

KEWÂNĒE HORIZONS





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OUTSIDE CONTRIBUTORS

RESTORATIVE JUSTICE

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

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

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

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

MISSION STATEMENT

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

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

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

Defeat This Abusive Thief

By Terrance J. Williamson @ Centralia C.C.

Arsenic spirits roam this compound,
A terrible foreshadow of death
Before they completely drown.
Ironically they cant breathe without this sick compulsive disease.
Addiction will destroy you
And you don't even have to bleed
You already feel the depletion,
skin deterioration and you're barely eating
Let alone thinking
Now you're just waiting
For the final hit
And your soul to leave.
But, you wont even be there
With your family to grieve.
However, life can be had,
Your life can be retrieved.
You can overcome, recover, and defeat
This abusive thief, if you just believe.
HELP is available the moment
You look within and find the courage
To say, "I want to live and be free".

IMPACTED COMMUNITY

By: Jeremy Green @ Illinois River C.C.

I'm going to address how the community of the writing class had an impact on me and my peers. First off, this writers block gives everyone a voice to be heard and speak their truth, challenges, obstacles, goals, and expectations they would like to obtain. Our topics helped us become more creative, thoughtful, and speak to our experiences we have been through. Over a course of time everyone became better in their own special way and we built a community within and amongst us. Even the mentor facilitating the group was conducive to us helping us with the right guiding tools, grammar, punctuation and all those prepositions when writing, to help us be understood and precise on what you are writing about. Because what we as a whole have learned and realized is that there will be challenges when writing but you have to be clear about what you write and give attention to focusing on what you want the reader to understand. And there comes a time when you will have to prepare yourself mentally, emotionally, and spiritually for the conscious mind. So, as being a writer you have to reconstruct your thoughts, ideas, and recalibrate the mind to better adjustments. Also when sharing experiences you feel like you are a part of that inner circle, because each person will feel like their world has intertwined with the others. Only to understand, what seems similar is something we can relate to. So, we can understand where the other person is coming from. In which, gives us confidence in being able to dialect with someone or others knowing that we can build on more than just the surface, because when we go beneath the surface, we become better as people, because our life experiences are the only best teacher in life. I hope this gave you some type of insight that I shared and Thank You for your time.

MOM

By: Jon Metter @ Sheridan C.C.

Mom is the person in life that is always
there for you
When you were hurt or lost, she was there to
give you hope
To encourage, give a hug or a smile, to tell
you everything would be alright
When you were scared of the dark, telling
you its ok to leave on the light.

Teaching you life's lessons, to cook, to grow
things in the garden
Buying you your first car or maybe your first
amp and guitar
Even in the school when things seemed so
bad, Mom told me I could be anything
Mom never gave up on me, still giving me
hope as an adult,

Mothers are unique in the fact you only have
one
From the moment we are born until the set-
ting of our last sun
Remembering holiday meals all the cookies

and pies
Chocolate cream pie, green bean casserole, I
regret not giving her vegetable soup a try

You really never appreciate your Mom until
you yourself are grown
And see for yourself how life is when you are
out on your own
I thank God for my Mom that she will still
answer the phone
To talk of old times, I know there is no place
like home,

So, every Mothers Day or Sunday be sure to
give your Mom a call
To tell her you miss and Love her and I am
sure that won't be all
Because in this life you get only one real
Mom to Love
Mom is the one that will Love you forever and
she will never judge.

Walk a mile in their shoes

By: Earl Milton Jr @ Centralia C.C.

You/we look and see different and you/we call it weird. Just because it is not your/our norm; you/we scoff with disdain. Take a walk in their shoes; so, you will understand their pain. Their shoes might hurt your feet; because you are not use to the rocks and pebbles that they walk on everyday. You/we don't know what they've been through. You/we don't know their struggle. How they were brought up; what happened to them and what they've seen. You/we look and see different and you/we call it weird. Did you know that everyone is different; when paced in a region or culture that is not their own. Sometimes differences can be attractive. Sometimes differences can be off putting. Have you ever heard a person speak and wondered where they came from? Have you ever been somewhere and felt out of place. Anyone can be an oddball; like a shark on land sitting at a bus stop; or like an elephant under water looking for peanuts. Walk a mile in their shoes and then you will understand. Count their tears, know their fears, and see their hidden scars. There is enormous pressure to conform to the norm of the day. The deeper you go into the ocean; the greater the



pressure becomes. One day, we must learn to swim in the deep waters of life. Hopefully, we will come to appreciate the abundance of backstories in the diverse ocean of differing life experiences. Before you scoff, disdain, blame, or shame; take a brief moment to reflect on how it would be to be them. People are who and what they are for reason that sometimes they don't even know. When we see ourselves as we are; we have the opportunity to make changes; if we see with clarity. First, we have to accept ourselves as we are and recognize that everyone can use some improvement. There is always more to learn about ourselves, and other people, places, and things. Some things are how they are and will for the most part stay the same; with the expectation of the natural changes that occur as times passes. Some people are born to evolve, learn, and improve. As we look out and see others; we should try to understand that some people don't know they can change; some people don't really even know themselves; some people don't know where they are a little rough around the edges, and some people know and are fine with it. in life, there can be a harmonious flow, when we discover and accept people just as they are. Walk a mile in their shoes. Let them walk a mile in yours. You never know, you might just make a friend. In the very least, you will better understand, and be better understood. Take care, as you journey to the many places that life could be seen by you another day. Kindness is king, understanding is a crown; wisdom is a throne; and knowledge is great treasure. Walk peacefully, talk respectfully, and act responsibly. Be good and let your light shine.



Make It Make Sense

By: Duane McClendon @ Big Muddy River

MAKE IT MAKE SENSE

Does your life matter, if you feel no one really cares about you?

MAKE IT MAKE SENSE

How could time truly be a essence if your wasting it asleep?

MAKE IT MAKE SENSE

Why do we judge others, but hate the judge who sentenced us time in jail?

MAKE IT MAKE SENSE

When life become unbearable, why does suicide seems like the answer?

