

KEWANEE

HORIZONS

VOL. 72



TABLE OF CONTENTS

COVER PAGE.....1
TABLE OF CONENTS.....2
RESTORATIVE JUSTICE.....3
MISSION STATEMENT.....4
WORKING HARD.....6
DEFY ALUMNI.....7
ITS NEVER EASY SHORTY.....9
AMERICAN FLAG.....11
THE REALIZATION.....14
UNTITLED.....16
STRIVING FOR SOMETHING MORE....18
MY STORY- MY LIFE MATTERS.....20
FAILURE.....22
GOOD VS EVIL.....23
PALACE BUILDING.....24
IMPRISONED.....25
OVERCOMING YOURSELF.....26
MY KEWANEE EXPERIENCE.....28
ME VS ME.....30
MY KEWANEE EXPERIENCE.....33
DO-GOT(S).....35

LOST TIME.....38
ARE YOU UNSURE ABOUT YOUR CAREER 40
MY ACCOMPLISHMENT.....44
HOW MY INCARCERATIONS HAS AFFECTED
ME.....45
THE MARKET CORNER.....47
N.R.C.A. ROOFING.....50
MEMORIAL DAY PICTURES.....52
CARTOON.....58
HOROSCOPES.....59
STATEWIDE CALLOUT.....62

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.

KEWANEE HORIZONS VOL. 72 PG. 5

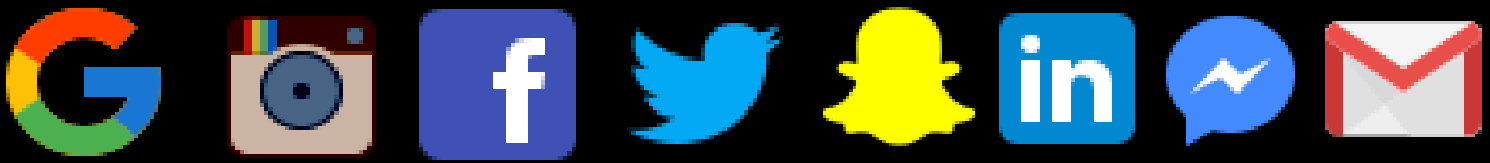
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

kewaneehorizons@illinois.gov

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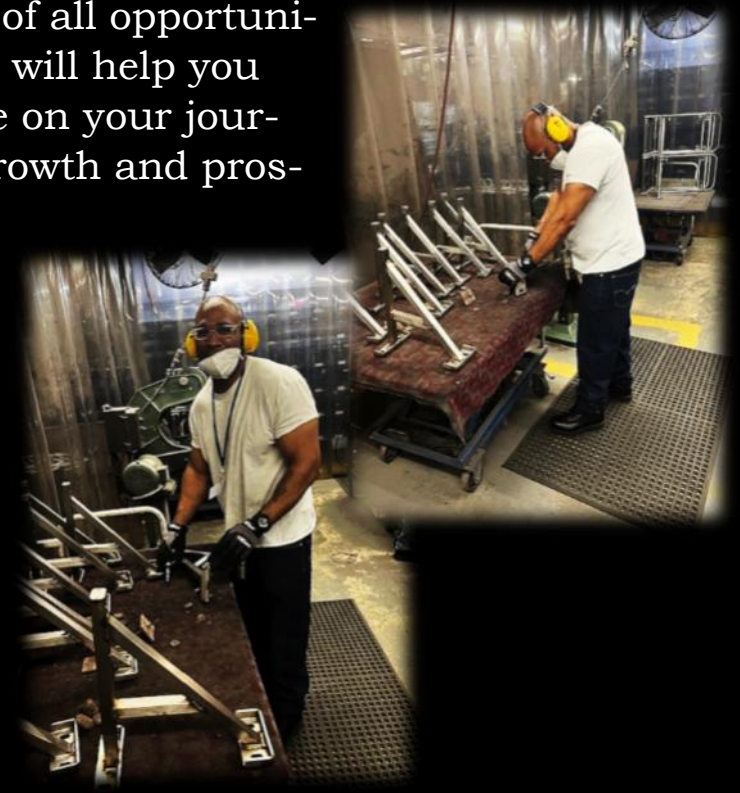
WORKING HARD

By: Elbert 'JR' Conway

It's been two months since I left Kewanee and so much has happened. I have a job y'all. I'm working Grinding and Polishing stainless steel seats made for Buses, Planes, Trains etc. It's a decent job and I'm enjoying it. Everything is good. I've been on two interviews and as I mentioned I secured a job from one of those interviews but I'm proud to say I made top 3 out of the 100 candidates who applied to be a Life Coach to the youth . I thank Mr. Nic Kuster, Kira Kyle and Defy for the experience offered because it prepared me for those opportunities. Also, I have to give KLSRC a shout out because that experience has prepared me as well. The community vibes help with the transition because it gives you a sense of being human. I thought I would feel awkward in the world given that I was incarcerated for 20 years. You know how in prison you try staying



in your comfort zone and circles but the world is so diverse and offer so many great experiences so it's only right that we're open to those opportunities. So, overall I'm enjoying each day and the opportunities that come with them. Your day is coming too so stay focus and take advantage of all opportunities that will help you continue on your journey of growth and prosperity. Until next time....



DEFY ALUMNI

By: Nicholas Crayton

Yes, So the initial Photo is two of our EIT's that are taking part in a program called the Legacy Group. It is about using the taxes generated from Cannabis to give people an opportunity to get into this industry. They are one of the strongest programs on the Southside that actually help you with networking, business models, and actually give you a stipend.

The photo of Nick Cara is next to his father's delivery truck. They have a restaurant called the station and it is phenomenal. Nick helps his father out when he is not working all day. He was promoted and is now Business Manager at the



South Chicago Dodge Dealership.

The photos with me, Gerald Pitts, Keith Talley, Evigan Marcos, and Lloyd Wickliffe are all at a Reentry Celebration that was put together by Keith at his new post with Phalanx Family Services. He is the Reentry Coordinator. We had food, art, panelists, and Key-note Speakers.

The photo of Walter Oswald is just his way of saying that he finally got a good pair of running shoes. He is now happily married and still driving an excavator. The photo of Cassidy Winston is the last photo that we have of him.





R.I.P. C. Winston

IT'S NEVER EASY SHORTY

By: Vicente Andrade @ Pinckneyville C.C.

It's never easy to break free
The constant wrestling with the old me is hard
What's in me is anxiety
Do I deserve this? Yes probably to overcome my wrongs,
Don't have enough to pay this penalty
Do I dare stand and take responsibility
Of what I did consciously, sorry mother sorry beloved friends
Losing my ability
To stand on my own dependability
But I'm a lone wolf, all you ask is intimacy
Telling me you don't look for quantity
But what you seek is quality, "women"
Will you accept me? She loves me she loves me not
Guessing games, I'm up for, not boring
Switching it up making it interesting
When will you start? Ready set go!
But what I have done is unpayable
My terms are non-negotiable

You are acceptable
What I feel for you is unexplainable
I will make you presentable
I feel unbearable
My ways are unbeatable
This is unbelievable what I become
I repent our lady
I accept your atonement
No more disappointment
She forgives your offense
And has paid your expense
In your life, Novena will make a difference
Don't think for a second, this is nonsense
It always comes to light what is dark
The word among us!

