



PRADA



VALENTINO
GARAVANI

KEWANEE HORIZONS VOLUME 64

DIOR



High Fashion Edition

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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.

STATEWIDE CALLOUT

To **ALL** individuals in custody within the State of Illinois we want to know about your **accomplishments, successes** and any struggles you may have overcome. Allow us to provide a spotlight for your unique voice. We hope that through your submissions it provide 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 Building.** With every submission we have the ability to create change by showing our positive transformation and readiness for Re-Entry, which is why it's important to exemplify this through our words and actions. Change starts with us.

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 **POSTIVE MANNER** and **UPLIFT ONE ANOTHER.**

DISCLAIMER

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

Kewanee Horizons Apology



Kewanee Horizons would like to sincerely apologize for not including the following first three articles.

These articles were supposed to be included in the Christmas Edition of KH (Volume 62). Unfortunately, due to content constraints (page limitations), these articles did not make the Volume and we apologize for that.

HAPPY CHRISTMAS & HAVE AN EPIC NEW YEAR

By: Vincente A. Andrade Jr. @ Vienna C.C.

How do our minds get f#*%#d up? Let us count the ways. Anger, depression, anxiety, stress traumatic grief, substance use/abuse, messed up behavior patterns, and horrible relationship choices. Or as someone said to me recently, “Yeah, that’s just a typical Tuesday.”

So much of what we call mental illness is really a case of brain chemicals gone batty. Most of this comes from the stressful and traumatic life events we cope with. These things: anger, depression, and the rest of it are “Adaptive Strategies.” If you don’t believe anything else I have to say, I hope you believe this part: these feelings are normal. We’re wired for self-protection and survival. That’s exactly what your brain is doing when it’s acting all screwed up. Our behaviors are responding to the bullish we have to deal with day-in and day-out.

Our brains respond not just to big, life altering traumatic events but also to day-to-day toxic relationship and interactions...the small ways people push



our buttons, violate our boundaries, and disrespect our need for safety. It's a hot mess combination of the two. And then feeling f'd up becomes a vicious cycle. We feel weird and crazy for feeling weird and crazy. We feel like we are weak. Or broken. Or fundamentally flawed. That is the most helpless feeling in the world.

Fundamentally flawed means unfixable, so why bother trying? But what if you could understand where all of those thoughts and feelings are coming from? And understand how all the stuff going on in your head came to be? What if it were actually entirely understandable? That means it might actually be "fixable."

This is important stuff because we are more likely to get better if we know why we are having a certain problem rather than just focusing on the symptoms. If we treat stress, anxiety, or depression, for example, without looking at some of the causes of the stress, anxiety, and depression, then we aren't doing everything we can to make things "actually better." I want to give some knowledge to my friends and my brothers that I know of in Kewanee because all we know is the street life and the fast life. This helped me look at things from a profession level. Check out this book, it's good...it's called "Unf*%# Your Brain" by Faith Harper.

I'm from Kankakee, moved to Chicago—I was a over East, Humboldt Park, a lil bit of everywhere—for a couple of years and fell in love with the city life. I'm 33 years, my bday is on December 20, 1990; "90's baby." This is my birthday gift/goal to bless Kewanee with a part of me. I've been going crazy thinking about my lost ones. I was lost but I found myself and this is what I learned/used to fix me, maybe it will help someone else. If not, it's the thought that counts.

They call me "Hundo." My childhood was marred by unspeakable trauma. Long before I even reached double digits my heart was cold and hard. It's a cold world out there right now. My mind was confused as far as I knew it was up to me to survive in this harsh world. Rest in Peace to all of my loved ones that I've lost.



MY FAMILIA IS WORTH IT

By: Evigan “Happy” Marcos

Happy Holidays! I pray this coming New Year brings everyone many blessings of health & spirit and what your heart desires. The Christmas Ornament event was a success thanks to the Administration, our teacher (Mrs. Draper) and Mr. Warnsing. Thank you on behalf of everyone that attended and helped out.

Being able to help out with this Christmas Ornament program was a blessing for me but rather a bigger blessings for my children who’ve already received my gift and they’ve already hung the ornaments on their Christmas Tree.

I always enjoy helping my brothers here at Kewanee and just helping people in general. It is my belief that there’s power and healing in serving others. I enjoyed watching from afar how everyone was just at peace and how their creativity was moved by love and their feelings for their loved ones. There were some artistic flares for sure, but the true gift in my eyes was not the artistic flare rather the time they’d spent on the ornaments and how the families or children would receive this awesome surprise.

The thought alone and the action that followed



is what truly mattered at the end of the day. That could of come in a variety of ways—a child’s face lighting up, the shock & surprise on the face of one’s mother, sister brother, etc. You can insert any person’s name/title because it could be any of the people that have been there for us and pray for us. I can almost imagine my children’s faces and them saying, “My daddy did this for me.” That’s what matters, the emotion that’s attached to the ornament and how that matters to the person/people receiving it.

I enjoyed hearing the laughs and seeing the big smiles on my brothers while the Christmas music played in the background. If anything, for those moments, everything about prison faded and their focus was on how they could make a beautiful gift for their loved one. What I enjoyed most was the fellowship and the experience I received as well...it was something new for sure because this is not common in prison.

Thank you as well for my brothers who helped me out: My boy Fester, Dyrok, Los, Malo, Chucky, The Kewanee Horizons Team and everyone else in the background—thank you!!

In closing, my prayer is that one day all IDOC facilities will have programs such as this one. It’s only once a year which is why we strive to be in “A-grade,” right? The return on investment is more men and women will work hard and stay out of trouble just to get this opportunity/privilege. “Our children and family are worth it!” This coming year will be our best year yet.

Respectfully,
Your brother Happy

P.S.,

Here’s another idea—paper ornaments work as well. Feliz Navidad y Feliz Neuvo Ano!!

PAIN IN MY EYES....

By: Toria Emerson @ Decatur C.C.

Can you see the pain in my eyes? If you can then you'll know the reason for all the lies. Every night I have these dreams, I pray nobody hears my screams. Your voice in my head tells me everyone wants me dead, and if I had a strap I might eat the lead.

Does it make you happy that you made me this way? That I have to question everything I say?

That I flinch when someone moves too quick? God, just thinking about it makes me sick!