MAKE IT MAKE SENSE

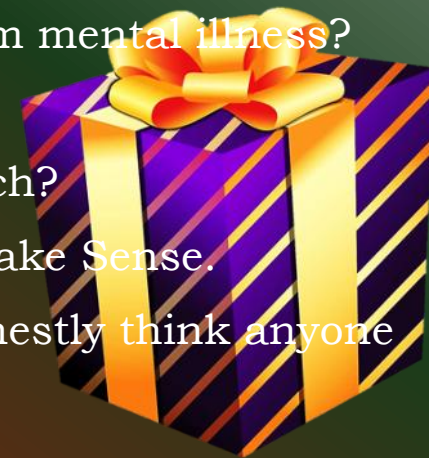
If Jesus, Allah, or Buddha is real, why do so many people suffer from mental illness?

Please, MAKE IT MAKE SENSE

Why is the poor, poor and the rich continue to stay rich?

I'm just sitting in this bunk waiting on someone to Make It Make Sense.

I can go on, on, and on about the Horrors in the world, but I don't honestly think anyone could ever exactly Make It Make Sense to me.





Untitled

By: Daniel Patrykus @ Lawrence C.C.

The winter air drifts slowly
thru the cracks and concrete halls
and though the world feels distant

I still hear December Call.

They echo in the quiet
like a carol from the past
warm kitchen, laughing voices,
moments never meant to last.

Yet here I sit and picture,
lights on every window frame
the kind that ease the Darkness
and whispers out my name.

I think of snow still falling
on a city I used to roam
and something in me flickers,





a small, unbroken home.
For hope is stubborn, steady,
it survives the coldest nights
it grows in hidden places
far from city streets and lights.
So even thru these locked doors and bars
on this holiday I find
a future waiting patiently pressed greatly to my mind.

One day I'll greet the morning,
with no guard to tell me when.
And walk back into sunlight
where the world begins again.
Until that day I keep at it
with ember burning bright.
A promise that the holidays
will feel like home anew.





PEER LED SHOWCASE

The 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: Jeffery White @ K.L.S.R.C.

For years I heard about the Kewanee Experience, and for years I've had my doubts. It was hard to believe that it was a place associated with IDOC that was actually about rehabilitation and the staff really cared about your re-entry and preparing for that re-entry. I briefly experienced this atmosphere in the classrooms when I was at East Moline from the Augustana professors but not within the atmosphere of the prison. And if I'm being honest it was a hard to make the decision to leave being that I was in the A.P.E.P program chasing a bachelors degree, However, I do intend on the continuation of my degree through Lewis University and I feel that making this decision was the best choice, coming to Kewanee the climate is totally different. I don't want to over sell the Kewanee Experience as if I don't recognize that I'm still in prison, however, I don't want to under sell it either, It is everything that you would hope it to be, from the treatment of staff, to the climate of the environment, to the programs that's there to be utilized, rather for goodtime or just the information to be applied to make us better, this is the place to be, the next step for me will be actual freedom, but being here I feel closer to that freedom then I've ever been!

MY KEWANEE EXPERIENCE

By: Eric Robles @ K.L.S.R.C.

I arrived at Kewanee about a month ago not really knowing what to expect, sure you hear the stories, read the Kewanee Horizons see the pictures but, come on really, is it true? I will admit I was a skeptic and **NO** this place has not met my expectations at all rather it has far exceeded my expectations and as I continue to navigate my new setting I am amazed everyday at what Kewanee is and what it can do for you if you allow it. My second day here I stepped out on the patio with my coffee, sun hitting my face and took a deep breathe and let go of the last thirty two years of incarceration and all that came with it. I dropped all those layers we build up over the years and am now able to focus on me and what I can do to continue better prepare my self for release so that I may be the best version of myself for release, so that I may be the best version of myself for my family and society.

The staff here are great, all the staff... **YES** even the security staff. They all display a level of professionalism that is off the charts, being treated like a person everyday is an adjustment but one that I have wanted for along time and welcome. I am grateful and humbled to have been given this opportunity, I have learned so much in the short time I have been here and am excited to learn more and to see what the future holds. I pray this opportunity will come for all that have applied, be patient and don't give up hope, trust me however long you have to wait is well worth it.



KEWANEE TIMES CLASSIFIEDS

By: Melvin King @ K.L.S.R.C.

What's up everyone, as you know we have a lot going on here at Kewanee Life Skills Re-Entry Center that will help you reintegrate back into society, from the different classes that's offered or the jobs that they have, its designed to help you, and once you are released hopefully you will make the right decision's in life. Another way that Kewanee Life Skills Re-Entry Center is trying to help is by changing up how the Jobs are given out, the Placement Office here in Kewanee have a Classified Ads board that lets Individuals in Custody know when there is a job opening somewhere, and if there is a job that you are interested in (that's listed on the board), you have to fill out an application for that job and go on an interview. There is no more filling out request slips only to be wait listed, unless you want to go to the kitchen because you know they always need help. This process is helping Individuals learn how to fill out a

job application and gaining interview skills. I know in other facilities it would be hard to use this process however if there is someway to figure out how do it, try it. Check out Kewanee's Classified Ads Board on the next page so that you can see how we have it set up. I know its hard to read what's painted on the wall around the board, but if you are interested there are ads for everything that we have going on here mostly peer led groups.





NOW HIRING

BUSINESS

N.R.

WRITER'S BLOCK
Are you looking for an outlet for your creative energy?

T.R.E.O.
We offer pertinent
information to prepare you
for Union and non-Union
jobs.

YOGA INSTRUCTOR
Looking for Yoga Instructor with RYT Certification, a good online presence, well-spoken, and versatile.

REAL ESTATE

2 BEDROOM
2 Bed 1/2 bath with a
great window that
doesn't open.

SPORTS

QUIDDITCH SEEKER
Looking for an observant player with keen eyesight, quick reflexes, and vigilant in catching the golden snitch.

sight, quick reflexes, and vigilant in catching the golden snitch.

**BAD BOY
BOOT CAMP**
Do you want to sweat out
those chis & noodles,
and get rid of that "Dad
Bod"?

CONCLUSIONS

Abstract

Here is an example of how to write a job application.

**EASTSIDE
FITNESS**
Looking for jacked
champions to "Bro-out
over New Leaf Shakes

FOR SALE
Super 'Scluto laundry
detergent,
ship class, leave the
phone, and stand in line
for hours.
**WHILE SUPPLIES
LAST**

GYPGY INK
MOBILE STUDIOS
We combine the tattoo
experience by making it
more mobile, inclusive, &
becoming Illinois' leading
mobile tattoo service.
Known for creative
expressions, client comfort,
& superior customer service.