America's Flag

Very few Americans know that the reason our American Flag is raised and lowered at pre-set times of (8:00A.M. & 5:00P.M) instead of Sunrise and Sunset is that when America purchased Alaska in the 1870's, and installed Military Bases in Anchorage and Fairbanks, they found that up in Alaska, the sun does not sets in the summer for 2 months and in the winter, the sun does not rise for 3 months.

Unfortunately, most Americans have seen the traditional folding of the American Flag, at specific events, such as funerals. Have you ever wondered why Old Glory is folded in that specific way? It's much more than just pomp and circumstance, each of the 13 folds, holds a special meaning.

The Flag Itself:

The portion of the flag denoting honor is the "Canton of Blue" containing the stars representing the states our veterans served in uniform. The field of blue, dresses from left to right and is inverted only when draped as a funeral cloth over the casket of a veteran who has served our country honorably in uniform. In the U.S. Armed Forces, at the ceremony of retreat, the flag is lowered, folded in a triangle and kept under watch throughout the night as a tribute to our nation's honored dead. The next morning it is brought out and, at a ceremony of reveille, flown high as a symbol of belief in the resurrection of the body.

The Meaning behind the 12 Folds:

The flag-folding ceremony represents the same religious principles on which our great country was originally founded.

The first fold of our flag is a symbol of life.

The second fold is a symbol of our belief in eternal life.

The third fold is made in honor and remembrance of the veteran departing our ranks, and who gave a portion of their life for the defense of our country to attain peace throughout the world.

The fourth fold represents our weaker nature; as American citizens trusting in God, it is Him we turn to in times of peace, as well as in times of war, for His divine guidance.

The fifth fold is a tribute to our country. In the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong."

The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

The seventh fold is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies, whether they be found within or without the boundaries of our republic.

The eighth fold is a tribute to the one who entered into the Valley of the Shadow of Death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.

The ninth fold is a tribute to womanhood. It has been through their faith, love, loyalty and devotion that have molded the character of the men and women who have made this country great.

The tenth fold is a tribute to father, who has also given his sons and daughters for the defense of our country since he or she was first born.

The eleventh fold is represents the lower portion of the Seal of King David and King Solomon and glorifies the God of Abraham, Isaac, and Jacob.

The twelfth fold represents an Emblem of Eternity and glorifies God the Father, the Son, and the Holy Ghost. The thirteenth and last fold, when the flag is completely folded, the stars are

uppermost, reminding us of our national motto, "In God We Trust!"

After the Folding Ceremony:

After the flag is completely folded and tucked in, it has the appearance of a cocked hat, ever reminding us of the soldiers who served under Gen. George Washington and the Sailors and Marines who served under Capt. John Paul Jones and were followed by their comrades and shipmates in the U.S. Armed Forces, preserving for us the rights, privileges and freedoms we enjoy today.

The source and the date of origin of this Flag Folding Procedure is unknown. However, some sources attribute it to the Gold Star Mothers of America while others to an Air Force chaplain stationed at the United States Air Force Academy. Some sources also indicate that the 13 folds are a nod to the original first 13 colonies. The flag folding ceremony is provided as a patriotic service.

Veterans Affairs Policy on Flag-Folding Recitation of "13-Fold" Ceremony:

To ensure burial services at the 143 National Cemeteries operated by the Department of Veterans Affairs reflect the wishes of veterans and their families. VA officials have clarified the department's policy about recitations made while the U.S. Flag is folded at the grave site of a veteran.

"Honoring the burial wishes of veterans is one of the highest commitments for the men and women of Veterans Affairs," said William F. Tuerk, VA's undersecretary for Memorial Affairs. "A family may request the recitation of words to accompany the meaningful presentation of the American flag as we honor the dedication and sacrifice of their loved ones."

Traditional grave site military funeral honors include the "Silent Folding, the Presentation of a U.S. Flag, Three Rifle Volleys, and the Playing of Taps."

Bradley Adams
U.S Navy

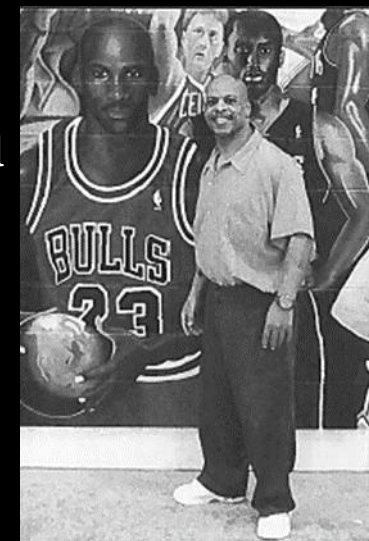
THE REALIZATION

By: Timothy Youngblood @ Lawrence C.C.

At some point after or during your incarceration, you will realize something new about yourself of that you have grown, changed, or figured something out. This is when the scarecrow asks Dorothy what she has learned.

In the wizard of Oz, Dorothy is asked point blank, well Dorothy, what did you learn? And then Dorothy tells us all the ways her perceptions and attitudes have changed. Most important, her attitude towards home has changed. She realizes now that there's no place like home.

Like Dorothy, when we make it back home, we will never want to travel down that yellow brick road again. How does growth come about? Only through adversity and opposition, and striving for a goal. Only through conflict, making decisions, and taking actions. "True character is revealed," the proverb goes, "when you come face to face with adversity." If you have never watched The Wizard Of Oz on T.V. you need to watch it and examine all of the unique characters and every word of dialogue spoken. And then examine your own life. When you do, I am confident that you will miraculously become pregnant with the realization that you need to and are about to give birth to change. What change? Change is the uncomfortable walking designed by God, Allah, Yah, Ra, or the Creator of the universe (whichever name or nick name you choose to give Him) to transport you to the next level of life. I'll say it another way, change is the only path from where you are right now to where you want to be. It's not a path., It's the only path. I'm not talking about you changing your cloths or your cell mate



or your spouse or your location or your trust fund account. I'm talking about you changing the way you think.

Now, I know that the way you think is important to you, and well, it should be, but if the way that you and I think is so important to us that not even God, Allah, Yah, Ra, or the Creator of the Universe can change it, then the way we think has gone too far. Because we have to be willing to at least surrender the way we think to God, Allah, Yah, Ra, or the Creator of the universe.

All growth can be defined as a changed perception of self, life, others, or something else. Often that change is gradual. Often it comes with breakthrough events. Sometimes it doesn't occur at all.

I would be lying through my ink pen if I said that every individual in custody who watches The Wizard of Oz will miraculously become pregnant with the realization that they need to and are about to give birth to a change in the way they think.

As a sidelight to individuals in custody who do change their thinking after spending years or decades in prison, having a person come back after ten years totally unchanged also tells society much about the kind of person she/he might be. The only people not changed by life and especially a life on that yellow brick road are those who are unaware of it in the first place.

