

# HORIZONS

KEWANEE



V4

# TABLE OF CONTENTS:

- |  |  |   |
|--|--|---|
| 1) <u>COVER PAGE</u>                       | 14) <u>CULTIVATING<br/>KEWANEE</u>       | 27) <u>MEMES</u>                                |
| 2) <u>TABLE OF CONTENTS</u>                | 15) <u>VETERANS ARTICLE</u>              | 28) <u>MEMES</u>                                |
| 3) <u>MISSION STATEMENT</u>                | 16) <u>PEER-LED SHOW-<br/>CASE</u>       | 29) <u>HOROSCOPES</u>                           |
| 4) <u>RESTORATIVE JUSTICE</u>              | 17) <u>COMPUTER FUNDA-<br/>MENTALS</u>   | 30) <u>HOROSCOPES</u>                           |
| 5) <u>CANCER AWARENESS</u>                 | 18) <u>CDL CLASS</u>                     | 31) <u>HOROSCOPES</u>                           |
| 6) <u>RE-ENTRY IN ACTION</u>               | 19) <u>CDL CLASS</u>                     | 32) <u>CELEBRITY BIRTH-<br/>DAYS AND TRIVIA</u> |
| 7) <u>RE-ENTRY IN ACTION</u>               | 20) <u>CDL CLASS</u>                     | 33) Don't mess with a<br>streak                 |
| 8) <u>RE-ENTRY IN ACTION</u>               | 21) <u>MENTAL HEALTH:<br/>MR. KUSTER</u> | 34) <u>CARTOON</u>                              |
| 9) <u>RE-ENTRY IN ACTION</u>               | 22) <u>MENTAL HEALTH</u>                 | 35) <u>STATEWIDE CALLOUT</u>                    |
| 10) <u>KEWANEE ARTISTS<br/>GIVING BACK</u> | 23) <u>MENTAL HEALTH</u>                 | 36) <u>STATEWIDE CALLOUT</u>                    |
| 11) <u>KEWANEE ARTISTS</u>                 | 24) <u>MENTAL HEALTH</u>                 | 37) <u>STATEWIDE CALLOUT</u>                    |
| 12) <u>CULTIVATING<br/>KEWANEE</u>         | 25) <u>BULLDOG'S STOCKS</u>              | 38) <u>CONTRIBUTERS</u>                         |
| 13) <u>CULTIVATING<br/>KEWANEE</u>         | 26) <u>BULLDOG'S STOCKS</u>              | 39) <u>HORIZONS GUYS</u>                        |



# MISSION STATEMENT

Kewanee Horizons has adopted the Restorative Justice and Community initiative. 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. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives here in our community 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.



# RESTORATIVE JUSTICE

KEWANEE L.S.R.C. HAS agreed to allow, consistent with COVID protocols, 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 Horizon 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.**

Merriam-Webster's Collegiate Dictionary Eleventh Edition





# AWARENESS



AUGUST IS  
LUNG CANCER  
AWARENESS MONTH

#F\*\*\*CANCER

# RE-ENTRY IN ACTION...

Keeping with our Restorative Justice push: reducing recidivism and its effects are a major part of the over all restoration of our communities. Debating what does and does not work isn't our mission here at K.H.; showing 'tried and true' methods that lead to a successful re-entry and a markedly lowered recidivism rate, is.

The model here at Kewanee Life Skills Re-entry Center is the foundation upon which we should build on, while it is certainly not a finished structure, such undertakings rarely are.

Most people, when asked about what makes a successful re-entry program, will more than likely talk about the programing: whether educational, vocational, or other higher-learning opportunities that will educate the individual in custody, and I would certainly agree. These opportunities equip us by not only giving us the education to be productive in society through work and finances, but it also gives us the confidence and wherewithal to better view the world around us, whether it is our impact on others, or their impacts on us. Every facility has some varying level of educational opportunities. The Kewanee and Murphysboro Re-entry Centers have far surpassed anything I have ever seen in my 25 years of incarceration with these types opportunities, while also offering a list of non-typical educational classes such as: Interpersonal Skills, Financial literacy and Communications courses, not to mention numerous peer-led classes. Another major difference these campuses have, as compared to any other facility, are the interactions with faculty and the added responsibility of being accountable for your movements and your daily schedule.