But I must forgive you if I want to move on. It's partially my fault because all along I knew that you was a con....

PRISON

By: Juan Garnica @ Illinois River C.C.

If these bars could talk they would scream in anger, and ask why? Angry at the injustice in prison, and for the people that their bars contain.

If these bricks could speak they would voice shame for the part that they play in causing so much suffering. They'd give voice to the pain that they've witnessed inside the world they hold captive.

If these fences could say something they would express regret for keeping people surrounded in misery, and they'd beg for forgiveness.

If the gate had a voice it would proclaim freedom for those inside prison.

This thought illustrates the proverbial prison. The physical prison we are in is made up of different building blocks, but it is created by things we cannot always see clearly.

I'm angry about the injustice that prison stands for. The innocent people who are incarcerated, but also the innocent



people who suffer because of others' actions. My life has brought so much injustice into this world.

I am ashamed for all the suffering I've created and for all of the people I've held captive through the pain I've caused.

I'm remorseful for the things I cannot restore, nor give back.

When I came to prison, my family, victims, and entire community also became captive in a prison I created. The gate symbolizes freedom. Getting through that gate and finding freedom is my why. We're all a part of the proverbial prison. Whether we've helped create someone else's prison or it we are stuck in a prison that someone else created for us, freedom is within our grasp. Although we cannot restore that which is gone, it is our duty to establish freedom for ourselves—and others.

Prison does have a voice...it's me...it's you...it's all of us . We are the gate that proclaims freedom.

"I would encourage individuals to remember their why. The "why" can provide clarity as to your life giving you a sense of purpose and forward thinking. I ask that people look to identify their values, passions, strengths, and goals on this journey."

- Ms. Alyssa Williams (Assistant Director of IDOC)

FROM A BURDEN TO A BLESSING

By: Earl Milton Jr. @ Centralia C.C.

In my room crying feeling like I've been a burden. Hurting from a life time of pain. I hate to impose on others, when I know that I'm supposed to be a blessing. How do I know if I'm being a blessing or a pest? In my life I never did have much. But what I had I didn't mind sharing. Had a heart that was caring. I got took for granted and many times underestimated. I felt so under appreciated. But my pain is not wasted. One day they will look at me and see what grace did. So sorry about all the pain that I caused. The burden that I possibly was is nothing compared to the blessing that I'll be when I get free from this prison of my own making. This revelation is earthshaking. I'm waking up to the reality of what the Creator put in me. The deeper that I dig the more treasures that I unearth. These treasures have always been right inside of me. No longer a burden. Now I'm a blessing. I thank God for this lesson revealed to me in my time of testing.

WHAT HAVE YOU DONE WITH YOUR TIME?

By: LTS @ Graham C.C.

Every year thousands of people are incarcerated here in Illinois. Many of those Individuals In Custody (IIC) have some years to do; some of those, like myself, have many years to do. At the young age of 19, I was arrested and charged with murder, I pled guilty and received 29 years (at 100%) in IDOC. The day of my sentencing I was lucky enough to have a C/O who recognized that I was going through something internally and asked if I wanted to be out in a bullpen by myself so that I had time to myself and process what just happened. For those of us who went to the Bridgeview Court House we know that if you miss that first bus the second bus doesn't come for hours. That was the case with me so I had 3 hours in that bullpen and I went through a wide range of emotions—from anger, resentment, and sadness.



Those 3 hours were the start of me deciding to change and make something of myself. Yes, I have to do 29 years but I get to see my out date and I believe something good had to come from this. I must atone for what I did and the only way I can do that is by becoming a better man. Now I'm not saying that I haven't made mistakes since that day because I have, but I have also done good things.

I was able to take Lifestyle Redirection, which was a great 3 month class. I was hospice certified in Dixon CC and that is the most humbling experience that I have ever had. When you are on a death vigil for someone who is dying from cancer it real-



ly puts life into perspective! In 2019 I received my Associate Degree (ALS). There are other things that I've done but those are the ones I'm most proud of.

I'm not saying this to put a spotlight on myself, but I would like to ask you what have you done with your time? Many IIC waste valuable time while we are here and go home with nothing done. There should be no excuses for this. There are plenty of things that one can do, here are some examples: (1) Get a job in the kitchen and work your way up to cook which will give you valuable experience in the commercial cooking world. (2) Work in the maintenance department which will give you experience in carpentry, painting, electrician, and welding. (3) Take a vocational class...even if you have too much time to enroll in one at your facility, there are places you can contact for free books that you can read and learn a trade. These are only a few but we all know there are plenty of options, if we truly apply ourselves to our mission.

Our outdates are not and should not be excuses. I get out on 9/19/2030 and the only reason I'm not taking any more academic classes is because I'm not allowed to because I've earned my ALS (Associates Degree in Liberal Studies). That being the case, I'm blessed enough to work in Industries where I'm being trained to be an upholsterer. Let's not waste this time! Do something productive, set yourself up for success here and now for when you get out. So, I ask again, what have you done with your time?

"Our greatest weakness lies in giving up. The most certain way to succeed is to try just one more time."

- Thomas Edison



CREATIVITY IN SHAWNEE



The individuals in the art program at Shawnee recently completed a mural in the visiting room. The individuals pictured here are: Avery Massenburg, George Autman, Aaron Brunson, and James Dierkes.

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HOLIDAY CARD WORKSHOP





AQUAPONICS GARDEN PROGRAM



By: Vincent Trevizo @ Hill C.C.



At 8:00 on a cold January morning, while most individuals -in-custody at Henry Hill Correctional Center are getting ready for the day or still sleeping, the Aquaponics/Gardening team has been hard at work for over an hour. The six members of the Aquaponics team are Ian Alamilla, Gehovani Gomez, Andre Lucas, Duane McCoy, Tedd Mitchell, and Christopher White; they are led by Superintendent Joe Szaltis, Industry Supervisor Brett Ryan, and Correctional Vocational Instructor Anthony Wallace.

Today, the team started out with a quick meeting in the warehouse to discuss the plans for the day; as a unit they decided it was best to finish working on the 55 gallon barrels that are going to be used in the compost fertilizer area.

