

KEWANEE HORIZONS

VOLUME 56





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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.**

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.





LADIES...

This is a specific call out to all of our sisters within the walls of IDOC. KH and the rest of the state want to hear your voices. You are our sisters, our mothers, our aunts, our grandmothers, and our daughters...your stories are essential for the longevity of this ongoing process.

You have been silent for way too long. Share with us; your words of wisdom, your poetry and your artistic creations. Allow us to provide a spotlight for your unique voices. We hope that through your submissions it provides inspiration to others to do better and be better.

ALL
OUT
CALL
OUT





POSITIVE SOUTHSIDE

By: KH & Nicholas Crayton

Granted I haven't been on the Southside of Chicago in over 25 years, the tales of the happenings there always remained the same when I heard them. All I heard about was the violence, the drug selling, and all the other negative stories that come along with impoverished neighborhoods. I find it nearly impossible to find something that shines a positive light on the areas from the "Low" to the "100's." That was until we were visited by one of our own, our brother, Nicholas Crayton.

Mr. Crayton returned to Kewanee for the Defy Kickoff and not only was he a visitor, he was an inspiration. He was now employed by the same non-profit company he was once a student of. I'm quite sure that you've read that article already so I won't go through all the details of that again. However, I will give you something now that I didn't give you then, Nicholas spoke highly of the Southside and the happenings there. Don't get me wrong all that ails the Southside have not been cured but steps are being taken for that process to move forward.

One of the main things that was mentioned that plagued the Southside is the way things are reported by the media...the negativity highlights every outlet while the positivity never sees the light of day. That said, I'm glad that with the assistance of our brother,



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Nicholas, we at Kewanee Horizons are glad to bring some of that positivity to your screen.

Don't take my word for it, here it is in the words of Mr. Crayton himself...

It amazes me that there is so much news that covers the violence, the distortion, and the pain that happens within the city of Chicago but never the good things that happen. We have so many events that happen daily that never receive press coverage even when we invite the media. I want for you to know the truth about things that are happening out here and why?

I also work for **Phalanx Family services** on the south side of Chicago and we host events all summer long and have massive giveaways. When I tell you that this place gives away so much stuff, I know because I have to unload it all. We are out here obviously in the rain or snow. I cannot tell you the amount of energy that you feel when you see the faces of people that you are directly helping. And this is just one of the major events that was going on around the city that day. There are many communities that are supporting their areas and having fun. Don't always listen to the people that want you to believe that these places are cesspools, because there is a lot of good that is happening but the question is, "What will you do?"

Are you going to come home and continue to be a plague, a blight, or will you choose to breathe life back into these areas that require it? I have found that if you



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spend the time solving the problem before you complain about it, you usually find that the complaint is either non-existent or just requires some effort to solve.

Touch Gift Foundation is another foundation that I have been allowed to be graced with to do food and clothing support to the homeless. These places also support Justice impacted people. **You cannot just walk up into these places but you can go online and fill out applications for services, or be referred.**

Understand that everything out here is a matter of choice, no longer do you hold excuses for why you cannot achieve something because there will always be problems, but your response and effectiveness will be predicated upon who you choose to be and how you will narrate your story.

THE ONLY LIMIT TO OUR REALIZATION
OF TOMORROW WILL BE OUR DOUBTS
OF TODAY.

- FRANKLIN D. ROOSEVELT







GOOD THINGS IN GRAHAM



PROVIDED BY IICs @ GRAHAM C.C.

We would like to take this time to highlight the great work that is going on with the Graham Correctional Industries under the guidance of Superintendent George V. Bowen, Supervisor Derek Fournier, and Lead Worker Steve Bell.

Currently there are (27) individuals in custody enrolled in the program most working in the 3 major departments; Mattress Department, Upholstery, Furniture Shop and other various areas within the shop. Graham Correctional Industries has several apprenticeships available that are registered through the U.S. Department of Labor that range from 2 year to 4 year programs such as Cabinet Maker, Furniture Finisher, Furniture Upholsterer, Office Manager, CNC Precision Machinist, Machine Set – Up Operator, Mechanical Draftsman and, Machine Engraver (Laser Engraver) these apprenticeships require the taking of a rigorous curriculum along with real time hands on training, all individuals in the shop are required to take Tech Math. Graham Industries also over sees the State Garage with (6) individuals working, Garden / Horticulture (8) individuals working and Recycling with (5) individuals working

Graham Correctional Industries has a CAT Simulator and has to date graduated (5) individuals in custody with another (4) going through the class currently with plans for fu-



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ture expansion. The shop also has graduated roughly half of our individual in custody workers in forklift certification. Graham Industries is getting ready to graduate/certify the rest of the shop in the next couple of months.

The Graham Correctional Industries Garden / Horticulture program maintains the facility gardens with individuals in custody enrolled for the 12 month program. They are maintaining the facilities 7 acres of gardens and taking the required curriculum that comes with the program. The gardens are providing a variety of vegetables and herbs to the facility dietary for the population to experience.

Superintendent Bowen, Supervisor Fournier, and Lead Worker Bell have created an environment for the workers to truly excel and gain real world work experiences, how to work together as a team, learn “process” and learn real job skills to take with them upon release.

Being able to graduate from an apprenticeship program and have that in your background is an excellent starting point in life once being released. In the last several months (3) individuals in custody have graduated from their respected apprenticeship; 1) Furniture Finishing, Felipe Ramirez, 2) Mechanical Draftsman, Donald Weber, 3) CNC Precision Machinist, Eric Robles. There are others who have successfully graduated from the apprenticeship program and have since been released. The majority of those individuals are working in the field in which they took their apprenticeship.

We, the individual in custody workers, would like to thank IDOC Chief of Programs Jennifer Parrack, Graham C.C. Assistant Warden of Programs Arogundade, Industries CEO Kim Larson and Assistant Industries CEO Greg Runyan for allowing us to be a part of such a life changing program like Graham Correctional Industries.

The photos below show a few of the shop operations and training options.