SERVICES

ROTARY
Do you love helping
make the world a better place
one community at a
time? Do you yearn to
partake in community
outreach? We believe
in the power of service.

COLLECTIBLES

MAGIC CARDS
Looking for a final
line, willing to trade
early at Christmas

ANTIQUES

WALKMAN RADIO
Still plays cassette tapes,
but rewind button does
not work. Must find
forward side B

**ARNOLD
SCHWARZENEGGER
ENCYCLOPEDIA**
Outdated and scientifically
proven to be false
information, but filled with
plenty of great pictures!

1992 AIR FORCE ONE'S
Crispy, bulky powder
stamped, One's with
yellowing ruler. Neely, a
1992 Air Force One's

**PLACE YOUR AD
HERE!**

CHRISTMAS IN KEWANEE

By: Melvin King @ K.L.S.R.C.

WHATS UP KH FANS,

Merry Christmas, yeah its all of our favorite time of year again, another calendar down and another year closer to getting home to our loved ones. I just wanted to check in with you all and share another story about what's going on here in Kewanee at Christmas time. This year is no different than last year, we all got to participate in painting Christmas Ornaments for our loved ones. Yes we got to paint them and send them home for our loved ones to add to the Christmas Tree, thank you Mrs. Draper for setting up this day for us, and thank you Ms. Ball for providing the cut out ornaments for us to paint. Later in the month we have church volunteers coming in for a Christmas celebration and we will be decorating Christmas cookies and drinking some delicious hot chocolate, we also have our annual Christmas Church Service coming up and for the Christmas break week we have a slew of activities that are going to take place here. Whiffle Ball, Charades, Dominos, Spades, Risk, Corn Hole, ect. We have a movie night also, I don't know what will be showing that night but I know guys are going to show up. There also is a Christmas decorating competition going on here, you can see below as to what I'm taking about and I will inform you as to which department won in the next issue of Kewanee Horizons. I know this time of year hits home for most of us and its hard, so many good memories from the past and all, just remember to keep a positive outlook on things and stay focused on what's important. Thank you all for your time and again Merry Christmas & Happy New Year.



HELIANAEE HORIZONS PG 19



HELIANNE HORIZONS PG 20



HELIANNE HORIZONS PG 21



HEAVENEE HORIZONS PG 22





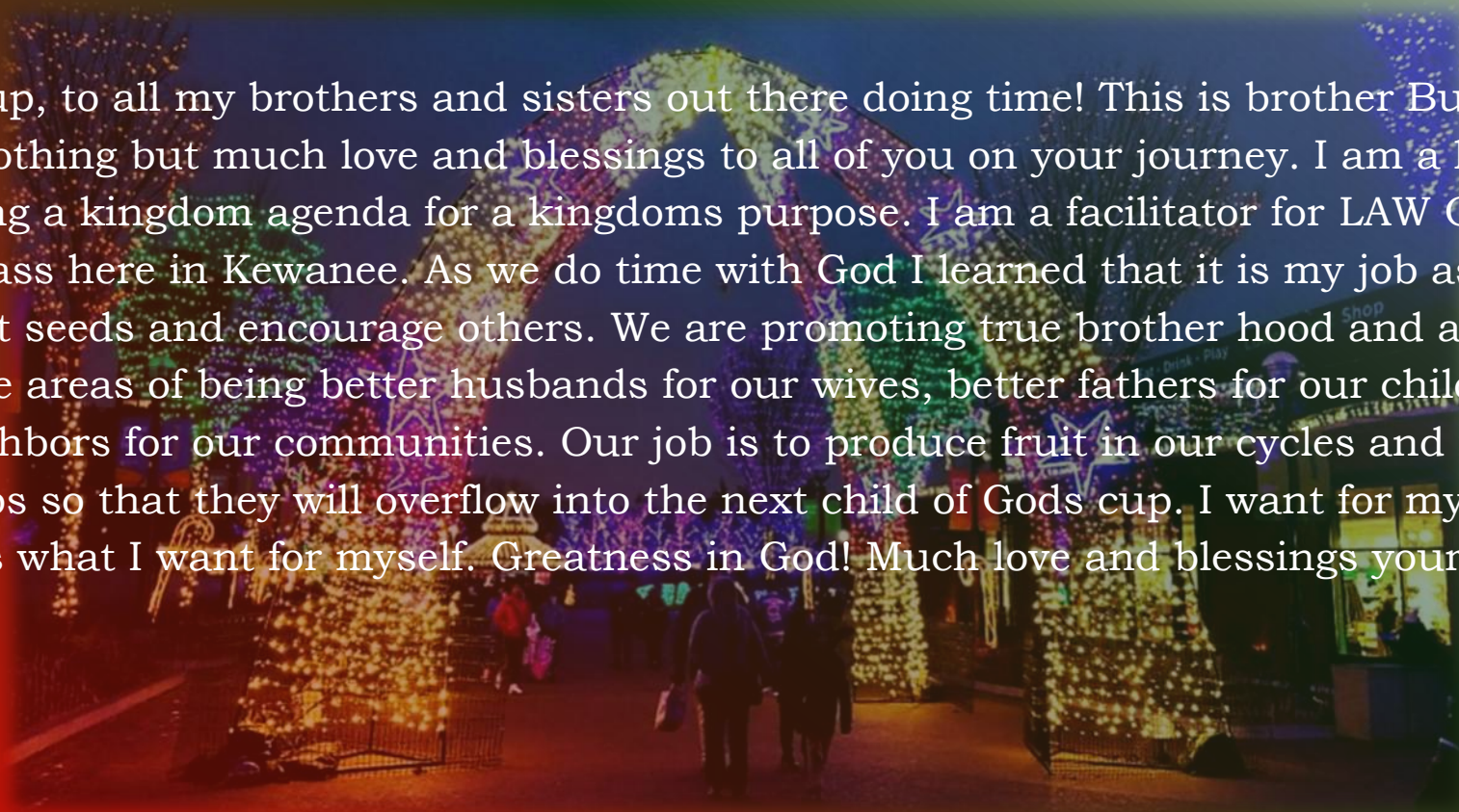
HELIANNE HORIZONS PG 24



Law of Love

By: George Buckley @ K.L.S.R.C.