I've changed my thinking, I've learned a lot, in fact the duration of my incarceration has unequally armed me with the necessary qualifications needed to function properly in the free society. I'm not a criminal, and I'm not irredeemable. I'm just a human being trying to live in the world In the face of adversity, death, joy, love and loneliness and somehow come through it with dignity, courage and a belief in the greatness of the human being singular.

This is my moment of realization, and hopefully it's a key emotional moment for you.

UNTITLED

By Katlyn Clayton @ Decatur C.C.

Chaos helps me meditate, it's the quiet that crushes me like a million pound weight. How can silence feel so empty, yet be so full of broken promises at the same time? I want to throw my hands up and surrender... but today it feels too much like giving up, lets not even go there... I want so badly to be strong, to be "better" by way of growth. Unfortunately I feel like have another five-thousand miles to go on this foot race against myself. My mind changes, but my body stays stuck, here of all places. My soul is on loan to the sky that hovers above me, too far to hold, it waits for me... It's enough to give me hope. I've been steppin on cracks my whole damned bid, wishing this awkward burden of a groundhog day would pause abruptly, swallow me up. I want some good to come from all this! I

know that good is buried somewhere inside of me and each day I rise in search of it. Happiness is a warm feeling, and my hands shake at the thought of grasping it at last. Allowing myself to do anything but struggle seems so foreign to me... all these years its felt like an ironclad part of my identity. It would be a miracle to feel content... but I'm trying.

I'm getting out in a year, back to my life, my family, my triggers... I am more aware now, more than I ever have been; that I'm capable of being loyal to myself. A gift I've only lent to others until now.

There are endless things want to accomplish, things like being an empathetic and present parent... cooking dinner for my grandma, and finishing my auto mechanic

certificate. I realize now that none of those things will be found at the bottom of a bottle. I'm confident that I can do this, why? Because I said so.

I stand on my words, because it's all I have left. That's not to say there won't be challenges, however my silver lining keeps getting clearer... and as my light shines it shrinks my shadow.

That's good enough for me

This is prison, not perfection.

Used to stare at my bedroom ceiling,
wishing everything would change,

then when it did, I couldn't stop it...

Became my own worst enemy.

I don't belong here, I'm so mad at myself...

Do you remember me, who I was gonna be?

All those things, before I fell...

Boy, have those tables turned...

I know I made a fool of us all.

All those bridges I burned,
Even the scars are still raw.

Shoulda known it wouldn't come easy...

Heavy is the weight on my shoulders.

Shoulda known the ones I trusted would leave me.

Darling, mark my words, I'll be there

Cuz I never learned to walk away...

I'll try to be good, and I'll try to be fair.

Cuz were the ones worth saving.

Now I'm waking up this time...

Like I've never been tired...

Of making up my mind.

Striving For Something More

By: James Kral @ Danville C.C.

My life inside these concrete walls has been an arduous experience to say the least. In the fifteen years I've been incarcerated, there were countless moments where I questioned whether or not my life would amount to anything. When I experienced those feeling of unrest, I tried my hardest to put things into perspective to make sense of it all. The fear of failure is a debilitating feeling that plagues the mind of being able to conceptualize real success. For many years of my life, I fell victim to its abuse, and I had to find a way to overcome it. Education became my outlet, and it challenged me to extract something from this circumstantial lesson of imprisonment. The adversity I faced became the cornerstone behind my growth and change that paid me the most dividends. Hence, why I can proudly share with you today my accomplishments of being a college graduate. (next my bachelors!)

Higher education has always been a pursuit of mine since I had the thirst for knowledge. Many of the elder brothers I was privileged to have been around in the max joint promoted education to me daily, and they sincerely believed in education being an integral part of ones success in life. I remember in my adolescence hearing the same notion of education: it provides an individual with a better quality of life. Those things became clear to me later on in my bid, and I knew then that I didn't want to be mediocre. I wanted to strive for something more, and I was willing to put in all the work I needed to see it manifest. I truly believe in order to really make a change in the world, some



of us have to strive for something more. Some of us have to be ambitious enough to become the movers and shakers of the world. That endeavor requires one to sacrifice a lot, and I've learned early on that if you're not willing to sacrifice (time, energy, and finance), more than likely you won't gain very much. With sacrifice comes a pursuit to want something greater, and I believe in that principle religiously.

My willingness to sacrifice afforded me a sense of resilience to be brave enough to face the fears and challenges that have tried their best to make me yield. I have gained so much from my failures, and I can accept the fact that failure is an unfortunate part of our life experience. However, our response towards our shortcomings becomes the determinant factor on whether or not we grow or die. The weight of my incarceration has been obsessed with keeping me bound, but through my education I was able to have a fighting chance to feel free. Education is knowledge, application is wisdom, and understanding is freedom because it's the power to make your experience intelligible by your application of the knowledge you've acquired. I came a long way from being the misfit I once was. I outgrew that personality and I can see how big the world really is, and through my trials and tribulations, I attained an education that broke the chains of my own ignorance. You can too! I know it ain't easy to get into higher educational programs but we can now apply for Pell grants and there are many PEP (Prison Educational Programs) programs out there for us. The question is: how bad do you want it? How hard are you willing to work? How far are you willing to go? Don't let your fear of failure paralyze you from being able to strive for something more in your life. Supreme Peace!

My Story- My Life Matters

By: Chelsea Gallo

I've been wanting to speak on my story for years, but was scared of the judgement, plus I didn't want anyone to feel alone or as if they can't pull through and pick themselves back up. I'm still trying to figure out who I am or how to keep fighting the struggle. Addiction is seriously taking lives to either overdose or the system. I have had friends that I would have never thought would use a day in their lives and are now in the streets with the same demons on their backs. "It's sad", I have great parents, family and 3 beautiful kids that I would do anything to know and see. This is my 3rd time in prison and I've lost count of how many times I've been to jail. I've hurt so many love ones and I don't understand how they still care for me. I've stolen from my mom and kids. Taking cars from complete strangers, just to be able to sleep in them.

Sleeping in alley ways in the rain, even storages units. I was so low shooting up whatever I could melt into a needle. I have overdosed to the point where my mom found me face down in her yard while my kids were inside without a care in the world. My grandma would scoop me up and spend all day with me then drop me off crying the whole way home not knowing if I was safe. I put myself in some scary situations, sleeping with strangers, just to have money or food. Being tied up and beaten because I took from the wrong people. I'm telling you all this because **"I'm ready for change"**! I want to help those that are dealing with the same strug-

gles. “Your worth it”. I’ve been locked up a few years and about to go home.

I would be lying if I said I wasn’t “**Terrified**”. The one thing that keeps me pushing is hearing my kids say they forgive me and still call me MOM. I have trouble loving myself and I battle with Body Dysmorphia really bad. I love everyone but myself. The girls I met and grown close to in here helped me “ALOT”. I could not have done it with out them. Keep your head up and always know your worth. **My Advice;**

Don't push those willing to help away



FAILURE?

By: Chelsea Bachelor @ Decatur C.C.