It's hard to believe in less than a year the team has made such great strides with their program. When the I.C.I. department took over the garden and greenhouse, both areas were in disarray. The greenhouse had loose panels, missing panels and had so many used and broken down John Deere riding mower tractors and parts you would have thought it was either a salvage yard or a grave yard where small engines and parts went to die. Furthermore, the grass and weeds that were growing in the greenhouse were roughly two feet high, the exhaust fans didn't work and most of the tables that were supposed to hold the seedlings were in a state of disrepair. The first course of action taken was to clean out and repair things that could be repaired, and things that couldn't be repaired, such as the exhaust fans, were replaced.

Once the greenhouse was functional, the team got to work planting and organizing the

seeds in rows on each table to properly catalog growth and maturity. Shortly after planting, the team realized they were having problems watering seeds and maintaining the temperature on the weekends. The I.C.I. maintenance team, led by Arthur Brown, Bobby Carroll and Kristopher Jones (better known as "The A-Team"), was asked to come up with a solution for these problems; but a solution on a budget. An automated mister, such as the one you would see in a grocery produce section was installed, then guys built a swamp cooler in order to regulate the heat, it also keeps the humidity up in order to maintain the optimum temperature so the seedlings can stay properly hydrated. Everything seemed to be going smooth, the garden was flourishing and recording hundreds of pounds in vegetables weekly; heck even the sweet corn was knee high by the Fourth of July.



At this time, CVI Wallace made an off the cuff suggestion, almost tongue in cheek when he said, "We ought to start an Aquaponics greenhouse program." Supervisor Ryan asked, "Do you know how to run an Aquaponics program?" Wallace said, "No, but we can do some research." Supervisor Ryan along with CVI Wallace dove headfirst into the research of Aquaponics. The A-Team developed and designed a workable system on a budget by using recycled goods such as old pallet wood, bottle caps, and sponges. Both the Aquaponics and The A-Team got to work cleaning old grease tubs, building stands, shoveling rock, and testing water alkalinity and PH levels.

CVI Wallace partnered with DNR for some catfish, but that was to be expected; it was, after all, a learning experience. CVI Wallace, who is our state fishing champion, continues to supervise both the Gardening and Aquaponics programs. To date, we've only lost two fish out of the approximate 30 bluegill and catfish that fertilize the tomato plants along with other fruits and vegetables..

Thinking outside the box has also led to a new program...our Aquaponics team has started a worm farm. Worm boxes were constructed out of recycled pallet woods which are now



used by the team to harvest compost tea in order to fertilize other plants.

I asked Superintendent Szaltis what he thinks of the program as a whole and he said, "I'm proud of the hard work the guys have put in. There have been a lot of long and hard days when everything didn't always go as expected, but the guys are determined to see their pilot program succeed. They know it will lead to other things like our food enhancement program. My Hope is that we can introduce individuals-in-custody who are enrolled in the programs to things they might not normally have done. My goal, along with IDOC, is to promote a positive change and successfully introduce individuals-in-custody to new programs and opportunities that will allow them to maximize their employment capabilities."

Superintendent Szaltis wanted to thank Warden Baker, Chief Engineer Kisler, and Business Administrator Smiddy, for all of their support and interest. "Without their support things wouldn't have gotten

done in such a timely manner or maybe not at all. We look forward to the spring when the garden team can plant and reap their rewards from all of the hard work that has gone into the program." A goal the team has set is to double the 25,955 lbs harvested last year.

From everyone here on the Hill C.C. Aquaponics team, we thank you for your support and we will keep you updated on our future progress.



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KEWANEE HORIZONS VOLUME 64 PG. 24







HOW TO TURN BOOKS INTO MONEY

By: Josh Kruger @ Pontiac C.C.



Some of the most famous prisoners of all time have used books to change their lives. Malcolm X did. Maybe you can too? But, first, you have to know how to use a book so it becomes the most profitable to you. In this article I'll show you how to do just that.

I've been in prison all my life. I started out in the juvenile system in the early 1990's and graduated to the adult system. In 2003, I was sentenced to a natural life on a felony murder conviction because I wouldn't take the 20-year deal to testify against my rappy. After a decade inside all of the max joints in IDOC, I decided to create a better life for myself. What gave me the confidence to know I could do it? All the knowledge I had acquired from reading books while locked in a cell. Based off of that, I decided to develop a series of books for prisoners that could help others learn what I knew.

Ten years later, my books, "The Millionaire Prisoner" series, are well-known and well-read across the gulag archipelago of American prisons. I now get thank-you letters and royalty checks from those books. I've wrote and published 10 books in 10 years. The biggest questions I get from other prisoners who write me or meet me are: (a) How did I learn all this? (b) How can they do it, also? My response is the same each time, "You have to read, read, and read some more!"

When the Judge sentenced you to prison, it was for a specific term. It could have been for years, decades, or even a life sentence like mine. Only you can decide what to do with that time. As famous businessman, Daymond John says: “The time will never be perfect, so you can only make perfect use of your time.” Reading and studying is how you can make perfect use of your time. But, the only way the knowledge in a book can become wisdom is if you implement it into your life. To help you do this, I came up with a simple formula for reading and studying “how-to” information that can help you master it.

I had the help of a mentor, the late, great motivational speaker and author, Zig Ziglar, in coming up with this formula. I include this formula at the beginning of all my books. But, for those of you who have not had the chance to read one of my books, here’s how you can read a book to get the most from it.

“THE MAN WHO DOES NOT READ GOOD BOOKS HAS NO ADVANTAGE OVER THE MAN WHO CANNOT READ THEM.” - MARK TWAIN

STEP #1: Read through the book quickly to get the gist of the message, underlining or highlighting the things that really “grab” you. Only stop to look up words you don’t know or write them down to look up later. This first reading allows you to become familiar with the book.

STEP #2: Read the book a second time. Keep a notebook of ideas generated by the book that you can personally use. The objective is not to see how quickly you can get out of the book, but what you can get out of the book.

STEP #3: In your third reading, invest time and patience in getting additional ideas you may have missed in your second reading. Carefully examine each chapter. Go over what you have highlighted or underlined. Put anything you missed in your notebook.

STEP #4: Read the book one more time. This fourth reading will enable the book to become an integral part of you, enhancing your effectiveness. After this reading, you can

place the book on your shelf, or in your property box, and it will be a treasure trove, ready and willing to supply you with any knowledge you may need.