The daily conversations, interactions and attitudes have had an enormous impact, not only on myself, but the better part of both of these facilities' incarcerated individuals. These interactions allow us to apply the awareness and knowledge that the educational programs have given us and ultimately will lead us to a more successful, fuller, and meaningful life. With these interactions come even more responsibilities. On the faculties' side they're able to relate to the individuals and also gain an understanding of their motivations, both positive or negative, just as you would with anyone you communicate with (in or out of incarceration.) At the end of the day everyone is human and is subject to making mistakes; being able to gauge the severity and motivations of an action will help better inform the punishment required, or progress of a program for an individual, helping to determine the required programming or termination of said program all together.

One aspect on the individuals' side of the responsibility is learning how to communicate with others (faculty) that may be outside of our typical social circles and also that we are required to record our own movements through signing into and out of all areas of the facility. No matter where you go: to a meal, rec, commissary, or classes: all of our movements are tracked through sign-in sheets, allowing staff to know the location of any individual at any given time. These sign-in sheets allow us free movement within the facility and it is also an added responsibility. No sign-in sheet equals no free movement. We are also able to adapt our schedules to fit our educational classes, groups, recreation and work hours. The responsibilities of the sign-in sheets and the formulation of schedules help to better prepare us for our eventual re-entry into society allowing us to have a sense of balance through our social lives and with our other responsibilities. All of



this contributes to a healthier view of our selves and our abilities to manage our own lives.

Another huge opportunity these interactions and added responsibilities afford us is the unique environment created through facilities such as Kewanee and Murphysboro which marry the educational programming and these pro-social attributes, making them applicable to society and the understanding of our contributions to our communities. On these campuses there are numerous peer-led classes and groups, here at the Kewanee Campus we have approximately seven peer-led classes and two groups with a couple non-denominational religious services that include volunteers who come in to participate or lead. These groups and services require an enormous effort on an individual's part: first they advocate for the opportunity to hold the class/group by filling out a detailed proposal form, then they have to find a staff member to assist them in obtaining the information needed to guide the class/group and finally they will formulate the curriculum they will teach during the sessions. This lengthy process allows all of the individuals involved to become invested in the community as a whole. Whether it is the individual leading the class/group, the individuals attending the class/group or the facility member assisting in obtaining the needed information. Remember the three primary stake holders in determining how best to repair harm done by an offense, the victim, the offender and their communities of care, their needs are respectively: obtaining reparation, taking responsibility, and achieving reconciliation.

The environment that is created by the person-to-person interactions is just as pivotal as any educational opportunity. Interactions with faculty, guards, teachers, wardens and counselors as well as one another are the pillars on which this community or society will be





built. Think of it in these terms: you go to class/group learn how to overcome your anger as well as gain your G.E.D. and even move on to begin a Bachelors Degree program, all the while, every time you leave that classroom you put back on your mask to re-enter into your reality of the “classic” prison environment without any positive reinforcement of a pro-social society, yet still being expected to return to society not having the proper or even the basic skills to do so.

When we learn to be part of the community, we become a part of the community through our perceptions on the world and that perception translates into a more successful re-entry. Going further than just directly impacting us individually and our families, it grows, as any ripple effect does, to impact all aspects of our society, and our lives. Whether it is the individual in the community outside or inside they will participate in communal activities. “The aim of Restorative Practices is to develop community and to manage conflict and tensions by repairing harm and building relationships.” Kewanee and Re-Entry Centers like it give us opportunity, opportunities to practice new behaviors and create an atmosphere conducive to these changes and developments. A successful re-entry is dependent on many factors education, interactions and environment as well as other factors all lends themselves towards opportunity, we can not expect people to become good citizens when corrosive prison culture sabotages character change. This environmental change begins with us, the readers and writers of this article, no matter who you are, no matter what you wear and no matter your political views.

# CORNHOLE GAME DONATED

# KLSRC



Made By:

**Luis Diaz & Alex Casarez**

Art Work By:

**Jesse Tokich & Jose Leal**

Assisted by:

**Jamie Hernandez & Mike Kirkhart**

Bean Bags Made & Donated by:

**Amy Cambron**

Art Room Facilitator:

**Jessica Draper**

Service Learning Class Facilitator:

**Allison Trigg**

# KEWANEE HORIZONS VOLUME 4

We are proud of all the work done by individuals in our community, whether it is done by those on campus or the ones who travel off campus to work and to be ambassadors for the spirit of Kewanee. This particular work was done by our resident Artists, they built and painted three sets of Corn hole boards for the auction by the Black Hawk College East campus Agri-Business Club Alumni banquet July 30th. These pieces of Art are only a few of the long line of examples of work the art community here on campus have produced over their many years of service. They as well as many others continue to impress us all by their ability to not only create great pieces of art but the generosity of spirit they have shown through their many charity works and donations in both time and ability. Three of those involved are shown with the sets they helped create. From the left are Charles Murray, Jose Leal and Philip de Avila.