When you hear the word failure you think of: falling short, unsuccessful, to be insufficient, disappoint. Being in prison has made me feel like the biggest failure as a mother, daughter, sister and friend. As days turn into months and months into years, I've looked at the word failure a little closer. Failure doesn't mean you will never succeed; it just means it may take a bit longer. I've learned you have no idea how close you might be to what you want to achieve. And if you quit, you will never know. See when you experience failure, which most of us have, we are actually in a better position to achieve success than people who haven't. When you fail and fail again and KEEP BOUNCING BACK and LEARNING from your failures. That's when the real magic happens. You start building character, strength, experience, and wisdom. As long as you NEVER GIVE UP, you're already in position to succeed. John Wayne once said "you're going to spend the rest of your life getting up one more time than you're knocked down. That's what success is, getting back up one more time than you were knocked down. I know the brokenness in my life has made it difficult for me to believe, I am not a failure!"

GOOD + EVIL

By: Lashawn Good @ Sheridan C.C.

In life I always make my good outweigh my bad, yet it's "Good and Evil," always taunting me, I said it's "Good and Evil" always taunting me, /Oh Lord, oh Lord help me I'm trying to get somewhere, yet my future's blocked by insanity, for four decades I ducked the morgues, and mortuaries, like a Chinese adversary, I am my worse enemy! And sinning, Lord sinning feels so good to me I defiled your temple by putting drugs in your temple and God it felt so good to me, Like a snake in the grass I am my own Friend-a-my (Friend-A-me) I try to find my way I can't find the beginning for the end of things, confusion, confusion is exempt, insanity, insanity is a demon in me and I got legions and legions, and legions of demons inside me! At first I thought satan was the enemy, dude is weak he only have enough power to do what I allow him to do to me, Far from suicidal, but I am my worst enemy I mess myself over and cause all hell for my wife, my children, and all those whom love me, I pray to God, yet I always end up doing me, they say I'm a good person as a matter of fact I'm the epitome of good my last name is "Good," I just can't fathom what's controlling me, so I minister to myself and others through my poetry.

Welcome to Good And Evil I pray the readers and listeners take heed to my poems, motivational speeches, and twisted testimonies learn from my mistakes and live productive clean and free lives, if not be the best y'all can be and please don't mess y'all selves over like me.

Palace Building

By Earl Milton Jr @ Centralia C.C

I was evicted from my shack in order for the construction of my palace to commence. I cast my grave clothes into the flames. Now I am arrayed with the finery of true life's garments. I have crushed indolence and destroyed lazy slothful dissolution. I have now been equipped with drive, industry, and a healthy work ethic. I've been transformed into the no longer living dead, living life the right way type of guy. That is destined to fly and never to die because my work will outlive my physical presence upon the earth. In the great silence I went from a spark to a flame and now I'm inferno. This light is eternal with foundations of divine love. So, I shine like I'm oiled up willing, and able soil ready for ant toil as I construct the palace of my mental paradise. I realize a mental bliss and abiding heaven as I cheerfully persist in fulfilling my purpose with actions that say the same. My palace is in construction and I'm steady building. I demolished my shack so I no longer lack. In fact, I abide right in the heart of the plethora. The living panacea feeding me hearty helpings of happy. And as I embrace the total journey, the trip becomes exhilarating and enjoyable. I am equipped with the blueprint of the great design for my life given unto me by the architect of love who is filled with endless life and had awarded me with a surplus of the same. Pay no mind as I elevate my mind, but stay tuned for the finished work. From masterpiece to masterpiece. I travel as the divine plan unfolds. The mold is broken no longer a token. I am taken with life's great mission to make the world a better place for us all some somehow. But now one block at a time I build governed by love and peace. I stomp like I'm marching while singing my solo. Destined to grow the fruitage will show. Now watch as I glow. For now, I have to go. But just you know you'll see me again from time to time. Until then back to the workshop of my mind.

Imprisoned

By: Jon Mettler

A man doesn't have to be in prison to be imprisoned
Whether in a cell or within the walls of his own home
Laying awake in bed or within the recesses of your mind
Alone surrounded by walls of stone sadly left behind,
Depressed, repressed afraid to go out among society
Left in the dark to embark on a private journey of misery
Days turn into months, months into years
An invalid of sorts afraid to get out of bed, death draws near,
Conditions of the mind continue to reek havoc and play their games
With no appetite or mobility to enjoy the light of day
To repeatedly claim to be slightly sick, laziness is at play
Curtains all drawn well after dawn there is lit-

tle left to say,

Imprisoned is a term that can be loosely defined

To some it means one thing and then to another making them blind

Many make their own prisons deep within their own minds

Free in society happiness is elusive and hard to find,

Late at night when you're alone find the lock and key

To release the chains that bind you from temporary insanity

Never take for granted an open door or draft of cool, clean air

In prison my hope for freedom is taken, in the end lies the snare.

Overcoming your self

By: Jason Foster @ Pinckneyville C.C.

Hello to all Individual's in Custody, my name is Jason Foster I am an individual at Pinckneyville C.C. I am a Kewanee horizons subscriber and I had to contribute to this statewide callout because of the change I have witness in so many of my peers at Kewanee. I was a person who felt that I always got the short in of the stick, even when I felt I was doing the right thing. Since the completion of four programs, I see that I was wrong and wish I could have shown these skills I have obtained in these programs I completed at them times. These programs were (Because I said I would) (Anger management) (Start now) (Drug Awareness) and I am currently in (Impact of crime), and (Thinking for a change). We as Individual in custody most of the time tend to not hold ourselves accountability for the situation we put ourselves in. Through the 13½ year I have been incarcerated, I have put myself in situations that I could have avoided, only if I would have simply controlled my actions, and with the help of these programs I believe I have gained the tools to help me control myself while incarcerated and when I am free. When I see individuals that I have done time who redeem themselves and elevate there mind on their journey of redemption, makes me agree that a individual can be correctly corrected by a correctional center if we allow it to. I challenge you my fellow individuals in custody to over come yourself and gain tools threw programs that help you reach your goals of becoming a better person. To the individuals at Kewanee and the pioneer's that came through Kewanee thank you for inspiring us monthly and I pray that you guys continue to uphold the standards that Kewanee created for individual in custody to achieve reconciliation. God Bless



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.

MY KEWANEE EXPERIENCE

By: Terrance Lloyd

Getting off a long bus ride I was really just ready to eat (yeah I'm a big guy) and go to sleep. That's how I felt arriving at Kewanee LSRC. However, upon entering the doors we see a line of I.I.C. lined up telling us welcome to Kewanee. It was strange but then it got more weird, the Warden & Majors where there with smiles on their faces. Actually, they were happy that we had arrived. To me it seemed like a dream, you rarely see a Warden (stay over) late at night waiting on I.I.C. to arrive. So, then they started to shake our hands and I'm thinking to my self their actually treating us like human beings, which to be honest is unheard of when it comes to the interactions/treatment from staff to I.I.C.

