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KEWANEE  
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## OUTSIDE CONTRIBUTORS





## RESTORATIVE JUSTICE

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

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

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

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



## MISSION STATEMENT



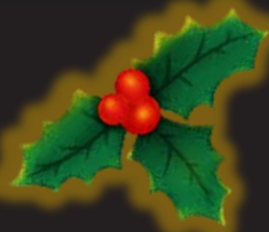
**Kewanee Horizons** has adopted the **Restorative Justice** and community theme. Partly because this has been the fight of our lives, those of us who have sought not only freedom in its many forms, but, also a way to give back, rebuild, and uplift our communities.

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

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



## STATE WIDE CALL OUT



To all the writers, poets and artists within the state of Illinois we want to know what you are going through, what you are thinking and what you are feeling. 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, the Kewanee Horizons; 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. Please remember that this platform is about Restorative Justice and community. With that being said, we ask that all submissions be in the form of **Positivity, Restorative Justice, Re-Entry, and/or Community**. Please know that we are NOT attempting to smother or drown out your voices. However, this is our opportunity to be heard so lets do so in a positive manner and uplift each other. We have the ability to create change.

## DISCLAIMER

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



## NATURE CRAFTING

By: Yesenia Diaz @ Logan C.C.



My love for crafting has given me a great opportunity to seasonally decorate my garden areas. I am excited to share my fall/Halloween crafts.

Owl-e-na is one of my favorites. Her body is molded paper — whole pinecones and individual pinecone petals give her wings and feathers. Her intense eyes are painted acorns outlined with pine needles — a hibiscus seed pod forms the beak. Owl-e-na, perched on a tree stump, is the center piece of ornamental grasses, dried gornphrenas and sedums, Carly Willow Tree branches, and an array of pumpkins grown by our vegetable garden team.

Ornamental grasses and a planter of sweet potato vines are the backdrop for this fall scene. The gnomes, Shorty and Spice, were created with stacked flower pot bodies, pumpkin heads and clothed in painted garden burlap. Huron Sunrise Maiden Grass gives them thick beards, and Sycamore trees. Up-cycled Styrofoam gives them hands and feet.

Shorty and Spice have a pet hedge hog, 'Fred-the-Bed-Head'. His body is paper crafted, a painted belly and individual pinecone petals make his outer fur. Acorns and tree seed pods give him his facial eyes and nose — and pine needles give him





his bed-head hairstyle. Fred, enjoys roasting Styrofoam marshmallows over a fire of gathered bark and painted grass flames. Pumpkins add a pop of fall color.

The “Patchwork” pumpkins are simply that! Plaid paper cut into a variety of patch sizes with painted sticks to give it that “Patchwork” detail. The decorative Sunflowers were made from watercolor paper and leaves made from dried iris-es.

Using the base of the fall decorations we transitioned into Halloween by giving Shorty and Spice “Trick or Treat” bags... added a spider web, sugar skull, and top-hat, jack-o-lantern decorated pumpkins... and accented the sweet potato vine planter with “Witch Fest” plant jokes.

One of the hardscapes in my garden area is brick ashtrays. In the Spring/Summer they are planters and in the Fall/Winter I use them as pedestals for seasonal crafts.

Lady Lashes is our fashion—forward witch. Watercolor paper gives her lashes and lips a dimensional quality. Weed barrier fabric is tailored to form her hat, while Vertigo grass gives her a stylish braid. A little blush and strawflower earrings finish her contemporary look.

No Halloween would be complete without Scary Hairy the clown. He, too, was formed with paper, painted with acrylic paints and accented with nature elements. His fire red hair is painted Huron Sunrise Maiden Grass. His piercing eyes are painted acorn shells, and his “charming” smile exposes his teeth of cottonwood tree seeds. A bow made from weed barrier fabric and a button from an acorn top give him a dapper finish.

The cardboard frame gives Scary Hairy a home — his gloved hand is holding balloons made from dried Allium flowers.





After finishing the Fall/Halloween decorations, I still had this one little pumpkin left — with no identity — no purpose. So, Smiley, was born! Dressed in his favorite sports attire, Smiley is relaxing in a fall garden of dried strawflowers as he enjoys a re-freshing gourd of Spicy Latte.

None of these decorative creations would be possible without a team that works together. I want to sincerely thank:

- The administration and staff for allowing us to decorate our garden areas
- Ms. O’Neal, Mrs. Freshour, Mr. Ray, Mr. Aires, and Mr. Wibben for their help and encouragement
- My “naming—consultant” and roommate, Cyndi Warren
- My long time co-creator, roommate, and friend Trish Columbo

I pray these Nature Crafts inspire you to use your imagination and bring a smile to your heart! Our environment is what we make it.







## CHAINS THAT FIGHT

**By: Afton Ferris @ Logan CC**

I've learned that, when everything seems to be against you, that is the crucial point in time for you to make a decision. Mine came when I was strapped to a plastic bed, the bonds holding my wrists and ankles chaffing and my back beginning to spasm from the countless hours of being in the same position.

Someone came to me right at that time, and with a simple, yet complex, parable, changed my life.

There are two wolves, one healthy and confident, and the other mangled and full of hurt and rage. These wolves symbolize you and which way you want to go with your life - confident and strong; or miserable and unhealthy.

At this time, which one of these wolves is on its back, belly-up in submission? Rage or hope? Even the tiniest of thoughts is a piece of meat to these two. Which one do you want? How do you want to spend your life? Hopeless and helpless, or strong and confident?

If you've been feeding the bad wolf, and you can feel its teeth locked around your neck - there's still a chance to change, a step up to realize that the will fight is greater than sorrow.

The choice is your. Take the chains that have been locked around you and use them to bind whichever wolf is holding you down. Get those sharp teeth away from your neck and, slowly at first, give the good wolf all your time and energy.

The choice is yours—are you strong enough to take a stand?





# CONGRATULATIONS ME

**By: Robert McCullough @ Danville C.C.**



**I've finally did it, I got my associate's degree! I'm not going to lie, it has been very difficult in achieving this goal because I was sentenced at 100%. It's hard to get into programs when you have a lot of time and you don't get good time. However, with patience, perseverance, and persistence I've managed to do so many positive things on this 16-year journey. Nothing was given to me, I've earned everything.**

**In order to be a good leader, you have to be a good follower—and follow the right people.**

**The main reason why I enjoy being a peer educator is because I get to help people rebuild misguided dreams. I owe it to myself and my community to try and make the world a better place. I found my purpose in life and it's to help people.**

**“USE THIS TIME WISELY!” I am a barber, Hospice Caretaker, author, screenplay writer, rapper, poet, mentor...I am what I want to be. I am not bragging but it's good to pat yourself on the back sometimes especially when you come from nothing and you were headed for self-destruction.**

**That said, CONGRATULATIONS to me as well as to those that continue to strive for success!!! To those that don't believe, try to change that attitude.**



## It's Not Over - It's Just the Beginning

**By: Brandon Saul @**

If you're anything like me then coming to IDOC has made a major impact on who you are and the outlook on perspective of life.

When I first came into the system at 30 yrs old, I thought my life was over, my hopes and dreams are shattered. I was simply gonna give up, just sit back and accept the fact I failed. The sad news was I let this error of thinking dictate my last fourteen years. I have literally tried to drink life away. I've missed so much due to this behavior that I can't believe I recognize my kids. It wasn't until recently when I came across the word "unworthy" that it all came to mind. My mind was a tidal wave of disappointments. In this distorted thinking I knew I couldn't go out like that.

In my younger years, I was a swimmer for the swim team in the town I grew up in. Most of the time I swam in the age group older than me. So needless to say I wasn't winning that much. But I wasn't giving up either.