CAT excavator simulator



Re-upholstery work
for barber chairs



US Department of Labor
certificate for CNC operator



Veterans wall display





Forklift training certificates



Garden/Horticulture crew with produce



Graham facility garden



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Mattress “heat sealer” machines for long edge, end and corner sealing

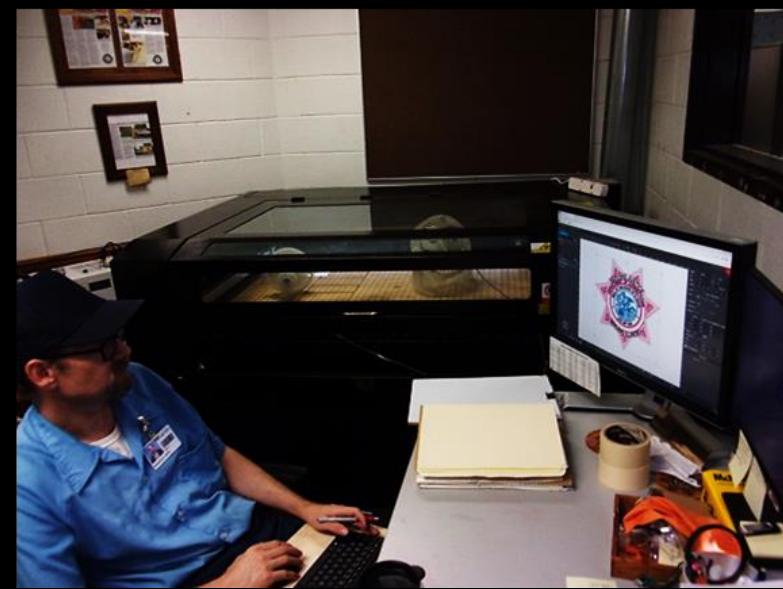




custom laminate work station top



Re-upholstered workbenches



Laser engraver





Legacy series desks



Conference tables:
new (left) replacing old (right)





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.





TRADE READY



EMPLOYMENT OPPORTUNITY

By: Donevin Quick

Welcome to another edition of T.R.E.O.

Your home for tips to secure the most felon friendly positions in careers that provide a sustainable living wage and much more. In this article we will be discussing the electricians trade. Before we dive in I need to highlight an area of the last installment I overlooked. The Highway Construction Certificate is offered not only at Illinois Central College in district 4, but also Dawson Technical, Kennedy-King College, and South Suburban College in district 1; Rock Valley College, and Black Hawk College in dist. 2; Kankakee Community College in dist.3; Parkland College of dist. 5; Lincoln Land Community College in dist. 6; Richland Community College in dist. 7; Lewis & Clark Community College and Southwestern Illinois College in dist. 8; and John A. Logan College in dist. 9. Remember, I will always do my best to keep you all as informed as possible.

Okay, lets get to it now. Electricians are the 3rd most sought after profession right now behind CDL drivers and IT (information technology) providers. Electricians are on the opposite side of the construction spectrum. The work is no where near as physically



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demanding as concrete construction. However, the electricians trade requires much more “text book” knowledge like advanced math with algebra and excellent blueprint reading skills. That explains why upon completing the union apprentice program you will hold an Associates in Applied Science in Electrical Technology.

Electricians install electrical systems in new or existing residential or commercial / industrial structures. Also, they may take on the responsibility of doing overhead power line work. These are known as linemen. Don't worry ladies you too can be “linemen”. (Break that glass ceiling!) In addition, electricians are now installing the low-voltage wiring and devices for alarm and security systems, computer networking, communication systems, and smart technology devices. All of these electrical construction opportunities are offered in both Union and non-union job settings. But, because I want the men and women I reach to do as well as possible I strongly encourage you to apply at your nearest I.B.E.W. local.

Union electricians learn the trade by participating in a 4 to 5 year apprenticeship that involves 800 to 900 hours of related classroom study and around 8,000 hour of on the job training. These apprenticeships are a joint effort put together by the International Brotherhood of Electricians Workers (I.B.E.W.) and the National Electrical Contractors Association (N.E.C.A.) The pay scale at this time is between \$48 and \$54 an hour for Journeymen depending on your work location until 2024 when the wages will be renegotiated. Your wages while an apprentice start at 40% of Journeymen's wage for your first 1,000 hours, and goes up 10% every 1,000 hours thereafter. In addition to your wages you will receive Medical, Dental, and Vision insurance, plus a pension, and an annuity. This is all above and beyond your wage. You pay nothing out of pocket for your Union



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benefits. Usually this is how your 4 to 5 year apprenticeship is formatted, but with the high demand for even entry level electricians you can easily work more than the required 1,000 hours every six months. This can potentially shorten your apprenticeship time. Side note: if you spend the time you have in prison educating yourself to the knowledge applicable to the trade like math, the N.E.C. (National Electricians Code), and the basic construction principles you can negotiate with your employer your early advancement through the pay scale.

For more information on joining the I.B.E.W. contact Local # 461 at 591 Sullivan Rd. Suite 200 Aurora, IL 60506 (630) 897-0461 ext. 201 or Local #176 at 1110 N.E. Frontage Rd. Joliet, IL 60431 (815) 741-2758 (or online at) IBEWlocal176.ORG

Because electricians are in such high demand I encourage anyone to look into the application process at your nearest I.B.E.W. local. In the event you don't get accepted on your first try or just want to check the trade out don't hesitate to find work as an electrician's helper (non-union apprentice) on a job search engine like Indeed, Monster, or even Craigslist. These jobs will usually start at close to \$20 an hour and will increase as you learn more. Almost 1/3 of all electricians work in the construction industry, while the other 2/3 find employ in maintenance roles. Large institutions like hospitals, industrial plants, and Universities have maintenance electricians. Additionally 1 of every 10 electricians are self-employed. Even if you never take the steps to start your own company there is a lot of money doing side-jobs, commonly called "Craigslist Hustling". While you will need a license, insurance, and permits to do some jobs or get into new construction, small home improvements like new lighting, finishing basements, or kitchen / bathroom upgrades can be done without jumping through all the earlier mentioned hoops. Once



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you hone your skills of the trade don't pass up this easy and great money. Side jobs afford the customer the convenience of not having to pay a company all the overhead figured into the bill. You can just charge for your time, the material and supplies. Just make sure you're doing quality work with quality equipment and you can make a lot of quick (often untaxed) money doing side jobs.

The following are college programs that will accelerate your career, ensure your acceptance into the Union, or give you the skill set to "Craigslit Hustle".

- The Electrical Construction Technology basic certificate is 19 credit hours, will take less than six months full time, and will cost \$2,698
- The Electrical Construction Technology advanced certificate is 35.5 credit hours, will take a year full time, and will cost \$5,041.
- The Associate in Applied Science in Electrical Technology is 65.5 credit hours, will take two years full time, and will cost \$9,300.

All three of these programs are offered at Richard J. Daley College at 7500 S. Pulaski Rd. Chicago, IL 60652.

- The Overhead Electrical Lineworker advanced certificate is 30 credit hours, will take a year full time, and will cost \$4,260.

This program is offered at Kennedy-King College 6301 S. Halsted St. Chicago, IL 60621. The overhead Electrical Lineworker certificate is a specific training program to prepare you to work as a lineman on overhead power lines as a public works employee or for a power company. Because of the high demand and strenuous and dangerous work condi-



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tions most companies are now accepting some felons for these positions. They pay a lot!!

All 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 a WIOA grant (obtained through the American Job Center application). Both of which should be available in your facility library or from your facility counselor or EFA (Education Facility Administrator).

