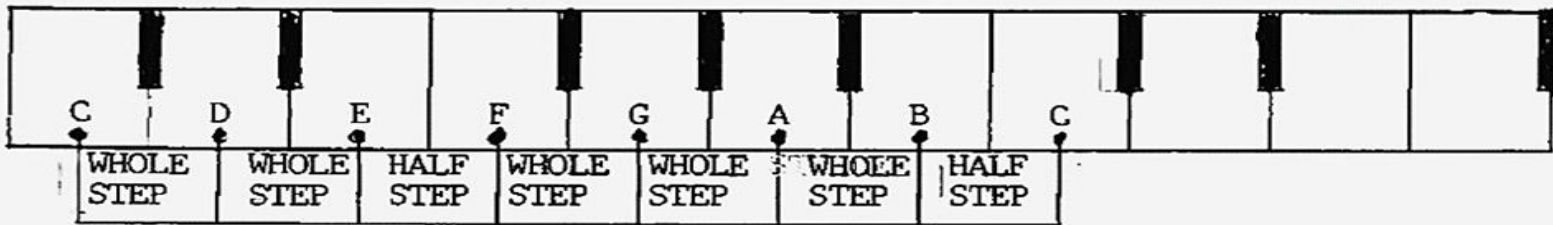


KEWANEE HORIZONS VOL. 51 PG. 23



C D E F G A B C B A G F E D C Cool...but keep practicing!
 1 2 3 4 5 6 7 8ve 7 6 5 4 3 2 1

I should point out that the WHOLE STEP/HALF STEP pattern for all Major Keys is WHOLE STEP-WHOLE STEP-HALF STEP-WHOLE STEP-WHOLE STEP-WHOLE STEP-WHOLE STEP-HALF STEP



This WHOLE-WHOLE-HALF-WHOLE-WHOLE-WHOLE-HALF pattern holds for ALL MAJOR KEYS.

The Circle of Fifths

The circle of Fifths (sometimes referred to as the "Cycle of Fifths") is the device upon which all twelve KEYS are built. Starting with the key of C Major, the Circle of Fifths works like these:

KEY OF C MAJOR
 C D E F G A B
 1 2 3 4 (5) 6 7

G is the FIFTH NOTE in the key of C Major. Thus, G MAJOR is the first SHARP KEY. There are 7 SHARP KEYS and 7 FLAT KEYS. Because of the W-W-H-W-W-W-H pattern, G Major adds a SHARP (#) note.

KEY OF G MAJOR
 G A B C D E F#
 1 2 3 4 (5) 6 7

D is the FIFTH NOTE in the key of G Major, thus D MAJOR is our next SHARP KEY in the Circle of Fifths. It adds another SHARP NOTE.

KEY OF D MAJOR
 D E F# G A B C#
 1 2 3 4 (5) 6 7

The FIFTH NOTE of D Major is A. Would you like to guess what the next SHARP KEY is? If you said A MAJOR, you're starting to get it.