This mental image came back to me, helping me realize something. If you drop the "un" off of "unworthy," you create "worthy." I am worthy of much more than an IDOC number and a life of wrong decisions. Today, I'm making the decision to retire my IDOC number. I'm learning that my kids deserve a father and I'm worthy of life!

The world owes me nothing, but I do owe myself the chance. For it's not about how hard you get hit or how you get knocked down. It's about what you're gonna do once you're down. Do you stay down/give up or stand up and continue forward? I am meant for much more than just a number. I'm a human, a family man, brother, uncle, and my father's son. It's my turn, this is just the beginning!



## ARTISTIC DISPLAY

We enjoy showcasing everyone's talent. Keep up the good work Avila from Shawnee C.C and Adisa here at Kewanee. Continue to be an inspiration to those around you. We encourage everyone to not allow prison to stifle your growth. We can use this time to cultivate our skills and use them as the next stage of our growth.



**Kewanee Horizons would like to send a shout out to — Avila @ Shawnee for sharing this artistic design of hats with us.**



Hats by Adisa 'Poke' Wheeler @ Kewanee. "I painted and donated these hats to charity. 'Abilities Plus' is a charity for children and adults with delays and disabilities. Plus the hat for the 'Buddy Walk' an event where they raise awareness and financial funds for those with Down Syndrome."





## *Where Is My Home?*

**By: Manuel Enrique Aceituno @ Western Illinois C.C.**

**In the ashes of my past, amidst the dust of my childhood, on the winds of creation, between the stars of revelation I have lost you. Emotionally we are connected, stretched thin by perception, neglected in comprehension while lost within my conviction. Where is my home?...**

**I see you in the distance, my beacon of existence, you are life, love, and a comfortable embrace of protection that resonates back to my soul. Where is my home?...**

**Down on my knees, I have faith, I'll never give up, I'll never give in, I believe, you lie deep within. Your warmth shines forth with change, transformation, rehabilitation, the breaking of these chains, my destination. Where is my home?...**

**Close my eyes in meditation, focused determination, relentless constitution, visual reformation, tied in knots of expectation. I see you, I hear you, therefore you are...my heart, my home!**

### **NOTE FROM THE AUTHOR:**

**When I chose to follow the path of positive thinking, there was a quote that first gave me the courage to take that first step: "What lies before you, and what lies behind you, are tiny matters compared to what lies within you." Change is perception, the past nor the future matters. What matters is what lies within you in this moment - your strength, your courage, your love and your compassion. Only you know who you are inside. Be that person, be great, be positive, be you, be happy! The past is a memory, the future is tomorrow, what lies inside you today, and that person has the choice to be wonderful.**

**BE WONDERFUL!**



## FELIZ NAVIDAD...



**By: Lorena Oropeza @ Logan C.C.**

**Hola, mi nombre es Lorena Oropeza y trabajo en el invernadero de Logan. Este es mi primer año trabajando en el invernadero y ahora tube la oportunidad de hacer estas decoraciones para Navidad. Mi deseo para esta Navidad es agradecerle a dios por permitirnos celebrar otra bonita Navidad. No importa en donde nos encontremos lo importante es darle Harmonia, Paz y Felicidad a tu corazon, y que cada uno de tus deseos sean realizados. Con la bendicion de dios todo es possible. Bendiciones**



### **FELIZ NAVIDAD y PROSPERO ANO NUEVO**

**Hello, my name is Lorena Oropeza and I work in the craftsmanship garden at Logan. This is my first year working in this area and I just now got the opportunity of doing these decorations for Christmas. My wish for this Christmas is to give thanks to God for allowing us to celebrate another beautiful Christmas. It does not matter where we find ourselves but what is important is to give Harmony, Peace, and Joy to your heart, and that each one of your wishes be granted. With the blessing of God everything is possible.**

**MERRY CHRISTMAS and PROSPEROUS NEWYEAR Blessings**





# Provoked To Anger

**Written By And From The Heart Of: Mr. Lorenzo Kent Sr.**

**Father, Father, Father,  
I'm sitting here trying to understand,  
Who or what caused you to forget about me  
Even if it was my mother you couldn't stand...**

**I tried often to get a real answer from my mother  
But, even that continued to be to no satisfaction  
So I guess, until I hear your side of this story  
I'll be forever be faced with the problem of trying to explain your actions...**

**Similar situations have happened my entire life  
Where I'm often asked questions about you I don't even understand  
Because I've never ever knew the answer when asked;  
WHERE IS YOUR FATHER, YOUNG MAN?!!...**





What really hurt me most about all this, is that;  
It's not like about me you didn't know,  
Because the first and last time "I was told" I saw you was at 5 years old  
When you were at the park with your other family and said "You had to go"...

"NOW" I finally understand what I heard at church  
And...As a Parent, It took some regretful choices for me to figure this out,  
However...It was when the Preacher stated that: "It's the parents who eats the grapes;  
but, it's their children who continue to get the sour taste in their mouth..."

So, just in case you hear about all the conflicts and troubles  
I've had with making morally responsible and healthy decisions,  
Don't worry!!! I'm trying my best "NOT TO" TURN OUT LIKE YOU  
Even Tho' my Son is now fatherless, too, as I sit here writing you this poem from PRIS-  
ON...

The inner-turmoil concerning the "IRONY" and "REALITY" OF Broken Promises  
continues

With this "Son-of-Mine" that his relationship with me WOULD NOT be the same,



**Now...Not only does he feel the same about me—as I did about you, but also;  
He wants to change his name because everything I told him I hated about my childhood...I became.**

**Well at this point...I can only Hope and Pray for another opportunity  
For me an my son to see the value of working together to break this cycle  
So his children won't be "Provoked To Anger" because he was "Provoked To Anger"  
Like his father was "Provoked To Anger"**

**"If you do what you always did,  
you will get what you always  
got"**

**—Anonymous**



## WHAT'S ON MY MIND?

They asked me to write what was on my mind  
That road is bumpy and curvy as it winds  
Do you really want to go down that road?  
You wouldn't like what you find, Now you been told.  
My mind is a tangle of Deep odd thoughts  
Sometimes it's empty, a vessel of naught  
My mind is knowledgeable, sharp as a knife  
Chocked full of memories of times in my life  
Some are happy, some are sad  
Some are of loved ones, which I once had  
But most of all, what's on my mind  
Is how I am going to cope with all of this time

Keep myself busy, and don't get lazy  
Find things to do, so I don't go crazy  
I have many years sill to go through  
Before I can get back to life-start a new  
So for now here I am sitting in Prison  
All over one stupid decision.  
Waiting patiently to get back to life  
Maybe get lucky and find a wife.  
So for now I say a small Good-Bye  
And pray that in here I don't Die.



BY: GARY D. POENITSKE @ SHAWNEE C.C.



# **FATHER TIME**

By: Thomas Boone @ Vienna C.C.

If I could talk to father time I would ask  
him can he wait for me  
My daughters first day of schools' a day I  
won't get to see  
My son said he missing me, I'm missing all his  
soccer games  
They paralyzed my homie Lewis he'll neva walk  
again  
I just want my family and my friends to see a bet-  
ter me  
My daughters mom think I'm still a dog I  
want to let her see  
I'm not the same I only want her cooking  
I don't like pedigree  
But time steady tickin so I'm asking ya'll to  
Pray for me  
Granny lost her life while I was gone I swear  
It broke me down  
I gotta persevere I'm in the rear can't let it  
slow me down  
My homie shorty Low got killed while I





was on the run  
I can't help but think if I was there  
we'd still be having fun  
Time ain't on my side and I'm only getting  
old  
Seem like nobody cares the world getting  
colder  
My sisters had daughters I got two new  
Nieces  
Wonder if father time would stop if he could  
read this  
Ain't been looking at the clock I really wish  
that time would stop  
They really want to see me rot they got me  
locked inside a box  
Self defense is not a crime they don't want  
to see me shine.  
But I didn't write this song for them I  
Wrote this for father time...