STEP #5: This one is optional, but most profitable if you can do it. Find other prisoners who have read the book, or share it with them so they can read it. Then discuss it together to see what you got out of it. You may gain additional insights from their ideas and thoughts that you didn't see on your own.

There you have it. That's the art of reading nonfiction books that has taught me everything I know and used to become a successful author. I've accomplished this although I have been in prison for the last 25 years and I've never used a computer. If I can do it, so can you! Sign up to go to your prison's library and borrow books on the topics you want to read about. Tap into resources outside of the prison as well...write the places that give free books to prisoners and request books or order some books on your own. Regardless if you use one of these options, a mixture of them, or every one of them, the goal is to educate yourself. As you begin to educate yourself, you begin to improve the conditions that you find yourself in. Be blessed in 2024!

"Education is the most powerful weapon which you can use to change the world."

- Nelson Mandela

THE WINDING ROAD

By: Enos Smith @ Big Muddy River

My life is a winding road, that's black as coal I often swerve because it's full of holes not to mention tolls that must be paid with pieces of my soul lo and behold as stories told I must have missed the mark didn't know the eyes were the part that bleeds when someone breaks your heart so deep in thought trying to place the fault I couldn't even speak couldn't eat or sleep for about a week I still found time to drink I was on the brink I mean the cusp of straight up losing hope until my daughter spoke, she said our worth is that of a diamond and we stay shining even when we broke and with that quote I felt provoked to send prayers up in smoke you're free of pain so I'll maintain so that your seed can cope and it appears our biggest fear are things we do not know somewhere in the dark they needed a spark so I must let you glow and with that in mind when the sun shines I know you're somewhere close and it only rains when I'm in pain and you want the world to know you miss us so.



MORE THAN WHAT I WAS

By: Thomas "Tayelo" Boone

Lately I been writing pain music, cause that's what I'm going through
I got big plans but ain't got no one to show them to
My whole life consisted of me trying out short cuts
My hustle so retarded I should be on a short bus
If you relate, I hope you show your support
Reach out anytime you can I'm just waiting on court
I'm tryna get in the game my kids need my support
I'm tryna save up some change I named my daughter Dior
Incarceration held me back and now she barely know her dad
I'm trying to provide opportunities that I never had
It's gon' take more than a 9 - 5 to pay for what we need
She need food and school clothes and I need LLCs
Everything legit so can't nobody tell on me
I sold dog food but I'm not talking pedigree
BM left when I needed her most so I let her be
Waiting til I make it home to show the world a better me
Sitting in the rain I have been drug through the mud
After all I been through I'm still learning how to love
When I think about my daughter I just thank the man above
Because he sat me down and showed me that I'm more than what I was...



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.

ARTISTIC DISPLAY

BY: ADISA WHEELER



Once again, I would like to bring attention to the charity I've painted hats for, Abilities Plus. An organization that was founded in 1959, for those with delays and disabilities. It is an amazing organization that fights, cares for and helps those who might need a little extra support. If you would like to get more information on them or possibly help in any way you can PLEASE go to www.abilitiesplus. TikTok: @abilitiesplus. Instagram: @abilitiesplus. They are also on facebook.

Being incarcerated, especially in some facilities more than others, you see things, problems and situations in the free world where you would like to help out. Even knowing we probably won't have a huge impact but to have any impact period will be a blessing. But due to certain restraints we are unable to. So now being in a position to do so I feel like I am able to contribute something positive to the world even while I am incarcerated. Therefore I would like to thank Warden Carothers, and AWP Jones, K.L.S.R.C. Rotary Community Corps Executive Mike Massie and K.L.S.R.C. staff for encouraging and providing the environment for us to do so. Thanks to EFA Warnsing for being behind the scenes doing all the work to put our content/stories out there. I also would like to thank one of the men in custody J.R. (Elbert Conway), for talking to me about putting my work out there. Because, at first, I thought if I tell people about what I've done that it takes away from the purity of me giving from my heart. But the way bro put it, "Your work and charity might inspire somebody else to get involved. Now your work is paying it forward." So, this is my second time displaying my work.

I also paint hats for my family and my love ones. Because they are important to me in my life as well. It is a way for me to show my thanks to those who have shown/given me love and support throughout my life and not just my incarceration. **FAMILY. COMMUNITY. SELF.**



HATS FOR ABILITIES PLUS



Hat for a c/o that have cancer. It was a request but I had absolutely no problem in painting this hat. We are all human and I don't wish cancer on no one.



Hats for a few of my family members.



H.E.L.P.



By: Edham Salkic

H.E.L.P. (Honoring Every Living Person) If we take a step back and think about how life works, we will realize that through the existence of this world someone is getting “care” or giving “care”. At the beginning of my group I asked a question, what is the difference between care and caring? To my surprise more than a few guys were fairly close to the answer. Giving care is the physical aspect from a trained professional or a family member, which usually does not involve many emotions. Caring is primarily the emotional side of caregiving, so when it comes to our family, friends and loved ones, we should combine both and give them the comfort and love that they deserve. This group is for us individuals who have been incarcerated for some time and want to give back and be able to care for our loved ones



who have gotten older on the outside. Our loved ones (mothers, fathers, wives, husbands, children, siblings, and friends) have supported us all these years, so why not give back when we are able to, let’s show not only our loved ones but the community that we are changed individuals who can show compassion and who can rise above and make positive changes, not just in our lives but in the lives of others to. When my mother is too old to care for herself, I will be there to care for her. H.E.L.P. is a group in which we are gaining knowledge about senior care and persons with disabilities care. In 2018 at Shawnee C.C. I was the healthcare porter and hospice worker where over a span of 5

years I gained so much knowledge in caring for the elderly. Being involved in hospice care changed my way of thinking and my outlook on life completely. With this group, my goal is to train fellow individuals on how to care for their loved ones on the outside. This information is everlasting and the experience will be with those who take the class forever. Coming to Kewanee and just having the opportunity to be able to start this peer-led group is amazing. I want to thank Warden Carothers and Warden Jones who are really supportive and have given me all the tools I needed to succeed with my goal for this group. Also I want to thank Mr. Berenger who has been on board with this group since day 1 and who has done extensive work and research to help make this group happen. Kewanee so far has been an amazing experience for me, and every day it only gets better.