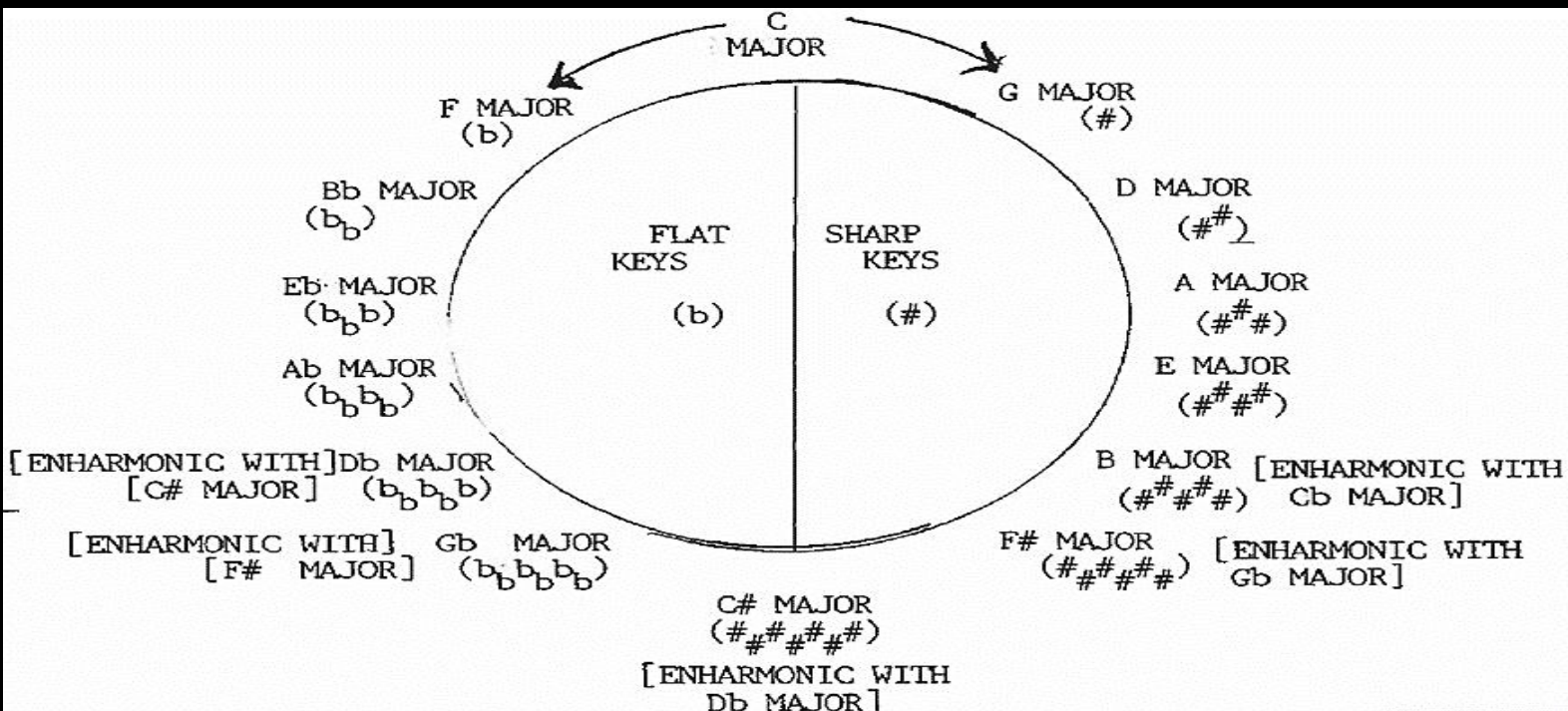


KEWANEE HORIZONS VOL. 51 PG. 24



Listen, if this is confusing to you, don't trip. You've got to give your brain time to absorb and process this stuff. It's a lot of information in a short span. The circle of Fifths is a mathy theoretical curiosity, but not totally necessary to know. For now, it's enough to understand that there are 12 KEYS to choose from.

The Circle (OR CYCLE) OF FIFTHS



So the Circle of Fifth gives us all 12 keys from which to choose. Do you remember what ENHARMONIC means? It means a note that can be called by two different names but is, in reality the same note. In the above diagram, the AKEY B MAJOR is ENHARMONIC with C FLAT MAJOR, the KEY F SHARP MAJOR is ENHARMONIC with the key of G FLAT MAJOR and the KEY of C SHARP MAJOR is ENHARMONIC with the KEY of D FLAT MAJOR.



KEWANEE HORIZONS VOL. 51 PG. 25



As far as notes go, in the key of B MAJOR it would be correct to call the note F SHARP because B MAJOR is a SHARP KEY. There are no SHARP notes in FLAT KEYS, and there are no FLAT notes in SHARP KEYS. Even though you could call F SHARP G FLAT, it wouldn't be correct to do so unless you were in a FLAT KEY such as D FLAT MAJOR. That's how you know when to call it SHARP or FLAT; it all depends what key you're in.

The following diagram is a reference for KEYS. In Volume III we'll discuss minor keys and what a RELATIVE MINOR is.

KEY	KEY SIGNATURE	RELATIVE MINOR	NOTES IN KEY
C MAJOR		A minor	C D E F G A B
G MAJOR		E minor	G A B C D E F#
D MAJOR		B minor	D E F# G A B C#
A MAJOR		F# minor	A B C# D E F# G#
E MAJOR		C# minor	E F# G# A B C# D#
B MAJOR		G# minor	B C# D# E F# G# A#
F# MAJOR		D# minor	F# G# A# B C# D# E#
C# MAJOR		A# minor	C# D# E# F# G# A# B#



KEWANEE HORIZONS VOL. 51 PG. 26



The above and below KEY SIGNATURES appear at the beginning of a piece of music. They tell you what KEY the song is in

FLAT KEYS

Every MAJOR KEY has a RELATIVE MINOR key. More on this in the next installment.

F MAJOR		D minor	←	1	F	G	A		5 ← 4 ← 3 ← 2	Bb	C	D	E
				1	2	3				4	5	6	7
Bb MAJOR		G minor		Bb	C	D			Eb	F	G	A	
				1	2	3			4	5	6	7	
Eb MAJOR		C minor		Eb	F	G			Ab	Bb	C	D	
				1	2	3			4	5	6	7	
Ab MAJOR		F minor		Ab	Bb	C			Db	Eb	F	G	
				1	2	3			4	5	6	7	
Db MAJOR		Bb minor		Db	Eb	F			Gb	Ab	Bb	C	
				1	2	3			4	5	6	7	
Gb MAJOR		Eb minor		Gb	Ab	Bb			Cb	Db	Eb	F	
				1	2	3			4	5	6	7	

INTERVALS

Now we know that there are 12 KEYS to choose from in order to make music. But what do we do with them/ How do we use those 12 keys?

We start with INTERVALS, which are the most basic units of HARMONY, INTERVALS are 2 notes played together wither simultaneously or separately. Played at he same time (simultaneously) they are called HARMONIC INTERVALS. Played one after another (separately) they are called MELODIC INTERVALS. INTERVALS that are sung are often called TWO-PART HARMONY.


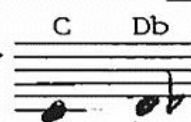
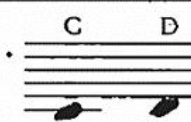
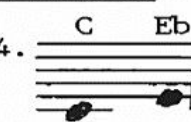
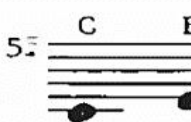
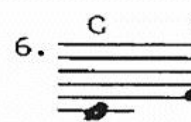





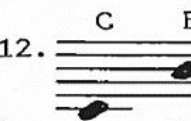

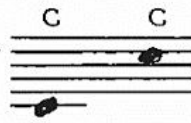
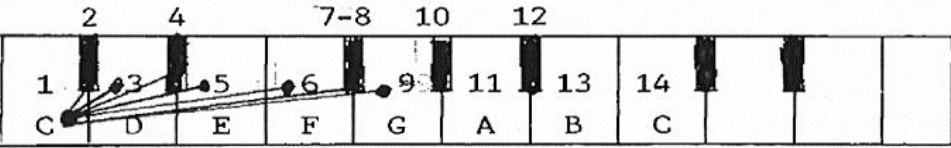
Let's use the key of C MAJOR using Middle C as our home base. We're in Treble Clef:



