

Breast Cancer Awareness Domestic Violence Awareness

Warrior Courage Fight Cure Love Survivor
Faith Kewanee Horizons Hope



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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.**



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.

STATE WIDECALL OUT

To all writers, poets and artists, this is for you. No matter what your pronouns may be, he/him, she/her, they/them or whatever you identify as, whatever your orientation may be the KH wants to provide you a platform to tell us about your accomplishments, successes and your struggles. May it be in written word-essay form, poetic verse, or visual medium share with us, so we can share with the world. Allow us to provide a spotlight for your unique voice. We hope that through your submissions it provides inspiration to others to do better and be better.

DISCLAIMER

Please know all submissions are subject to edit due to spelling and grammatical issues. Your story will be conveyed in the best manner and we will keep your voice intact. We thank you for your submission and look forward to reading your stories.



OCTOBER
Breast
CANCER
awareness
MONTH



In 2022, an estimated 287,500 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 51,400 new cases of non-invasive (in situ) breast cancer.

- 65% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year relative survival rate is 99%.

- This year, an estimated 43,550 women will die from breast cancer in the U.S.

Although rare, men get breast cancer too. In 2022, an estimated 2,710 men will be diagnosed with breast cancer in the U.S. and approximately 530 men will die from breast cancer.

- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime.

- Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2022, approximately 30% of all new women cancer diagnoses will be breast cancer.
- Over 3.8 million breast cancer survivors in the U.S.
- Every 2 minutes a woman is diagnosed with breast cancer.



According to the World Health Organization, breast cancer is the most common

cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization.

In recent years, perhaps coinciding with the decline in prescriptive **hormone replacement therapy** after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and **early detection**, increased awareness, and continually improving **treatment** options.



What Cancer CANNOT Do:

It cannot cripple love,
It cannot shatter hope,
It cannot corrode faith,
It cannot destroy peace,
It cannot kill friendship,
It cannot suppress courage,
It cannot invade the soul,
It cannot steal eternal life,
It cannot conquer the spirit.

Support Research
for Breast Cancer
CURE



Be content with
what you have; rejoice
in the way things are.
When you realize
there is nothing lacking,
the whole world
belongs to you.

LAO TZU

Winning

"Part of winning the battle against cancer is hope, faith, determination, strength and keeping positive. The other part of winning the battle is a great medical team on your side. I learned early on that stats are just numbers and that I am more than a number. I'm a strong human being with inner strength and an iron-clad determination to fight to win. Stats don't tell you about the human behind the fighter who possesses the will and strength to fight, win and overcome."

~Ann, LymphomaClub.Com

May The Stars Carry Your Sadness Away

May the stars carry your sadness away,
May the flowers fill your heart with beauty,
May hope forever wipe away your tears,
And, above all, may silence make you strong.

Chief Dan George





October
is

AWARENCE
DOMESTIC VIOLENCE
MONTH



I LOVE MYSELF

By: Mary Delilah Ryan

@LOGAN C.C.

I don't need to accept any form of abuse from anyone. I don't need your lies or your deceptive nature. You told me you loved me and wanted me around but you exuded that you hated me and wanted me gone. You tried so hard to twist your disrespectful actions around, you tried so hard to cover up all your wicked ways. I asked God to show me the truth because I felt deceived. So, I was always in the right spot at the right time, I saw the truth with my own eyes. You knew I loved you and would do anything for you and you used me and abused me. I truly loved you so it hurts me to tell you to leave my life if you can't treat me right. I hope and pray you mend your abusive ways. I was taught to accept bad behavior and so when I told you to kick rocks I broke away from that conditioned behavior. I'm worth more than the impertinence you gave me. You will easily find people to accept your disrespectful ways. A lot of people will accept anything from anyone because they have no self-worth; It won't be me though. I've been told that I'm worth more. There's no need to accept anything less because I love myself more than I loved you. Surely, I had someone to instill in me that I deserve nothing but the best and not to accept anything less. That person gave me the gift of self-worth and I'm thankful for that. Many times things seemed too hard to deal with, but because of my friends kindness and counseling I've pulled through many tough situations. I've grown strong. I hope that anyone who's in an abusive situation is told that they're worth more. I hope they're given the strength needed to leave. There is always something better out there for you. Have the courage to stand up and say enough is enough. You'll never see the wrong you've done and you'll never be remorseful, so you'll do it again and I deserve better.

FREEDOM HOUSE

Domestic Violence & Sexual Assault Services

Freedom House is a client-centered agency that strives to empower survivors to regain control over their lives. The abiding principles of this approach are treating clients with dignity and respect, individualizing service plans to meet the unique needs of each person, and helping clients to avoid re-victimization.

Freedom House fulfills my dream of offering a safe haven to all. Quiet comfort — from chaos, violence, fear, and threats — is now a reality for anyone who seeks it.

Nedda Simon
Freedom House Founder

Freedom House is the pioneering leader of domestic and sexual violence services in Bureau, Henry, Marshall, Putnam, and Stark Counties. Facilities include an administrative office and shelter in Princeton at 440 Elm Place and an outreach office in Kewanee.

OUR GOALS



Nedda Simon
Founder 1983

Rest here a while,
then take from this place
hope and serenity
with you always.



- ♥ Provide compassionate, confidential, and comprehensive services at no cost to survivors of domestic and sexual violence;
- 🧩 Work collaboratively with collateral agencies to obtain legal remedies, medical attention, and all available services to support an enhanced quality of life; and
- 🎓 Provide professional trainings, public awareness, educational programs and the promotion of volunteerism in the service of combating domestic and sexual violence.



FREEDOM HOUSE
is a Gender-Neutral /
All-Inclusive Agency.



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FREEDOM HOUSE

Domestic Violence & Sexual Assault Services



www.freedomhouseillinois.org

24-HOUR HOTLINE

(800) 474-6031

CURE

BREAST

CANCER

INCLUSIVE MINDSET: DEI with IMEC

By: Paola Velasquez

Director DEI in Manufacturing, IMEC

Excerpt from statewide IMEC Newsletter



CURE

BREAST

CANCER

With 28,00 inmates in Illinois and approximately 15% to be released in the next 6-12 months, manufacturers could have the opportunity to hire talent that is dependable and loyal.

Last week I joined community partners and manufacturers at Kewanee Life Skills Re-Entry Center with the Purpose of helping justice-impacted individuals practice mock interviews, their elevator pitch, and improve their resume. This collaboration was only a miniscule step to set them up for success. When someone has a conviction history, their job application is met with scrutiny and bias, many times not allowing them to make it to the job interview. Once a justice-impacted individual does get hired, many employers are not set up with inclusive practices to support their leaders, their employees, and the hired individual.

Per Jeff Korzenik, author of *Untapped talent: How Second Chance Hiring Works for your Business and the Community*, “success is not random’. It takes intentionality and

the element of success as he explains it in his book is the true second chance model which includes the candidate selection process and employee support process, both must be present.

Every justice-impacted individual I met expressed the same concern that no one would hire them. Yet, all the individuals had a job history, and although while incarcerated, it still provided them with job experience. Many had continued their education, and some had acquired skill in welding and manufacturing as well as life-skill for re-entry. All expressed a shared desire to find employment and be self-sufficient.