# LOGAN'S CHRISTMAS DECORATION

“From Logan’s Town Square to  
Yours– Merry Christmas”



“Snow globe centerpieces decorated  
Logan’s Visiting Room and Health  
Care to bring a little holiday joy”



“Rudolph’s twins: Rudy and Rowdy will  
be greeting visitors and staff on their  
way to the visiting room”



“Pine branches, curly willow and crab apple  
branches, pine cones and seed pods come to-  
gether to make festive arrangements that will  
decorate inside and outside the facility”



**From: Yesenia Diaz  
@ Logan C.C.**



## CHRISTMAS PROJECT



**By; Jose "Fester" Leal**

**This project is very special to me and the whole Kewanee Community and to the Center (KLSRC) This project brings so many departments and individuals together, we all set aside all of our differences and reached out to help in whatever way we can do to volunteer our time to create these wonderful Christmas cut outs for the kids and families to enjoy at the Northeast Park.**

**We in the Art room helped each other out to make this project happen, this will be my second year getting involved in this project and let me tell you the creativity and the help that the guys in the art room gave to each other is unbelievable. It is like a family.**

**Whether you know how to paint to not, it is amazing because they will stick togeth-**





er and show you how to paint. The art room is always getting involved in new projects from murals, banners, art contests, you name it. As one of the art room workers I try to get new artist or regular people that don't know nothing but want to learn, the art room workers will show you how to step outside the box and show your artistic expressions to the world. If art is one of your passions or you just want to try it out, I recommend you to try it out, get involved, pick up a pen or paint brush and see what you can create or try us out at Kewanee and see how much it will change your point of view in the art world.

I would like to give a special thank you to the following individuals and staff that supported this project and were a big contributors to the program, from the Art Room. Jose FESTER Leal, Evigan HAPPY Marcos, Victor DYROK Ramos, Jorge CHUCKY Diaz, Leonel Galaviz, Max MALO Aguilar, Diego TRIGG Penazola, Jessie Tokich, Adisa 'POKE' Wheeler, also Mrs. Draper Art Room Program gave us the tools and opportunity to get different guys



involved in this project and showcase our work of art and let the peers help others that want to learn also Mrs. Trigg Service Learning class volunteered to cut out and sand all the Christmas cut outs, that was a big help in this project and finally thank you to everyone at





**Kewanee Life Skill Reentry Center for getting into the spirit.**

**In addition, this time of year two departments in Kewanee came together to bring joy for the holidays to the individuals' families and friends by making Holiday Ornaments. Mrs. Trigg's service Learning Class took the time and donated the materials, drew and cut over 50 individual ornaments, hand sanded them and prepped them to get painted by individuals in custody.**

**Mrs. Draper's Art Department set up an entire day's event with holiday themed music, provided all the paints and envelopes, we were allowed to paint all the ornaments and send them out to our Love ones. The Kewanee Community came together as a whole and helped each other out to make this special day possible. The event went real good the entire day we had people come in to hand paint their ornaments, the reaction and vibe that we had in the gym was great. Everyone was smiling and enjoying Christmas music. This opportunity would never happen in any other facility.**

**We as a community in Kewanee enjoy having these special events, Kewanee promotes family, and unity. We stick we stick together and help each other out in whatever the need is. It's a change of pace for lots of guys here. Especially where we all came from, The Kewanee LSRC is different from any other facility. Kewanee gives you a chance to make a change and a difference in yourself.**

**Numerous people had a chance to get involved in this project that will put a smile on the faces of their kids and family members.**



I'm so thankful that this project brought so many people together and smiles to us . I like to give a special thanks to all the volunteers that helped out with this project The staff that supported us, Mrs. Draper, Mrs. Trigg and Mr. Warnsing for setting up this event and letting us have this day to be creative and remember. Thank you brothers and sisters. Keep your head up and never give up... Fester.



KEWANEE

2023

HORIZONS

HOLIDAY ORNAMENTS









## WHAT WAS ASKED



By: The KH Staff

A little while back there was a submission, rather a question that came to us here at Kewanee Horizons referencing “Father’s rights.” Here’s an excerpt from that letter:

*“I am writing to ask if you can present an article about a father’s parenting rights?”  
“So, what can a father do to protect his rights? What organizations are there to assist a father trying to handle things the right way? I say this because many fathers get out and deal with things the wrong way and find themselves right back in prison as a parole violator or acquiring a new case.”*

Our staff pondered the question and did some research on our own. What we found was that our incarcerated brothers are not the only ones suffering this injustice—our incarcerated sisters are equally yoked with us in this matter. After some digging around, we found some information that we thought could be useful. Knowing that everybody’s situation is not exactly the same, use what you can and discard what you can’t. That said, **IT IS IMPERATIVE THAT WE INFORM YOU THAT WE ARE NOT INSTRUCTING YOU ON WHAT TO DO OR WHERE TO SEEK ASSISTANCE, WE ARE ONLY SHARING INFORMATION THAT WE’VE COME ACROSS!**



**Kewanee Horizons is a voice of the incarcerated people, created by the voices of the incarcerated people. With that, as always, we hope that this information will help our brothers and sisters in some shape, form or fashion. - KH**

**Cabrini Green Legal Aid, is a nonprofit organization that provides pro bono legal assistance (Records Expungement, Criminal Law, Family Law, Executive Clemency, Parental Rights of the Incarcerated, Civil Law, Landlord Evictions, etc..) to the poor and disenfranchised in Cook County, Illinois. Cabrini Legal Aid has been in service to the community for over 5 decades (1973) this is their 50th year anniversary of dedicated service to the residents of Cook County.**

**Darryl Apperton, Attorney at Law, who has practiced law for over 31 years made his way to the Kewanee Life Skills Re-Entry Center with the sole purpose of providing pro bono legal assistance to the individuals in custody at Kewanee Life Skills Re-Entry Center. His mission was to share his knowledge regarding parental rights of the incarcerated within the state of Illinois. He covered the spectrum of parental rights ranging from paternity, parenting time, visitation, parental allocation, child support and abatement for the incarcerated. His main focus was to make sure we, the incarcerated, fully understood our rights as parents. He emphasized the importance of his message, "As a parent you have rights and it is important for you to know your rights and responsibilities. With this knowledge you must exercise your parenting rights, beginning now!"**

**Due to the length of the information contained within the Cabrini Green Legal Aid packet and the constraints of this publication, we have divided the information provided into two sections...the first is in this Volume (62) and the second will be in Volume 63.**

**DISCLAIMER: THE KEWANEE HORIZONS IS NOT PROVIDING LEGAL ADVICE. WE ARE MERELY REPRINTING THE INFORMATION PROVIDED BY CABRINI LEGAL AID.**



## **Paternity**

### **There are 4 ways to establish paternity:**

- Both parents complete , sign and have witnessed/dated a Voluntary Acknowledgment of Paternity (VAP) form
- If the parents are married when the child is born, there is a presumption that the husband is the father.
- An administrative Paternity Order is entered by the State of Illinois Department of Healthcare and Family Service' (HFS) Child Support Services.
- If the alleged father who has been served with notice, does not attend the interview, HFS may declare him to be the legal father by default
- An order of Paternity is entered in court by a judge
- If an alleged father is served with notice but does not attend court, the court may declare him to be the legal father by default.

## **Child Support**

### **How is the amount of child support decided?**

- In Illinois, child support each parent contributing to the support of the child or children since 2017. There is a calculation made to determine amount of support each parent needs to contribute toward the support of the child.