KEWANEE HORIZONS VOL. 51 PG. 27



UNISONS, INTERVALS & OCTAVES

<p>1.  UNISON</p>	<p>2.  minor (m 2d) second</p>	<p>3.  Major (M 2d) second</p>	<p>4.  minor (m 3d) third</p>	<p>5.  Major (M 3d) third</p>	<p>6.  Perfect (P 4th) fourth</p>
<p>7.  Augmented fourth (+4th) (AKA TRITONE)</p>	<p>8.  Diminished fifth (°5th) (AKA TRITONE)</p>	<p>9.  Perfect fifth (P 5th)</p>	<p>10.  minor (m 6th) sixth</p>	<p>11.  Major (M 6th) sixth</p>	<p>12.  minor (m 7th) seventh</p>
<p>13.  Major (M 7th) seventh</p>	<p>14.  OCTAVE (8ve)</p>				

#1 on the above chart is a UNISON. That is when two instruments (or singers) are playing the same note. You will often hear inexperienced singers in choirs singing UNISONS because it is easier than singing in harmony note.

#2 is a minor second. The aforementioned John Williams used this Interval to great effect in the lower register for the suspense-building theme from “Jaws”.

#4 & 5 are minor and Major thirds. The opening guitar riff to van Morrison’s “Brown Eyed Girl” employs thirds, both Major and Minor, in the song’s intro.

Trans Siberian Orchestra’s “Christmas/Sarajevo, 12/24” uses thirds. At .55 Guitar 1 begins playing a phrase. At .59 Guitar mimics the phrase playing thirds. Then at 1:02, the guitar begins a descending phrase as the bass and piano begin an ascending phrase creating an interesting cascade of CONTRARY MOTION INTERVALS.

#6 is a Perfect Fourth. Incidentally, they’re called PERFECT Fourths and FIFTHS because if



you take the two notes of a Fourth (C bottom, F top) and invert them (F on the bottom, C on the top) they become a Perfect Fifth, and vice versa. Anyway, the intro to Carl Thomas's "I wish" is a good example of descending Perfect Fourths, although there are TRITONES in the mix. Can you spot them?

#10 & 11 are minor and Major Sixths. The intro to "Sweet Home Chicago" on "The Blues Brothers Original Motion Picture Soundtrack" is a good example of Sixths played by Johnny Guitar" Watson.

#14 is the OCTAVE, The Black Eyed Peas used in their hit "Boom Boom Pow" back in two thousand later....I mean two thousand and eight.

For a nice example of simple two-part harmony, check out "I'll Fly Away" off of the soundtrack for "O' Brother Where Art Thou?" Just as minimal and simple as a song can get, but a great example of how harmonizing vocal lines-even if only a two part harmony-can greatly improve a song's stock. INTERVAL EXERCISE.

Look up "TUNER FOR ANY INSTRUMENTS" on your tablet. The entire CHROMATIC SCALE is on there. Put the notes in offline mode for quicker response. Holla at a homie and have him partner up for some two-part harmony.

One of yall sing the C note (DO) while the other sings the E note (MI). That's a Major Third Interval. Hear that ringing? That's how you know you're doing it right. Now try one of yall singing the C (DO) while someone sings the C (SOL). That's a PERFECT FIFTH. You are scratching the surface of TOANL HARMONY. Next time we'll go over CHORUS and Three and Four part harmony. It's about to get real.



CREATIVE WRITING 4.4

By: C.T Bashaw

SELF-PUBLISHING OPTIONS

The world of publishing has become very open and user-friendly to writers and authors around the world, mainly due to the technology of the internet, and too many self-publishing platforms provided on the web. There are far too many sites and services to list here, but I will focus on two that have been around for a more than a decade. (**Note:** I am in no manner endorsing these companies, nor am I receiving any paid endorsement from said companies. I am merely providing the information I have so that you may make the best-informed decision you can based on this information.)

Amazon-Kindle Direct Publishing- KDP for short, this is Amazon's book publishing platform that can be used to publish e-books and hardcopies around the world. Uploading your book is relatively easy on this platform and they offer tech assistance if you run into any problems. The platform requires that your book be completely formatted in ePub file for Kindle eBook or a PDF for paperback/hardcover options; that you provide keywords chosen for KDP and a categories list researched with PublisherRocket; and an ISBN purchased through Boeker.com



(Amazon will provide ASINs free of charge for paperback or hardcover versions if you're on a budget).

You can format the look of the book here, or you can preformat with formatting programs such as Atticus (www.atticus.io) or by hiring a professional formatter. Kindlepreneur.com offers free formatting templates for downloading as well. You will also need to establish a KDP account at kdp.amazon.com. They offer eBook, paperback, and hardcover options for printing, and if you have a series of books they have a series page to collect all your titles together. The platform also has several features for you to use during and after the publishing process, like a *Bookshelf* to manage all things related to your book; a *Reports Tab* to track your book sales, royalties, and sales history; a *Community Tab* to connect with other Amazon published and self-published authors; and a *Marketing Tab* that gives full access to Amazon's marketing and advertising resources.

You decide the title of your book, write the book's description, design its cover (if you have a photo or image, you can download it to the site in JPEG format), and decide on one of two publishing date options (*immediately* or *pre-order for eBooks only*). For paperback and hardcover versions you can choose the print size and paper finish (*matte* or *glossy*), upload pictures and/or photos, upload your cover in PDF format, and preview your book and your print cost before printing or shipping.

Pricing your book depends upon format type. They offer two royalty options to choose from: 35% and 70%. If you price your book below \$2.99, you *must* choose the 35% option. Between \$2.99 and \$9.99, you are paid 70% of the sale of your book. Over \$9.99, it drops back to 35%. The average range is between \$5.99 and \$7.99. Paperback and hardcovers are priced based on printing costs. Most books that are text only, printed in b&w, and range from 120-125 pages, are about \$9.99 to \$14.99.