The next day we went to orientation and I was able to meet every one from clinical services Ms. Mead, Ms. Scott, Ms. Arch, and Southerland, as well as Ms. Rowan. They all introduced their self to say that they were kind and friendly/welcoming. I'm thinking that would be the last of that, to my surprise. The next day brought even more, we were introduced/ got to meet the heads of departments in the facility. Each came with that same inviting feelings. The next day was the same more department heads came with inviting greetings. This lasted for a number of days. Next, I get to pro-



gramming the classes are bringing things out of me, that I didn't know I had in me . I've taken similar classes in the past but those offered here are in a league of their own. The counselor and teachers actually care, they love what they are doing. Different events started to take place and I saw I.I.C. and staff communicating, even seeing the Warden on a daily basis was mind blowing. Visualizing this seems like this place is too good to true. So, I waited for a few months

to see if the atmosphere would change and to be honest it didn't. People here really want to help those who are serious and realize they need the help. They really give you what you have coming. I'm happy to be apart of this loving community. I have only been here for 90 days and every day this impresses more. They really do have a lot to offer for my re-entry to society. Every-day here at Kewanee is a true experience. The best advice that I can give to all I.I.C's is to stay out of trouble and eventually you will get one of these life jackets, Kewanee is throwing at us



Me VS Me



THE GREATEST FIGHT OF MY LIFE (12 RDS)

Me vs Me

The greatest fight of my life...12rds

Ding! Ding!

Rd:2...Learning the ropes.

I never knew given; it was always take or be taken. When learning the ropes coming out the corner, I'm the product of three techniques ;1)throwing haymakers 2)the Floyd Mayweather defensive approach and 3) my fave, the mike Tyson; looking for that knock out with every punch. What life threw at me mainly factor in what technique I counter with; sometimes. You see I came out throwing haymakers, cause I felt like life wanted smoke with me fresh out the womb. Life wasted no time jumping me; the fight wasn't fair ,it was rig. Meaning race, poverty and other pre-existing circumstances I was born into was my opponent; it was mob action. From the moment the doctor slap me on my butt it was on; I was crying and like oh yea he want to fight! But he had me by one leg so life was already one up on me cause fresh out the womb I got my butt spank; literally. *smile*. When it came to learning the ropes my mother was my biggest corner man; you know as a baby how they would stand you up to try to get you to stand on your own even tho they knew you would fall? It's cause she knew my most important attribute is learning to stand on my own and FAST! I had to establish my stance in

life, what I would stand for; my standard. Learning the ropes life instantly hit me with a basic combination (LEFT JAB, STRAIGHT RIGHT, LEFT HOOK, UPPERCUT)...

Like rumble in the jungle; the stage was already set, pops threw the towel in before the bell even sounded. Life kept a constant JAB going with my mom trying her best but struggling, I mean struggling; life JAB was very efficient and overwhelming; I mean she was defending herself, 4 kids and single, mildly educated and black in America but my Lala Ali kept her hands up (love you mom). Followed by a STRAIGHT RIGHT; my environment which packed a very influential punch that weaken my knees with its impact on me (hands up). Then you got family members, peers and those I chose to look to set the standard; that's life mighty LEFT HOOK and last but not least the UPPERCUT; the closer...ME; Mr. Haymaker himself...

I mean is there a difference in being destructive and self-destruction? Life overwhelming JAB gifted me with a strong jaw; cuz my mother technique was that of Rocky Balboa which made life for us Apollo Creed. No matter how hard life hit or knock my Lala Ali down she always got back up constantly moving forward. My mom was proud, I admired my mom; strong black woman but her resiliency and steadfast integrity did not drive me to be destructive or to my self-destruction; or did it? Cause in a sense it gave me courage an inner toughness to do what I perceive to be right; my RANGE. It didn't take long for me to learn my RANGE, I mean the streets was my RING; hardship had molded me early, seeing my proud woman struggle; I quickly saw what was within my REACH; a life of crime for a righteous cause. (THE FLOYD MAYWEATHER; DEFENSE). You see if I could SLIP the law and DUCK the consequences of my actions and BLOCK our current state for a day or a few days by COUNTERING the JAB life was constantly hit my mom with; us with then yes I would be victorious; we would be victorious. Now my environment was alluring and that's because I ate the STRAIGHT RIGHT, now it was far from glamorous tho and doing damage; I mean just because you can sustain a blow doesn't mean the effect isn't a negative one. Feeling like I'm in my element when really, I was being baited in, I was being rope-a-dope, rumble in the jungle, it flowed like a butterfly and

stung like a bee and it had me T.R.A.P. Learning family, friends and those street idols hit hard. Family; those who supposed to be seated at the table with you, friends; those who you're to rely on and the handshakes that greeted you with a smile, smh, it's the ones you don't see coming that gets you like life mighty LEFT HOOK; the leading reason for the tears, heartbreak and emotional trauma I sustain; internally. Now coming out the corner just learning the ropes against these odds would seem your destiny is already written and its best to just roll with the punches cause life got you on the ropes. NOW! (MIKE TYSON!). I'm looking for that knockout punch. Having taken life best shot (so I thought) and still standing. Feeling train to go; by any means necessary I'm on that and BAM! The UPPERCUT; ME! At this point, it's calamitous or self-destruct trying. Feeling like Tupac me against the world feeling like all eyes on me with my ambitious of a rider whom shed so many tears; coming out the corner just learning the ropes; I'm TROUBLESOME!...Ding! Ding!

Rd: 2 of 12

Result : unanimous decision

Winner: Me

Coming up rd.3

My first challenger (jumping off the porch).

MY KEWANEE EXPERIENCE

By: Tony N. Fennell

First off blessings to all of my fellow brothers and sisters that are locked up with me, broken by how we have been treated. Along with being away from our loved ones. The struggle is real! I lost my mom on Easter Sunday on lock down, so I really didn't have a chance to grieve. So I'm at work in the industries at Graham C.C. and my co-worker tells me, George the boss got a call about me and need me in his office, the counselor called. I'm thinking who else died, usually one storm after another, so when I walked in he asked do you still want to go to Kewanee? In that moment I'm thinking I'm comfortable making \$200 a month, my celly is one of my favorite people in the joint, but we have to pull ourselves out of our comfort zones in order to grow. Still thinking I wont get it, something will happen. Tuesday night came and I packed out, its real. My anxiety kicks in full throttle, my bus ride was horrible, people screaming in my ear, butt is numb cause the bus broke down, we were waiting on two people, I had to use the wash room, my throat was closing from my acid reflux and nothing to drink. I'm thinking I can get through this, in my underwear if I need to, for a better tomorrow!

The Warden here is remarkable, he has empathy, he is caring and shook our hands and apologize for all the pain that we have endured during our incarceration. He was very genuine but also very inspiring. So thank you to the Warden and staff that has helped me to the moon and back with my anxiety transition.