## Things to know about Child Support

- Ordered until the youngest child reaches 18 years old or graduates high school
- If you do not go to court or HFS when summoned for child support, the amount will be decided based on the needs of the child instead of your income.
- Child support is separate from situation or custody.
- You can be ordered to pay child support even if you never see your child.
- Paying support does not entitle you to visitation
- If you are behind in child support, you will need to continue to pay back the amount after the child turns 18.
- Unpaid Child Support may accrue at 9% interest annually.
- If income changes for any reason, the child support payments DO NOT change automatically. You must request a modification.
- If you do not stay current with your child support payments you could lose your driver's license or even be incarcerated.
- If you need to modify your child support amount, while incarcerated, ask your counselor to speak to HFS Project Child or when in the community, contact HFS at 1-800-447-4278 or [www.childsupportillinois.com](http://www.childsupportillinois.com)



## Parenting Time

It is difficult to start court ordered visitation for the first time while incarcerated.

- To see your child in person, you must coordinate with the mother, a family member, or relative to bring the child to visit you.
- If you previously had a relationship with your child, there are things





you can do to maintain that relationship.

- Write or call your child as often as you can.
- If your child is too young to read, write a letter to your child's caretaker to read to him/her.
- Keep a record of any attempts you make to interact with your child, including letters and cards, phone calls made, etc. Keep lists of the dates you do these things and write a sentence of two describing what you did?
- Ask your family members to stay in contact with your child.
- If you don't know where your children are, try to use your network of friends and family to locate them
- The courts cannot locate your children for you.
- Your child might look for you on social media. Make sure your accounts represent how you would like your child to see you.
- Participate in any classes or programs that would help you to be a better parent.
- Sign up for every waitlist.
- Ask for a certificate or letter to show that you signed up and then that you completed the program.

## Factors Court Use to Decide Parental Allocation

- The wishes of the child's parents
- The wishes of the child (if over 14)
- The interaction and interrelationship of the child with this parent, siblings, and any other person who may significantly affect the child's best interest
- The child's adjustment to his home, school, and community





- The mental and physical health of all individuals involved
- The physical violence or threat of physical violence by the person asking for visitation or custody, whether directed against the child or another person
- The occurrence of ongoing or repeated abuse against the child or another person
- Willingness and ability of each parent to facilitate and encourage a close and continuing relationship between the other parent and the child
- Whether one of the parents is a sex offender
- Military family-care plans for a parent who is being deployed 750 ILCS 5/602 “Best Interest of the Child”

If you wish to contact Cabrini Green Legal Aid, their contact information is as follows:

**Cabrini Green Legal Aid  
6 S. Clark St. - Suite 200  
Chicago, Illinois 60603**

**Office Phone: (312) 738-2452**

**Collect Calls Only: (312) 675-0911**





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.**



## FUNCTIONAL RESUME Example 1

Your Name Surname  
assistant manager

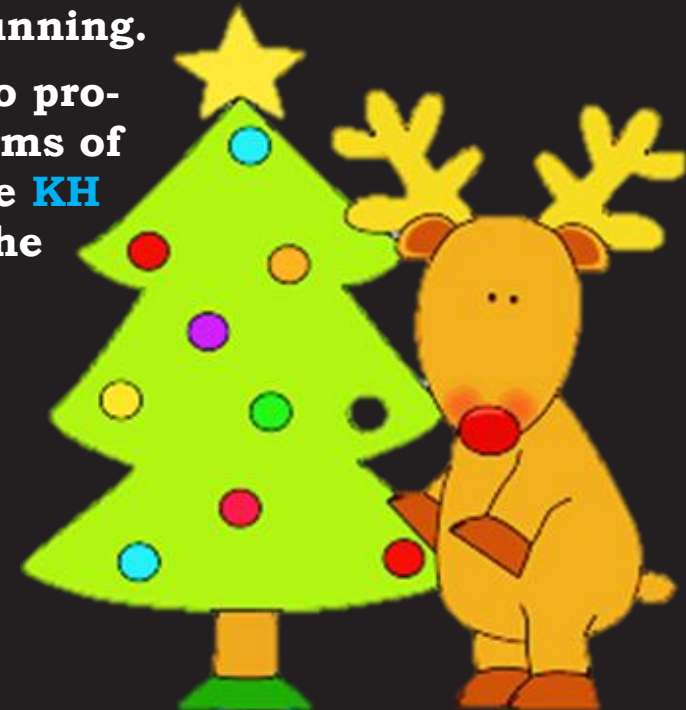
<p><b>Contact</b></p> <p>[Address] [City, ST ZIP Code] [Phone] [Email]</p>	<p><b>Objective</b></p> <p>[Replace this sentence with your job objective. To replace any tip text with your own, just select a line of text and start typing. For best results when selecting text to copy or replace, don't include space to the right of the characters in your selection.]</p>
<p><b>Education</b></p> <p>[School Name], [City], [State]</p> <p>[You might want to include your GPA here and a brief summary of relevant coursework, awards, and honors.]</p>	<p><b>Experience</b></p> <p>[Dates From] – [To] [Job Title] • [Job Position] • [Company Name]</p> <p>[Dates From] – [To] [Job Title] • [Job Position] • [Company Name]</p> <p>[Dates From] – [To] [Job Title] • [Job Position] • [Company Name]</p> <p>[This is the place for a brief summary of your key responsibilities and most stellar accomplishments.]</p>
<p><b>Key Skills</b></p> <p>Marketing Project Management Budget Planning Social Media Planning</p>	<p><b>Communication</b></p> <p>[You delivered that big presentation to rave reviews. Don't be shy about it now! This is the place to show how well you work and play with others.]</p>
	<p><b>Leadership</b></p> <p>[Are you president of your fraternity, head of the condo board, or a team lead for your favorite charity? You're a natural leader—tell it like it is!]</p>
	<p><b>References</b></p> <p>[Available upon request.]</p>

For those of you who probably aren't familiar with how to formulate a resume, **KH** decided to provide you with an example on how to do so. Remember there are many ways to formulate a resume but don't trip, we got ya'll.

Many of us will be returning citizens soon so this is the perfect opportunity to start learning how to put together these documents so we can step out ready to hit the ground running.

We will try to provide different forms of resumes in future **KH** issues so be on the look out.

**-KH.**





## MY HARSH SENTENCE WON'T END ON THE OUTSIDE

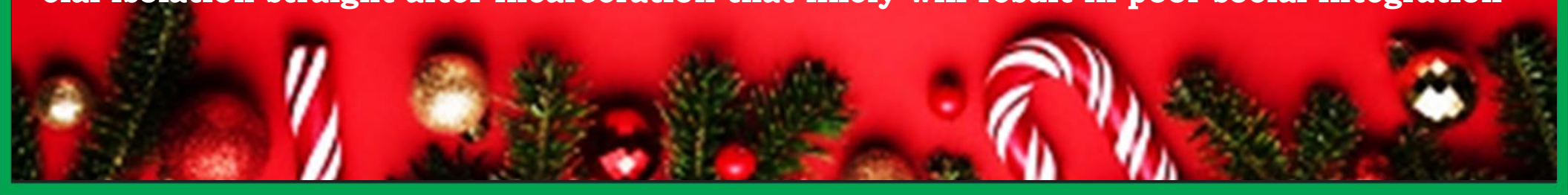
By: Timothy Youngblood @ Lawrence CC



**Freedom after prison is not a status granted by release, but something attained gradually. Becoming free first requires adjusting to the everyday tasks and interactions of free society and leaving behind the habits of the institution.**

**When I leave incarceration with no family and no friends, if I can manage the first days and weeks after release, I then must confront the larger challenge of establishing myself in a community. More than just living in a place, community membership involves attachment to a social compact made up of ties to family, a place to live, and a basic level of living. Becoming free is a process of social integration.**

**With no family and no friends to pick me up from the prison gates I am more likely to be transported from prison by the state. Being transported from the prison by the state is a vivid sign of social isolation straight after incarceration that likely will result in poor social integration**





later.