KDP also offers a few prime programs for free as well, like Kindle Deals, Prime Reading—and KDP Select which allows Amazon to sell your eBook exclusively for 90 days, gives you access to all their promotional tools, and an opportunity to earn higher royalties



(paperbacks and hardcovers, however, can still be sold elsewhere while under KDP Select). TheBookDesigner.com has detailed instructions on how to use KDP. You can log on to KDP at www.amazonkindledirectpublishing.com

Elite Authors- This is a book formatting site that offers a wide range of services to self-publishing writers. Some of their services include *Ghostwriting*, where they will partner you with the right Elite writer for your voice, style, personality, and vision for your book. They specialize in nonfiction, business, memoirs, self-help, and how-to guides. *Book Editing* packages range from proofreading to developmental editing services, much the same as traditional publishing houses offer their authors. *Book Cover Design* packages offer designing by award-winning professional graphic designers, both in eBook and print options. *Book Marketing* services work directly with publishers, including Kindle Direct Publishing. *Book Trailers* provide movie-quality video trailers designed specifically for your book and genre; these are created with music, text, images of your characters or settings, complete with audio and special effects that are posted on blogs and websites like Facebook, Twitter, Instagram, Goodreads, and even YouTube. *Book Formatting* packages have professional interior layout designers who specialize in decorative accents, fonts, chapter and paragraph styles, picture and photo designs, as well as chart and graph design—all done on ePub, MOBI, or PDF files for your specific needs, and in a quick, ten-day turnaround. You can find this formatting service at www.eliteauthors.com

An Important Note About Vanity Presses

Apart from the companies in the last few articles, not every company out there is reputable and have your best interests in mind. Vanity presses are publishing companies that charge you a fee to publish your book, and do nothing to market or professionally edit it. Be wary of any company that wants you to pay them to publish your story.



COPYRIGHTS

Copyrights can be obtained through the US Library of Congress by snail mail or online. They have four different types of copyright categories to apply for depending upon the type of medium you are seeking to protect.

Performing Arts (PA form)

This form registers all works such as movies, audiotapes, training films and multimedia products that feature a graphical user interface. Online filing is between \$35.00 up to \$85.00. Paper filing is about \$125.00 and takes up to a year to officially register.

Sound Recordings (SR form)

This form registers published and unpublished sound recordings. Paper filing is discouraged, online filing is preferred. Fee is between \$55.00 and \$85.00 for a series of up to nine (9) audio recordings.

Text (TX form)

All works classified as Literary and Non-Dramatic such as books, poems, computer programs and documentation, essays, and articles. Filing fee ranges between \$55.00 up to \$85.00 online, and \$125.00 for paper filing.

Visual Arts (VA form)

This form registers all sculptural or graphic works, such as paintings, photographs, and designs. Filing fee ranges from \$55.00 up to \$85.00 online, and \$125.00 for paper filing, of up to nine (9) works in a series.

The duration of **all** copyright forms is the lifetime of the author plus 70 years past the au-



thors' life, unless renewed.

All fee prices are as of January 1, 2023.

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www.loc.gov/copyright

I hope this series of articles on creative writing has been both informative and inspiring to those who wish to pen their dreams into reality. Thanks for reading, and remember you are limited *only* by your imagination!

“If life is a video game, the graphics are great, but the plot is confusing and the tutorial is way too long.”

-Elon Musk



F.L.I.P.

(FLIPPING HOUSES 101)



By: Brian Lehnert

Have you ever thought about flipping houses either as a full time job, real estate investor, or just a side hustle? It can be a great way to make money, or it can lead you to the poor house. Depending on your skill set, your network, or your go getter attitude, the sky's the limit in this business venture. There's not always a simple answer such as steps 1, 2, 3. Every house, in every situation is different, it all depends on the neighborhood, and what work the house needs done. You might have a few touch ups, such as a new coat of paint, or a full-tear down re-model, where you need to start fresh, demo everything, and create a brand new masterpiece. Key mistakes novice real estate investors make is underestimating the time and





money it takes to complete the process. Also many real estate investors overestimate their skill set and knowledge, leading to shortfalls that could send you straight to the poor house. Flipping houses is a business that requires knowledge, planning, and savvy to be successful.

The more you're prepared for your first F.L.I.P, the more likely you are to profit. Beginners will need to start with building their knowledge of neighborhoods, learning about home repairs & renovations, and networking with investors, contractors, and designers. Having a real estate agent on your team can be a huge advantage. They can find you the best deals, foreclosures, and use their network as well.

Many professional house flippers are real estate agents. You should be comfortable with the process of buying and selling a home, and the juggling it requires. There are 4 classes real estate agents use for neighborhoods that you need to know. From class A-D.

- Class A- these neighborhoods are at the top of the market, and have the highest price.
- Class B & C- are middle class & working class neighborhoods.
- Class D- these are the poorest areas.

For your first F.L.I.P, choose Class B or C because their more affordable and move faster than the high end homes in Class A, and also come with the problems of homes in Class D.

There are 5 steps to successfully flipping a house, (outside) of the normal procedure:

#1 Research the Market- Do all the research about the area you want to invest in, such as is it close to a school? Is it an upcoming neighborhood that people want to live in?

#2 Secure You're Finances- purchase the property in cash if you can, that's the best way, that way you don't add interest before you even make a profit, or pool money with friends or fami-



ly, or find investors who also want to make money with you. You can go on a website called FundThatFlip.com to find investors. Whatever you have to do to secure the finances without owing too much in the end, or losing money.

#3 Make Smart Investments- Know what you're going to need to spend, and don't delay, time is money, and if you spend your money and time wrong, it WILL be costly.