So we get here and food is fantastic, I feel like I've been tricked, some-



thing is to this. Ashton Kutcher is going to come out, I've been punked, you got me. At this point I'm instantly looking for B.S. cause where I was at was so toxic, it makes people angry. The inconsideration that we show each other is ridiculous. We're in this together, we are all going through a struggle. So try to be there for one another, when my mom died, a couple of guys gave me a hug and wouldn't let go it made me tear up cause in that moment I felt human! Thanks Marco, sleepy, and Eric that was everything to me! So just a reminder, I put in for Kewanee a couple of years ago, so I felt I was forgot about. They didn't forget, these people look at our master file and know when we do things for the right reasons. So be honorable, have integrity, and stay out of trouble. Everything done in the dark comes to light, you could be next. The staff cares and goes out of their way to help you. I am starting to smile and feel human again. Cinco De Mayo was unreal with speakers on the yard, soccer tournament, corn hole, horse shoes and of course weights, but the best thing is that there is a supportive community willing to help you, keep your head up and I'm thinking about you all.



Do-Got(s)

ALRIGHT, IT'S STORE DAY! We fill out that commissary slip with our wants and needs because we just don't know the next time we'll go back. We turn the slip in, we wait for our name to be called so that we can walk up to the window to shop. We start hearing whispers and looks are being shot around the room. The tensions begin to rise. We can feel it. Only it's not because a fight is about to break out or we're getting sent back for any number of reasons...it's because the commissary is out of RICE! Or NOODLES! Or that thing you were absolutely sure they would have when you got there. I mean, how do you run out of *that*?! Whatever "*that*" is...and that thing is different for most of us. Some of us really like our COFFEE! Some of us like our Pork Carnita sandwiches, or we needed those Ranch Doritos for a pile of monster nachos during this week's episode of "Alone", etc. The wind is *really* taken out of our sails when we realize that we didn't put a **substitute** down as a backup plan. We start hoping the commissary supervisor is in a good mood and we can somehow work our number to get something suitable in place of the missing item. They call us up to the window and we can already tell it's not go-



ing to go well. We try it anyways. “I just heard you guys are out of Marshmallow Matey’s Cereal, can you just give me what you **Do-Got**?” You ask for whatever they “**Do-Got**” because you don’t want to come off as being *too* picky. We’ll take anything at this point. Something’s better than nothing, right? More often than not, we’re told “no” because we didn’t put a substitute. We get upset at them for not letting us sub at the window, but the truth is: **we** didn’t fully plan for the “what-ifs.”

The **Do-Got** mindset isn’t just unique to commissary. It translates across other areas of our lives. I don’t know how many people I’ve heard say that they will **NEVER** work at McDonald’s or “flip burgers” when they get out of prison. But you’ll scrub toilets and clean the gallery for \$15 *a month*?! *What!*? What if we get turned down for the position we apply for when we’re released? Do we immediately give up? Do we go back to our “old ways?” Hopefully not. My hope is that we all consider taking whatever they **Do-Got**. Personally, I know I’m going to look back at my time in prison and remind myself how I worked my way up from a porter to commissary worker to LTS guy to Grounds Crew to Greenhouse Specialist to Industry. I didn’t start off in the Industry. Or in Kewanee. I had to work my way down from the Max to this place and start off working a job that wasn’t great to get a better one. Only through hard work and dedication to my vision could I get something better for myself. Along the way I got frustrated like everyone else, but I always *tried* to keep in mind that I was better off with what I **Do-Got** than what I had, or where I was, before. Always aim to improve your situation, but be able to appreciate where you are at the time.

I recently had an opportunity to rediscover the importance of having this **Do-Got** outlook when certain things didn’t go my way. I was frustrated and felt snubbed and lied to and I didn’t

react the way I should have in that moment. My hopes were really high because the reality is: this would have been **life changing** for me and my family. Even right now it still stings because I have to look at the blessing that I was passed up on every single day. I had a vision of how things were going to go and that didn't happen. Briefly, I forgot that I'm not the one fully in control of my circumstances and I allowed it to negatively affect me. What it actually did for me was remind me that I never want to give the prison system a shred of control over my life again. I've had time to reflect and I realized that it doesn't even matter in the grand scheme of things in my life. There are SO many other things that I **Do-Got** in my life right now that are working in my favor. I'm already starting to look back at this situation and wonder why I allowed it to hold so much weight in my life.

After nearly 21 years, I have a quickly approaching outdate. I have a small, albeit strong, support system in my corner. When the time comes, I'm in the best possible position to get approved for work-release (which only became an *option* just 4 years ago). I mentor youth and currently meet with juveniles housed in the Illinois Department of Juvenile Justice. I'm the Vice President of the Rotary Community Corps which allows for community service and volunteer work helping others in the local, as well as international, community. I teach a peer-led group here on Horticulture and Gardening. For me, it's important to refer back to my inventory of positivity. It's not always easy. Especially while in the middle of a situation that looks bleak or isn't going absolutely perfectly according to how I want it to. At the end of the day, I may want for more, but I am extremely happy with what I **Do-Got**.

Randy "Danville" Kagels

Lost Time

By: Brandon Wilds

What's going on everybody? So I've been here at Kewanee for nearly three month's now which is great and everything I've been missing and wanting for so long and I promise I'll let you know about my experience at a later date but I wanted to discuss something more important I've been doing while here at Kewanee. I started attending a group called 'Lost Time'. Now initially it was me just wanting to show support to a good friend Kelly Bennet "KB" (Editor 2 roads) but after sitting through a few group's I really started to look forward to it. The group is complied of men from all walks of life and yet there are so many similarities. One great similarity is what a lot of us has endured throughout all these institutions. Being incarcerated for half my life and starting from the bottom and working my way up, all the institutions have their own way of making you feel inferior and inadequate. We already deal with the outside stress of births and deaths, success's and failure's, missing loved one's, watching children grow up through pictures and an occasional visit and that's just some of the things we have to endure so why must we suffer more by different administrations just because we're wearing blue? In this lost time group we discuss the impact's of incarceration not only on ourselves, but our loved ones, and our community's/society. We also discuss the long term and short term effects of prolonged incarceration such as Post-Traumatic Prison Disorder (P.T.P.D) and also Post Incarceration Syndrome (P.I.C.S). This past group we had a special guest Mr. Eric Anderson who did nearly 30 years in prison. Hearing his story like many of the other men who attend our group, I can't help but feel I know this man. I've never met this man in my life

but I know him because that's US! I know a lot of us have been taught to shut up and just do our time but I really think its imperative that we don't shut up and we get the help if we need it. Incarceration was meant to punish and also rehabilitate us, not break us! I understand this may be different and hard for many reason's but I promise it needs to be done. I hope we all continue to grow and leave these places a better person than when we came in.

'Remember change is instant and transition is a process'. If you would like to share anything with us whether it be your story or what your doing or have done with your "Lost Time" please send it in.

Thank you.



LOST TIME

Lost Time is an all inclusive group for individuals who've been incarcerated for extended terms to discuss open topics like reentry, communication, reintegration with family, searching for employment, and most importantly, finding our position in our family and in society. Anyone is welcome to attend.

Are you unsure of your career Pt. 1

By: Jermaine Brown

In April a representative from the Laborer's Union A: Great Plains LECET came to Kewanee LSRC to meet with a group of guys who were within a few months of their outdates to discuss what joining the Laborer's Union Apprenticeship Program looks like. The presenter Mr. Dane Simpson has been in the Union for 25 plus years and represents 10 Local Union Halls discussed the benefits and opportunities available to Returning Citizens as for expectations, requirements and work that goes into being a Union Laborer. As your journalist I'll do my best to give you all the information needed for those of you interested.