Remember “Do this time don’t let it do you!” Take advantage of the time at your disposal and the resources you have available. Read up on the trades that you find interesting. Books and magazines are full of information about construction, home improvement, and more. The trades are great places to launch a career for both men and women. Study up and you can be in front of the competition when you apply!

“The ones who educates themselves can not be permanently defeated, as obstacles and opposition tend to seek less resistance than the determined mind”

Quick — 2023





IT'S REAL!



By: Zackeyius "Lil Zack" Thigpen

Mental health is no joke and one of the most serious health issues in life. Twenty-one percent of adults are experiencing at least one mental illness. The three most common causes of poor mental health is traumatic childhood experiences, violence (domestic and otherwise), and military combat. All of these may lead to serious mental health conditions which, in turn, has the potential to lead to substance abuse. This is why it's great that the light is being shone on mental health, how serious it is, and the effects of it on those who suffer from these issues as well as those around them. The topic of mental health and all that it entails is beginning to create safe spaces for people to converse about what's on their mind as well as how they're feeling mentally.

Just as it is for the drug addict in that admittance is the first step down the road to recovery, so it is with mental illness. Mental illness is a disease that runs in my family. For me, it was messed up being diagnosed with two mental disabilities at a young age; I was 14 years old at the time. It was messed up because here I was thinking I'm normal and then, due to the diagnosis, I understood why I never fit in, why they could point me





out in a crowd, and/or why they could see me coming from a mile away.

According to records, there are approximately 21 million adults in the U.S. that suffer from depression, approximately 12 million adults suffering from PTSD, and approximately 3.3 million adults suffering from bipolar disorder. Every year there are a minimum of 2 million men, women, and children with mental health conditions that are either jailed or imprisoned. In those cases, due to the lack of proper care, those individuals become worse than they were before they entered the system by the time they exit it. Trauma and stress associated with incarceration has the potential to exacerbate their existing conditions which may contribute to new symptoms/conditions (i.e. depression, anxiety, PTSD, substance abuse, etc.). Adding insult to injury, 63% of individuals suffering from some form of mental illness will never receive treatment during their “in-custody” status.

The National Alliance on Mental Health states, “...individuals with mental health conditions are more likely to experience incarceration...” So, if you’ve been diagnosed with mental health issues, don’t be afraid to seek help—in fact, I encourage you to! Yes, there’s the type of therapy where you talk to someone but there are alternatives to that as well. Here are a few ways to relieve your stress/bring yourself comfort during trying times:

- Listen to music that comforts **YOU**
- Make music (songs or beats)
- Lift weights/do calisthenics
- Run/jog
- Engage in a sporting activity you like
- Watch television/movies
- Cook/bake
- Sketch/draw/paint



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- Write/journal

These are just a few outlets that came to mind as these are some that I use. However, this list may not include that thing that allows you to get lost in it which will lead you to come back to center. If that's the case, that is perfectly fine. I just ask that you find and engage in what you love in order to divert your attention from the stressors and regain your peace. It is absolutely imperative!

It's extremely tiring battling the demons inside of your head on a daily basis. When you lose more battles than you win it makes you want to become more evil. We've all heard that old saying, "only the strong survive," well this is true as we find the strength to ask for help. We need to find, gather, and utilize those coping mechanisms that will allow us to navigate our journey in life. It's definitely up there with mental health (for those that don't speak ebonics, this simply means that I will fight this fight)!

Although everyone's situation is different there are some similarities so share your experiences. When we help each other we become stronger as well...we can conquer more as a unit than alone. Let's not forget how valiant of a foe mental health is. IT'S REAL!!!

IF PASSION DRIVES YOU, LET REASON
HOLD THE REINS.

- BENJAMIN FRANKLIN





HOODWINKED?

by:

Rondell "DJ" Perry Jr.

Many of us know so little about Kewanee. We hear this or that, but when you're on the bus coming here you literally don't know what to expect. You've seen the events on the tablet, you've read the stories from the individuals in the Kewanee Horizons, but you still have no clue. Our group arrived around 3:30pm. We saw the fences first and the doubt started to set in. Were we hoodwinked? Was this all a joke? Was everything we heard B.S.? These were some of the things going through my head. This place looked deserted, because it was count time, then I was off the bus and things start move so fast. There are so many people and your trying to process it all. The first thing everyone says is "relax", but you can't; all these people are smiling and shaking your hand and being friendly. No lie, it's a little scary. You think, you're this "*Hardened Criminal*" and you're sweating bullet's because someone is being nice and treating you like a human. That's when it starts to sink in, maybe it's me and maybe I have been institutionalized. The first few days you're waiting for someone to jump out like a episode of Punk'd, but they don't



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and you begin to realize that this ain't the Wizard of Oz. It's real and these are real people who really want to help you turn your life around. I'd be lying if I said I was fully adjusted. I'm learning to breathe. I'm still trying, even if that means just getting out of the building and talking to new people. Well that's my first week of experiences. So to all my boys, I'm here and trying to make the most of it. Don't give up because change is coming.

THE DIFFERENCE BETWEEN A SUCCESSFUL PERSON
AND OTHERS IS NOT
A LACK OF STRENGTH,
NOT A LACK OF KNOWLEDGE, BUT RATHER A LACK OF WILL.
- Vince Lombardi





1st Year @ Kewanee

By: Luther Ware



August 31st made a full year since I been here @ KLSRC. Man time is flying. It only seems like it's 18hrs in a day. So I'm going to walk you through my experience from being here and how it impacted me. I'm grateful for being here because there's plenty of opportunities to help you readjust back into society. Plus I've learned so much from just being here. Everyone having the chance to complete their mandatories 1st (financial lit, interpersonal skills, computer concept, communication, etc.) yet alone helps people either reconnect with some missing education on the things you haven't been doing daily or inform you on some knowledge you'll actually learn from. I was able to take the custodial maintenance course for the purpose of learning how to clean and maintain my property and belongings. Most people think that course is only for "janitors" when it's more than that. All the peer led classes they got going on down here is intriguing.

I've learned so much from the CDL one that I'm actually considering becoming a truck driver now knowing what I know.

In T.R.E.O., I picked up the interest of home improvement. I never





had a problem with labor work and always wanted to learn more about housing. I even looked into roofing as well because I might have to get involved one day on my own spot. Just having the knowledge on these things is satisfying because I learned how to do it myself. The financial lit (mandatory and peer led) shocked me as well. Mann! I wasn't out there playing with credit nor stocks. Now that I have the knowledge on building wealth I'll be able to focus more on securing my future for me and mines. Besides

peer led, mandatories and clinical groups, the staff here is mos def decent and helpful. For those who know me (or seen me in person before) know I had a big a** Lymphoma knot on the back of my head. LMAO-THAT'S GONE. Soon as I got down here. HCU helped me with that. I'ma just say the entire staff is just helpful and amazing I don't want to single nobody out. But here's my two favorite spare time activities: drawing (I picked up the pencil more down) and working out.