#4 Find A House To Buy- After you've researched the market, secured the financing, and are confident you're going to make a smart investment, make an offer on a house, and pounce on it.

#5 Sell For A Profit- Once the repairs and remodeling are done, it's time to sell the house and reap a paycheck for all your hard work.

Financing Your F.L.I.P's

Where do you find the \$ to finance your flips? Here are a few sources:

- Your own savings
- Home equity loan or line of credit (on your current home)
- Bank loan (you'll need cash for a down payment)
- Personal loans from friends or family
- 401 K or your retirement savings
- Government loan (if you're buying from a government program)
- Hard money loan (from investors)
- Your neighborhood loan shark



Kitchens

Add new cabinets
Replace the appliances
Install backsplash
Retile the floors or put hardwood
Install a new island
New granite countertops
Re-Paint

Bathrooms

New tile on the floor
New vanity & sink
Re-do the shower
New shower heads
Plumbing

Master bedroom

New carpet
New big closet
Re-do master bathroom/
Re-Paint

Bedrooms

Re-Paint
New carpet
Closet space
Baseboard

Living room

New wood floors
Re-Paint
New windows
Closets
Baseboard

Basement

Carpet or wood floor
Re-Paint
Laundry room
Plumbing
Storage space



Whenever possible use other people's money (OPM) and put the investment property as collateral to secure the loan. This offers you more opportunities to invest in properties you otherwise could not afford, and shield your assets (such as the home you live in or your retirement savings).

What steps do you need to take for remodeling?

There are so many things you can do in a house to make it better. Depending on the condition of the house, you might need to do little or you might need to do a lot. Kitchens and bathrooms are the #1 selling point of a home. Also, the master bedroom. Fully complete basements are great as well.

Every house will be different; this may not even need to be done in some, more in others. Sometimes, you need to demo the whole house, which means tearing down all the drywall, cabinets, windows, carpets, floor tiles and installing brand new everything.

Here is a list of things you will need to do the minimum on:

- Fix or replace whatever is broken
- Clean everything thoroughly
- Repaint the interior walls (all white or gray)
- Install new wall-to-wall carpeting where it makes sense to carpet
- Replace all light switches and outlet covers
- Replace all register covers if they look worn out
- Spruce up the landscaping



The idea is to freshen up the house and give it a nice, clean manicured appearance. You want the house to be in “Move-In-Condition” and up to market standards.

You must estimate and account for a lot of factors when looking for a house to F.L.I.P. Experienced house flippers abide by a 70% rule to determine if a house is a good investment. To calculate the 70% rule, follow these 4 steps:

- Estimate the houses after-repair value (ARV) – Determine what you could sell the house for after repairing and renovating it.
- Estimate the cost of the necessary repairs- Does the home need a new furnace, roof, appliances? Is the kitchen cabinetry outdated and damaged? When you evaluate the home, be aware of everything that will need to be repaired, and make an accurate estimate for the cost.
- Take 70% of the (ARV) and subtract the cost of repairs- for example, say a house’s ARV is \$200,000. Multiply that by 0.7 to get 70%, or \$140,000. Now take that \$140,000 and subtract the cost of repairs. For example, we’ll say total repairs and renovations cost \$30,000.
- Use the result to determine the maximum you should pay for a house- if 70% of your ARV is \$140,000 and it costs \$30,000 to complete the repairs, you shouldn’t pay more than \$110,000 for the house.

Remember, taking on a house flip, is a long and daunting task, on T.V. it looks real easy, but it can take as long as 4-6 months or even longer. Doing it right and not rushing through it and skipping steps is invaluable. Your reputation is the most important thing you should consider when doing any business. There are several ways to do it, it’s how you want to do it.



Do you want to be the guy who finds and sells the properties with little of your own hard work involved and make the most \$\$? Or do you want to be the general contractor who subs the jobs out to all the specialists and takes a piece of everything, or do you want to be the subcontractor who only comes in to demo the house, paint the house, or install the new floors & carpet, and make \$15-\$45 an hour, or do you want this to be your side job, one house at a time, and do all the work yourself and make a nice profit, after a long time. Either way, if done right, the flipping game could be profitable. Good Luck in your future Ventures, and I hope F.L.I.P has helped you at least a little bit.

A Special Thanks to Real Estate Joe for contributing his Expertise to this article and all his input into the real estate market.

**“Live as if you were to die tomorrow.
Learn as if you were to live forever.”
-Mahatma Gandhi**



Hanging Tough

KH threw out the challenge a few months back for the Hanging Tough challenge! We wanted to see who at each facility could do a free hang from a bar form the longest. Vienna CC answered the call!

Mr. Parish Whitters (pictured to the right) won their competition with a time of 2 minutes and 16 seconds! Congratulation!



Final standings at Vienna:

Whitters P. —2 minutes 16 seconds

Madrid G.—2 minutes 5 seconds

Williams P.—1 minute 59 seconds

Matthews R.—1 minute 57 seconds

Gayne K.—1 minute 41 seconds





"7 DECISIONS" SERIES

Decision 2: The Guided Decision

I Will Seek Wisdom.

Knowing that wisdom waits to be gathered, I will actively search her out. My past can never be changed, but I can change the future by changing my actions today. I will change my actions today! I will train my eyes and ears to listen to books and recordings that bring about positive changes in my personal relationships and a greater understanding of my fellow man. No longer will I bombard my mind with materials that feed my doubts and fears. I will read and listen only to that which increases my belief in myself and my future.

I will seek wisdom. I will choose my friends with care. I am who my friends are. I speak their language, and I wear their clothes. I share their opinions and their habits. From this moment forward, I will choose to associate with people whose lives and lifestyles I admire. If I associate with chickens, I will learn to scratch at the ground and squabble over crumbs. If I associate with eagles, I will learn to soar great heights. I am an eagle. It is my destiny to fly.