There will be no welcome home parties for me in the first week or so of getting out unless I throw myself a private party. These “get-togethers” affirm bonds of kinship, signal moral inclusion, and ease the challenge of what the criminologist John Irwin described as “reentering the world as a stranger.”

The welcome-home event is typically organized by mothers and siblings, and extended family and friends will attend. The gatherings celebrate the return of the formerly incarcerated family member and give notice that incarceration has ended.

Family more than friends are at the center of these events, particularly if friends are still involved in crime. The welcome-home party offers a forum where those leaving incarceration can make a public commitment to loved ones to stay out of trouble and where family members can express their support.

In America’s cities, former prisoners, individuals-in-custody or whatever label you choose to give them are everywhere. Seated across from you on the subway. Pushing the cart next to yours in the supermarket. Standing behind you in the line at the movies. It is impossible to pick out these ex-prisoners, of course. Once they are no longer required to wear prison blues or ID cards pinned to their chests, they look just like everybody else.

The reality is inescapable: America has become a nation of ex-cons. Thirteen million people have been convicted of a felony and spent some time locked up. That’s almost 7% of U.S. adult residents. If all of these people were placed on an island together, that island would have a population larger than many countries, including Greece, the Dominican Republic, Somalia, United Arab Emirates, or Israel.





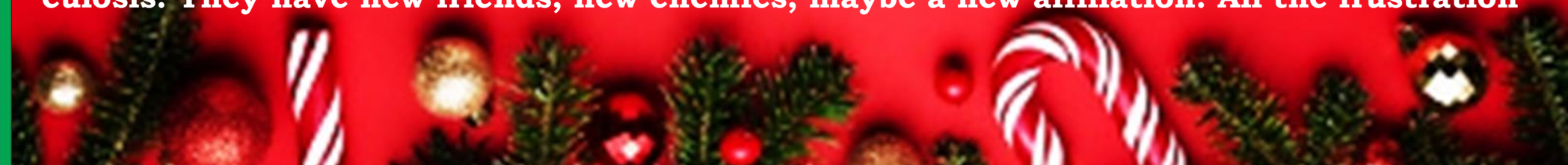
In some ways, America's transformation into a nation of ex-cons is not surprising. In the 1970's and 1980's, a nationwide "war on drugs," combined with tougher sentencing policies in the 1990's, laid the groundwork for an unprecedented prison boom. Since 1970, the number of people in U.S. prisons has grown more than six-fold. In 2002, the nation's jail and prison population exceeded two million for the first time.

There is another side to this prison boom story that few people have wanted to talk about. So I'll talk about it: Almost everybody who goes to prison eventually comes home. The same legislators who called for "tough-on-crime" laws rarely considered the long-term consequences of locking up so many people. And so, as America's prison population ballooned, there were few preparations made for the day when nearly all these prisoners would be set free.

Our nation's prisons, if you include jails, now release more than 800,000 people a year. That's more than the entire population of Boston, Seattle, or Washington, D.C. And this number continues to grow, fueling an invisible exodus: men and women leaving their prisons and moving back to the places where they once lived.

Most prisoners come from urban areas, and most return to the same neighborhoods they left. Thirty thousand prisoners return to Los Angeles County every year. Twenty thousand return to New York City. Fifteen thousand go back to Chicago. Within these cities, ex-prisoners are usually concentrated in just a few neighborhoods, places like the South Side of Chicago or Manhattan's Lower East Side.

Men and women come back from prison changed people. They carry scars, visible and invisible, from their years behind bars. Some come home with HIV or Hepatitis C or tuberculosis. They have new friends, new enemies, maybe a new affiliation. All the frustration







and rage that has built up inside of them while they were locked up comes home with them, too.

In prison, they may have kicked an addiction, or they may have picked up a drug habit they'd never had before. They may have acquired a new resolve to abandon their criminal ways and turn their lives around. Or they may have learned from other prisoners how to become a better criminal—a more skilled criminal.

Most ex-prisoners have no money, few job skills, little education, and a history of addiction. An estimated 16% suffer from a serious mental illness. With little or no assistance, these men and women are expected to rebuild their lives and stay out of prison. In other words, they are expected to “pull themselves up by their own bootstraps.” Doesn't this expectation sound familiar? Not surprisingly, the odds of success are slim: 40% of people released from prison are back behind bars within three years because of a new crime or a parole violation.

Eighty percent of people leaving prison are supervised by parole officers. In many ways, parole functions as a sort of invisible prison. Parolees cannot get high, skip appointments with their agents, stay out past curfew (if this applies), socialize with other felons, or leave the state without permission. Any violation of these or many other rules could earn them a trip back to prison.

Even for ex-prisoners who stay out of trouble and get off parole, their punishment does not end. Today a felony record functions like an invisible Scarlet letter, ensuring that former inmates are treated as outcasts whose debt to society can never be fully repaid. By law, former prisoners in some states may be denied public housing, student





loans, a driver's license, parental rights, welfare benefits, certain types of jobs, as well as the right to vote and own a gun.

These myriad restrictions have transformed America into a two-tier society, in which millions of ostensibly free people are prohibited from sharing rights and privileges enjoyed by everybody else. The division between these two worlds falls along lines of race and ethnicity. Nearly two-thirds of people leaving prison are African American or Hispanic.

Nowadays, almost every criminal justice dollar is spent on locking people in prisons and keeping them there—and very little is spent on restorative justice.

Someone once said that the most talked about subject is the weather. But in the last two decades, the phenomenon of people leaving prison has become a popular topic in academic and criminal justice circles, where it is referred to as “reentry.” Experts debate the subject at national conferences and trade journals as well as publish papers on it. These public discussions usually leave out the voices of former prisoners and currently incarcerated individuals-in-custody like myself who experienced reentry before, relying instead on statistics. But the true story of America's exodus of ex-cons cannot be told only with numbers.

Coming home from prison is about learning to control your temper without using your fists. It's about finding a place to sleep. It's about remember how to feed yourself. It's about accumulating a wardrobe. It's about rediscovering how to interact with those of the opposite sex. It's about finding a way to make money legally. It's about trying to earn respect from the children you abandoned. It's about attaining freedom in every shape, form and fashion, by any means necessary.





Unfortunately, for me, if I were released from prison today, my harsh sentence won't end on the outside, in part, because I've been branded irredeemable by the laws linked to registries and the mandatory lifetime registration requirement.

The mandatory lifetime registration requirement, in effect, means denial of hope; it means that good behavior and character improvement are immaterial. Mandatory registration stands in direct opposition to the goals of the adult prison system, which is primarily designed to provide guidance, rehabilitation, and restoration for adults. Thus, mandatory lifetime registration constitutes cruel and unusual punishment in violation of the Eighth Amendment.

The legislature cannot, under the Eighth Amendment, mandate lifetime registration without providing a mechanism for individualized assessments or an opportunity to de-register upon a showing of rehabilitation.

While conducting research for this writing, I came across a conversation someone had with an old Ethiopian acquaintance. The topic of the conversation was about justice and crime and punishment in Ethiopia. The Ethiopian told a story about a German anthropologist: One day the anthropologist was in a remote area driving through a small village. His car fatally struck a small child who had strayed onto the road. The girl's parents ran outside to see what had happened, and a crowd quickly formed around the anthropologist.

He asked that the police be called but was told that there were no police there. The village dealt with matters like this by itself. The anthropologist was told that he could go, but that they would send for him in a few days.

Later that week a message came that he must return, and he was told to return





alone. He went to a friend and asked what he should do. His friend told him he had to go back to the village. So he returned.