I love the schedule for gym/yard. But being in the art room time after time has pushed me and inspired me to step outside my comfort zone. I think that's what this place also does, man help you step outside your comfort zone and help you prepare for re-entry back into society because they're going to help you but you gotta help yourself 1st. So being able to display my talent, workout more, learn more about wealth and stability and home improvement from the ground up has helped me become a better person mentally, physically and emotionally. I haven't been more eager and determined to apply the changes in the world due to the transformation of being here.





ATC iNFO CENTER

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.

RESIDENT'S FINANCIAL PROCEDURES

The Department of Corrections has established banking procedures to ensure that monies belonging to the resident are handled appropriately. Resident's should study these procedures carefully to learn what is required of them. Residents may refer their questions to their assigned Case Manager or the Center Supervisor. Appointments to see Business Office personnel must be made through the resident's Case Manager. When scheduled, these meetings will consist of the resident, his assigned Case Manager and business office.

The Center maintains a "Now" (interest bearing) checking account into which all residents' funds are deposited. Any interest accrued from the trust fund account is transferred to the Inmate Benefit Fund account, which is maintained by IDOC. The Center al-



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so maintains an automated accounting procedure, which shows individual resident's deposits and withdrawals. Upon being transferred to one of Safer Foundation's Adult Transitions Centers from IDOC, the remaining balance in a resident's IDOC account are forwarded to the ATC in the form of a check and deposited to their individual account. Once the Transition Center receives the funds, a receipt is written by business office staff and turned over to the Case Manager. The Case Manager will distribute institutional receipts to their assigned residents during their bi-weekly meetings. If your trust funds from your parent institution have not arrived within 30 days of your transfer to the Safer facility, notify your assigned Case Manager.

INCOME

Residents are required to submit their entire income for deposit with check stubs. Failure to do so is a violation of DR 504. Income includes earned or deferred wages, paychecks, unemployment compensation, social security benefits, commissions, bonuses, Workmen's Compensation, restaurant tips, educational benefits and any other form of compensation. Residents must submit their income in the form of a check. Money orders are acceptable for gifts or loans - we are allowed to accept cash only under specific, pre-approved circumstances. Residents may only work at jobs that pay by check or debit card. Residents will give their funds to the security staff monitoring the lobby control desk. The resident must endorse (sign) all checks and/or money orders received with their name and institution number. The resident will receive a receipt within 48 hours from the staff member. Residents should verify information on their receipt before leaving the control desk. Make sure that your name, institutional number and dollar amount is correctly written on the receipt.

SAVINGS



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We require all residents to save 20% of your income so that upon your release you will have built up a sufficient amount to get you started as you return to the community. Accessing your savings will require CAO approval. **NO EXCEPTIONS!**

RECEIPTS

1. All payroll checks and money orders from resident's employer must be submitted to the lobby security staff on resident's payday. Resident will be issued a receipt for these funds. Residents must allow 5 business days for a check to clear the bank before requesting disbursement (budget) on it.
2. Residents are not permitted to cash any of their paychecks. Residents found to have cashed their paycheck, will be in violation of DR504 and will be written a Resident Disciplinary Report (RDR), which could result in loss of employment. Those residents who consistently violate this rule can face possible return to a more secure IDOC facility.
3. Residents should keep their receipts. This is their record of income turned into the facility. This receipt of funds will be posted to their individual trust account.
4. Monies received from visitors on behalf of a resident must be in the form of cash, money order, or cashier's checks.
5. Monetary gifts through the mail cannot exceed \$200.00 unless they are in the form of money order, certified checks or payroll checks. Money received in violation of this directive will be returned to the sender. Cash should not be sent via mail.
6. Personal checks will not be accepted at anytime. Those received will be returned to the sender.
7. Cannot send wire transfers through MoneyGram or Western Union.

BUDGET REQUESTS (DISBURSEMENTS)

Budgets - The resident and his assigned Case Manager will complete a budget re-



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quest, which is a plan for the distribution of his income. When funds are available, budgets are processed on a bi-weekly basis so that funds are distributed for a two-week period.

Budget requests must be completed by 11AM Wednesday morning. Budgets not received by the imposed deadline shall be held over to be processed the following week. The process is as follows:

1. Resident meet with assigned Case Manager or his/her designee (generally Case Manager's late night). Check your assigned Case Manager's posted schedule for times available.
2. Resident must provide most recent receipt received from the Center staff after submitting paycheck to the Center. No budget will be processed without bringing these items to your counseling session.
3. Resident and Case Manager discuss his personal budgeting needs for the upcoming week(s). Resident should make sure that he budgets enough monies to take him through to the next budgeting meeting. Residents should retain a copy of all of their budget requests for future reference. This is a record of your spending.
4. Standard approved personal budget amounts are as follows:
 - a) Residents on Orientation Status or Level I \$75 each week
 - b) Residents on Level II \$100 each week
 - c) Residents on Level III \$125 each week
 - d) Residents on Level IV \$150 each week

***Note - residents on Level I may be budgeted an additional \$20 for is state identification.**

The resident's Case Manager must approve budget request exceeding the above listed amounts.



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5. Residents requesting monies from their account to persons other than themselves will have the check made payable to the individual or vendor (i.e. spouse, dependent, dependent's caretaker, Com Ed, Peoples Gas, telephone company, etc.). Resident is responsible for providing a self-addressed stamped enveloped for mailing to these individuals. Make sure address is correct. Place return address on all envelopes. By purchasing the Forever stamp, it holds its value for as long as you possess them.
6. For miscellaneous expenses, that are to be sent to family or loved ones, there is a maximum amount of \$400 per month that will be allotted. Any requested amounts that exceed \$400 per month must be made payable to a specific vendor.
7. If a resident receives money for a special request (more than \$100) for expenses, you must submit receipts to verify the use of the money. He will not receive additional funds until copies of these receipts are on file.
8. Resident must include payment for any outstanding loans during this budgeting session.
9. Completed budget request must include signature of both the resident and his Case Manager. No budgets will be processed over the phone. Case Managers cannot sign for the resident.
10. Case Managers must turn completed budget requests into supervisor or designee for approval.
11. Supervisor/designee signs off on budget requests and forwards to the business office for processing.
12. Checks are processed by business office and forwarded to control desks for distribution to the residents.
13. Residents will not be given their checks until they are leaving the facility.
14. Checks are distribution by 4PM on Thursday. All checks for resident's family, dependents and the like are mailed out on Thursday. Again, make sure the address is correct.





15. No family member can pick up a check, they must be mailed.

OTHER BUDGET REQUEST NOTABLES

The resident should have no more than one (1) personal budget check per week/ budget period. He should not budget if he already has money.

Any cash found on your person, which was not budgeted for will be considered contraband and will be confiscated. It will not be returned. A disciplinary report will be issued for the unauthorized funds. A hearing will determine the final disposition of these funds.