Wassup, to all my brothers and sisters out there doing time! This is brother Buckley bringing nothing but much love and blessings to all of you on your journey. I am a kingdom man serving a kingdom agenda for a kingdoms purpose. I am a facilitator for LAW OF LOVE a peer led class here in Kewanee. As we do time with God I learned that it is my job as his disciple to plant seeds and encourage others. We are promoting true brother hood and accountability in the areas of being better husbands for our wives, better fathers for our children, and better neighbors for our communities. Our job is to produce fruit in our cycles and fill one another's cups so that they will overflow into the next child of Gods cup. I want for my brothers and sisters what I want for myself. Greatness in God! Much love and blessings your brother Buckley!



LAW OF LOVE

By: Calvin L. Harris @ K.L.S.R.C.

My Name is Calvin L. Harris, and I am just grateful for the opportunity that Kewanee Life Skills Re-Entry Center has given me. I have a strong passion for changing our community for the better, understanding as men we must first change ourselves. We start that by understanding our roles as Men to ourselves, to our Household and to our community. I mean really learning what a man is, and what we were created to do.

Since I have been here in Kewanee, they have given me many opportunities. One being helping me to start my own peer led group called "Law of Love: How God Created Men." I think it is important during this refinement process that we have a place to come together and sharpen one another, and by doing so creating great men, great husbands, great fathers, and great neighbors of our community. I believe it is very important that as men we understand that our natural role in civilization is to be Great Leaders. I am pushing to teach men exactly what it means to be a Great Leader.

Great Leaders build bridges, not walls. They bring people together. Wall builders marinate in fear and suspicion, but bridge builders have a vision. They leverage the good in people that can lead to a better future for Every one. We are needed as men, to correct the festering injustices of poverty, racism, and violence with the Right Actions. Valuing Integrity, Compassion, and Kindness.

We as Men should be guided by the heart to reach our dreams, not be distracted by our fears. A godly man builds bridges of trust, cooperation and mutual respect. He is about Love for all people, and has been blessed with a servant's heart; to serve the people of his household, his community, and people of races, religions, and cultures. We are all children of God, blood of one beautiful family, and it is time for us to honor our identity as we become "Men after GOD's Own Heart."

Again, I would like to thank Kewanee for allowing me to push forward with my dream, and for helping me by giving me the platform to do so. I would like to start by thanking Warden Carothers, AWO Esser, AWP Barnes, Ms. Rowan, Chaplain York, Sgt. Rodriguez, Ms. Mead, Mr. Primo, Mr. DeGroot, Mr. Pemberton, Mrs. Draper, Mrs. Wilson, Mr. Berenger, Mr. McDonald, Mr. Kuster, Mr. Price, Mrs. Scott, Lt. DeCoster, Mr. Warner and Mr. DeMay, just to name a few; and there are so many more staff members I did not name. I just want to personally thank you, and let you all know you are greatly Appreciated for all the help and love you show us here in Kewanee.

LAW OF LOVE

By: Chuc Corleone Rahim Fondren @ K.L.S.R.C.

I have always been family driven and oriented, coming from a big family of 10. I am the 10th child, 7th son. I was born in Oakland California. My mother was a Muslim and always told me to love god first, even before her. As a kid I didn't know how to process that living in the ghetto...the projects... the trenches. I thought certain things were normal such as death, crime, corruption, and evil. It didn't hit me until my mother died when I was 12 years old. My mother knew that even when she was gone and I had no one else that god would always be with me. So when my big brothers and sister Buck, Calvin, and Calvin's wife created this platform, it was home to me...it was liberating! The Law of Love gives me the opportunity to follow God to allow God to use me for his purpose within my own. It's a godly community where we can be authentic and completely ourselves, without the worry of being judged but being accepted, loved, and encouraged. The Law of Love has become my safe place. The Law of Love allows me to spread the good news and to be a fishermen of men. I am a kingdom man, serving a kingdom agenda, with a kingdom purpose. My purpose is to be a better father, husband, neighbor, and brother but first I have to become a better me. God Bless you all and your families.

Rest In Paradise Eddie-Mae-Harris! I love you mama! I'm loving God first! I hope you're proud of me!



OF



LAW

Jesus

CROSS STRONG CROSS STRONG CROSS STRONG CROSS

LOVE





VENNI VETTI VECCI

By: Malcolm Russell @ K.L.S.R.C.

I came, I saw, I conquered, That's how I feel while I've been in Kewanee. I came down here with a plan to get all I can from every program that was put in front of me. Like everyone else in other facilities I saw different programs on the tablet thru Kewanee Horizons like, Defy Ventures, The Market Corner, Financial Lit, and The Peace Circle all the things in which I became apart of and gained so much knowledge from. I also was able to obtain my Bachelors Degree in Professional Studies with a minor in Business Administration. Each every one of those amazing programs helped me grow in so many ways.

The time has come for me to move on to the next phase of my journey. I'm on my way to Crossroads to finish out the rest of my sentence.

My time at Kewanee has been an eye opener. I was able to look into parts of my life that I have not payed much attention too. I just kept pushing things under the rug. Now at this point in my life I feel whole, because I got to really work on me in all aspects, mentally , spiritually, and physically.

First I want to say THANK YOU to all the brothers I've either met or already knew on this walk. The encouragement, the loyalty, the laughs, and the honest con-



versations, that meant more to me than you could ever know and, to all the men I'm talking to just know you have a brother for life.

I want to say THANK YOU to all the people at Kewanee who work at this facility that helped me get through. Some real great people. The people that made this experience fulfilling.

THANK YOU!!!!

EFA Warnsing: Thank you for helping me any way that I needed and for allowing me to be my Authentic self.

Ms. Rowan: Thank You for being one of the best educators that I've come in contact with. For always being there for a extra ear and being there when I needed someone to help me make things make sense.



Mr. Price: Thank You so much. You saved my life and at the same time YOU made the success that I soon will become. Thank You for being my Friend and being that always Honest voice, and to help me see both sides of life.



Mr. Afolabi: Thank you for being you. One of the greatest social workers that Kewanee ever had and for always being there for me my brother.

Mr.& Mrs. Ebersole: Mr. E while you were here at this facility you poured into me with whatever I needed in life and in the career I will have. Mrs. E thank you for a calm voice in the barbershop and a voice of reason.

Nik Kuster: Thank You for showing me what mental health is supposed to look like in prison. Thank you for the Peace Circles, For helping with CMMP and being a person I can come to when the world is on my shoulders.