DIFFERENT TIME ZONE

By: Andrew Maxwell



That introduction should resonate with every one of us doing TIME. But for those who are allowing time to do them. (indulge me) I also hope to lend some insight to those who have not ever done TIME. But whom I am really speaking to, is us. I hope to lend us some introspection. We're all works in progress. I understand that sometime we're the unforgotten, misunderstood and unforgiving. And we occasionally get mad at those on the outside for things they do or don't do, say or don't say. I will never begin to tell you how to feel. But I somewhat get why our people don't get our needs when we need them. I believe that though the word TIME in both of our perspective worlds are spelt the same, they have totally different value systems. And rightly so. In the process of us doing TIME forcibly. We lose an un-number of things that the world out there offers. Namely, liberties, joy, memories, and moments you can't get back or relive. We all here know that that cuts deep!!! It cuts things out of us that make us regular or normal human beings. Now if one have not experienced our loss of TIME. Then how could they truly understand the capacity or magnitude of our

wants and needs? It's sad that we had to cross over into another TIME ZONE and lose so much to actually get it. I get that when we lose loved ones in our present predicament it leaves a deeper scar for us then our family, friends, and loved ones in the outside world. Mainly because we're not there. Or that if we were there could we have possibly changed the outcome. And lastly, also because we were not there to put them to rest. The pain from the plethora of loss over the years in our different proximities cause different emotions and reactions. Which gives birth to the notion of us living in two different TIME ZONES. But to minimize future scars and trauma, we fight tooth and nail to retrieve our freedom and remove ourselves from this TIME ZONE.

Because what's understood need not to be explained. The outside world TIME ZONE is the true prize. This one leaves much to be desired. We misuse TIME. We abuse TIME. Who knows that better than us? TIME in different places take on different meanings and create degrees of sentiments. Hence, DIFFERENT TIME ZONES. When one have not lived in this particular TIME ZONE. We have to give them the benefit of the doubt. Some people have to live it to give it or understand it. So when they lend us some time out of their lives to do whatever. Don't take it for granted. We must show and express in the best way we can our appreciation. Because there is not a more valuable life source than TIME. And I know I am preaching to the choir. So I am not telling you something that you don't already know. But just to be a little more transparent on how different our TIME ZONES are, imagine this: whomever on the outside world could synchronize their watch or clocks to the second, minute, and hour as ours. And their TIME still don't match ours. Because our predicament (TIME ZONE) manufactures different feelings, thoughts and emotions. Now do you get how that simple TIME geography of us being here and them being there causes a major shift of the TIME ZONES? But for those of you who do get it. Bless your hearts. Because you are an anomaly. An exception to the

rule. Now we should have a clear understanding why those who don't get it, don't get it. And cut them some slack. Since we all are committed to introspection I assume. We have to start being a little more selfless instead of selfish. Some of us put ourselves here. While others were a victim of circumstances. But the facts remain, we're here now. And TIME is of the essence. We can make TIME our enemy, our friend or our b*\$@h. Our TIME ZONE deprives us opportunities and cherished moments. TIME we can't get back and moments loss to us forever. Now the next TIME we ask any of those from the other TIME ZONE to do this or that. Don't set your expectations on level—10. leave some wiggle room for disappointment.

So it won't hurt so much. Don't get it twisted. That don't mean we let them off the hook. This is just us understanding the TIME ZONE geography. It's said that experience is the best teacher. So God forbid they ever have to meet our fate. So lets let our experience be the teacher of the hour. Even though some may never get it. Is that their fault? We're all creatures of our TIME ZONES. And made/make choices to be where we are. No one can go back and change a bad beginning, but anyone can start now and create a successful ending. Who knows maybe one day we can create and form a universal TIME ZONE. Or am I just wishful thinking?

Smile!



The History of Addiction in America and The Road to Recovery

“You cannot influence the future of addiction treatment without understanding its past”

Dr. Ed Senay

Part I - B

The two main terms used by the 19th century were dipsomania and inebriety. Dipso- mania taken from the Greek language meaning, “thirst frenzy” associated with a pattern of binge drinking characterized by periods of abstinence interrupted by “drink storms”. Inebriety derived from the Latin root inebriate meaning, to intoxicate was a generic term for what is now known as Addiction, Chemical or Substance Dependency. This leads us to our first look at how substance abuse and substance dependency are characterized. Many think these two are the same, they are not. But generally when substance abuse gets to a repetitive state it leads into dependency. As we will see in future issues self-awareness is the first step in the road to recovery and vital for one to take the other steps and to maintain-sobriety. Let’s take a look and ask ourselves if we fit. For those of us incarcerated let’s think about times before we were incarcerated.

Substance Abuse

Substance Abuse is a maladaptive (poorly adapted) pattern of substance use leading to clinically significant impairment or distress, as manifested by one (or more) of the following occurring within a 12-month period:

Recurrent substance use resulting in failure to fulfill major role obligations at work, school, or home (e.g., repeated absences or poor work performance related to substance use; substance related absences or suspensions, or expulsions from school; neglect of



children or household.

Recurrent substance use in situations in which it is physically hazardous (e.g., driving an automobile or operating a machine while impaired by substance use)

Recurrent substance related legal problems (e.g., arrest for substance related possession, disorderly conduct, public intoxication etc...)

Continued substance use despite having persistent or recurrent social or interpersonal problems by or exacerbated by the effects of the substance (e.g., arguments with significant other or family and friends about the consequences of in-

toxication, physical fights)

It is important to note that the chronic use of an illicit drug still constitutes a significant issue for treatment even when it does not meet the above criteria for substance abuse.

Substance Dependence

Substance Dependence is more serious than Abuse and is defined as a maladaptive pattern of substance use, leading to clinically significant impairment or distress, as manifested by three (or more) of the following, occurring at any time in the same 12 month period:

Tolerance, as defined by either of the following:

A need for markedly increased amounts of the substance to achieve intoxication or the desired effect.

Markedly diminished effect with continued use of the same amount of the substance.

Withdrawal as manifested by either of the following:

The characteristic withdrawal syndrome for the substance (the characteristics of withdrawal are different for differing substances)

The same (or a closely related) substance is taken to relieve or avoid withdrawal symptoms.