Upon request and approval, a resident can receive a copy of their personal trust fund account in the format of a ledger, from their assigned Case Manager, once within a 30-day time period. This request should be made during the session with their respective Case Manager.

FAMILY/CHILD/DEPENDENT SUPPORT

Once financially able, the Center encourages residents to send financial support to family and/or dependents. This will be in the resident's best interests if this is the place of residence he plans to parole to, or his designated host site for ATCL passes. Any court ordered child support payments should be processed and sent according to the orders mandated by the court during the budgeting session with the Case Manager.

RESTITUTION

Residents found to be in violation of DR504 for failure to turn in their employment wages will be required to pay restitution on those funds.

Residents found to be in violation of DR504 for destruction of property or the like will be required to pay restitution, to the facility for the cost of the item(s).

Residents, at an Adult Transition Center, who refuse to pay restitution, may have





their work release status revoked and returned to an Illinois Department of Corrections Adult Institution.

PAYROLL DEDUCTIONS

Payroll deductions - Any payroll deduction other than federal taxes, state taxes, social security contributions, or health insurance must be described on a special request form and approved by the resident's Case Manager prior to being deducted from a resident's check. Residents must inform their Case Managers prior to joining the credit union.

FINANCIAL CONTRACTS

No resident will be permitted to sign-off on any legal financial contract without authorization from the Center Supervisor and/or his designee.

CENTRAL INMATE BENEFIT FUND ACCOUNT

Central Inmate Benefit Fund - Residents may voluntarily contribute to the Central Inmate Benefit fund. This Benefit Fund consists of commissions received from vending machines, payphones, and the Interest that is earned from Resident Trust Accounts. The uses of this fund are:

1. To purchase recreational and educational equipment for resident's use.
2. To finance resident participation in recreational activities.
3. Used to make loans to Center residents. The following criteria is needed to obtain a loan:
 - a) Loans are given only for work related reasons (i.e. transportation to work; purchase work books, clothes, tools, personal hygiene, State ID cards needed to start employment, etc.)





- b) Loan requests must include the reason for the loan and method of repayment. The request should also include signature of both resident and Case Manager.
- c) All loans must be approved by Center Supervisor or the designee.
- d) Upon approvals, the loan request is forwarded to IDOC for processing. (2 months)

TRANSIT CARDS

CTA transit cards are purchased through the Business Office and distributed to newly employed residents who currently have no funds available to get back and forth to work. They are used for transportation purposes. That is, for a newly employed resident, job interviews or other business-related activities. As with all loans, they are to be repaid as soon as funds are available. Residents may obtain transit cards through their Case Manager. These cards are dispensed only during normal business hours. Any resident, who has received a budget for the week, will not be issued transit cards. No exceptions. We encourage each resident to purchase a monthly card once sufficient funds are available. This will save money in traveling to and from work, going out on privilege passes, etc.

MEDICAL EXPENSES

Any medical expenses incurred (i.e. hospitalization, medical and dental visits, medications) while residing in the Adult Transition Center, is the financial responsibility of the resident. Residents are encouraged to apply for medical insurance with their place of employment. Those residents not yet employed can complete an application to obtain medical insurance through the “Affordable Care Act.”

TRUST FUND BALANCE FOR PAROLING RESIDENTS





Prior to resident's date of release (parole), his individual trust account will be reviewed for any outstanding debts owed to the Safer Foundation Adult Transition Center, an IDOC institution or for restitution. After all debts are paid, the residents trust fund account shall be closed by way of the remaining balance and will be made payable to the resident. Any employment checks that haven't been turned in will delay this process.

TRUST FUND BALANCE FOR TRANSFERRED RESIDENTS TO OTHER IDOC FACILITIES

Residents returned to a more secure facility within the Illinois Department of Corrections, will have after review, any remaining funds in his account, transferred to his current place of incarceration. Your trust fund balance will follow you and cannot be given to a relative.

TRUST FUND BALANCE OF A DECEASED ATC RESIDENT

If an ATC resident succumbs to death while still a resident of the ATC, the balance of trust funds on your individual account will be released to designated next of kin. Make sure that the address of your "next of kin" remains current while residing in the ATC. The ATC business office will send notification to your next of kin, giving them the appropriate instructions to obtain your funds. They will need to bring the following to the ATC: properly certified "Small Estate Affidavit" and a copy of the death certificate. Upon receipt of these documents your funds will be released to your designated next of kin. Any funds not claimed after one year following the death, will be transferred to the State of Illinois.

TRUST FUND BALANCE FOR ESCAPED/JAILED RESIDENTS

Any resident on escape status, who has left a trust fund balance in his account, will forfeit such funds after a year if he has not returned to an Illinois Department of Correc-



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tions facility. After a year, the residents remaining balance will be forwarded to the State of Illinois General Revenue Fund. Residents who are apprehended prior to one year will have their trust fund balance forwarded to the State of Illinois facility where they presently reside. These funds will not be released to family members or friends. Residents incarcerated at a facility other than a State of Illinois Institution (i.e. jails, other counties, out-of-state, etc.) must forward a letter to the Adult Transition Center requesting and authorizing that his trust fund balance be forwarded to him. Residents must include in the written request any numbers assigned to him other than his state Institution Number. This letter must be received within one year of exit date from the Transition Center. Otherwise, said funds will be transferred to the State upon reaching a dormant status of over one year.

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.





KII KITCHEN



By: Mr. Johnson

1. Roast Beef or Shredded Beef
2. 1 Cup of Cheese
3. Tortilla Shell
- 1/2 bag of chees Its

- 1 Bottle of Vegetable Flakes
- 1 Pickle
- Pk of Jalapeños



- 1.) Smash up your crackers, and make a dough. Spread on top of the tortilla shell equally flat.
2. Spoon out the heated beef on the shell across the middle.
3. Pour the cheese on top of the meat.
4. Make the Bardinier (Hot Pepper Mix)



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Cut your pickle into small dices. Mix the pickle and jalapeños w/pickle or jalapeño juice in a container along with the whole jar of vegetable flakes. The juice will dehydrate the veg. flakes. Cook the finished Italian beef in the microwave or rice bag, add hot peppers and enjoy.





By: Evigan Marcos

Hello everyone and good morning, It's 5:45am. Please receive blessings of great health, mind, and spirit. I enjoy waking up early. I enjoy quiet time, it helps me meditate and spend time with God. It also helps enhance your senses, try it one day. But, most of all, I love seeing the sun come up and see all the colors it brings with it in the horizon.

Today, I would like to talk to you about my experience with this great event that everyone can one day be a part of. It's called the Global Leadership Summit (GLS), they hold one every year. This year it was #GLS23. When you get out, it could be a nice thing to do...it's a blessing. It's investing in yourself, at least that's how I look at it.