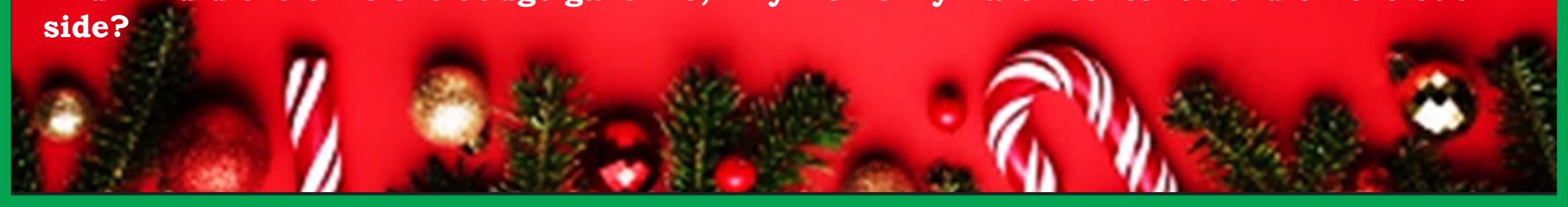
When he arrived, he was escorted to a meeting with the elders. They told him to pay 2,500 Birr (about \$125) to the family of the dead child. Next, he was ordered to buy a goat for the family. He purchased the goat, which was immediately slaughtered.

The father of the dead child was called to the front of the meeting. The anthropologist, standing at the front of the room, was told to hold out his hand. He held out his hand and his wrist was bound to the wrist of the child's father with the entrails of the goat.

The village elders announced that the anthropologist was now a member of the dead girl's family. And that was that. He was free to go.

The anthropologist returned to his friend, very upset. He felt that he hadn't properly compensated the family, nor had he been punished. His friend said, "You have to understand, for the rest of your life, you are now part of the man's family. You have all the obligations of a family member. You have to visit from time to time. If they are going through problems that you might be able to help with, you should help them just as a member of their own family would."

The United States' ideas about punishment and retribution were radically absent in this case of customary justice. Like the Ethiopian story, the problem of reentry raises the question of when punishment ends. When and how are debts to society extinguished? What is society's obligation to ex-prisoners transitioning from prison to the community? And if I did the time the Judge gave me, why won't my harsh sentence end on the outside?





# "Kewanee Kitchen"

By: Darren B. Anderson

I have had the pleasure of working dietary here at Kewanee LSRC since Feb. 14th, 2023, (Valentine's Day). I was hired by Mr. Garcia, who took my word that I can do anything in a Kitchen from moping the floors to managing. I started off on the line serving the population and staff. That lasted 2 days. I was immediately promoted to cook, which is what I applied for. I really enjoyed getting back to my true element. I have been cooking and managing restaurants professionally for 30+ years. Although I have learned other professions such as construction, landscaping, warehousing, I always return to my true calling, "The Kitchen". I am now the clerk of dietary. It is another step up the ladder to my best position, manager.

Due to the fact that I am incarcerated, I can't rise to my true potential, but that's okay, I am only in training to return to society to become what I am born for, Restaurant Managing. I want to thank Mr. Garcia for believing in what I told him to get in the dietary. I also want to thank Mr. Fahnestock for promoting me to clerk only on my word that I could do it. Shout out to all the rest of the staff, Frykman, Mr. Lief, Ms. White, Ms. Van De Voord, Mrs Stumphy, Mrs Zoril, Ms. Jones and last but not least, Mr. Toppert. You have been very good to me, and you have allowed me to do my Job efficiently and productively. Now to my fellow dietary employers, Mr. Barboza, Mr. Milton DJ Jones, Mr. Hood, Mr Makowski, Mr Simmons, Mr. Penaloza, Mr. Berry and all the second shift cooks



for making this job enjoyable, stress free and giving this institution a very good dining experience from breakfast thru dinner. We strive to ensure you enjoy each and every meal you partake in. My experience in dietary has been, to this point, and for my time moving forward, a training tool for when I am released, and we continue to strive to ensure your dining experience gets better and better. Hats off to the staff for allowing us to do our thing! A special thanks to Mr. Robert Kennedy, who gave me the motivation to make that move to my true talent. Without him, I probably would never have come to dietary. THANKS BROTHER!

**Happy Holidays and great eats  
from the  
Kewanee Kitchen!!!!**





# DIFFICULTY

By: Patrick Comi @ Illinois River CC

**Without you there could be no progress, no unfoldment, no evolution.**

**Without you there could be no growth, or development.**

**Without you no fruit could spring from this tree. You straighten me after pain like a tree straightens and strengthens after rain.**

**Difficulty I welcome you with open arms for you presence has created a stronger me.**

**You come around to see me suffer but you should know by now...me giving up!? Never.**

**Remember the time you left me drowning? I know you were mad, I kept my head above water.**

**Difficulty you know the deal, what doesn't kill me will only make me stronger.**

**Difficulty, you come like a herd of bison, devouring the vast steep of existence. Ever present always lurking, disrupting harmonious effort, and sound moments.**

**You are not always welcomed but always expected. Always on the precipitous, of joy, waiting for your moment to shine bathing in the light of the optimist and pessimist alike.**

**O you vile foe with you neediness for attention, be gone with you, you foul beast! For I will no longer allow you to rule—only to be.**





## IS THERE GOLD IN THOSE ARCHES?

By: Donevin Quick

While in rehab in 2017, I met Latrice, a young single mother of two daughters. We became friends and to this day are in contact. She asked me to share her story of how drugs and crime affected her and many women just like her.

Latrice lost everything after a raid on her apartment turned up two guns and quite a bit of crack and heroin. While it all belonged to her boyfriend, as most of us are aware the State's Attorney will not hesitate to charge everyone without regards to the family, or how it affects those not directly involved. Latrice was originally charged with armed violence, possession with intent to deliver, and two counts of unauthorized weapons, lost her two daughters to DCFS, and was facing 6 to 30 years in IDOC. Luckily her boyfriend was standup and didn't want to see her go down for something she was persuaded to do, which was use her apartment as a stash house. After almost a year of negotiating the State agreed to give Latrice time served and four years probation once she completed rehab. Her boyfriend accepted sixteen years IDOC. After ninety days, Latrice got out and with the help of the program found a studio apartment.







With no car she applied at the closest job she could, which was the McDonalds within two blocks. At her interview she told the manager how close she lived, agreed to work as many hours as needed, and promised to cover any shifts anyone called in sick for. Latrice was hired immediately, and started two days later. Shortly after, many close to her belittled her about working at McDonalds, asking how she was going to support herself let alone her two daughters if she ever got them back.

Starting at only \$13 an hour things weren't easy, but Latrice got a free meal every work day and focused on living within her means. She wasn't going out much, instead concentrated on getting her daughters back. After two months she had supervised visits with them. Within six months Latrice had received two raises and was told when she could afford a two bedroom she would probably get her daughters back. . She had saved everything to make this happen and immediately upgraded to a bigger place in her building. She spoke to a co-worker on the night shift about watching one another's children to save on daycare to which she quickly agreed Just short of eight months after getting out of rehab Latrice got her daughters back.



By her first year at McDonalds, it was looking good. Latrice had gotten her GED on line and was promoted to assistant manager earning her \$17 an hour. She bought an affordable car and was able to take her oldest to her first day of kindergarten. Despite all the pressure to "find a better job", things couldn't be better. Two years later, under the guidance of her boss, Latrice earned her Associates in Business Management and became the store



manager when her boss retired. Latrice has now been with McDonalds for six years. She was promoted to district manager after finishing her Bachelor's degree in 2022, and now makes over \$100K a year, and all her tuition was paid for by the company. Early this year she closed on a beautiful four-bedroom home in a great neighborhood.