Basics Of The Laborer's Union

The Laborers have few main types of projects that they work on:

- ◆ BRIDGES
- HEAVY HIGHWAY CONSTRUCTION
- LOCKS AND DAMS
- BUILDING (BOTH COMMERCIAL AND PRIVATE)
- ASBESTOS REMEDIATION
- GREEN ENERGY CONSTRUCTION



However, there are other types of work they do that require specific training to anyone who completes the apprenticeship and becoming a journeyman.

APPRENTICESHIP PROGRAM

- ◆ Apprenticeship is a 3 year program
- ◆ Requires 4-10 hour days per week
- ◆ 1000 hours of OTJ (on the job) training
- ◆ The apprenticeship is “earn as you learn” meaning that you get paid for your work during your apprenticeship
- ◆ 1st year 70%, 2nd year 80%, and 3rd year 90% (after which you will earn 100%)

EDUCATION

There are 12 basic classes that every apprentice must take, after which they can choose from a wide variety of free training including soft skill classes like interviewing and management.

WAGE RATES

Each local Union Hall has it’s own wage rates based mostly on local needs and business environment. Starting at \$34-\$44 per hour.

REQUIREMENTS FOR APPRENTICESHIP

- ◆ Must be 18 years old
- ◆ Have a high school Diploma or GED

- ◆ Must be able to speak English
- ◆ Must pass multiple drug test
- ◆ Some jobs require you to have a valid Driver's License
- ◆ **VERY IMPORTANT- YOU MUST HAVE GOOD WORK ETHIC AND DO NOT SHOW UP LATE**
- ◆ **FAILED DRUG WILL GET YOU KICKED OUT OF YOUR APPRENTICESHIP**
- ◆ **FULL BENEFITS:** Including full family Health & Welfare, Dental & Vision. Members can build a pension and annuity to retire at 53

If you are interested in becoming an Apprentice when you get out or while in ATC you can go to IL-Laborers.org and fill out an application. Available from 8 am to 8pm for the first week of every month.

KEYS: *Do your home work and study the Union, so that when you are interviewed you'll know things about them that you can share. Also, let them know that you are a returning citizen, if whether or not you are a minority, and or have gone through foster care. Companies get tax benefits or kick backs for these things which will help increase your chances of acceptance.*

CHECK OUT NEXT ISSUE FOR MORE...

GOOD LUCK





✓ **COMPETITIVE WAGES**

Creating an Industry Standard



✓ **COMPREHENSIVE HEALTHCARE**

Continuous Coverage from Employer to Employer



✓ **TRAINING & CERTIFICATIONS**

Provided at No Cost to the Member



FORTUNE FAVORS THE BOLD

A future career starts with a good job... a job that can't be outsourced, that pays well, offers health benefits and retirement plans and provides opportunities to grow.

The Laborers' International Union of North America, also known as LIUNA, can offer all this and more. The first step is through our registered apprenticeship program. Experience in construction is not needed, only the desire to be bold, learn, and work hard.

As a LIUNA Construction Craft Laborer apprentice, you will "earn-as-you-learn" and receive all the training you need for free!

GET STARTED NOW!



Apply NOW!

Laborers' International Union of North America

LiUNA!

Feel the Power

**YOUR
FUTURE
STARTS
WITH
LABORERS**

Laborers' International Union of North America | **LiUNA!**
Feel the Power

My Accomplishment

By: Derrick Blackman

I've been incarcerated since (2004), I have an excellent work record and maintained an exceptional disciplinary record while confined in IDOC. I have always kept a positive attitude and ensured that my conduct reflects my desire to help others change in IDOC & society. I've also been very productive, accomplishing skills including receiving certificates. For example;

- 2015 transforming Incarcerated Dads/Certificate of Recognition Freedom God's Way.
- 2021 US. Department of Labor Dairy/Juice Apprenticeship.
- 2023 Forklift Operator Class 1.
- 2023 US Department of Labor, Butcher/meat Apprenticeship
- 2023 High School diploma
- 2024 Cat Simulators Hydraulic Excavator.

I'm building more knowledge and striving for success each day. It's amazing what I've accomplished and retained in IDOC. I have so much more to add everyday I push myself towards betterment and to help others. That's just some of the great skills I accomplished. "WELL, love to all.



How My Incarceration Has Affected Me

By: Taji K. Marshall

For me, this is a loaded question, but I'll try to answer it as best I can. The difficulty I'm having is narrowing my focus to the truly important areas affected. Truth be told, what part of my life hasn't been affected by my incarceration? Most noticeably would be the loss of time, and as we learn early in life, lost time can never be made up. This loss of time has affected my life immeasurably.

To expand the universe of people that read what I write and fully understand my experience, I have to not only be willing to expose myself and my truth but share them whole fully. The greatest of these truths is my love for Camille, and the same I feel for not being there for her when she needed me most. To give context on my feelings for Camille there are some things I'm willing to share. In my life there have only been three women I knew had my best interest at heart and in mind when giving me advice or admonishment, my mother, auntie, and Camille. She was the best person I've ever known, always willing to help someone she loved in anyway she could. Camille would often say: "Once I let you in, you're in, there's no turning back", She held her friends close to heart, and they knew it; could feel it. Camille passed away from breast cancer in 2009 while I was at Graham. Unfortunately, I was in Seg for a week and couldn't use the phone for a month, so I was unable to say goodbye to the love of my life before she passed. My father was my first call when I was able to call again. He was the one that told me she passed a few weeks prior. So many thoughts I never shared with her sadden me, but the one thing that is not

letting her know I wanted her as my wife.

To describe the loss of Camille as immeasurable is not hyperbole. I'm not sure I will ever fully forgive myself for not being there when she needed me the most. To help her condition into a comfortable space, mentally and physically, while living out her final days. Instead she was forced to rely on people that for whatever reason made her feel less than comfortable, While my best friend was drawing her last breath, I was in prison, oblivious to the loss my world had taken. The loss I suffered in regards to Camille is by far the most impactful, but not the only loss suffered. All of the others combine to equal immeasurable, as I truly cannot quantify there affect.

I've learned that my actions have far reaching implications and may possibly touch the lives of everyone I know in ways I may never witness, understand, or learn of. In the simplest terms, my incarceration has affected me a number of ways, some positive, but most negative. My life absent my incarceration was full of possibility and now none of it can be realized. But from the ashes of things past come the opportunities of the future, and that's what I look forward to. The possibilities and promise of my future.