The substance is often taken in larger amounts or over a longer period than was intended.

There is a persistent desire or unsuccessful efforts to cut down or control substance use.

A great deal of time is spent in activities to obtain the substance (e.g., visiting multiple doctors or driving long distances), use the substance (e.g., chain smoking, hiding to use all day), or spending long periods of time to recover from the substance effects.

Important social, occupational, or recreational activities are given up or reduced because of substance use.

The substance use is continued despite knowledge of having a persistent or recurrent physical or mental health problem that is likely to have been caused or exacerbated by the substance (e.g., current cocaine use despite recognition of cocaine-induced depression, or continued drinking despite recognition that an ulcer was made worse by alcohol consumption).

In the future I hope to share with you a unique way to look at one who suffers from substance dependence and how we can know if this is us. Thank you all for taking the time to read I hope you are looking forward to next time as much as I am. An Important Note most of the ideas and research in these articles dealing with historical facts come from the second edition of William L. Whites Slaying the Dragon a book on The History Of Addiction Treatment and Recovery In America.



HORIZONS MONEY TEAM

In this issue, we will talk about books (and newspapers) to read and what you can do to gain some knowledge in the stock market. This is a technical thing and it involves A LOT of reading and reading and more reading, but the good news is you have the time right now and you will be well off from it!! Now, let's talk about it.

(DISCLAIMER: I AM IN NO WAY A PROFESSIONAL!! I am just an Individual In Custody like you giving you the tools that I have grown to learn over my time and I will do my best to give you a peace of mind: but YOU will be responsible for your actions. Thank you!!)

DUMMIES ARE NOT FOR DUMMIES: One of the first books that I got my hands on was a "For Dummies" book (I don't name this one as it can only confuse you). It was a very thick book that covered everything from stocks to bonds to accounting to commodities (gold, silver, copper etc.) and the like. Trying to get all of that information was mind-boggling and as time went on, I learned what I needed to get and moved on to bigger and better things. A more appropriate book was "Stock Market For Dummies" by Eric Tyson. Everything I was looking for was there, including definitions, understanding what I was seeing on the T.V. screen (Candlestick Charts, Price/Earnings Ratios (P/E), Earnings Per Share [EPS], etc). I don't believe a person will get lost here and, they will feel good about



the information they receive from it. There is a lot of information that is stored in this, so please take it chapter by chapter and if you don't understand everything, go over it again (get your money's worth).

Jim Cramer Is Your Friend: If you have ever watched “Mad Money with Jim Cramer” on CNBC, you will see this older White man, who has the energy of an 8-year old who forgot to take his/her medicine for ADHD (oh, the memories). He talks fast and his words blend together (“Awwright skeedaddy?!?!) and he’s hard to understand at times, but, he is very wise about the stock market and the inner workings of it. He will also keep your interest as he is not boring! The first book I read of his was “Mad Money”. Here, he is talking to you in words as if you are right in the room with him. There is some filler in the book (as all authors do), but he is giving you the game and how to apply it. Now, one thing he is adamant on is that you, the newbie, invest in **INDEX FUNDS!!!** Sounds familiar?? But the amount that he states (\$10,000) may not be applicable for all parties involved, but don't be afraid to get your feet wet with the little you want to use.

Wall Street Journal: There is at least one place that you can find this paper, and that is in your Library... or on the stoop on the deck. Many facility libraries have “Periodicals” that include the local newspaper, WSJ, USA today, etc. But, if you are ready to plunge into the world of stocks, pick up that paper and read it (No, don't use it as way to cover the bottom of your box to keep it clean...I've done that before). The PROS of this paper are that you are getting daily news and information about the financial world and how things that are going on can affect you, as well as the market. You are getting information on how conflicts in Russia/Europe affects our economy and how inflation is raising the dollar and making it almost impossible for your loved ones to buy the essentials

(Just found out that a Whopper® cost \$5.59!!!) as well as the latest fallout on the FTX cryptocurrency scandal. The CONS are that if you are new to the market or don't know anything about the market, the financial numbers can be mind-numbing (so many numbers!!) . If you don't know how to read it yet, you will be lost, so stay in the "A" section (world news) and learn about the "B" (financial section) as you. You will see articles like "Word on the Street" or you can read the previous day charts, either way you will become less intimidated by reading these sections and soon than later, you will know what to look for. Also, if you are not a subscriber, some of this information will be late to you, BUT because you are learning from this , the information will always be good!!

The Southern Mogul: Dave Ramsey is well known name OUTSIDE of stocks and bonds. He has webcasts and podcasts and other shows that he has done outside of his Nashville, Tennessee home for over three decades . He is the opposite of Jim Cramer. He is not a big fan of stocks and bonds, but He is about getting you out of Debt. One of books: Baby Step Millionaires, he discusses the 7-steps to becoming a millionaire through equity and savings. Now, he is a fan of having an IRA (Individual Retirement Account) and being able to acquire compound interest as well as bank savings. The other thing, which he covers ad nauseum, is getting out of debt. The biggest take of this book is to "trust the process" and know that if you do, you will achieve becoming a millionaire (so says his book, not I!). There is a lot of filler in the book of testimonials and others who have made it and even his story of becoming a millionaire (via real estate) and then blowing it all to become an average Joe. This is a great book for someone who is not looking for technical aspects of making money and growing wealth.

Let's be clear, we have ZERO ideas where the market is going to drop. As of this writing, the market is leaving the "Santa Clause Rally" (the last 5 trad-



ing days of the year and the first 2 of the new year), and the S&P has had two consecutive losing days. But the markets (Dow, S&P and NASDAQ) have had a windfall this year this past year, being up at least more than 13% each, with the NASDAQ being up 43%!! Many believe that the shoe will fall and it will, but will it be on the earnings from the fourth quarter or will A.I. be a “fad” and then fall off and prices plunge! If I were a genie, I would say “do this” or “get rid of that.” But I am not, so I will tell you what I am going to do. I own 4 of the *Magnificent 7* (I don't own TSLA, MSFT or NVDA) and I will not move on four I have (META was in my crosshairs and then it went up \$80 in a day (buybacks, new dividend, etc.). They have kept the market propped up and when one of them sneezes, the others are there with a Kleenex. That how good they are.