Clothing Supervisor McKenna: Thank you for all the jokes, and watching me grow from a young man into a seasoned gentleman, LOL.



This is a new one for me but I have to give these people their flowers because they changed my perspective on some of I.D.O.C.'s Correctional Officers,

C/O Rusk

C/O Mrs. Clark

C/O O'Neil

C/O Quigley

Ms. Hardy

C\O Franklin

C\O Carrasca

Thank you for always being consistent and not making this situation any more harder than it already is.

The Malc OUT!!!





SORRY!



In the last issue of Kewanee Horizons we put out an unfinished article of the Market Corner, we forgot to place all the pictures in place to show what the author was trying to inform you of. So that's why we are republishing this article so that you can get all the information that you need out of it (next page). We here at Kewanee Horizons take full responsibility for that misprint and will do everything possible to make sure that nothing like that happens again. We would like to thank you for continuing to read and support Kewanee Horizons, and lets see what this new year brings us.



THE MARKET CORNER

By: Jomar "Beau" Warr @ KLSRC

Hello again My Fellow investors! Getting letters from all ya'll being interested in the Market Corner? and asking to keep them updated really touches me. I'm glad that I can be of some help to those who really want to take charge of their finances, HANDS ON themselves. Remember there is absolutely NOTHING wrong with putting money away into a index and letting it build up over time, Its a great Entry level investment strategy, and That how i started off in this journey of financial freedom. However like all aspects of life, if you take the time to learn how to do something yourself? And endure a little more risk? The Reward is immeasurable. So For today, We'll get started on the basic of Charting/Technical.

So, This Portion of the Market I Will be STRICLY speaking on The technical aspect of trading. These strategies are Not 100% Fool proof, Let me be clear NONE OF THEESE strategies work 100% the Time. However using and Learning these technical aspects of trading WILL put you in a more Advantageous position amongst Other investors, You'll Learn when to take the best Entry (When to Buy) and Exit Points (When to sell) when executing a trade. The whole logic and reasoning for this style of trading is to Predict Price Movement of Stocks/ Forex/US Currency Markets. However Don't Just Run Off With These few Steps Here, and think that's all there is too it. There's Much More to Dive into!

We also want to use what is known as "Price action" To help Confirm our Hypothesis of a Trade! Price action is Real time information LIVE trading, The Most Common View Now of Price action used are Candlestick Chart.

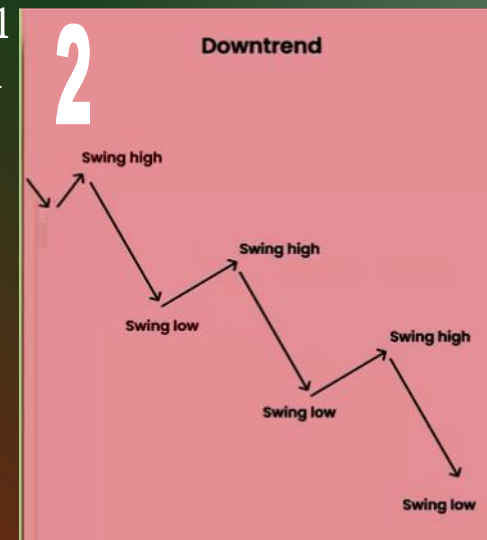
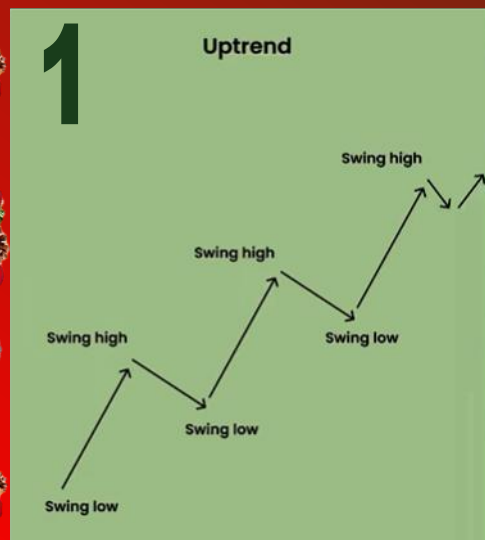
Also I Recently asked about a good book that I would recommend to others on the topic. For those who are Interested the Book is Called, "The Candlestick Bible" By TED WISE. There is Pure GOLD in this book.

Technical Analysis

The First thing you need get yourself Fully acquainted with is Reading "Market Structure". Have you heard this term before? (Bare with me ya'll, I'm going to break it down Simply, But i DO want you to Learn proper terminology, So for those Who are learning and watching CNBC (Stock Channel) If you Hear these terms/ Vocabulary?? You'll become familiar with them in time and YOULL KNOW what they are talking about.) Have you heard the saying? "The Trend is your friend?" This is the Fundamentals of that Term. So, When i say market structure, Think of the Overall Direction that the market is Going. Does it Look like its going UP some like this??? (Uptrend Photo Here) Going Down like this??? (Downtrend Photo Here) Orr Wavy like This?? (Ranging Market)

These are the 3 Different Forms of Market Structure, Photo 1, is Called a "Uptrend". Photo 2, is Called a "downtrend". Photo 3 is called a "Ranging Market." Now just because a Stock is at One of these 3 points of market Structure DOESNT mean it will STAY in this same form. Markets are Constantly changing over time, For instance a stock can be in a Uptrend, and next week be in a downtrend, or Ranging market, Vice versa or any combination of the 3. Our Job as traders are to IDENTIFY when they are happening by taking

advantage of Price action, and Use our technical analysis and tools To spot the Perfect Entry and Exit points, so we can Maximize profits of our



trading in Shorter amounts of time. I Highly Recommend Practicing & identifying different form of market structure by Using The Yahoo Finance Tab in the "SIAM" App on our IDOC Tablets. View different Stocks and Take time looking at the charts and see If you Can Identify The 3 Types.