You see, leadership starts with humility, following, and serving. Next, you lead yourself then you learn from the great leaders—those that are always around you. Take the positive traits/attributes from



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them then learn to immolate, apply, and put those traits into practice in your life. You can then lead others and add value to their lives after the stages of self-application. This big event was made specifically for adding value to your life.

For this summit, 15 great leaders of the world are chosen from different backgrounds as well as lanes in the business and/or political worlds. They give you, or I should say they share with you, some of their struggles and life-lessons they picked up along the way to becoming a great leader. One of the things they all had in common which stood out to me was that they all had mentors and learned all of these practical principles of leadership. It was amazing to me that someone took the time to invest in the success of these individuals because they saw their potential.

I'm hear to tell you—you, myself, and everyone reading this—we all have potential! WE ALL HOLD VALUE AND WORTH, WE ALL CAN BECOME GREAT LEADERS IN OUR COMMUNITIES, FOR OUR FAMILIES, AND THE WORLD WRIT LARGE!

#GLS23 was a two day event that spanned August 3rd and 4th, from 8:00am - 4:00pm. These are the people that spoke:

Thursday

- Craig Groeschel (Session 1)
- Erin Meyer (Session 1)
- Secretary Condoleezza Rice (Session 2)
- Erwin McManus (Session 2)
- Pat Gelsinger (Session 2)
- Dallas Jenkins (Session 3)

Friday

- James Clear (Session 4)
- Dr. Henry Cloud (Session 4)
- Liz Bohannon (Session 4)
- Jamie Kern Lima (Session 5)
- Ryan Leak (Session 5)
- Cynt Marshall (Session 6)



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- Anita Elberse (Session 3)
- Albert Tate (Session 3)

- Patrick Lencioni (Session 6)

I attended both days, from start to finish, learning from these great leaders and each day I left inspired and energized. My courage was renewed by practical guidance and fresh leadership perspectives. When I left the event for the final time on Friday, I left empowered and equipped to live out a bigger vision that will create meaningful change in my community.

The GLS Leadership Network Team serves over 300,000 leaders around the world through this summit and other leadership development resources. I had some favorites of everyone that spoke but, honestly, everyone brought golden nuggets of value. My favorites were (in no particular order): Secretary Condoleezza Rice, Erwin McManus, Dallas Jenkins, Anita Elberse, Jamie Kern Lima, and Cynt Marshall. There were an abundance of jewels and I took so many notes; I'll share some quotes.

– “Don’t be imprisoned by your past. When you play the victim role you give someone else control over your life. Keep moving forward. You own your past, it’s what made you. But, don’t become imprisoned by it.” - Secretary Condoleezza Rice

– “Am I creating eternal limitations? Is it possible that your limitations are only limited by you? Your eternal limitations need to shift! Live a life that really matters. Your challenge will be over, canceled by failure, it’s a way to success. The facts always reinforce the paths not the future. Begin to live the life of your dreams and release your God given potential.” - Erwin McManus



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– “Chasing failure took me further than chasing success. Great leaders understand that chasing the failure means ‘keep it moving’. Keep it moving! God has back.” - Ryan Leak

The GLS made it possible for incarcerated people to have access to this event and they want to hear from us. Your facility can request this event every year. I believe you would have to talk to the Chaplain at your facility to make it happen. That’s my best guess, I’m not 100% sure. However, if you’d like to write them, here’s their info:

Global Leadership Network

ATTN: Prison and Ministry Connect

P.O. Box 3188

Barrington, IL 60011

In closing, I would like to thank the Administration and Chaplain York for making this possible...it was a blessing to my life. Thank you to the KHT (Kewanee Horizons Team) for your hard work and dedication in making this platform available. God bless you all and start leading from where you are.

Respectfully,
Your Brother,
Happy





HORIZONS MONEY TEAM

By: Timothy "Timzale" Alexander

Greetings Everyone from the HMT: Today topics will be on Over Investing and Bonds.

First we have the **Market Report:** The market has taken a turn that a lot of us didn't see coming. The market is seeing some pull backs over all, these corrections were expected from some but others who just saw the Bull-Run. We are seeing more of the trouble in China, this could become a bigger problem for the world if the second largest economy starts to slow down or tank too fast. China has lowered one of the key interest rates, but they will have to do more. China has a larger population than the U.S. so they must act in the interest of all of it citizens first, then it's obligations to the contract agreements they have with other countries all while keeping the lead they have in certain fields, such as manufacturing. For the U.S, this plus the affairs that the Feds are taking, along with what people think will be said at the Jackson Hole meeting, we have to keep our eyes open



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and our ears tuned in closely.

As of this week the numbers are.

DOW: 34564.21

S&P:4.425.37

Nasdq:13.857.94

Russ:1.824.76

Lets start with talking about something so many of us investors are guilty of doing which is over investing in all areas of the markets with optimism instead of facts. This happens by way of two reasons; 1).We hear of some investment opportunity that is starting to move upward on the market board-making big gains, we see this and want to get some skin in the game. This is also known as **(FOMO)**. We might rush in head strong without doing any research to support why we are taking these risk only because we don't want to miss out on a possible opportunity to make some profits. We should always do our home-work before investing. Just know that if the investment is as good as they say it is there will be more chances to buy-in. You'll probably pay more but at least you will know your making the best decision based on the information you have studied. Knowing this will allow you the comfort of investing with certainty, while giving you more understanding of why it's always better to move in a intelligent manner when investing. 2) The other reason is by taking bigger risk than needed. This happens when we do our research on a potential investment. We find it to be a good opportunity for investing, we then go all in buying too much of something all at once. Before new information comes out about a mishaps or the market turns from bullish to bearish, now we are stuck with the stocks of something that





is not as good of an investment as it was yesterday. You can avoid this by cost averaging the way you purchase your investments. Allowing yourself to buy at a rate that gives you more control and patience to see how your investments are going and growing at the same time. This also gives you the ability to pull back if something goes wrong with your choice. As we all know the only thing that is constant in the Market is change.

Bonds: We will start off with “Treasury bonds”, which comes in many forms. Treasury bonds is a catchall term that includes the issuance of debt with other names, such as **Notes** and **Bills**. Treasury *bonds* refer specifically to the ten-year bond. Treasury *notes* are generally from two to ten years in duration. Treasury *bills*, or T-bills, are much shorter term bonds, usually measured in weeks. Typical T-bills are thirteen weeks or twenty-six weeks in duration. Treasury debt is considered the safest debt investment, because the debt is backed by full faith and credit of the United States, and the United States has never defaulted on it’s debt. The government initially sells bonds by auction. The dominant buyers at these auctions are large institutions and foreign governments, but individuals can also make bids either directly through the U.S Treasury (www.treasurydirect.gov) or through their bank or broker. Notes, bills and bonds are sold throughout the year, and a calendar of these auctions can be found on financial Web sites, such as the Wall Street Journal Online. In government also sells loads of debt at its quarterly refunding auction. This refunding, which usually consists of longer-dated bonds, is conducted in February, May, August and November.