I had a *Buy Now Pay Later (BNPL)* that has paid out well in the last few months (up 153% since August), but I took my winnings and now they have been added to my Health Care stocks (you can never go wrong with the Health Care) and dry powder. Also, will NVIDIA (NVDA) ever stop growing? Everyday, they are going up and up and up, with no end in sight!! As of February 12, 2024, it had reach \$700/share and it is helping other companies grow in market share. If you have the bread, do your homework and see if you can get in where you fit in. I hope that these things were helpful and I look forward to speaking with you again in the HMT. Blink, I'm gone!

GET



MONEY

PRISON FASHION 2024

YEAH MY DREDS ARE DRAPPING



PRIEST

I NEED SOME MORE PROTEIN!



DIET BIKE

MY WAVE CAP IS SO TIGHT.



I HAVE TO GO MORE SKINNY



LEO

I JUST GOT HERE!



KIRBY

Hmmm!



TRES

SHIT! MY WAVES ARE FLICKIN' THEY SPINNING.



AM I GETTING SWOLL? SOMEBODY TELL ME!

BUDDY

SO IRRITATED GRRR



NANASTA

DYROK

Honey Buns Honey Buns Honey BUNS!



CLIFF

GET OUT THE KITCHEN FOOL!



MALO

DOG DAYZ F DYROK



BRAIN FACTS

These are not the facts and opinions of KH. Here are some excerpts from the book of 'HOW THE BRAIN WORKS', we thought we should share this with our readers. Hopefully it can answer some questions or curiosity that you might have had.

MALE AND FEMALE BRAINS

ALL HUMAN EMBRYOS START LIFE WITH

**FEMALE BRAINS-EXTRA HORMONES ARE
NEEDED TO CREATE A MALE**

Scientists have found that male and female brains show distinct physical differences. However, it is not always clear how these variations affect our attitudes, activities, and responses to our environment. Differences may arise from the way a brain is used in life as well as from its physical form.

Physical Differences

Difference between males and females begin with the sex chromosomes at the moment of conception: XX for females and XY for males. In the uterus, the release of testosterone from the mother during gestation "masculinizes" a male fetus, triggering the growth of structural sex differences will arise in

many brain structures (see & put where I place those 5 circles w/ the info). Cognitive and skill difference between the sexes are present from childhood. Adult male brains are 8 —13 percent larger, on average, than adult female brains. In addition, adult male brains also tend to vary more, in volume and cortical thickness, than female brains.

Difference in function

Male and female brains differ in function as well as structure. Male brains seem to be more “lateralized” (with greater difference in function between the left and right hemispheres). Males also vary more than females in cognitive ability. These variations are partly due to the structure of the “connectome” — the network of neural connections between parts of the brain. They also result from the action of hormones, and external influences, throughout our life. In particular, our social environment and experiences continually shape our neural pathways, helping us perform male- or female- typical tasks.

Male - Have few connections cross hemispheres and greater connectivity within hemispheres.

Female - Have many connections between hemispheres and less connectivity within hemispheres.

The connectome

One study, in which more than 900 brains were imaged, found that male brains have greater connectivity within hemispheres, while female brains have denser connections between hemispheres. The males were found to be better at spatial processing, while the females scored higher on attention and memory for words and faces.

Brain Structures

There are several areas in which quantifiable physical differences have been identified between male and female adult brains. The main regions are shown here. How these differences can affect cognition and psychology are currently the matter of ongoing scientific research.

Corpus callosum

The corpus callosum, which links the brain's left and right hemispheres, has been found to be larger in females. It has been associated with greater cognitive skills in females, possibly because brain functions are shared between hemispheres, but not in males.

LARGER IN FEMALE BRAIN

Hippocampus

Males have a larger anterior (front) hippocampus, which governs acquiring and encoding new spatio-visual information, while females have a larger posterior hippocampus, which governs retrieval of existing spatio-visual knowledge.

LARGER IN MALE BRAIN

Thalamus

This area, the 'relay station' between the cortex and deeper brain structures, is larger in men than women. The two sides of the thalamus are more likely to be connected in females, but the significance of this feature is not known.

LARGER IN MALE BRAIN

Hypothalamus

Certain areas governing male-typical sexual behavior and responses to stress in the hypothalamus are larger in heterosexual males than in females or homosexual males.

LARGER IN MALE BRAIN

Amygdala

The amygdala, involved in emotional response, making decisions, and forming emotional memories, is slightly larger in males. However, differences in functions such as responses to negative versus positive emotional stimuli, are more significant.

LARGER IN MALE BRAIN

WHEN IS THE SEX OF A FETUS FIXED?

Chromosomal sex is determined at the point of fertilization. Physical sexual differentiation occurs seven to 12 weeks after fertilization.

NONBINARY BRAINS

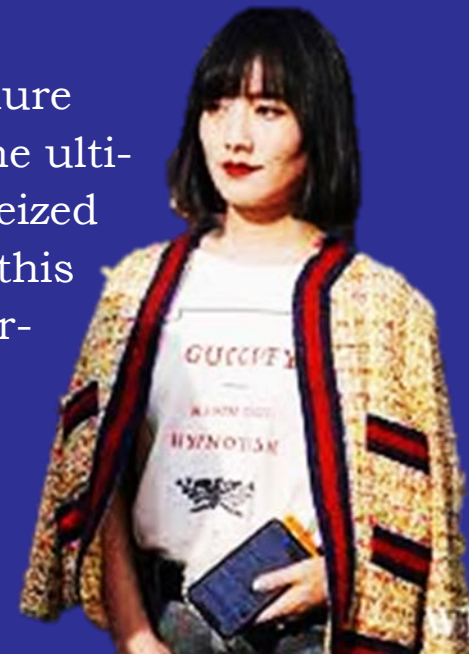
Homosexual and transgender people have been found to have certain distinctive brain structures. For example, some parts of the hypothalamus (see above) differ in homosexual and heterosexual men, and the putamen (involved in learning and regulation of movement) has more gray matter in trans women than in cisgender men.

DISCOVERING-SELF

By: Andrew Suh

I made it to Kewanee Life Skills Reentry Center, 10 months ago, with 7years @50% = 3.5 years remaining, on the back end of an 80-year sentence, yes, your math is correct I HAVE BEEN LOCKED UP FOR 30 YEARS. After three decades I made it here and I was finally able to breathe and if anybody is keeping track, I wrote my first piece entitled the “13” volume 36 in the KH documenting my journey to this point.