Uptrend, So a Uptrend Consist Of Higher High's and Higher Lows, (Photo 4)

Downtrend Consist of Lower Highs and Lower Lows, -- (Photo Example)

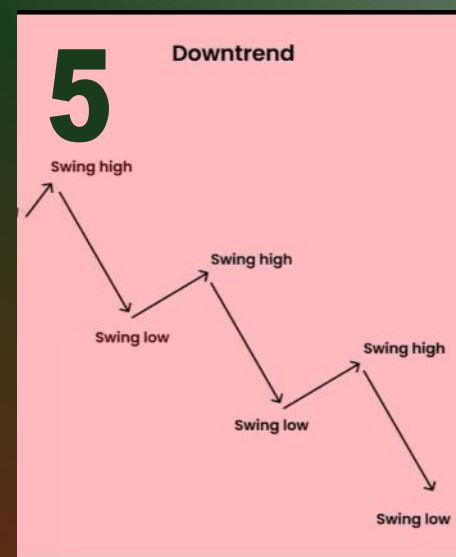
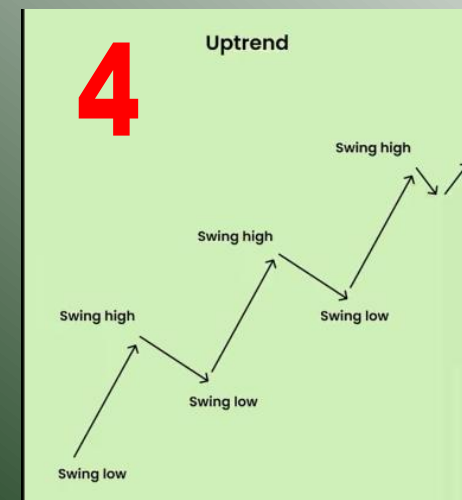
Range Markets, are little tougher to identify, But they Price using "Ranges" Between a Line Of Support and Resistant. (Photo)

Now once we've Established the type of market structure that a stock is in. We Need to know what type of position we are going to take. So there are 2 Types of positions. Long Positions ("Bullish" position Because, they want the stock to go Up) Or Short Positions ("Bearish" positions, Because they want the stock to go Down.)

So Remember I Always say a good Trader Can Make Money in BOTH directions of the market. Up or Down, This is a distinct advantage of Handling trading yourself. This is where "The trend is your friend" comes to play. Never trade against the trend. For new traders i highly recommend trading with the trend and not trying to anticipate reversals. This is a Skill ill discuss in further Articles, for now We just want to Ride the Wave.

So If a stock is in a Uptrend, We are ONLY looking for good LONG position (Buying Opportunity) Entry's.

And If the stock is in a Downtrend, we are ONLY looking for SHORT position (Selling Opportunity) Entry's.





What Is Support and Resistance??

So Support Line, is a Line we Place on Our Chart (Horizontal Line Tool On Yahoo Finance) When we Place the Line, We are Going to Place it in a Area, Where the Price Has the Most

Activity Example (Photo 6) Notice I Place the Line Where the Price Seems like It Bounces Back Up every time it comes down to this Price Point?? THIS is called Support! This Would Be where we would want Our Entry point to be around in a LONG position. Of Course there are other indicators we would search For Before we make our decision's but THIS is a GREAT point of interest.



Resistance, This is the Opposite of support, (Photo 7) Notice Each Time the Price Reaches The Top and attempts To Go Pass the Line? but fails to get over the line?? And Falls Back down???? This Is Called a Resistance! This Would be where we would want to look for our entry on a SHORT position. Again there are other factors to take in but this would be a GREAT, point of interest.

If The Price Reaches and closes above the Line of Resistance, OR below the line of Support its called a "Breakout" However Only when a Breakout is formed and Creates a CLOSED candle?? ONLY then is it a Confirmed breakout! There are also traps that



Big institutional investors Use call Bear & Bull Traps, To trick us Retail investors into believing the stock will Rise/Fall! But lets pump the breaks! LOL Baby steps fellas it's a lot of Money to be generated through these teaching I ASSURE you, but lets humble ourselves and digest the information, not so that we just know it, but enough to notice these situations on a chart In real time as it its occurring. Ill dive into Breakouts and Change of Characters future Articles.

Beau's Playbook - Decided to give a Quick Little insight, Of a Trade That I'm Currently Watching, Ticker symbol is META (Parent company of Facebook) So Recently META had a Earnings Report, and it had a Top and Bottom BEAT, However the stock price of META plunged from \$744 to \$645 Nearly 14% DECLINE over Night. You Probably wondering If the Stock Beat its Earnings and All Revenue was Positive, the company made Money YOY, (Year over Year) Why would the stock go down??? Well Mark Zuckerberg, announced he's Raising CAPEX (Capital Expenditures) for 2026-2027 in addition to AI investment, and Increased Compute for their technology. Investors are Worried he's spending To MUCH and not getting enough Revenue back in result of spending. In My opinion AI and tech are evolving at a Rapid Rate, And in Mark Zuckerberg's OWN words not Mine, stated He would Rather Over Spend/Over Invest in funding to AI then Underspend/Underinvest. META is a tech GIANT, and with Clearly Gaining Revenue YOY, a 15% to own this stock, sounds like DEAL to me. However \$645 is still a STEEP Price, So There's a 2x Leverage ETF Ticker symbol (METU) It Mirrors the META stock, Currently selling at \$32.20 at the time of this writing, I've Positioned myself With 100 Shares. And Going To Wait For a Rebound around \$41.00 and Try to net \$900 Profit Hopefully in a Couple weeks.

If You Have Any Specific Questions Stock related or Market related Write Us here at Kewanee I'll Gladly get back to You!

THROWBACK
MEME

When the teacher is roasting you in front of the class but you bout to bring up her divorce



THROWBACK

BRAIN FACTS

CONFLICT RESOLUTION PT2

Know when to let something go. If you can't come to an agreement, agree to disagree. It takes two people to keep an argument going. If a conflict is going nowhere, you can choose to disengage and move on.

Fair fighting: Ground rules

Remain calm. Try not to overreact to difficult situations. By remaining calm it will be more likely that others will consider your viewpoint.

Express feelings in words, not actions. Telling someone directly and honestly how you feel can be a very powerful form of communication. If you start to feel so angry or upset that you feel you may lose control, take a "time out" and do something to help yourself feel steadier.

Be specific about what is bothering you. Vague complaints are hard to work on.

Deal with only one issue at a time. Don't introduce other topics until each is fully discussed. This avoids the "kitchen sink" effect where people throw in all their complaints while not allowing anything to be resolved.

No "hitting below the belt." Attacking areas of personal sensitivity creates an atmosphere of distrust, anger, and vulnerability.