Change the narrative and connect with me to learn more on how to promote your job openings to justice-impacted individuals, to incorporate inclusive practices to become a fair chance employer, to identify community partners to support your organization . Also, hear more from author, Jeff Korzenik on how to successfully include justice-impacted individuals into your recruitment process.

IMEC stands for Illinois Manufacturing Excellence Center.

Our Core Purpose : Economic and Workforce Competitiveness

Vision: Igniting Illinois manufacturing excellence and global competitiveness.

Values: Integrity, Results Driven, Agility, Collaboration, Learning and Passion.

IMEC works with small to mid-size manufacturers throughout the entire state of Illinois in the areas of Leadership, Strategy, Customers, Workforce, Operations, Results.

In her role, as **Director of DEI in Manufacturing, Paola Velasquez** works with

manufacturers to help them elevate their company culture through webinars, blogs, events, and workshops and assist them in creating inclusive environments. One of **IMEC's** goals is to connect manufacturers with partner organizations to hire untapped talent such as re-entry citizens. **IMEC** wants to set justice-impacted individuals up for success and provide the manufacturers with the tools and resources they need to make it successful.



KLSRC DEI COMMITTEE: Evigan Marcos, Kenji Haley, Andrew Suh and Director of DEI at Illinois Manufacturing Excellence Center (IMEC) Paola Velasquez

When employers view people who are in prison or otherwise touched by the criminal justice system as their future workforce, we'll get better criminal justice policies.

-Jeff Korzenik



Bienvenidos!

Welcome to all my brothers and sisters, inside and outside of Correctional facilities, I wanted to take a moment to bring to you all some interesting facts about Hispanic Heritage and Latino Culture during this Hispanic Heritage Month. I believe that sharing our culture is a **Restorative Practice** in light of the emphasis that the **Horizons** newsletter places on building community within ourselves as an incarcerated population and outside to those in the free world especially including IDOC staff and administrators. When we can all learn together from our shared history we can stop ourselves from repeating the mistakes and build upon the successes. This month we have focused on Hispanic Heritage specifically, but Hispanic Heritage is really all of our heritage and that is the message I would like to share with you. Thank you for taking the time to read this, Bendicion!

The National Hispanic Heritage Month is a celebration of culture and origin of Latinos and Hispanic Americans in the United States. The month-long event begins from September 15 until October 15. The celebration coincides with national independence days of several Latin American countries including Guatemala, Honduras, El Salvador, Nicaragua, Costa Rica, Mexico, Chile and Belize.

For some information on the National Hispanic Heritage Month check out the facts below .

[History and Celebration](#)

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- In 1968, U.S. President Lyndon B. Johnson first proclaimed the Hispanic Heritage Week as sponsored by Congress. It was expanded to a month in 1988 by President Ronald Reagan. The Hispanic Heritage Month was enacted into law on August 17, 1988.
- September 15 was chosen as the starting date to celebrate the independence of five Latin American countries: Costa Rica, El Salvador, Honduras, Guatemala and Nicaragua, all in 1812.
- Mexico celebrates its independence from Spain on September 16, followed by Chile on September 18 and Belize on September 21.
- The National Hispanic Heritage Month is celebrated in the United States, Canada and Latin America. The 30-day period aims to celebrate the culture, achievements and contributions of American citizens with Hispanic roots.
- Among the activities are festivals, concerts, film screenings and exhibits.
- From 15 to 25 September, the El Barrio Latin Jazz festival takes place in the Bronx, New York.
- Throughout the month, the National Museum of American History hosts Hispanic dance performances and exhibitions.

In Chicago, the Annual Latino Music Festival is observed during this period.

Hispanic Population in the United States

- Hispanic refers to the ethnic group consisting of people from Cuban, Puerto Rican, South or Central American, Mexican and other Spanish cultures. In 1997, the United States categorized the ethnic group as Hispanic or Latino.
- After Asians, Hispanics are the second-fastest growing racial group in the United States, comprising 18% of the nation's population. There are about 57 million Hispanics in the United States today.



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- As of 2014, the highest Hispanic population resides in California, Florida, Illinois, New York and Texas, while a million live in Washington, Virginia, Pennsylvania, North Carolina, New Jersey, Arizona, Nevada, Massachusetts, Georgia, Colorado and North Carolina. An estimated 55% of adult Latinos are Catholic.
- Spanish is the second-most spoken language in the United States, next to English. Two-thirds of the nation's Latinos are of Mexican origin.
- Prior to the establishment of Plymouth, Massachusetts, the Hispanic cities of St. Augustine, Florida, and Santa Fe were already founded.
- The signing of the Treaty of Guadalupe Hidalgo in 1848 ended the Mexican-American War, which also enabled the annexation of Mexican territories including today's Texas, New Mexico and California.
- There are approximately 1.1 million veterans in the United States who are of Hispanic origin.

The largest group of immigrants in most states are composed of Latinos from Mexico. Immigrants from El Salvador populate the states of Virginia and Maryland, while those from the Dominican Republic lead in New York and Rhode Island. Moreover, Cuba is the top birthplace of immigrants in Florida.

Famous Hispanic People

-In many aspects of American society, there are a growing number of Hispanic people who have influenced and contributed to the United States. Here are some of them:

-Mel Martinez is the first Cuban-American senator and one of two Hispanics in the Senate. He also served as the Housing Secretary of former president George W. Bush.

-Famous journalists and writers including Isabel Allende, Julia Alvarez, Sandra Cisneros, Geraldo Rivera and Gary Soto.

-A number of Hollywood actors including Lynda Carter, Cameron Diaz, Emilio Estevez, America Ferrera, Salma Hayek, Jennifer Lopez, Anthony Quinn, Charlie Sheen, Raul Julia, and Sammy Davis Jr.

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-Selena Gomez, Gloria Estefan, Christina Aguilera, Ricky Martin and Rita Moreno are among the famous singers of Hispanic origin.

-Sports icons like Oscar De La Hoya, Roberto Alomar, Jose Canseco, Scott Gomez, Pedro Martinez and Nancy Lopez have Hispanic heritage.

Hispanic Influence in the U.S.

-Aside from the Spanish language, Hispanic culture has influenced America with their tasty cuisine, popular Hispanic dishes in the United States are tortillas, tamales, tacos, different salsas and condiments like guacamole, pico de gallo and mole.

-Hispanics are known for their strong value on family. They tend to close-knit families beyond that of the nuclear family. Three generations usually live in the same house or nearby, making family gatherings a common event.

By: Ronnie Carrasquillo

HISPANIC HERITAGE @ KLSRC

In celebration of Hispanic Heritage Month KLSRC we're all about community building. There were a host of activities for everyone to participate in and guys came out in support, not to just have fun, but to learn some amazing facts about the Hispanic culture. Even though the activities were competitive based the focus was on the camaraderie. Everyone came together as one regardless of their culture and historical ideology. Those here at KLSRC celebrated Hispanic Heritage Month with pride and enthusiasm just as we had celebrated every other holiday and cultural event prior to this one. This is a reminder that we are all human beings with a unique history but we are still all one. Thanks to all who participated in the events as well as those who hosted. Also, thanks to the Administration and staff here at KLSRC for your assistance and the opportunity. We appreciate the environment and the space that is provided for us to decompress and continue our growth for our next journey. This environment allows for us to be seen as humans beings who has made mistakes and not as the crime in itself.