This is not just a story for women who have been pressured by a boyfriend with less than good intentions, but anyone who ever felt the pressures of life. When what you have on your plate is "too much," or you don't know how you'll ever get ahead... keep pressing on. If you weather the storm, even a job at McDonalds can turn into gold. Anyone reading this on the tablet should agree, "the Golden Arches don't sound as bad as 6 to 30 years in IDOC slinging trays for \$30 a month.

**"GREAT MINDS DISCUSS IDEAS;  
AVERAGE MINDS DISCUSS EVENTS;  
SMALL MINDS DISCUSS PEOPLE"  
-ELEANOR ROOSEVELT**



# **10 SIGNS OF EMOTIONAL MATURITY**

**By: Unknown Contributor**

- 1. Being flexible: You're open to plan b, plan c, etc. if your plan a doesn't work out the way you want it.**
- 2. Taking ownership and responsibility: You don't play the blame game, you're accountable for your words and actions.**
- 3. Knowing that you don't know everything: Know what you don't know and that your way of doing things isn't the only way or always the best way.**
- 4. You look for learning and growth from every opportunity: You learn from both the "good" and the "bad".**
- 5. You actively seek out multiple points of views to inform your own: You seek advice from others to enhance/broaden your view on a particular subject.**
- 6. You stay resilient: When facing adversity, you acknowledge your feelings and see what can be done moving forward.**
- 7. You have a calm disposition: You get mad without letting your emotions dictate your response (verbally and/or physically).**
- 8. You believe in yourself: You don't have a false sense of self based on ego; you're optimistic when it comes to your own ability; you are positive instead of negative.**
- 9. You have approachability: You prefer and choose to talk to people, not at people.**
- 10. You share a good sense of humor: Although you know that life situations are serious, you don't take everything so serious.**



# **MONEY TEAM**



**Greetings Everyone: Today we will start addressing other types of investing also known as alternative investments, as the weeks go on we will give out information on investment opportunities off wall street.**

## **Market Facts :**

**Basic Point: In bond-market jargon, one basis point equals one-hundredth of a percentage point, except in quotations, where percentage points, are used instead: 50 basis points equal 0.5 percentage point.**

**Bull market : A market in which the value of securities– stocks or bonds, for example -is generally rising.**

**Bear market : a market in which the value of securities– stocks or bond, for example – is generally declining.**

**DOW:33.670.29**

**S&P 500:4.327.91**

**NASQ:13.407.23**

**RUSS:1.719.71**

**The (HMT) has to take the time to strike a balance to give out information on as many legal ways to gain passive income as possible. Offering every team member multiple ways to accrue wealth from the information we send out, Alternative investing is done in many different ways. Real Estate, owning or co-owning rental properties, investing in private business, starting your own business while still working at your job, selling things**



online such as at Amazon. Com, Writing Books doing hair care or investing in something other than the stock market, all of these can be done while still working at your job and investing in the stock market.

One of the most reliable source of income investing is done by way of real estate investing, owning and renting out of homes, apartments, of store space, or office space also land can be rented out with the opportunity to buy the land by the person using the land. With a pay as you go contract in place, to do this you will need to work your number, you will have to get the understanding of how the Real Estate game really works, not the eighth of the game but the whole complete understanding of this business. Once you have the totality of the rules of the Real Estate business in your grasp the you will know how to use Leverage and credit to get homes and buildings with little or no money down for months. Remember this “to be wealthy, you need to use leverage”, which means not only financial leverage, like money borrowed from a financial institution.

Wise investors will also leverage non-financial resources like time, knowledge, and connections. Leveraging money and time are commonly referred to as OPM and OPT, which stands for “other people’s money” and “other people’s time” respectively. This is one of the first rules to know in Real Estate. You also have to leverage your time and skills to get you the best pay you can get for your time and service, in such fields as hair care you have hair cuts, hair dressing and all the other skills that go with the business. Now lets stick to Real Estate investing, another way to use leverage is going in the banks get a list of homes, buildings that are behind on there taxes or in foreclosure you can buy or bid on these properties also look for tax leans if you have the money and good credit you could get these properties with as little as 10 to 20% down and a good up-standing of how the real estate game works, once you have a steady income along with your passive income coming in you can get in the real estate game and allow your down



payment with your tenants rent payments, to pay for the properties for you, until the property becomes worth more for you to sell it, then it's up to you to make a choice to keep the property or sell.

## Comparing Real Estate And Stocks

Real Estate and Stocks have historically produced comparable returns. Deciding between the two depends less on the performance of the markets than on you and your situation. Consider the following major issues when deciding which investment may be better for you.

The first and most important question to ask yourself is whether you're cut out to handle the responsibilities that come with being a landlord. Real estate is a time-intensive investment (property managers can help, but their cost takes a sizable chunk of your rental income). Investing in stocks can be time-intensive as well, but it doesn't have to be if you use professionally managed mutual, index, hedge, or exchange-traded funds.

An often-overlooked drawback to investing in real estate is that you earn no tax benefits while you're accumulating your down payment. Retirement accounts such as 401(k) SEP-IRAs, 403(b)s, give you immediate tax deduction as you contribution money to them. If you haven't exhausted your tax-deduction contributions to these accounts consider doing so before chasing after investments in real estate.

Ask yourself along with your family which investments you have a better understanding of. Some folks feel uncomfortable with stocks and funds because they don't understand them. If you have a better handle on what makes real estate tick, you have a good reason to consider investing in it first then come back to stocks once your more comfortable with investing a little at the beginning.





**Figure out what will make you happy. Some people enjoy the challenge that comes with managing and improving rental property; it can be a bit like running a small business. If you're good at it and have some good fortune, you can make money and derive endless hours of enjoyment.**

## **The Worst Real-Estate Investments.**

**Limited partnerships: Avoid limited partnerships (LPs) sold through brokers and financial consultants. LPs are inferior investments vehicles. They're so burdened with high sales commissions and ongoing management fees that deplete your investments that you can do better elsewhere. The investment salesperson who sell you such an investment stands to earn a commission of up to 10 percent or more-so only 90 cents of each dollar gets invested. Each year, LPs typically siphon off another several percent for management and other expenses. Most partnerships have little or no incentive to control cost. In fact they have a conflict of interest that forces them to charge more to enrich the managing partners.**

**Time shares: time shares are another nearly certain money loser. With a time share, you buy a week or two of ownership, or usage, of a particular unit (usually a condominium in a resort location) per year. If for example, you pay \$8,000 for a week (in addition to ongoing maintenance fees), you're paying the equivalent of more than \$400,000 for the whole unit, when a comparable unit nearby may sell for only \$150,000. The extra markup pays the salespeople's commissions, administrative expenses, and profits for the time-share development company.**

**We hope this info has helped you in some way we will come back to this subject in the next two weeks with the right person to give his insight on Real estate market. As always please do your research and invest wisely.**





## FIN LIT

By: Kenji Haley



Hujambo! I would like to thank **HORIZON MONEY TEAM**. It is an honor to be allowed this opportunity that he has given me, and I am thankful to be with him. As you know, I'm a straight shooter. I want to convey the message in the best way possible. With that being said, the market is a wonderful place to be...as long as you follow the guidelines. For those that don't truly get the market, or see it as a foreign language (with all the charts, diagrams, etc.), I want to provide you with some simple concepts.

2024 is days away and it is time for a new you. So, let's dive in to some stock resolutions (and let's not stop weeks after we start...hmmkay?) Here are 4 things that you could do to understand stocks:

- **Find something that you can relate to** - A lot of times, we are trying to scope everything we see, and that can get very confusing. The best thing is to find something you know (like McDonalds, Wal-Mart, Amazon, etc.) and follow that.
- **Have conversations about the company to hear things** - You will be very surprised by the conversations you have with fellow individuals in custody who may have worked at these places prior to incarceration or who talk with their loved ones about the prices or the products at these places. The best source is not always the newspaper, but the current conversation.