I will seek wisdom. I will listen to the counsel of wise men. The words of a wise man are like raindrops on dry ground. They are precious and quickly used for immediate results. Only the blade of grass that catches a raindrop will prosper and grow. The person who ignores wise counsel is like the blade of grass untouched by the rain - soon to wither and die. When I counsel with myself, I can only make decisions according to what I already know. By counseling with a wise man, I add his knowledge and experience to my own and dramatically increase my success.

I will seek wisdom. I will be a servant to others. A wise man will cultivate a servant's spirit, for that particular attribute attracts people like no other. As I humbly serve others, their wisdom will be freely shared with me. Often, the person who develops a servant's spirit becomes wealthy beyond measure. Many times, a servant has the ear of the king, and a humble servant becomes king for he is the popular choice of the people. He who serves the most grows the fastest.

I will become a humble servant. I will not look for someone to open my door - I will look to open the door for someone. I will not be distressed when no one is available to help me - I will be excited when I am able to help.

I will be a servant to others. I will listen to the wise counsel of men. I will choose my friends with care.

I WILL SEEK WISDOM.



A.T.C. INFO CENTER

We know that many across the state have questions when it comes to Work Release/ATC. However, many times our questions go unanswered prior to transitioning to A.T.C. So, we here at Kewanee Horizons will do our best to disseminate information to our fellow I.I.C. who are considering transferring to an A.T.C.

Disclaimer: The information that we are providing comes from a orientation manual from Crossroads Adult Transition Center. With that in mind, things are subject to change. We are in the process of trying to obtain relevant information from the other Centers, North Lawndale & Peoria. We value and appreciate your patience.

Within 24 hours of arrival to the Center, each resident will complete Initial Intake. The Intake process consists of the resident receiving: a new picture identification card, Resident Handbook & Orientation Manual, and bed linen. The resident's personal property is inventoried, and he is also provided with an explanation of house rules and emergency procedures. Residents will be held financially responsible for damaged or loss property (i.e. blankets, sheets, and pillowcases) issued by Crossroads ATC. Each resident is required to sign forms



stating that he has completed the initial intake process and that he has received a Resident Handbook & Orientation Manual. Each resident must also sign a maintenance Agreement and a form requiring the submission of all earned income.

Additionally, each resident will complete a visiting list. Residents are given a seven-day grace period to gather accurate information about their desired visitors (i.e. address, home telephone number, etc.). During the grace period residents are allowed to receive visits from individuals not on their visiting list. However, after the resident's seventh day in the center, the names of all visitors must appear on the resident's visiting list, which must be approved by his case manager. The resident will also be assigned a Case Manager upon arrival. (There will be additional information regarding visiting procedures in future articles)

All residents will remain in orientation for a minimum of 30 calendar days. During this period, the resident's assigned Case Manager will work in conjunction with other program staff to assist residents as they attempt to identify and address all their immediate needs. As part of the orientation process, all residents must complete modules which include but are not limited to comprehensive case management orientation, a pre-employment training program, Safer Intake, and an educational forum regarding HIV and other sexually transmitted diseases. Other informational sessions are offered to address issues such as parenting, anger management, drug education, Crossroads ATC financial procedures, and interacting with law enforcement officials. It is the resident's responsibility to participate in and complete orientation in order to be promoted through the Level system.

During the orientation period the resident will be asked to complete several assessments and evaluation instruments in both group and individual sessions. These assessments are conducted so that staff can better identify specific areas of need unique to each resident. Residents are also encouraged to begin the goal setting process. Thus, within 14 days of arrival, a



Case Manager will meet with the resident to complete an Individual Program Contract, which the Program Manager on his/her designee must approve.

Upon arrival to the center, movement for all residents is restricted to the building for the first seven days. Thereafter, throughout the orientation process, the resident is eligible to obtain a social security card and State of Illinois identification card. All residents are required to obtain a state identification card that reflects that his current address is 3210 W. Arthington Street.

Both the identification and social security cards are required prior to securing employment in the community. If a resident needs assistance securing a social security card, he must first obtain a current state identification card. Immediately upon the completion of the **entire** 30-day orientation process, residents may seek employment and/or enroll in an educational/vocational program. The resident may seek employment on his own or use the services of Safer's Employment Specialists. However, if a resident doesn't have a high school diploma or a GED they **must** attend the GED program at Crossroads before starting work.

Again, the information that we are providing comes from a orientation manual from Crossroads Adult Transition Center and things may be different when you arrive.

PLEASE REMEMBER: that we are only providing you with the information that we have at our disposal. If and when things change, and we become aware of said change, we will provide you with that information in the very next volume.



THE HORIZONS MONEY TEAM

By: Timothy "Timzale" Alexander

Greetings Everyone: Today we will talk about investing for the future in certain opportunities. We all need to understand that time is not on our side first: for now, Some of us who have been incarcerated for a long amount of time, looking at this situation from an intelligent Investors point of view, We've missed out on using time to our advantage by investing while we were younger and allowing the compound interest to push our finances upward over the years , for some of us this process has happened, for them by taking certain steps before coming into this situation we find ourselves in at this time. We may be late to the party, but we can still enjoy our last year's with a good mind and the comfort of knowing we made or are about to make some great moves to benefit our family as well as ourselves. The first priority is to get life insurance on you and your love ones. This simple move will allow for them to use these funds to get ahead in the push upward into **Financial Freedom**. After buying a policy that gives you the satisfaction you are seeking, the next step needs to be starting a trust in a Fund. Personal-



ly, I like the Index Fund for a few reasons which I will explain shortly.