For those of you curious as to how Hispanic Heritage Month was celebrated here @ KLSRC below is the dates, times and name of each event that took place.

The winners of each event are:

Domino Tournament – Joe Godinet & Juan Rodriguez and Antonio Aguirre & Jeffrey Corrao

Homerun Derby – Joe Godinet

Softball Game – Team Wall, Matthew Wall, Demilo Fox, Kareem Jett, Jorge Diaz, Antonio Aguirre, Bradley Ad-

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ams and Trino Osorio

Trivia Night – Team Hernandez, Josh Hernandez, Victor Ramos, Edham Salkic, Max Aguilar, Daniel Danao and Brian Lehnert

3 Point Contest – Matthew Wall

Lay-up Contest – Brunt

5v5 Basketball Tournament – Individual in custody, Matthew Wall, Devon Bashaw, Victor Ramos, Mitchell Barnes, John Harper, Max Aguilar, Kareem Jett, Keith Green and Josh Hernandez

Speedy Gonzalez Challenges Rely Race – Jeremy Miller, Trino Osorio and Joshua Boxdorfer

40 Yard Dash – Luther Ware

Family Feud - Edham Salkic, Victor Ramos, Josh Hernandez, Marcell Norris and Richard Bryant

Speed Charades – Team Webb, Ojo Webb, Corey Felton, Jacob Kaminski, Jeffrey Corrao and Reginald Spencer

Chess – Eric Henderson

Weight-Lifting Competition – Class 1 is Leo Navar (Bench Press), Jeremy Miller (Squats) and Shaquille Spencer & Khaaliq Smith (tied for Deadlifts). Class 2 Luther Ware (all three). Class 3 Keith Green (all three)

Pictionary – Jesse Tokich, Jeffrey Corrao, Richard Bryant, Jorge Diaz, Jacob Kaminski, Max Ambler and Reginald Spencer

Jeopardy! Part II – Matthew Berry, Jason Middlekauff, Darryl Nelson, Reginald Spencer, Bobby Davis and William Jenkins

Soccer Game – Team Galaviz, Galaviz, Victor Ramos, Josh Hernandez, Max Aguilar, Brian Lehnert, Leo Navar,

Hispanic Heritage Committee Event List Sept. 15th-30th

<u>Fecha</u>	<u>Tiempo</u>	<u>Evento</u>		<u>Sitio</u>
Friday, September 15 th	5pm-8pm			 West Gym
Saturday, September 16 th	9am-3pm	 Domino Capicú Tournament		West Gym
Sunday, September 17 th	9am-3pm		Home Run Derby/Softball Game	 East Yard
	5pm-7pm	 		
Tuesday, September 19 th	5pm-8pm		Hispanic Heritage Trivia Night	 WEST GYM
Thursday, September 21 st	5pm-8pm		 3 Point Contest	 WEST GYM
Saturday, September 23 rd	9am-3pm		5v5 Basketball Tournament	 East Yard
Sunday, September 24 th	9am-10:30am	 Speedy Gonzales Challenges		 East Yard
Tuesday, September 26 th	5pm-8pm	 FAMILY FEUD		WEST GYM
Thursday, September 28 th	5pm-8pm	 CHARADES		WEST GYM
Friday, September 29 th	5pm-8pm		 	 GYM
Saturday, September 30 th	9am-3pm	CHESS <i>Tournament</i>		GYM

Hispanic Heritage Committee Event List Oct. 1st-15th

<u>Fecha</u>	<u>Tiempo</u>	<u>Evento</u>	<u>Sitio</u>
Sunday, October 1 st	9am-3pm	 Weight-Lifting Competition 	East Gym
Tuesday, October 3 rd	5pm-8pm	 PICTIONARY 	West Gym
Thursday, October 5 th	5pm-8pm	JEOPARDY! Part II 	West Gym
Saturday, October 7 th	9am-10:30am	 Soccer Penalty Shot Challenge & Game	East Yard
	12:30pm-3pm		
Sunday, October 8 th	9am-3pm	 Handball Tournament 	East Gym
Tuesday, October 10 th	5pm-8pm	 Spades Tournament 	West Gym
Thursday, October 12 th	4pm-8pm	 ART CONTEST <i>Hispanic Heritage Month</i> 	Art Room
Friday, October 13 th	5pm-8pm	 TRANSFORMERS RISE OF THE BEASTS 	West Gym
Saturday, October 14 th	5pm-8pm	 Beat Da Jam 2  	West Gym

COMMUNITY BUILDING



CHESS TOURNAMENT CHAMP



PICTIONARY WINNERS



TRIVIA CHAMPS





Jeopardy! Part II Champs



LAY-UP & 3-POINT CHAMPS





SOFTBALL WINNERS

Mi Experiencia



By: Leonel Galaviz



Mi nombre es Leonel Galaviz, soy de Sinaloa Mexico y fui sentenciado a 25 anos de prision por drogas. Quiero contarles un poco de mi vida personal. Desde que era un nino pequeno, siempre vivi atrapado y sin opcion de ninguna oportunidad de tener una vida normal. Estaba atrapado a un mundo de drogas de alcohol y de violencia domestica. Por un momento pense que ese seria mi destino por siempre. Empeze a venir a los Estados Unidos desde que era muy joven, un dia me vine a California huyendo del crimen organizado de mucha delincuencia, de las drogas, de la violencia que se vive a diario en mi estado. Empeze a trabajar en la construccion, pero al paso del tiempo empeze a consumir drogas en exceso y a tomar alcohol, desde muy joven me considere un adicto y un alcoholic por herencia familiar. El consumir drogas y el tartar con ellas ere algo normal para mi, todo se me hacia facil en la vida porque siempre andaba drogado o tomado y porque vengo de un lugar de Mexico donde hay mucha drogadiccion. Vine a la prision de Dixon con 25 anos, sabia que erea un camino largo por recorrer, en los primeros anos de prision no le tomaba mucha importancia donde estaba, tal vez por mi juventud, luego me meti en la escuela y trabajo fue todo lo que logre hacer en

KEWANEE HORIZONS VOLUME 58 PG. 27

Dixon CC, no habia muchas oportunidades para mi porque tenia mucho tiempo. Despues de 11 anos fui transferido a la prision de Robinson iba en busca de escuela y programas pero las puertas seguian cerradas porque tenia mucho tiempo. Empeze a trabajar en la cocina despues de 4 mese llene la aplicacion para Kewanee y nunca imagine que me iban aceptar por ser quien soy. El primer dia que llegue a Kewanee senti la buena vibra senti algo muy especial dentro de mi algo que nunca habia sentido durante 13 anos preso. Kewanee es un lugar de muchas oportunidades de educacion de rehabilitacion y te brinda muchos programas. Tengo un par de meses y esta transformando totalmente mi modo de pensar. El personal es maravilloso nos tratan con mucho respeto y nos miran como personas, hay mucha comunicacion positive. El ser parte de Kewanee es una experiencia maravillosa, mi mente se a desbloqueado y nunca imagine que hay tantas cosas que Kewanee te brinda por hacer, el estar en Kewanee es lo mejor que me a pasado, me esta preparando a ser una persona nueva con buenos y nuevos pensamientos totalmente diferentes, para mi es muy Buena reahabilitacion mental. Kewanee te ensena a tomar las mejores desiciones te lleva a nuevos horizontes, para ser una mejor persona, Kewanee te ensena que hay muchos caminos diferentes en la vida y que las cosas se pueden hacer de la manera correcta, sin tartar de agarrar atajos en la vida los cuales te hacen tropezar, Kewanee te cambia la vida por completo y te prepara mentalmente para hacer las cosas mejor y para que seas una mejor persona, Gracias...