The Market Corner

By: Kenji “Truck” Haley and Robert “Bulldog” Kennedy

Stop Losses and Sell orders

Whenever you buy a stock, you are putting your hard earned money at risk. You shouldn't be alarmed by this because you already knew that. However, did you know you can limit your risk by applying a “**stop loss**” to protect yourself from extremely large losses? The way it works is whenever you purchase a stock, such as Apple for example, at a price of lets say \$190 per share, and you want some downside protection, you can attach a “stop loss” to your position. You have to determine how much of a potential loss you are willing to stomach if indeed Apple takes a turn for the worse. For example, let's say you don't want Apple to fall more than \$2 per share. Simply attach a “stop loss” of \$2 on the stock and if Apple is trading at a price of \$192 per share, the stop loss **will not allow** Apple to go lower than \$190 per share. If Apple hits



\$190 per share, the shares will automatically be sold. Cool right? Finally, someone's got your back! This is simply a way to protect your downside. Last issue, we discussed how emotions can play a major role when you trade or invest in the stock market. The two main emotions that overwhelm most traders are "fear" and "greed". When the average investor/trader has their hard earned money in a stock, fear can become much more powerful than greed. The thought of losing too much money is a traders worst fear. You are in the market to make money not lose it, right?

Stop losses are an essential part of a traders life. The idea behind this concept is to protect your profits and limit your losses. This brings us to "**sell orders**". Sell orders are put in place to **automatically** sell your stock for a predetermined price. You decide to take profit **before** the stock gets to a certain price. For example, you purchase Microsoft at a price of \$275 per share. You decide right then and there you want to sell at a price of \$300, when and if it gets there. If you attach a "sell order" on Microsoft at \$300, if it actually reaches this level, it will automatically be sold for you at the price of \$300. There is no emotion in this type of trading. You have simply decided ahead of time what type of profit you are willing to take regardless of what happens next. Yes, Microsoft could continue to climb, but you chose to sell at a specific price. No emotional trading, just a business decision. Purely a numbers game, no emotion involved. Same goes with a stop loss, no emotions involved, just sell my stock automatically if it reaches a certain depth. I trade this way most of the time, but not in every situation. When I'm trading a very volatile stock in a extremely volatile market, I use slightly deeper stop losses because in a volatile environment a wild plunge in a stock price **could rebound quickly**, and if you have a tight stop loss you will be sold out of your position and not reap the benefits of the upward

swing that is possibly only minutes away. Yes, it's **riskier**, but I enjoy a certain amount of risk. It makes for a sweeter profit. The higher the risk, the greater the reward. Definitely not for everyone. The stock market is a sensational way to make money. In the beginning you just have to start out slow and watch how stocks trade. Everyday there is some new catalyst to trade on, some piece of news, some inflation data or geopolitical story to draw off of. Stay focused, stay invested and most importantly, put some stop losses in play to protect your downside in this environment. It could get ugly real quick. Have a specific sell order in play if things go your way. Remember, bulls make money, bears make money, hogs get slaughtered. Don't get greedy. You will never go broke by taking a profit.

The Market As I See It: (Truck) The market has had some tremendous days. NVIDA had a remarkable quarter, beating the top and bottom 5 times and 3 time, respectively. elf (Ears, Lips, Face, ticker ELF) a company that sells make up and other things had a great quarter. This is a company that is similar to ULTA and they also have a board that is 2/3 minority. If you get a chance to see their slogan that states that there is not enough minorities in the room, you will get a laugh. The market is close to the end of the 2nd Quarter and the Fed has not made up its mind on a rate cut. Lets see if we will get a rate cut by the 3rd Quarter.

I hope you come hang out with me next time at:

THE MARKET CORNER

N.R.C.A. Roofing

By: Chad Combs, Peer Facilitator

Hey, it is Cartoon again!! Jesse and I are trying to bring you some more tips and tricks of the trade! So as we are going through Spring and into the summer now is the busiest time of the year for our trade. Long, hot days along with sunburns, but the work is legal and fulfilling. That sense of accomplishment at the end of the day when the dumpster is full and the ground is cleaner than when you showed up. You and your crew are standing at the road in front of the house you just finished looking up at the roof, everything is straight, and the roof looks better than it did when the house was first built. Keep in mind the best advertisement is the work you have already done. Word of mouth is priceless and the best part about the roofing business is everyone can see the work, so when the neighbor up the block is ready to put a roof on, if you did a good job on the roof he or she may ask them who did their roof. Neighbors are nosey so just know when you are on that roof, all eyes are on you, keep it as professional as possible. If you are going to own your own roofing company figuring out how much material you are going to need will be critical to bidding the job and keeping your estimates as low as possible. Even if you aren't going to own a business and one day you are going to be a homeowner knowing how to figure material is good to be able to do that way you know if you

need a roof put on whether you are getting the right bid. Because there are companies out there who may try to defraud you. In this article, we are including a couple pages of material figuring. The l in the formula stands for long. If you need any help I am sure the math teacher where you are will help you understand it better, but I think you will see the way to do it! As the story goes, we always are planning ahead!! That's what roofers do!! Therefore, Jesse and I have welcomed a new member to the crew. His name is Troy or Troy – in – training the new apprentice. He is very knowledgeable and is a great fit to the crew, I am sure as we move along you will be hearing from him.

Example 22-8
 Estimate materials for a 42' long roof with a 16' slope.

Goodheart-Willcox Publisher

Part	Formula	Material Estimate
Drip edge	$l (2) + \text{slope} (4) + 10$	$42 (2) + 16 (4) + 10$ $84 + 64 + 10$ $148 + 10 = 14.8 = 15 \text{ pieces}$
Felt paper	$2 (l \times \text{slope}) + 5\%$	$2 (42 \times 16) + 5\%$ $2 \times 672 + 5\%$ $1,344 + 5\% = 1,411.2 = 1,412 \text{ sq ft}$
Shingles	$2 (l \times \text{slope}) + 5\% + 100$	$2 (42 \times 16) + 5\% + 100$ $2 \times 672 + 5\% + 100$ $1,344 + 5\% = 1,411.2$ $1,412 + 100 = 14.12 \text{ squares}$

Goodheart-Willcox Publisher

ACTIVITY 6
 Estimating Roof Finish Materials

Use the following figure to estimate materials for a 32' long roof with a 14' 6" slope. Show all of your work.

Goodheart-Willcox Publisher

- Drip edge _____ pieces
- Felt paper _____ square feet
- Shingles _____ squares



MEMORIAL DAY



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MURPH CHALLENGE WINNERS



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CORNHOLE WINNERS





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HOMERUN DERBY WINNER





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HORSESHOE WINNERS



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100 YARD TIRE FLIP



KEWANEE FAMILY FEUD

X

SMH!

WHY MEEEE!

B-RAD

IT'S WHERE YOU ARE FROM Chicago!

HEHE!

SIP

Ummm..

CHICAGO!

TWIN

JEFE

WHAT STATE HAS THE MOST TEAMS?

ERROR

MAL FUNCTION

WAIT A MINUTE.. HE'S NOT FROM CHICAGO HE'S FROM AURORA

BANKS

FOR REAL

STENSON

MAKE IT MAKE SENSE

PUPPET

5/29/24

HOROSCOPES



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

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



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

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



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

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



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

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



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

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



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

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



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

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



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

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



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

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



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

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



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

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



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

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

STATEWIDE CALLOUT



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

THIS MEANS YOU!!

STATEWIDE CALLOUT



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

THIS MEANS YOU!!