First, after you start this fund you should get a last will and testament on **Legal Zoom** to make it law that some of the money is to be placed into that **Index Fund, Mutual Fund or Hedge Fund** for your family to use in 30 years from the time of your death. Also, make sure your loved ones repeat this process with other family members until the index fund has grown enough to buy everyone in the family life insurance, pay off mortgages and even send family members to college. Make sure you place this fund in a trust with stipulations to buy more insurance for the next generations before they become teens if they don't already have insurance. The biggest difference besides you stating that this index fund should be placed in a trust and repeated with others in your family, will be the range of funds that are invested. You should make it a specific amount or place it at a cost of living plus an extra 10% to be added from the other family member's policies. You can choose one of three ways to increase this wealth building process; they are 1) Hedge Funds, 2) Mutual Funds and 3) Index Funds.

Now let me explain a little about these three options. A Hedge Fund is a private fund available only to high-net worth investor. In this option the managers have complete flexibility to bet on both directions of the market (up or down). They charge hefty management fees (typically 2%) and share in the profits (typically 20% of profits goes to the managers). A Mutual Fund is a public fund available to anyone. In most cases, they are actively managed by a team who assembles a portfolio of stocks, bonds, or other assets and continually trades their holdings in hopes to beat the "market over and over for 25 years"- something that is harder to do than winning the lottery. An Index Fund is also a public fund but requires no "active" managers. The Index Fund simply owns all the stocks in the Index (for example, they would own all 500 stocks in the S&P500 Index; I would ask that you investigate before you commit to this



process. Once you have done your research you must look at the fees that your love ones will pay to be in one of the three funds. If you overpay just 1% a year, it will cost your family 10 years' worth of retirement income, so the simplest yet most important rule is this: **Fees matter.** You wouldn't want your family to get taken to the cleaners by being over charged and getting underperformance from a fund manager so be sure to do your homework on these options. (I will say the Index Fund is the best for far less, but that's what works for me). This is just one of the ways that we'll be discussing Intelligent Investing and we will keep giving out ways to receive rewards while we're on our way to **Financial Freedom.**

The market is seeing the push that the reports from the pros said would come in the second half of this year into early next year. This first half of 2023 has really been better than they (the pros) expected. Now we know that it's true that nobody can predict the market. We just have to stay cool, bear with the bad and enjoy the good days because as long as we stay in the market we'll always benefit on the best days no matter what. As of now, the **DOW** is up for the year by **3.8%YTD**; the **S&P500** is up by **16%YTD** for the year; the **NASDAQ** is up **32%YTD** for the year; and, the **Russell** is up by **10%YTD** for the year. This is why we study the market with the list of 6 stocks we asked you to pick and track for two earnings period before investing in the market as well as read the books recommended for greater understanding. This will allow you the ability to give sound explanations to those interested in the market. Even more, it will allow you the opportunity to gain a better understanding on how others use their knowledge to form strategies you can use to acquire unbelievable gains or turnarounds while staying relaxed and invested in the **Greatest Wealth Building** tool in the history of the world- the **USA** stock market. I received this knowledge from a book called "**UNSHAKEABLE**" by **Tony Robbins**. This book gives some much needed insight on how to stay clam when the



KEWANEE HORIZONS VOL. 51 PG. 50



market is being the market- going through a correction, how that when we do our research we find the best outcome for our future, the understanding of funds and why we need them, along with a host of information on other parts of investing.

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

Letting You Go

By: Evelyn Jackson

I never thought I'd have to let you go one day. I carried you for eight months...you are a part of me. I thought by letting you go, I'd have to let myself go which is the total opposite. When I first saw you, I fell in love with those big, handsome eyes. I watched you sleep peacefully; I never wanted you out of my eyesight. I made promises to be the best mother I could, to never leave your side, to protect you, to love you, and to teach you everything. It only took 11 months into your life for me to break all those promises...that was the day I got arrested. All that aside, 17 years into your life, you fulfilled every promise you made: you did well in school, stayed out of the street life, played football and ran track to the best of your ability, and you loved as well as respected me despite my being in prison your whole life. I'm sure you're smiling down on me today.

Seven years after your death, you've taught me how to fulfill all of my promises. Although losing you crushed my entire existence on this earth, loving you helped me to regain it. I will forever be your voice and speak your name. I refuse to allow you to be just another innocent young black man lost to gun violence. Yes, your killer is serving his sentence but that's not the end of your story nor anyone else's that's been a victim of gun violence.



KEWANEE HORIZONS VOL. 51 PG. 52



I realized that in order for you to rest peacefully in Paradise, I had to release you to our Maker. I know you're in Paradise with our family that has gone both before and after you. My love only grows stronger each time I say your name. You will forever remain a part of me. Long live Lil D!!!





FLEX

By Warnsing



I was recently at the store with my daughter doing some shopping to get ready for the new school year. As we were walking through the store and discussing the upcoming school year, my daughter caught me look down at my left wrist where a “normal” person would have a watch. On this day I was not wearing a watch, so she called me out on looking silly. She asked “dad, what are you looking at your wrist?” I replied that I was concerned about the time and was looking for my watch but forgot that I was not wearing it. She then asked, why I was not wearing my watch. So I went an explanation that I had purchased an inexpensive sports watch a few years ago to watch my blood pressure, steps and sleep and I was under the impression that it was water proof. Then I told the story about how I accidentally wore my watch one morning and got into my morning ice bath and forgot to take it off. I said something like “how do I expect a \$35 dollar watch to last 16 minutes in the ice bath.”