Cancer & Me

By: Andrew Suh

What is it? Any various malignant neoplasms marked by the proliferation of anaplastic cells that tend to invade surrounding tissue and metastasize to new body sites. The pathological condition characterized by such growths. Those were the textbook clinical definitions; but for me and countless others affected by cancer the truth of the matter is **CANCER** is defined by the human pain, trauma, and hurt inflicted. Cancer is all encompassing. You may be the person physiologically affected by the physical pain of cancer or you may be the collateral damage of cancer, where you are emotionally affected by watching somebody you love or care about succumb to this potentially deadly disease.

For me, I fall into the latter category. I can say with absolute certainty **CANCER** has affected me and it has shaped my overall psychology. The following is my personal experience with cancer. I was raised in a patriarchal immigrant home by a strict disciplinarian father. He was the ultimate Alpha male, old school, man's man. Despite all his flaws, I loved him and he was my hero. **CANCER** knocked on my door when I was an 11-year-old. Sitting in the doctor's waiting room, I watched from a distance as my parents met

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cancer for the first time. The bright ruddy color in my father's cheeks drained and his body slumped. My mother gripped his hand and the tears began to flow. As a child I could not grasp the magnitude of this, but in very short amount of time I would come to terms with bitter reality of cancer.

My beloved father had a peptic ulcer which went untreated for years and became malignant. The course of treatment would be an aggressive full exploratory surgery to remove the cancer. Just to show you what type of man my father was; on the day of his own cancer surgery he pushed my mother out of the driver's side seat and drove our family to hospital, that was my dad. The operation went longer than expected; several hours later the surgeon walked towards my mother and explained the delay. Sobbing she collapsed into the hospital chair. I would later learn; the cancer had spread like wildfire. It had metastasized and infected all the surrounding tissue; the stomach, pancreas and liver were overwhelmed the prognosis was dire.

During the next several weeks I watched helplessly as my once healthy father rapidly spiraled downward. After having most of his cancerous stomach removed he was unable to eat and his body succumbed to this deadly disease. My once healthy, vibrant, strong father melted away with each passing day and was replaced by a frail jaundiced shell of a man. Trying to maintain a brave face, I watched as he fought back the tears as he grappled with his own mortality. Proud to the very end, he was a stubborn man set in his ways. The surgical wound across the length of his belly was still fresh as he pushed away the bedpan and forced himself out of his hospital bed. Standing upright he took his first steps, just days after surgery, to go the bathroom. For him he was doing the manly thing and fighting cancer but for me I saw the bitter reality. Standing at the entrance to the

KEWANEE HORIZONS VOLUME 58 PG. 30

bathroom, his hospital gown had come loose and his backside was exposed. I grimaced at what I witnessed. His once healthy body had atrophied; the muscles were gone and were replaced with folds of loose hanging skin draped across his skeletal frame. I can still see his face. He looked back at me and gave me a thumbs up. I smiled, trying not to give away the hurt that was I was feeling. I understood the truth; my father's Cancer was inevitable, there was going to be a sad end.

Nearly four decades later this image still haunts me. This was the toll cancer inflicted upon me. I did not physically have cancer but by proximity; cancer affected me and my family. I still deal with the complex trauma associated with losing a parent at such an early age, but that essay is for another day.

I do not particularly know what the message of this essay should be, but I wanted to share this TRUTH involving CANCER and how it affected me. The only thing I can impart upon you is cancer has an unlimited range; its deadly tentacles reaches far beyond the actual physiological victims, it affects us all. Tomorrow is not guaranteed so let's savor each day and hug our family and friends today.

In Solidarity!





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!

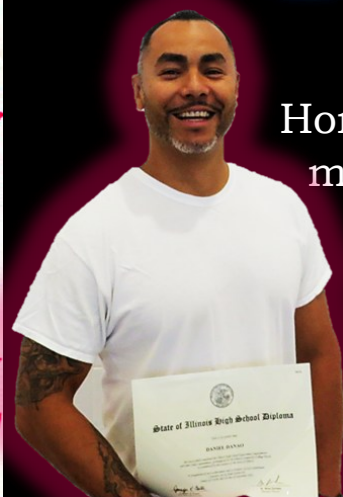
Trust me, it's not going unnoticed.



Anything is Possible!



By: Daniel "SMURF" Danao



Greetings and blessings to all who are reading this edition of Kewanee Horizons. The Kewanee Life Skills environment is a place where everyone is motivated and the spirit of progressing is contagious. I have never been so motivated. I arrived here at Kewanee on March 15, 2023, by June 1st I was enrolled in the G.E.D. Program. On Friday September 1, 2023; when the testing was complete, EFA Mr. Warnsing told me I passed my final subject, I felt a weight lift off me and I pumped my fist into the air. I finally accomplished my goal and I was so proud of myself for getting it done. All the hard work finally paid off. I achieved the goal which I have been trying to complete since 1999. I did it; I successfully completed my G.E.D.

I know that all of you will relate to this story, because in one way or another it is our story. On May 7, 1999 I was scheduled for my "Night School" G.E.D. orientation at the Richard J. Daley College, in Chicago. Unfortunately, fate had other plans for me. I received a phone call from some of my old friends asking me to come along on a mission to a make a quick buck. Of course, I chose to go with them, and put school and my future on the back burner again. After the events of that day and because of my decisions it caused a snowball effect of drama that led to me landing in jail on July 3, 1999 and sentenced to 28 years at 100% .

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Finally after I was tired of the lifestyle I chose and decided to give school a second chance when was I was 22 years old. Long story short, I refused to do this time in vain. I just kept my telling myself I have to complete my G.E.D. and do something with my time. My sister Millie, God rest her soul, would be so proud of me if she were here today. She always pushed me to do good, before and during this incarceration. I know she looking on me with a proud smile.

Big shout out to my teachers Ms. Underwood at Vandalia C.C. where I began my G.E.D. completed Social Studies and science. In addition to, Mr. Titlow, here at Kewanee; where I completed my other requirements of Math and Language Arts. Great Job!

I want to close this with the words of the great Kevin Garnett after winning the NBA championship with the Celtics....

ANYTHING is POSSIBLE....

CHOSEN

I picked you to share my thoughts

Not to feel sorry for me but to just understand how I was feeling

Not to burden you with my concerns

But to hear your voice which I knew would help to anchor me

The thoughts and feelings I have are like a roller coaster ride

Up & down and all around

Uncertainties yet hope & faith of what I may have to face

Important is what you are

Sharing my life for so many years



Poem- Katherine Palada Dixon

Like a flower in my garden of Friendship

You are part of my special bouquet

I think of how blessed I truly am to have all of you in my life

Thanking you seems not enough

But my heart so appreciative of your listening ear

Your prayers will be powerful

God will hear you

I will embrace all of your support

I will grasp at every word

I know you are here for me

Just calling out you will come

Love is what I feel for all of you

Never forget this

SERVICE LEARNING CLASS @ KEWANEE



I would like to take time to bring light onto a class that is very special to me. Mrs. Trigg's Service Learning Class has contributed great things to Kewanee Life Skills Reentry Center, other communities, and organizations throughout the state. This program has donated creative convict creations to the KLSRC Visiting Room, Galva Community, Freedom House, and St. Jude; assisting them by promoting their foundations to create more visibility for their respective causes.