Avoid accusations. Accusations will cause others to defend themselves. Instead, talk about how someone's actions made you feel

Don't generalize. Avoid words like "never" or "always." Such generalizations are usually inaccurate and will heighten tensions.

Avoid "make believe." Exaggerating or inventing a complaint or your feelings about it will prevent the real issues from surfacing. Stick with the facts and your honest feelings.

Don't stockpile. Storing up lots of grievances and hurt feelings over time is counterproductive. It's almost impossible to deal with numerous old problems for which interpretations may differ. Try to deal with problems as they arise. **Avoid clamming up.** When one person becomes silent and stops responding to the other, frustration and anger can result. Positive results can only be attained with two-way communication.

Source: *The Counseling & Mental Health Center at The University of Texas at Austin*

Managing and resolving conflict by learning how to listen

When people are upset, the words they use rarely convey the issues and needs at the heart of the problem. When we listen for what is felt as well as said, we connect more deeply to our own needs and emotions, and to those of other people. Listening in this way also strengthens us, informs us, and makes it easier for others to hear us.

Tips for being a better listener:

- Listen to the reasons the other person gives for being upset.



- Make sure you understand what the other person is telling you from his or her point of view.
- Repeat the other person's words, and ask if you have understood correctly.
- Ask if anything remains unspoken, giving the person time to think before answering.
- Resist the temptation to interject your own point of view until the other person has said everything he or she wants to say and feels that you have listened to and understood his or her message.

When listening to the other person's point of view, the following responses are often helpful:

Encourage the other person to share his or her issues as fully as possible.

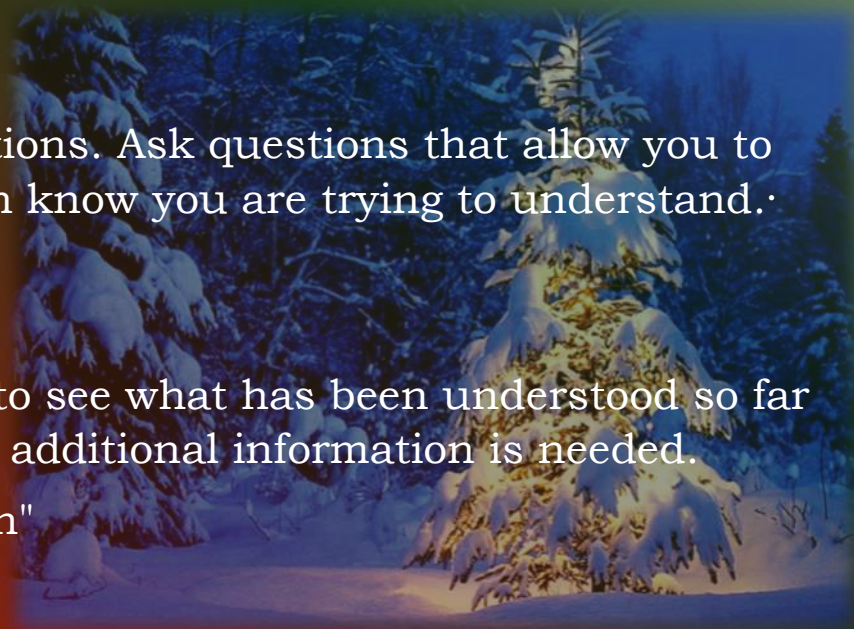
- "I want to understand what has upset you."
- "I want to know what you are really hoping for."

Clarify the real issues, rather than making assumptions. Ask questions that allow you to gain this information, and which let the other person know you are trying to understand.
"Can you say more about that?"

- "Is that the way it usually happens?"

Restate what you have heard, so you are both able to see what has been understood so far it may be that the other person will then realize that additional information is needed.

- "It sounds like you weren't expecting that to happen"





Reflect feelings be as clear as possible.

- "I can imagine how upsetting that must have been."

Validate the concerns of the other person, even if a solution is elusive at this time. Expressing appreciation can be a very powerful message if it is conveyed with integrity and respect.

- "I really appreciate that we are talking about this issue."

- "I am glad we are trying to figure this out."

Source: University of Wisconsin, Madison

Conflict resolution is one of the five key skills of emotional intelligence

The Five Skills of Emotional Intelligence

Skill 1: Quick Stress Relief

Skill 2: Emotional Awareness

Skill 3: Nonverbal Communication

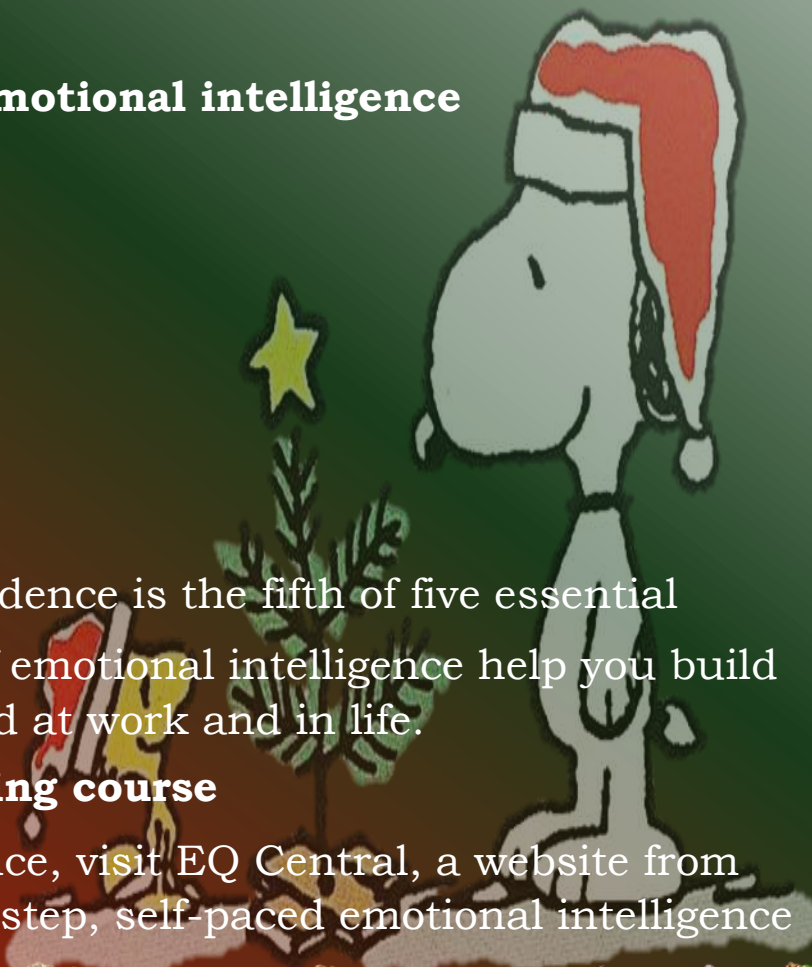
Skill 4: Playful Communication

Skill 5: Conflict Resolution

The ability to resolve conflicts positively and with confidence is the fifth of five essential emotional intelligence skills. Together, the five skills of emotional intelligence help you build strong relationships, overcome challenges, and succeed at work and in life.