With that my daughter started laughing at me in the middle of the store. I took a



double glance at her and asked what was so funny. She made a statement that hit me hard and really made me think. She said, “Dad, is that your attempt at a humble flex?!?” She expanded that she found it amusing that in the story I told about my watch breaking that I specified that I was in the ice bath with the watch on for 16 minutes. I could have just said it was broke. She was right though, by mentioning the 16 minutes, I was “flexing”!

I didn’t even really think of it as a flex at first, but yes I’m “proud” of the fact that I’ve developed the discipline where I am able to submerge myself in ice cold water for a long duration. I won’t go into the benefits of it here because I want to focus on “flexing”.

Flexing as defined by urban dictionary is “to show off in a non humble way”. Since that day with my daughter I’ve been thinking about the act of “flexing”. Over the last few months I have been joking with an individual here at Kewanee because in every picture we get of him here at the facility , he always make it into a gun show by flexing. The first time I joked with him, I saw him walking down the school hallway and went out of my way to walk over and reintroduce myself. He gave me a very odd look and was like “Warnsing, I’ve been here forever, you know who I am?” I replied with “I’m sorry, I didn’t recognize you, you weren’t flex-



ing!” I’ve joked about the flex but I’ve had some new thoughts on it. Like in the case of this guy, it is obvious that he has taken some time to seriously work in the gym on the size of arms. And has had great success with it, so why not be proud of it and flex.

I feel that a flex where you are showing your pride in something you have worked on is a positive thing. You shouldn’t be trying to show that you are better than someone else but celebrating your accomplishments whether they are physical or mental. Whether you have worked on them in the gym, in the classroom, in the kitchen, whether it is a feat of strength, intelligence, creativity, dedication, discipline, etc, these are accomplishments to be proud of. Flex your GED, flex your associates degree, flex your bench PR, flex your latest painting. By flexing your accomplishment, you give permission to others to try and flex their best!

Speaking of Flex! These guys were the winners of the Juneteenth Basketball tournament here at Kewanee! Great job!





ADVENTURES OF J DAWG





Outside together

FREE!

Sept. 9th Gary Comer Youth Center
 Max 11 to 3:30 p.m. 7001 S. Halsted Ave.

a celebration for family and loved ones of people *inside Illinois prisons.*

- FOOD
- GAMES
- FAMILY PHOTOS
- GIVEAWAYS
- RESOURCES
- LIVE DJ
- ACTIVITIES
- and more!

WBEZ CHICAGO  **GARY COMER YOUTH CENTER**





HOROSCOPES



Aries: Make your presence felt and command attention and you'll enlist the help of qualified people. Love and romance are favored, and personal improvement is apparent.

Translation: It's time to step up and get your house in order, write that Clemency Petition and shop it around. It's your future, make it happen.



Taurus: Don't underestimate the extent of a job or let anger set you back.. The simpler your plans, the easier it will be to get others on board. Home improvements or expenses must remain within budget.

Translation: Quit trippin on your line leader at work. Its only a kitchen job. Eat, clean, and fake it till you make it. \$28.80 is a thing.



Gemini: Step up and use your talents to get ahead of the competition. Face a challenge head-on, and refuse to let anyone take charge or interfere with your progress. Dominate the stage.

Translation: You need to submit your latest piece to the Kewanee Horizons. It's your time to shine.



Leo: Put your heart, not your cash, into whatever you pursue, and something good will transpire. Forming a partnership or getting help from someone with skills you lack will be crucial

Translation: You can't buy their love, so grab that pen and make them that card and see what happens next. They'll love it.



KEWANEE HORIZONS VOL. 51 PG. 54



Virgo: An open mind will lead to information that inspires you to go after your dreams. A change of attitude or direction looks promising if you stick to a budget. Don't let anyone talk you into anything.

Translation: When your celly says lets go half on that meal tell him you just gone done doin cardio on the yard...it ain't gonna happen.



Libra: Participate in something that will help increase your awareness or qualifications. What you learn will distinguish you from your rivals. Don't underestimate a situation.

Translation: You only have a few more tests with Blaskstone so get it goin and get that certificate.



Scorpio: Attend an event that brings you in contact with people who share similar interests. Control your emotions when discussing life-style changes or where or how you live. Listen to your intuition.

Translation: It's Church night, get it together and dust off that bible. Read something that will change your life.



Sagittarius: Conversations will lead to confusion. Don't hesitate to ask questions and verify information you receive. Adjust anything that doesn't fit your agenda.

Translation: No need to talk about it just be about it. It is time to just do you. As they say if it don't fit you must acquit.



Capricorn: Limit your spending, and say no to temptation. Look for an alternative way to make your money grow. Build your equity and make cost-efficient changes. Get involved in activities.

Translation: You really don't need to buy those honeybuns. Instead work on your card making skills.



Aquarius: Take a deep breath and revisit your options. Be responsible for your happiness, and you'll figure out how to improve. Life is too short to put up with outside interference.

Translation: Write your counselor, you're already on the wait list for that program. Stop trippin, you gonna get in.



Pisces: Simplify your life and cast your fate to the wind. Eliminate temptation and those who make your life miserable. Taking charge of your happiness will lower stress and motivate you.

Translation: It's time to say adios to that pen pal, they're starting to get a bit needy. No Bueno. Just say no.



Cancer: For help, contact an expert or someone reliable. Once you assess what's needed to reach your goal, you'll find it easy to put a plan in place that meets your criteria.

Translation: That thing you don't want to talk about, put in for sick call you need to have it looked at!

STATEWIDE CALL OUT



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



STATEWIDE CALL OUT



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





MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

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2021 Kentville Rd.

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

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



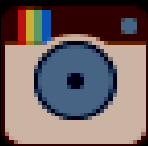
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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AND SHARE IT TO THEIR SOCIAL MEDIA WITH THE HASHTAG:**

#KEWANEE HORIZONS

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