Service Learning has taught me so many things. It has opened my mind to a new world of wood working creations, something I never knew I would be capable of doing. During all these years of being locked up from as a juvenile until now, I never had the opportunity to handle or learn about different tools nor did I know how to use them. Now that I am here at KLSRC everything has changed.

During my time in Mrs. Trigg's service learning class, she has made it a point to take her time to teach us the safety protocols and capabilities of each tool, how to paint jobs, and what we can do to wood working. From basic drills, dremels, to plunge rout-

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ers and the paint work; we can create signs, doll houses, shelves, name plates; there is no limit to what can do. With hard work, practice, effort on my end and the help I've gotten from Mrs. Trigg I developed a new skill that I can use in the real world. The other benefits of participating in this class has been the human rehabilitative element of learning patience and improving my communication skills.

With all the knowledge I have learned in this class, I am now able to pass it on to the next individual that needs it. Maybe someone can take these learned experiences and it will allow them to experience the peace of mind that I received from the class. The joy you receive with the completion of each project and the sense of accomplishment you have with the knowledge that you were responsible for giving back to the community and helping others which is amazing.

The community and organizations really appreciate the service learning class and the individuals who donate their time and skills. The passion it takes to produce such amazing works of arts through wood working or paint medium is inspiring. The hard work the group invests, as a collective, with each and every project reflects the power of teamwork. Through great leadership and great individuals the class continues keep going strong.

A special thanks to Mrs. Trigg for giving me the chance to learn all these invaluable new skills in her service learning class and for teaching me and providing the next generation of students a new passion. I think we all need a chance to show our wood working creations to the outside world. Thank you. Don't give up. Keep on going.



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CAN'T STOP, WON'T STOP!

By: Elbert Conway



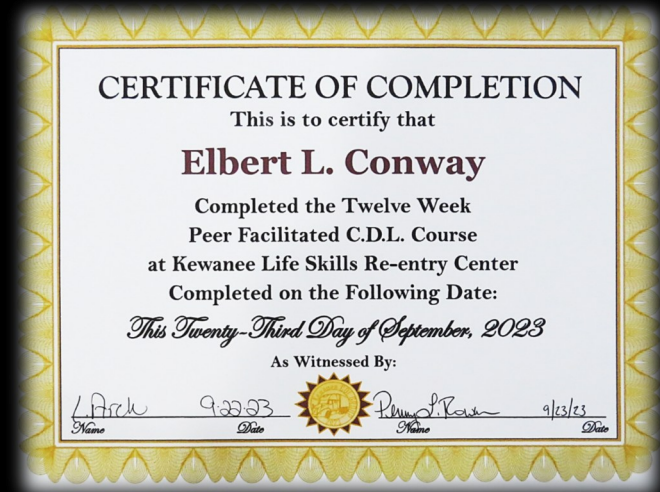
What's good y'all? I just wanted to drop a few lines in hope of sparking some inspiration for those still trying to make sense of the trauma we're subject to as a result of our incarceration.

Don't get it twisted, of all people, I understand it may take a while for most of us to overcome the mental, and physical trauma we embody as a result of this traumatic event. However, the fact of knowing wholeheartedly that we can overcome this minor set back for a major comeback has the ability to build strength in us to keep our heads high, chest out and our hearts filled with hope. Being incarcerated doesn't define who you are regardless of how others may perceive you. Don't give up on yourself. Trust and believe that anything is possible. I personally witnessed "anything is possible" early September when a guy I know walked out of prison a free man after being told almost 30 years ago that he had to spend the rest of his life behind these walls. Wait there's more...in early October Ronnie Carrasquillo went to court and gave back a 600 year sentence. Just imagine what would had happened if they had given up on life...imagine if they had given up on themselves.

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In life we're going to get knocked down and obstacles will come so when they do, remember that strength comes from being diligent in pushing through the pain. Staying resilient and dedicated to what it is you wish to accomplish causes doors to open in ways you would never thought possible. You have to believe that you hold the power to create the life you want regardless of where you are physically.

In closing, I wanted to share with you all that on September 22, 2023, I successfully completed a Peer Led CDL course that has grown my understanding of the trucking business exponentially. Even though my aim is Box Trucks and Hot Shot Trucking, the facilitators of the class were very informative and helpful. A few of the facilitators were truckers before coming to prison, so as you may imagine, they had a lot to offer. After completing the class, I started thinking about the institutions I served time in prior to coming to KLSRC. I then asked myself, "What prevented you from starting a study group in the past based on the subject matter that interested you?" Honestly, I had a million excuses but not one authentic reason which is why I leave you with this - regardless of where you are, you have the ability to make the best of it, **if you** so choose. Being **truly** free means being free both mentally as well as physically, and since we're not free physically at the present moment we can still free our minds. **PEACE...**





My CDL Experience

By : Hafis K. HaQQ



In The Name of Allah, The Merciful, The Mercy Giving

As I prepare to return home after over thirty years of incarceration, I've begun to focus on aspects that haven't existed for me in decades. A main one, how will I take care of myself?

My childhood friend, Maurice is a third generation trucker and owns a small trucking company-Brown Gate Shipping LLC. He assures me a job at his company the day I'm released. That day is approaching at an unbelievable speed(Allah Willing).

Maurice purchased a box truck for his company so that I could haul small shipments, locally, as soon as I got my driver's license.

Before I transferred here, I'd invested in my own trucks with the help of my family. I knew I'd need my CDL's, which was one of the reasons I wanted/needed to get here before my release.

Enrolling in the Peer Facilitated CDL Course at Kewanee Life Skills Re-Entry Center has given me a wealth of knowledge into the shipping field and accelerated my ability to actually care for myself when I return home-All Praise Is Due to Allah!

During the course, we participants did book assignments and watch multiple videos

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dealing with so many aspects of the shipping field. KLSRC's administration supported our Peers efforts to educate us by approving two trucking professionals, Michael Wilson and Rolando Araujo, to come inside this Center and deliver to us firsthand knowledge, information, insight and their personal experiences in the profession we're interested in pursuing.

Mr. Wilson gifted us with his over 25-years of experiences. I'd like to thank him on behalf of all those involved for his interest, time, and knowledge!

Mr. Araujo offered us a different side of the trucking field. The side of what it looks like for Returning Citizens like us, because he has already blazed that path.

It was so encouraging to see someone who, at one time, resided in the very same prison as myself, to not only free, but doing well, and living right. He was able to inform us of some mistakes he'd made during his process of learning the trucking business, and he informed us of things we'll need to do in order to obtain particular Endorsements.

For me, it intensified my desire to get into trucking. I've spent hours upon hours in the Peer Led room watching YouTube videos of different aspects of trucking, and just because the Peer Led Course is complete doesn't mean I'm finished educating myself through the tools and avenues which my Peers and the KLSRC Administrators are providing.