A ten-year government bond promises the buyer that it will return the original investment of the bond plus pay a fixed interest rate, or coupon. (the term “coupon” comes from the old practice of attaching coupons to a bond certificate that could be redeemed for



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the interest payment. Someone who buys bonds and collects interest, rather than trading the bonds, is called a “coupon clipper.”) So, say you wanted to buy \$1,000 in ten-year bonds (\$1,000 is the minimum purchase amount). You would expect to get an annual return which in recent years has been about 4 to 5%, plus the original \$1,000 at the end of the ten years. This interest rate payment, or yield, is set in the marketplace when the bonds are originally sold. Since the interest rate on the bond is fixed for the life of the bond. At that first sale, investors in ten-years bonds are betting that inflation won't be so great during that decade as to erode the value of the bond. If inflation were to rise to 6 or 7% that 4 to 5% fixed return would mean the holder of the ten-year bond would be losing money. Thus, while stock investors focus on profits, bond investors are obsessed with inflation.

As always thank you for your time, and please do your research before you start to do any investing and lets invest intelligently.

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.





THE HISTORY OF ADDICTION IN AMERICA AND THE ROAD TO RECOVERY PT.1 (A)



BY: Jesse J. Meyers

Hello everyone my name is Jesse Myers, with the quote above I would say that not only those aiding in recovery but the one in recovery must also understand the past of addiction his own as well as how it effects and has affected our society as a whole. Battling alcoholism and drug addiction has been an ongoing struggle for me since the age of 12. Recovery has been an ongoing process of steps, which I must work daily to maintain my sobriety. For some people it is not always this difficult and yet others may find it even more difficult. Having had a spiritual awakening because of these steps, it is my duty to try and carry this message to others and practice these principles in all my affairs. I must first note this is in no way a promotion of A.A or N.A. nor is it affiliated with any particular organization. My Goal is simply AWARENESS. My hope is to show some history of the addiction crisis in America and what the road to recovery looks like for many suffering from the crippling effects of substance dependency. The beautiful thing about twelve step-work is that one may apply the principles to any form of addiction and dependency when worked on a continual daily basis discover desired results. Sounds like work right well look at the other option. I've been fighting this battle for 28 years the consequences of my



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addiction has been work as well as painful for my-self and others. I would much rather perform the work I am doing daily now because the results are of much more benefit. The twelve steps are not directions or commandments but more simply put suggestions that when worked have worked for many. Hopefully whether you suffer from substance dependency, you know someone who suffers from any addiction, or you know nothing about it at all that you will learn something new that may benefit you or help you to benefit another in the future.

The history of addiction in our country begins with Alcoholism. Although alcohol usage dates back thousands of years in the history of humanity and dates to colonial America, drunkenness did not begin to rise in our country until during the revolutionary war. Between the time of the war and in 1830 it rose dramatically. Much of my historical knowledge of facts are from a book written by *William L. White* titled *Slaying The Dragon*. White explains that Benjamin Rush a signee of the Declaration of Independence was the harbinger of a new view that alcohol was causing problems in society, public, work, and family life. In Rush's 1784 treatise *An Inquiry into the Effects of Ardent Spirits* he refers to the "habitual use of ardent spirits" as an "odious disease." Wow, this fellow was the first to recognize addiction as a disease, a concept I will explain in future issues. Still in the 1840s, the Washingtonians, Americas' first society of recovered alcoholics, spoke not of alcoholism but of drunkenness and referred to themselves as confirmed drinkers, drunkards, hard cases, inveterate cases, sots, tipplers, and inebriates. We will discuss Rush in the future and some of his what I call hair brain ideas to treat alcoholism.

So where does the term alcohol and alcoholism come from? The word alcohol comes from the Arabic word al-kuhl an antimony based eye cosmetic. Alcohol came to mean the



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essence or spirit of something hints the term spirits. The Swedish physician Magnus Huss introduced the term alcoholism in 1849 to describe a state of chronic alcoholic intoxication that was characterized by severe physical pathology and disruption of social functioning. In the years following people analyzed the pathological obsession and craving for alcohol and the consequences of its excessive use. Soon many more terms emerged for descriptive purposes such as: intemperance, barrel fever, habitual drunkenness (drunk, drunkard), dipsomania (dipsomaniac), inebriety or ebriosity (inebriate), and the liquor habit/vice, and victim of drink.

“YOU CANNOT INFLUENCE THE FUTURE OF ADDICTION
TREATMENT WITHOUT UNDERSTANDING ITS PAST.”

BY: ED SENAY



DOGG DAYZ OF DYROK



DOGG DAYZ OF DYROK





BRAIN FACTS

Sometimes when we feel pain we go straight to pain pills to make it go away. Not knowing sometimes we might have a more natural option. KH found some excerpts from the book 'How The Brain Works' which gives a more in-depth look into what is happening in our body when we feel pain. We hope this information is helpful.

FEELING PAIN

Although unpleasant, pain is a useful warning sign that something isn't right with the body and that we need to act quickly to avoid further injury.

Pain signals

Pain receptors are located all over the body and respond to heat, cold, overstretching, vibration, and chemicals released by wounds. Electrical signals are sent from the site of injury to the spinal cord, where they cross over and travel to the opposite side of the brain to the injury. If sudden, strong pain is experienced, a reflex reaction occurs within the spinal cord to make the limb pull away from whatever is causing the pain, even before we are aware of it.

Pain fibers

There are two types of nerve fibers, or axons. Fast A-fibers carry sharp, localized pain from an inju-





ry such as a cut. Slower C-fibers carry the more persistent dull feelings from the area around the injury.

{Slow C-fibers are widespread in skin. Fast A-fibers covered by myelin sheath.}

WHO FEEL THE MOST PAIN?

Women feel pain more intensely than men because they have more nerve receptors in their bodies.

1. **Pain receptors activated** Injury prompts the release of chemicals called prostaglandins from damaged cells. These trigger the nerve axons to send impulses to the brain.
2. **Pain signals travel up nerve bundles** Signals from the injury site travel along nerve bundles toward the spinal cord. The A-fiber signals get there within milliseconds and trigger a withdrawal reflex away from the source of the pain.
3. **Pain signals reach the spinal column** The nerve bundle enters the spinal cord through the dorsal horn. Pain signals pass across to the other side of the spinal cord for their onward journey to the brain.
4. **Pain signals proceed** The signal continues to the thalamus, which distributes impulses to the cortex and other areas responsible for emotion, attention, and assessing the significance of the pain. Thalamus relays signals to different areas of brain.
Frontal cortex plays role in anticipating and controlling pain.
Somatosensory cortex identifies intensity, location, and type of pain.
Limbic system is responsible for emotional and behavioral reaction to pain.
Reticular formation modulates pain signals.
Nerve fibers descending from brain intercept and modify ascending pain signals.
- 5) **Alleviating pain** descending signals travel back down from the brain to intercept the pain signals. These trigger the release of natural painkillers by the brain stem and spinal cord that reduce pain signals.