Raising emotional intelligence: A free, online training course

To start practicing the five skills of emotional intelligence, visit EQ Central, a website from the creators of Help guide. EQ Central offers a step by step, self-paced emotional intelligence





training course filled with real world examples and hand son exercises.

Related links for conflict resolution skills

General information about conflict resolution

Fighting Fair To Resolve Conflict – Covers the causes of conflict, different conflict styles, and fair fighting guidelines to help you positively resolve disagreements. (University of Texas at Austin)

Conflict Resolution – Comprehensive resource on how to manage and resolve conflict. Includes

About Conflict and 8 Steps for Conflict Resolution. (University of Wisconsin, Madison)

CR Kit – 12step conflict resolution training kit. Learn how to pursue a win-win approach, manage emotions, be appropriately assertive, map the conflict, and develop options. (The Conflict Resolution Network)

Conflict Resolution: Resolving Conflict Rationally and Effectively – Guide to conflict in the workplace and different conflict styles. Includes a 5step process for successful conflict resolution. (Mind Tools)

Tips for managing and resolving conflict Resolving Conflict Constructively and Respectfully – Tips on how to manage and resolve conflict in a positive, respectful, and mutually beneficial way. (Ohio State University Extension)





How to Resolve Conflict – Advice on resolving differences and managing conflict between individuals, small groups, and organizations. (Roger Darlington)

Effective Communication – Article on the art of listening in conflict resolution. Includes tips on

how to make your point effectively and negotiate conflict in principled, positive way. (University of Maryland)

Jeanne Segal, Ph.D., Melinda Smith, M.A., and Jaelline Jaffe, Ph.D., contributed to this article. Last modified: September 2009.

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HO-HO-HO-ROSCOPES



Aries: Oh joy! Today you are full of marvelous, creative ideas! Not only that, you're keen to socialize and enjoy the company of everyone. Accept all invitations to party. Enjoy sports events and fun times with kids. You're wearing your heart on your sleeve!
Translation: How about you take your 'MARVELOUS' idea and 'CREATE' some burritos for you and your cellie?



Taurus: This is a great day to entertain at home and enjoy family gatherings. It's also a lovely day to explore redecorating ideas or to shop for beautiful things for your home. Many of you will explore real estate ideas either for speculation or personal use.
Translation: Redecorating in the joint means rearranging your property box layout kid, now get to work.



Gemini: This is a wonderful, upbeat day! Today you have something to say, which is why you want to share your ideas. You're full of positive energy, which makes conversations with others, especially siblings, relatives and neighbors pleasant and invigorating!
Translation: Get on the jack and for once keep it positive, yeah things could be better, but, give your people a break for once!



Leo: This is a wonderful, powerful day because the moon is in your sign getting energy from Mars while it also dances with Jupiter. (It doesn't get much better than this.) Trust your good fortune. Rally your forces and set them marching!
Translation: Really believe in it when you fill out that commissary slip... sometimes they do have what you ordered! Sometimes...



Virgo: Two different influences are at play for you today. One message urges you to seek solitude in beautiful surroundings and pamper yourself privately. The other message makes you want to go out and be seen and talk to everyone. Maybe you will do a bit of both?

Translation: You know you are going out for dayroom and ain't nothing beautiful about that surrounding, so shave up and go holla at cha family on the phone, that is about as close as you'll get to this one.



Libra: You are a social sign and today is a fabulous day to socialize with others. In particular, you will enjoy time spent with friends as well as any kind of participation in groups, clubs, classes or conferences. You have lots of energy to interact with others, and you have something to say.

Translation: Join a group or start a book club, do something social to better yourself, if they have something where you're at. If not, try to get something going that is positive. Make positive life choices.



Scorpio: You make a great impression on everyone today, which is good because people notice you today. In fact, some are discussing personal details about your private life. Fortunately, you are confident about whatever happens. You look good in your job! Enjoy work-related travel.

Translation: Work related travel? You taking out the trash to the dumpster or something? That is as close to work related travel as we get sometimes.



Sagittarius: Grab every chance to get away and do something different today. If you can travel, by all means get outta Dodge. You will also be stimulated by the adventure of learning something new and meeting people from other cultures. Do whatever you can to expand your world!

Translation: I guess you might be able to go out and shovel snow sometime this month? Does that count?



Capricorn: This is an excellent day for financial discussions. It's also a good time to deal with disputes about shared property, inheritances or insurance matters because you will likely come out smelling like a rose. Good fortune is with you. Sometimes a favorable deal is all about timing.

Translation: If you ask real politely, your little bro might run your bag through the roof. You know you owe him for that and you got him on something nice at some point in the future.



Aquarius: This is a great day to socialize with others. You will enjoy talking to partners, close friends or members of the general public. In fact, you might attract someone who is very energetic. Great day to enjoy sports, the theater, luncheons, entertaining diversions and fun times with the kids.

Translation: It sounds like you might get a visit. Still got the partitions up though.



Pisces: Relations with coworkers are excellent today. People are upbeat, warm and generous. In particular, others will respond in a positive way to your positive energy by wanting to please you. Certainly, they will listen. You might see ways to boost your income or get a raise!

Translation: Now might be the time to try and put a word in for one of those fancy industry jobs!



Cancer: This is an excellent day for business and commerce. Look for ways to boost your income. If you are negotiating a financial deal, be confident that you can ask for a little more or expect the best because you just might get it. If shopping, you'll be pleased with your purchases.

Translation: They haven't run commissary in so long they're trying to sell out of that stale popcorn so they took the limit off it? Go for it.



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.





KH



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!