In no particular order, I would like to thank Warden Carothers, A/W Jones, Ms. Rowan, Ms. Arch, Michael Wilson, Rolando Araujo, and The CDL Course Peer Leaders.

It takes caring villagers to aid in the positive transformation of returning citizens.

Sincerely,

Hafis K. HaQQ

PIVOTTECH

By Andrew Suh

Defying the odds is not just a mantra from DEFY Ventures it is actually a real thing and the other day it actually materialized. Through the networking power of social media and LinkedIn, Kyra Kyle of Defy Ventures connected with CEO and the cofounders of Pivot Technology School: Joshua Mundy CEO and Quawn Clark. These two very successful entrepreneurs flew in from Nashville, Tennessee to provide the IICs of Kewanee an inspirational how to succeed in Business 101 tutorial and a very informational Q&A session related to the entrepreneurial journey.

Pivot Technology School was inspired and created in 2019 to solve the problem of providing opportunities for underrepresented minorities in the tech industry; through an intensive curriculum of Software engineering, Web site Development, Data Analytics, and Cyber Security. Pivot Technology School works with the Department of Labor to transition people off of food stamps. They realized the incarcerated community was another area they could make an impact and last year started to work to provide technology skills to incarcerated people who would be returning home from prison in less than a year. They created a public-private partnership with PivotTech Solutions to obtain contract work in with



existing tech companies. Thereby enabling their students to get the skills they need and to show that returning citizens can do the work in the workplace.

The serial entrepreneurs have plans to bring their vision of Pivot Technology School to IDOC. In order to assist and provide all returning citizens an opportunity to be certified in the realm of cyber security and coding. Thereby allowing this untapped talent pool of soon to be returning citizens an opportunity for a career in technology upon their release. **(THIS PROJECT IS STILL IN ITS DEVELOPMENTAL PHASE)** With high aspirations these two entrepreneurs are making a difference in the lives of men and women who are currently locked away and will one day in the very near future be returned to free society.





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.

SECURITY

The Center is a minimum-security operation; however, the movement of residents is closely monitored, and their whereabouts must be known at all times. Residents will not be allowed to frequent locations where their presence cannot be confirmed. In the event a resident's whereabouts become unknown, he is considered to be absent without authorization, and such unauthorized absence will seriously jeopardize a resident's ability to remain in the Adult Transition Center's Program. This unauthorized absence, including failure to report or return from work, school, or counseling, once signed out of the building, privilege pass, etc., can result in criminal prosecution for escape.

The security of Safer Foundation/Crossroads Adult Transition Center is the responsibility of all staff. The Correctional Resident Case Manager I (CRC I) assume primary responsibility for the physical security of the facility as well as resident accountability, detail assignments, room inspections, and a variety of other duties. There is staff on duty, twenty-four hours a day, seven days a week, at the Center. The Center has a number of professional Case Managers on the staff and each resident is assigned a Case Manager to coordi-

nate his program needs and objectives

THERE IS ALWAYS SOMEONE ON DUTY WHO WILL BE RESPONSIVE TO THE RESIDENTS NEEDS.

Searches and Shakedowns - It is the policy of the Center that all persons, without exception, including visitors and agency employees, admitted to the Center are subject to a body search, random strip search, and/or shakedown of any item being brought into the facility. The Center Supervisor or person in charge determines the frequency, thoroughness, and location of the search. Staff, visitors, and residents who are found to be in possession of contraband items are subject to felony prosecution. A list of authorized property is contained in the handbook and is conspicuously posted on the resident's bulletin boards. Any item other than those listed as personal property or authorized through approved channels will be considered contraband and subject to confiscation. The intent of this policy is not to harass or embarrass anyone but is necessary to provide a measure of control and to deter the introduction of contraband. All persons entering the facility will be advised of this policy. A clearly readable notice is posted at the location of admittance indicating this required practice.

Body Searches - are always performed in a private location, usually a separate room, away from the normal business or visitor traffic. Females will only be body searched by female employees.

Room Shakedowns - Room searches and facility security checks will be conducted at random during each shift. Residents will receive a copy of the Shakedown Report form af-

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ter their room has been searched.

Entire Facility Searches - In addition to the daily searches, there will be unannounced facility searches. These shakedowns will include all areas. Residents will be directed to a secured area and must cooperate, without question, to staff directives during any of these procedures.

Canine Unit - The purpose of this unit is to provide an additional means of preserving the security and safety of this and all other Adult Transition Centers. All Canine Unit shakedowns will be random and unannounced; they may occur from once a year, twice a month, or weekly. The following are critical areas of concern to residents of this Center in the event they are here when a Canine Unit shakedown begins:

- a. If residents have visitors, they may be asked to leave and they will be subject to search by the Canine Unit.
- b. Residents shall be forbidden to communicate with each other or any unauthorized person, or to use the telephone until the shakedown is completed.
- c. Residents will not antagonize the Canine Unit dogs; nor attempt to touch or pet the dogs.
- d. All residents must cooperate and follow any order given them by the Canine Unit staff persons. Any resident who violates rule b, c, or d will be issued a Resident Disciplinary Report.

Failure by resident to cooperate with staff regarding any search procedure will result in a resident disciplinary action.

Escape Status/Failure to Report Back to the Center - As defined by the Illinois stat-

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utes and applied to the Department of Corrections; it is the intentional and unauthorized absence of a committed person from the custody of the Department. A committed person, who escapes or attempts to escape from this facility, is guilty of a class 2 felony and **will be prosecuted** accordingly. Any unauthorized absence or departure from the facility is subject to prosecution and a warrant will be issued.

YOUR TRANSFER TO SAFER/CROSSROADS ADULT TRANSITION CENTER (ATC) IS A CONTINUATION OF YOUR INCARCERATION. SAFER/CROSSROADS (ATC) IS AN EXTENSION/CONTRACTUAL FACILITY OF THE ILLINOIS DEPARTMENT OF CORRECTIONS (IDOC). ALTHOUGH YOU ARE NOW IN AN ADULT TRANSITION CENTER (ATC) YOU CONTINUE TO BE SUBJECT TO THE RULES AND REGULATIONS OF IDOC.

WHEN AUTHORIZED TO BE AWAY FROM THIS FACILITY, YOU WILL HAVE AN ITINERARY. INSURE YOU ABIDE BY THIS SCHEDULE. ANY DEVIATION CAN RESULT IN AN UNAUTHORIZED MOVEMENT AND/OR ESCAPE WARRANT.

Laboratory Testing - All residents will submit, at any time, to any required laboratory test or examination to determine communicable diseases or to detect the use of drugs or alcohol.

Crossroads ATC has a urinalysis program in effect. A staff member will notify a resident when a urine specimen is required. Each urine specimen will be monitored visually by a male staff member, who must positively ascertain that the specimen is emitting from the resident directly into the container. All residents are subject to testing at least once a month and on return from passes.

ADMINISTRATION OF DISCIPLINE

The purpose of discipline is to provide a set of rules that govern resident's behavior. It is also set up to ensure that residents are responsible for their actions. All discipline in Adult Transition Centers must be in compliance with Department Rule 504C. A copy is posted on every resident floor. All hearings must be conducted in a timely manner. Residents have the right to waive the 24-hour notification of the hearing. Due process requirements are spelled out specifically in Department Rule 504C.

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.