During these past 10 months, Kewanee has been everything the brochure touts, everything good you have heard and more is all-true. This place is the ultimate in modern progressive penological facilities. In my time here I have seized upon everything this place has offered and absorbed as much information this place was willing to give. Talk about having a life changing experience. During these very short 10 months I have managed to grow exponentially as a human being. For those who know me, I am confident and very self-assured. I thought I was ready for everything and anything but this place has taken me to the next level. My eyes are open and I am ready for anything and all things the world has to offer me. During my time here I culti-



vated a strong resume. I am one of the co-editors of the Kewanee Horizons E-zine, which has allowed me to share my voice with the rest of the world. I recently won an Honorable Mention Award for my Non-fiction essay titled *Prison Dad*; it will be published in an anthology for the Pen American Prison Writers. I have taken a myriad of classes and there is a laundry list of cognitive behavioral therapy programs (way too many to list), and of course, I facilitate a peer led group "Bolo's Boot Camp". I have been blessed. This has been a heck of a ride and like all rides it has to come to an end and OMG, did it come to an end in a dramatic and abrupt fashion.

Up until this article, HB 3026 has not been mentioned in the KH, but I speak of it loudly and proudly. HB 3026 has become a life altering, trajectory changing piece of legislation. For all the people involved who made this a reality, from creation to the final execution and every single person all the way down to Clinical Services at Kewanee, I thank you whole heartedly. You have changed the lives of so many and selfishly you have changed the trajectory of my life. I am and will forever be grateful for those responsible with this watershed moment in criminal justice reform.

Yes, it is true. By the time you read this, I will be one of the fortunate few who have been blessed by this legislation. After thirty years I am a free man. OMG, it is real and it is magic. I am home and I thank everyone who has made this possible. You all know who you are.

As I write my exit essay, I want to share with all of you still years away from the front door facing daunting odds. I know what you are going through. I was there, in your shoes 30 years ago, sitting in a segregation cell at Pontiac, still on the new, with a 100 years prison sentence after getting slammed with a year across the board. Talk about starting off on the wrong foot.

I was in a really dark place but after a lot of hard work I managed to crawl my way out. I know it does not seem like it right now, I promise you, it will get better. Do what you must for now and keep fighting the good fight. Speak things into the universe, keep praying, and keep the power of HOPE alive. If you keep pushing good things will happen. You just need to believe. I cannot say this enough, IT WILL GET BETTER. I placed my belief in a better tomorrow and my better tomorrow is here. It is my turn and I promise you, if you keep pushing and fighting the good fight you will have your turn also. It may not happen all at once but it will happen when you least expect it. So with this I say good bye for now. I have a good feeling you will read about what I will be doing for all my brothers and sisters that are still locked away. I have not forgotten about you. I will keep fighting for you and I hope to share some good news with you shortly. As my nickname conveys: Be On the Look Out, B.O.L.O. in solidarity....

When you affirm big, believe big, and pray big, big things happen



HOROSCOPES



Aries: Learn as you go, and you'll reach the top. Get out and mingle with people heading in a similar direction or who share your interests. A self-improvement project will lift your spirits.

Translation: As you go about your day you will pick up knowledge from unexpected people, use it to better yourself.



Taurus: Keep life simple. Figure out what you need to do and make it happen. Dedication and persistence will pay off. Don't complicate matters with contradictions.

Translation: Get out the cell and do something with yourself, its not that hard, you would only be helping yourself.



Gemini: Consider your plans before making a move. Get the go-ahead from dependents and those affected by your decisions. Keeping everything out in the open will help alleviate problems.

Translation: Use your head in all situations, don't do something that you would regret in the long run, and be honest.



Cancer: You'll find purpose in life if you help people. Participation will open doors to new beginnings. Discipline and acts of kindness will pay off and encourage you to do more.

Translation: Don't be afraid to put yourself out there, get over there to the kitchen and volunteer sometimes.



Leo: Avoid temptation and overindulgence. Be the voice of reason and stick to your principles. Work to make a difference and do what you can for those who ask for help.

Translation: Just because you have 3 burritos, doesn't mean you have to eat 3 burritos, see if someone would like one, I'm sure someone is hungry.



Virgo: Keep an open mind, be resourceful and don't be afraid to change direction or make a move. Trust and believe in yourself and your decisions, and refuse to let your emotions lead you astray.

Translation: Don't be down and out about losing that porter job, the kitchen is always hiring, you will eat real good there.



Libra: Nurture relationships that count and walk away from those who stand between you and your dreams. Pay attention to detail and let self-improvement and personal growth be your goals.

Translation: Family is everything, friends come and go, don't be afraid to cut some people off who don't have your best interest at heart.



Scorpio: Wait until you have verified facts before you make a decision or share your intentions. You can stabilize your position and make life easier if you are prudent and direct.

Translation: Before you go to commissary, be sure to ask someone if they still have Honey Buns over there, it will save you a trip if that's all you want.



Sagittarius: Think before you act. Someone will give you false information. Be resourceful, and you'll save yourself aggravation. Put more effort into self improvement and spending quality time with loved ones.

Translation: Don't let what ol boy told you get under your skin, go about doing what you set out to do in as different way, it will work out better.



Capricorn: Adjust your routine to fit your schedule. Take care of time-sensitive matters that offer opportunities to maintain or boost your status quo. A change of pace or a new interest will improve your lifestyle.

Translation: Stop spending so much time in the gym and yard, and make time for programs, they will benefit you in the future.



Aquarius: Aim straight and shoot for the stars. Don't stop or wait for others to catch up; note what's important to you and make your dream come true. Listen to your heart.

Translation: If you have a goal to complete your class ASAP, don't hesitate to complete your next assignment, once you do you lose.



Pisces: A partnership will help you save money and offer the chance to advance. Speak up about your wants and be ready to negotiate. A change may not excite you initially, but give it a chance.

Translation: Don't be afraid of that job offer that's on the table, take it and make it work for 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.

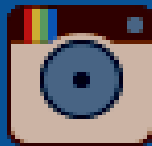
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doc.kewaneehorizons@illinois.gov

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