- **No lucky breaks!** – A lot of you are trying to get rich quick and stocks just don't work like that! Yeah, some have gotten lucky investing in Bitcoin (Dogecoin for many) and other cryptocurrencies, waiting for that shoe to drop and became instant millionaires! Well, that's not likely the case. So, as our friend Jim Cramer says, "buy and homework".
- **Other People's Property** – No, this was not a "Naughty By Nature's" reference ('you down with O.P.P.?'), but when you're ready to move forward in the purchase of a stock(s), continue to learn about other companies that do the same thing. For example, when you decide to buy McDonalds (MCD), maybe you should see what Chipotle (CPE) is doing, or Wendy's (WEN) or Portillo's (PTLO) (yes Chicagoans, they are a publically traded company) and see if there is a way to have another fast food chain or get the one that is cheaper.

Well, I hope that these nuggets were helpful for you and that your 2024 starts off great. Blink! I'm gone!!

**What is a Stock?** It's a certificate (paper or digital) that allows you to be a part owner of the company. If you buy shares in Microsoft (MSFT), you now have the same rights as Bill Gates to vote and receive any benefits that the company gives. You are a shareholder of the company.

**What is a Bond?** - It is a loan, but you are not borrowing the money, you are lending the money (to the Government or Companies). In return for loaning the money, you receive your money back (Principle) plus an interest (extra cash for helping).



# DOG DAYZ OF DYROK

12/23



THIS IS HEAVY

IRONMAN

How did we BECAME ROTARY EIVES?

TRUCK

I AM SOooo HAPPY!

HAPPY

I CANT NEVER DO NOTHING.

MONTANA

WHY AM I pushing THE SMALLEST CART

POKE

ROTARY EIVES

ROTARY EIVES

I AM SANTA!

WHAT DO YOU THINK YOU'RE DOING?

wally

Soulman

How did they GET THEM SANTA SUIT

DYROK



# MENTAL HEALTH



## Grounding Techniques

After a trauma, it's normal to experience flashbacks, anxiety, and other uncomfortable symptoms. **Grounding techniques** help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.

### 5-4-3-2-1 Technique

Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.

**What are 5 things you can see?** Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.

**What are 4 things you can feel?** Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.

**What are 3 things you can hear?** Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.

**What are 2 things you can smell?** Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.

**What is 1 thing you can taste?** Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.



## Body Awareness

The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step.

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
4. Clench your hands into fists, then release the tension. Repeat this 10 times.
5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
6. Rub your palms together briskly. Notice the sound and the feeling of warmth.
7. Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
8. Take 5 more deep breaths and notice the feeling of calm in your body.





## Mental Exercises

Use mental exercises to take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use at nearly any time or place. Experiment to see which work best for you.

- Name all the objects you see
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favorite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and “draw” it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.

## Categories

Choose at least three of the categories below and name as many items as you can in each one. Spend a few minutes on each category to come up with as many items as possible.

Movies	Countries	Books	Cereal
Sports Teams	Colors	Cars	Fruits & Vegetables
Animals	Cities	TV Shows	Famous People

For a variation on this activity, try naming items in a category alphabetically. For example, for the fruits & vegetables category, say “Apple, Banana, Carrot,” and so on.



# HOROSCOPES



**Aries:** Consider your options carefully before making a move. A change or offer won't be as good as anticipated and may come with unexpected costs. Stick to self-improvements that fit your budget.

**Translation:** **Think before you make a decision. Switching teams in the middle of the game can cost you the game. Make sure yo pockets match your decisions.**



**Taurus:** Pay attention to detail and offer insight and help to those in need. You will find yourself in an opportunity-filled position. A day trip, reunion or self-improvement project will give you a boost.

**Translation:** **Look out for others even if it's just sound advice. Opportunities will overflow. Think about doing something for self to help you rejuvenate.**



**Gemini:** Observation will help you decide your next steps. Don't let others goad you into something that will compromise your reputation or position. Be blatant what you have to offer.

**Translation:** **Keep your eyes open when you walk in order to see where to step. Be decisive in your steps & don't allow someone to get you to walk where you don't want to walk.**



**Cancer:** Shift gears and head in a direction that you find comforting. It's time to accommodate your needs. Stand up for yourself, and you'll alleviate stress.

**Translation:** **Go down the path you know. It's okay to be a lil selfish (take care of self) it lessen some of your stress.**



**Leo:** A steady pace will help you reach your destination. Keep your mind on your goal, and refuse to let anyone lead you astray. Say no to indulgent behavior, and let your actions speak for you.

**Translation: Stay focus, keep your pace, don't deviate the course, have tunnel vision if need be and you will get there.**



**Virgo:** Express your feelings, discuss your intentions and proceed with your plans. A change of routine will give you hope for a better future. Domestic improvements will pay off.

**Translation: it's okay to be vulnerable while executing your plans. Try a different route for a better outcome.**



**Libra:** Don't make decisions based on your emotions. Step back, be observant and discuss your thoughts with someone you trust. When doubt surface, take a pass. Don't waste your money.

**Translation: Get out yo feelings before you decide on something. Observe, think and discuss with someone who know they s#\*t. If you not for sure get outta there.**



**Scorpio:** You have everything you need to explore. Discipline, insight and the will to turn your dream into a reality will lead to the changes and opportunities you desire. Don't hold back.

**Translation: Don't get in your own way. Believe in yourself, do the work and watch your dreams start to unfold in front of you.**



**Sagittarius:** Keep an open mind, but don't let someone take you down a path that isn't right for you. Self-reliance, motivation and having control will ensure that you aren't taken advantage of.

**Translation:** You can listen but don't follow someone who do not have your best interest. Knowing what's best for self will prevent that from happening.



**Capricorn:** Channel your efforts into addressing personal matters that can make or break your dreams. Recognize what's important to you and concentrate on what you want. Opportunity is apparent.

**Translation:** Don't waste your time on unnecessary things. Prioritize and dial in on what's important.



**Aquarius:** Take your time, rule out what doesn't appeal to you and distance yourself from anyone trying to pressure you. Reassessing your relationships with others will give you clarity.

**Translation:** Be patient, do not get involve with things that's not appealing and don't go for someone trying to apply fake pressure. Doing inventory on relationships will allow you to see clearly.



**Pisces:** Make a move. Don't hesitate when the path is clear and the opportunities are abundant. Put all your ducks in a row and make changes that will boost your confidence and financial position.

**Translation:** Yo move. Don't hesitate, if you see an opening, jump in. Line things up, readjust them so they reflect you and your bag.





## MAILING US SUBMISSIONS

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

- **DO** try to have someone official from your facility contact EFA Mr. Warnsing before you send anything through the mail, they may be able to e-mail it directly to him at [doc.kewaneehorizons@illinois.gov](mailto: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
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- **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
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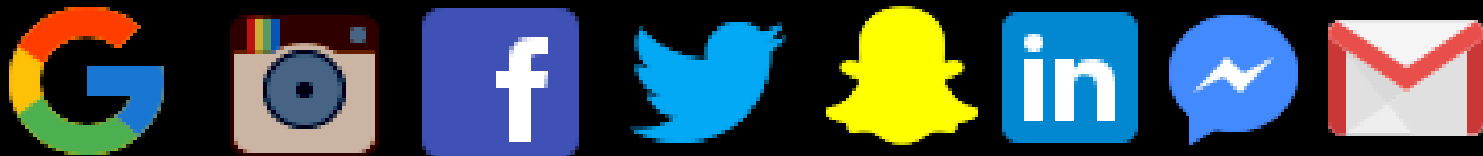
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