A Letter to My Cancer:

It may seem like you have control in my life right now,
but you really don't.

Your presence only makes me stronger, braver,
kinder, wiser.

I choose how I think, what I speak and how I love.

You will never be able to touch those things.
Never.

The fear of your name no longer haunts my soul
because I know that my soul belongs to me and to God.

You may take your claim on this frail outer shell
but never on my divine spirit that cries out
"I am not my body".

My soul will run, leap and tower over your attempts
to pull me down into despair.

Those who surround me will fight with me
to let it be known that we will not surrender.

Our hearts and souls are tied together in a lasting bond
that no amount of your impeding growth can break.

You see cancer, you do NOT own me.

I own myself.

And I will survive.

By Ginger Johnson, Founder, HappyChemo.com

NEW ARRIVAL

By, Terrance 'Boon' Gibbs



Hello I am Terrance, I would like to speak on a few pointers about the relief I've felt since the past two weeks of me being here in Kewanee Life Skills Re-Entry Center.

Now that I have a true opportunity to finish working on getting my stepping stones in place, especially now that Kewanee is giving me the chance to. I couldn't feel too much of comfort or didn't get the chance at other facilities I was placed in before I joined this Kewanee programing system.

Do to me having 85% everything was based off of my MSR date in which I've been incarcerated since 2019 and is just now receiving the help I've been searching for the first year of being in confinement.

Being in the mist or peak of my life that I am changing I can say that I feel Kewanee was one of the best choices I've made to be transferred here, because this is gonna finish opening better doors for me in the future on my way home in the next two years. I am also getting the chances to accomplish goals while I am here without having to wait, or worry about being based on my MSR date.

I'm relieved in my comfort zone here in Kewanee now I can repair myself with the help staff here is offering, so there shouldn't be any excuse for not wanting to receive the help that's gonna bring change into my/your life.

Thanks for your time!

HORIZONS MONEY TEAM

By: Timothy "Timazale" Alexander

Greetings Everyone: Today we will talk about investing in foreign companies and why we need them for our portfolio. We will continue our bond series in the next article.

The **Market Report:** We closed out on a positive note the jobs report was good unemployment was slightly up to 3.8% and the market had a good three day bounce as you can see by the numbers.

DOW:34.708.44

S&P:4.450.32

Nasdaq:13.708.33

Russell: 1.899.22

One of the most important fundamentals of being an investor is becoming understanding of the Geography of the world, along with the need to allow your money to work its way around the world, in a beneficial manner making profits for you long-term. The U.S is only 5% of the worlds population but it has 20% of the worlds wealth, making the U.S a grate place to live, work and invest but if you really pay close attention to the numbers we just gave, this shows there is 95% of the world still out their, with 80% of the wealth in other countries. Once your invested in foreign markets this gives you a better piece of the global economy for you and your family's future sake, as we discussed before Pro-Active is a con-

stant requirement when investing. We have to be in places others don't think we are or know about, because we have lost so much time that if we're not being aggressive in a intelligent way, we will be Re-active in a losing game where we have to be well rounded and involved to benefit from everything that we are able to benefit from no matter what and where it comes from.

The next reason we need to invest in foreign markets is your buying these goods from them anyway. Look at the items all around you, look at where its made then shipped to this country this should give you extra motivation to invests in foreign markets in a major way. We must take advantage of these opportunities that are right in front of us, everything you buy do yourself a quick check look at the labels, I'm sure you will see **Made in...** Now will you start doing your research to find out more about the company and the country these product are coming from, after that you should start purchasing shares in them. If you are not the type of person to do all of this research, we will give you the ETFs to the world. This is where I started investing in the world because I didn't know as much as I do now. I still own all of these ETFs because I enjoy the privilege of reaping rewards from my intelligent investing from years back. I can't leave that 80% on the table as so many others are doing, I got into this to get this money as I have been doing from every direction on the globe, we are trying to give you this knowledge and understanding of other ways you can do what some of us on the **(HMT) Horizons Money Team** have been doing to gain profits outside of our home country, now it time for you to step up and take the time to study as a Pro-active investor, then make your intelligent investment choices, in a responsible way over time. I need everyone to understand this took me some time and years to buy all of these ETFs, I had to make a strategy that gave me the pleasure of buying these opportuni-

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ties without hurting the family or taking me away from the investments I wanted and needed.

Here is the list of ETFs with the tickers, we said we would give out as always please do your research before you start to invest your family money into them. Here's a suggestion, look at Vanguard ETFs, as I have been doing over the past few weeks, two sources of income are always better than one.

- UK-EWU
- France-EWQ
- Germany-EWG
- Emerging Markets-EEM
- Eafa-EFA
- Canada-EWC
- Brazil-EWZ
- Australia-EWA
- Latin America-ILF
- Taiwan-EWT, be careful with this one this is a hot topic with China .
- Switz-EWL
- Sweden-EWD
- Spain-EWP
- Korea-EWY, this is another place to be cautious of but for now it's a good place to reap
- Singapore-EWS
- Saudi Arabia- KSA, this is a place where the oil is a hot subject.
- Poland-EPOL this is very close to the conflict with Russia.
- Japan-EPP
- Italy-EWI

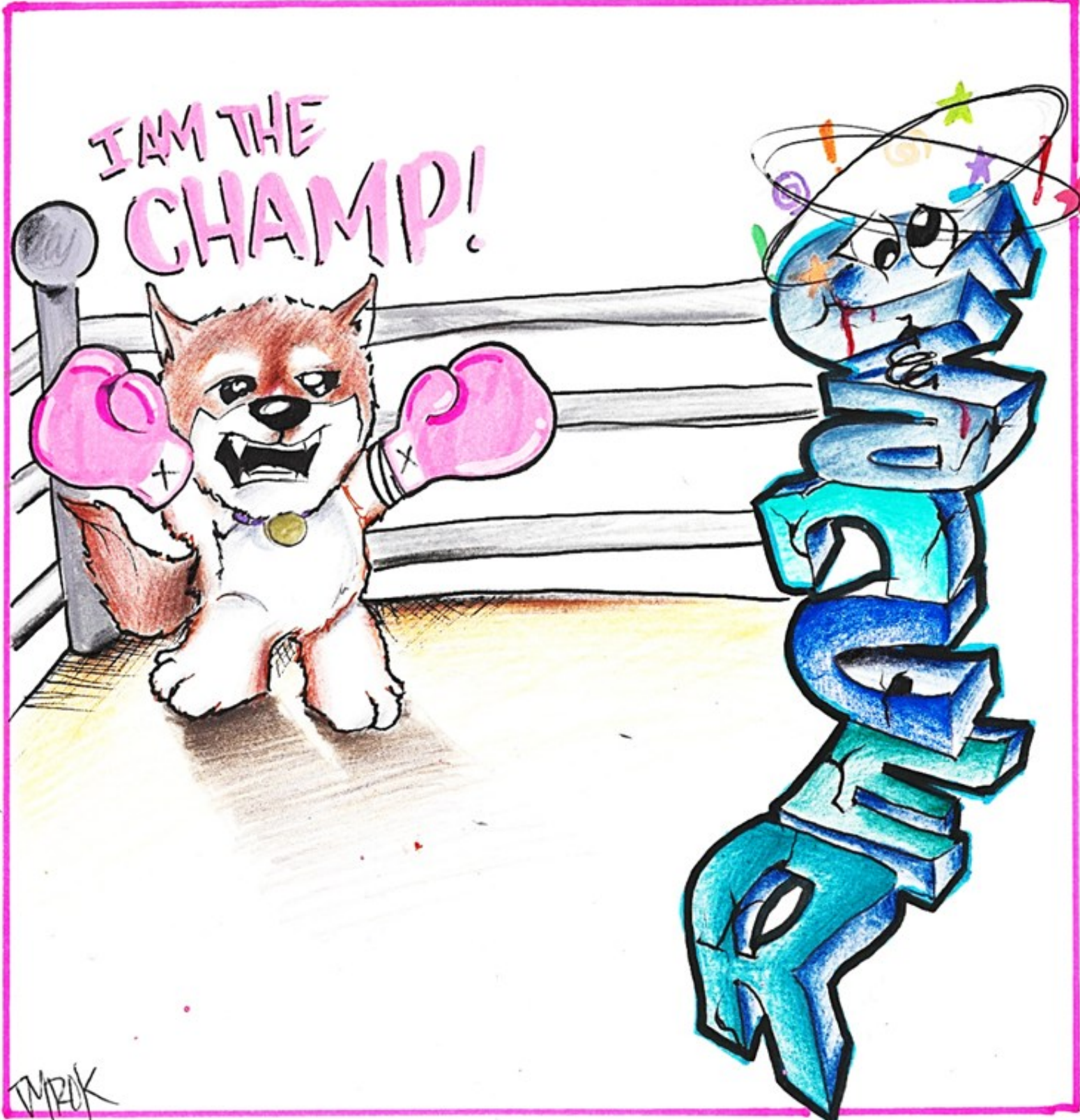
the profits.