NATURAL PAIN RELIEF

The body releases its own chemicals, called endorphins and enkephalins, to dampen the pain signals. They bind to receptors on the nerve endings, preventing further transmission of pain signals.

Transmission of signal sends a pain signal through a sending neuron to a receiving neuron. Which is Pain Signal Transmitted.

Endorphin blocks pain signal reaching receiving neuron. Which is Blocked Pain Signal.

How to Use Your Brain to Manage Pain

When we are in pain, the usual courses of action involve medical treatment or painkillers. However, we can also help control pain ourselves by regulating our mental response-both to the pain and to the stress it causes.

Pain is an emotional as well as physical response to injury or disease. Intense fear or anxiety are vital immediate reactions that cause you to avoid sources of pain whenever possible. sometimes, however, pain persists even when the injury or disease is no longer present. A painful sensation can become associated with constant stress, recurring unpleasant memories of what caused the pain, or the constant fear that it will persist or recur.

These feelings can be powerful and unsettling. Although you should always seek medical advice if pain is severe or prolonged, you can also use several techniques to regulate it by training your mind.

The painkiller problem





Medication is often essential to control pain in the short term, but taking painkillers for an extended period can lead to issues such as addiction or serious physical side effects, including stomach ulcers and liver disease. Your body may also build up a tolerance to a drug so that you derive less benefit from it as time goes on.

Mind-body therapies

In addition to medication, you can use mind-body techniques such as relaxation and visualization to reduce or help control pain — with no risk of side effects. Most use relaxation and deep, controlled breathing to reduce the tension that comes with pain and often makes it worse. Try living quietly on a darkened room; breathe in deeply while counting to 10. continue this for 10-20 minutes.

Shifting your attention often reduces pain's severity. Try turning your attention away from the painful area, focusing instead on a non-painful part of your body. Alternatively, imagine the pain as a big ball of energy outside your body, and “shrink” it in your mind. Cognitive behavioral therapy (CBT) uses a similar approach, by training you to replacer negative thoughts like “This pain is unbearable,” or “I can't stop this pain,” with positive ones such as, “This pain is only temporary.”

Practicing mindfulness reduces stress, making you better able to cope with pain. In this practice, adapted from Buddhist teachings, you merely acknowledge the pain instead of allowing it to dominate your thoughts or exhausting yourself by actively fighting it.

To sum up, your brain can be a powerful tool for pain control if you:

- ◆ **Practice relaxation and deep breathing techniques to reduce stress levels.**
- ◆ **Employ mental exercises to shift attention away from pain.**
- ◆ **Use CBT techniques to focus on positive thoughts.**
- ◆ **Practice mindfulness.**





HOROSCOPES



Aries: Mix work and play, and you'll shine. Your entertaining personality will attract help and increase your profile. Speak from the heart; someone you want to know better will listen.

Translation: Don't be so serious while networking. Be yourself, ask about them and they will listen.



Taurus: Simplify your life instead of taking on too much. It's better to do one thing meticulously than to spread yourself too thin. Don't let sensitive issues force you in unwise direction.

Translation: It's better to be great at one thing than okay at many. Don't get caught in yo feelings and do something stupid.



Gemini: Don't let anger get in the way when action is required. Focus on what's important, and don't let what others say or do interfere with your progress. Use your imagination.

Translation: Don't get mad just do what's needed to be done. Focus on your goal(s) and what's important in life.



Leo: Don't expect too much from others. Gauge your time carefully to ensure you can finish what you start. Interfere or last-minute changes will force you to think fast. Be ready for anything.

Translation: Don't expect too much from others. Finish what you start. Don't let nothing throw you off and stay on your square.



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Virgo: Put your energy and enthusiasm where they count. What you experience and learn will help get you moving in a positive direction. Set goals and march forward.

Translation: Watch what you put your energy into. Your experience gone get you your goals, the right way.



Libra: Rethink your plans. Reach out to see who's available to help before you begin. Having a foolproof plan will put your mind at ease and encourage others to join your team. Romance is favored.

Translation: Re-rock your plans and it's okay to reach out for a little help. It might get others to link up with you. Also, it's safe to swipe right.



Scorpio: Observe before you act. Use intuitive guidance to help map out your best option. Dedicate time and effort to ensuring your success. Choose a positive course of action over revenge.

Translation: Look before you leap. Think before you act then choose the correct path.



Sagittarius: Be resourceful and verify information instead of relying on hearsay from someone who tends to embellish data. Put together a self-improvement plan. Romance is in the stars.

Translation: Do your research when listening to inmate twitter and do a fact check. Continue to work on self. Take a chance on a penpal.

SUPERMAN

BATMAN

WONDER
WOMAN

GREEN
LANTERN

FLASH

AQUAMAN

MARTIAN
MANHUNTER



Capricorn: Leave behind what isn't working for you. Lower your overhead and tidy up loose ends to ease stress. Altering how you handle money or deal with shared expenses will get you back on track.

Translation: Cut it off if it's not beneficial to you. Clean up your house and watch how you handle your bread will ease some of that stress.



Aquarius: The wrong people, places and projects will attract you. Don't let spontaneity take the reins. Change your investment plan and rethink how you manage and make your money.

Translation: The wrong crowd can be attractive but don't let them get ahold of you. Take a relook at what you putting your money in.



Pisces: Attend an event involving innovative investment strategies and money management, and you'll find out how to grow your income. Getting a glimpse of the possibilities will encourage you to embrace change.

Translation: Slide out to an event that has to do with making money and learn out how to make your bag bigger.



Cancer: Travel and educational pursuits will pay off. Communication based on truth, respect and helping others will open doors to new opportunities. Look for unique investments.

Translation: Educational trips will pay off in the long run. Be respectful, don't lie and help others when you can-can open doors for you. Be on point for something different.

STATEWIDE CALL OUT



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



STATEWIDE CALL OUT



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





MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

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

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



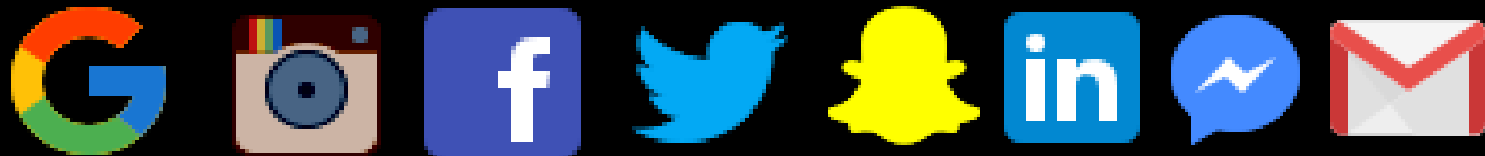
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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