Now you have a way to invest in the world without doing the work of owning single shares of companies, while still making profits from the companies that send so many products to this country on the daily. Also look into big shipping container companies.

As always Thank you for your time, please do your research before you start investing as I'm doing with the Vanguard international ETFs, 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.

DOG DAN FLOW



DOG DAN FLOW



HOROSCOPES



Aries: You're on the fast track, ready to take on the world. Refuse to let anyone interfere with your plans. Make your objective clear to those who challenge or try to redirect you. Romance is favored.

Translation: When you hop off the porch be ready to get involve because things move fast. Be decisive w/ your decisions for all to see.



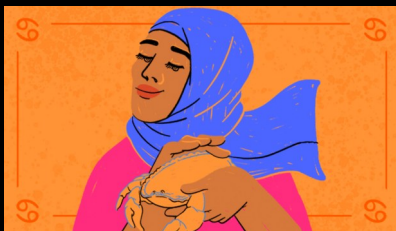
Taurus: Take it easy. Promising too much will lead to distress. Put your needs first and avoid letting someone take you for granted. Do some research that will help you make a big decision.

Translation: Relax. Don't pressure yourself with giving away too much. Think it through and don't allow anyone to take advantage of you.



Gemini: Love in the stars. Focusing on quality time will improve meaningful relationships. A home improvement project will turn out better than anticipated if you manage your money wisely.

Translation: She/he out there for you. Put in the hours to build a true relationship. Watching how you spend yo money you will gain the most from your money.



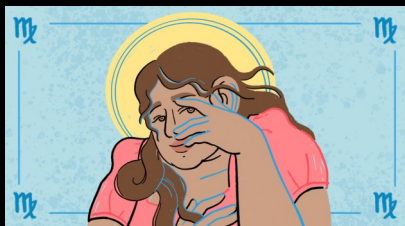
Cancer: Explore the possibilities, and new beginnings will come your way. Keep an open mind and work with what you have to make your world a better place. Reinvent how you use your skills.

Translation: Get out there you might come across something new. Be open-minded, work with what you got and revamp that thang.



Leo: Take pride in whatever you do. You'll face criticism; don't let anyone push you in a direction you don't care to travel. Pay attention to what others say before you respond.

Translation: Take pride in what you put into the world. They go hate regardless but don't let that make you switch up.



Virgo: Don't reveal secrets. Go about your business, and you'll be able to bring about changes that will give you hope for the future. Expand your mind, interest and friendships.

Translation: Keep secrets close to the chest. Just be you the future looking good and move outside your circle.



Libra: Try something new and exciting, and it will motivate you to explore the possibility of changing your direction. Do something you enjoy, and it will ease stress.

Translation: Do something different, it might take you down a different route. Don't worry enjoy the journey.



Scorpio: Discipline will be required to finish what you start. Refuse to let anyone talk you into something you don't want to pursue. Focus on what makes you happy. Change begins with you.

Translation: Follow it through. Do not allow anyone to finesse you to do something you don't want to. Keep that smile on your heart.

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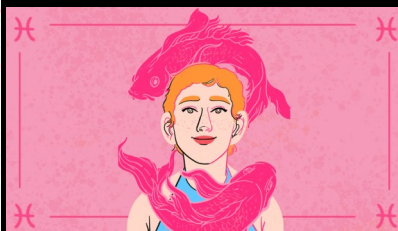
Sagittarius: Sign up for something you enjoy, and have some fun. Share your dreams, hopes and wishes with someone close to you. Talks will lead to a positive outlook and potential gain.

Translation: Turn up, get out and live. Share your dreams, hopes and wishes with someone in your inner circle. You will get something from it.



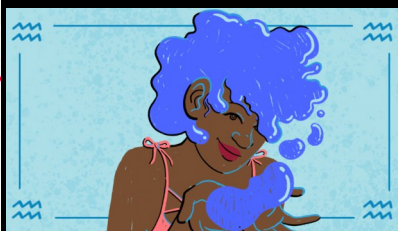
Capricorn: Share your thoughts and feelings, and you will make headway. Create a space that encourages you to pursue something that makes you happy. A change in routine will lead to possibilities.

Translation: Open up and things might become clear. Go after what you want. Switch things up and you will have more options.



Aquarius: Keep life simple and your plans feasible. Spend less cash and put more energy into figuring out what's best for you. A change offer a healthier lifestyle and more time for fun.

Translation: Keep things simple and within reach. Less money and more thought into what you need. Change will bring a healthier life and more time to enjoy life.



Pisces: Don't take on unreasonable requests. Analyze what others expect of you and consider what's worthwhile before you say yes. Call the shots instead of letting others make decisions for you.

Translation: Be realistic. Think about what people want from you and know if you can afford to give it to them. Be the boss not the employee.

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.

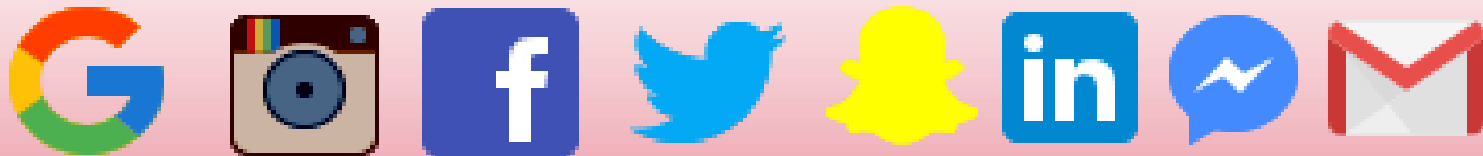
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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