# CULTIVATING KEWANEE



Franklin Heindricks, Patrick Klein, Rodney Kinds, Tarrus Buggs, Ralph Pollock, Johnny Gonzales, and Shane Sef-ton are the Kewanee Campus's garden crew. Recently added are Brandon Bell and Daniel Moore. Some of us were given the opportunity to do garden work in other facilities and some of us had the opportunity at home. We are definitely excited about growing vegetables for our K.L.S.R.C. community. We have an amazing group of individuals and food supervisors, so we know that the produce grown will be put to good use. This year our campus has 3 gardens: one outside the fence that is all sweet corn; our second garden is on the east yard, it has several varieties of bell peppers, jalapenos, onions, banana peppers, several varieties of green beans and radishes, cucumbers and zucchini. Our third garden is down next to the maintenance building on the west yard, it has 127 tomato plants, watermelons, and a small strawberry patch. The strawberries are a perennial and should produce every year. Our group has also begun planting flowers from seed in front of each housing unit. Our upkeep after planting involves tilling, weeding, watering, fertilizing and removing pests. We are grateful for the opportunity to get our hands dirty and be a part of seeing our labors come to fruition. It definitely feels good to be a part of something that is positive and meaningful, some of us have never taken the chance to nurture something and help it grow into something beautiful and useful. It is rewarding to be part of the garden crew and

grow some things we can all enjoy, especially since many of us have come from places where there wasn't much joy. It is wonderful that we all know our way around a garden and are willing to learn from each other, to communicate, work around each other's schedules picking up the slack for one another in unity. We are also very thankful to the staff for taking time and helping us to get tools when we need them, escorting us to the gardens to water them, do up-keep on weeds, and whatever else needs doing. I also want to take the time to thank everyone on the garden crew for picking up the slack whenever needed because in Kewanee many of us wear more than one hat and are involved in numerous groups and activities. We got started a little late this year, but even so, things are coming together quite nicely! It is amazing how a little love, care, diligence and patience will do for all that we pursue in life, the garden being a good example of that. I pray that the garden is a project that will continue to grow and expand for those who come after us here moving forward. We hope that the gardens will continue to be an opportunity for those who have never experienced a garden to learn to plant, grow and take care of plants, in turn, learning the life lessons of discipline, diligence, responsibility, kindness, and love. If you can do those things the right way and follow directions following planting and caring for things you will see positive results. If you can't be patient and wait for the fruits of your labors or if your heart is not in the work, you won't get the results you hope for, this is a life lesson working in a garden can teach.



The gardens are not just for the garden crew but, for the whole community. We would like to thank everyone who has contributed and for the encouragement and support, we hope this garden is a blessing for the whole K.L.S.R.C. campus community.



# VETERAN'S GROUP

We the veterans group of Kewanee Life Skills Re-Entry Center hereby wish to tell you about our program. Led by Lt. Decoster, retired United States Marine, we are a group of men that served in the armed forces of the United States of America. Our sole purpose is to come together as a united front to discuss various topics such as trauma, PTSD (Post Traumatic Stress Disorder), Mental Health, and community service. In one form or another we have all experienced these illnesses whether in or out of the military.

We are striving to utilize our format to come together on much needed services that we as a community need, to transition strongly and courageously back into society, not just veterans. We have several programs that we are diligently trying to bring to our community such as "Movie Night", where we will show military based movies as well as documentaries about the armed forces.

We are planning a "Patriots Day" celebration slated for September 12th 2022, to celebrate and acknowledge the tragic day of the 9/11 attack, and how we as a country came together to save lives and restore dignity to our great country. This celebration will also celebrate the "Honor Flight" program in which we will strive to send a very deserving veteran to Washington D.C. to visit the veterans memorial as well as other attractions concerning the military.

The "Patriots Day" celebration is for all of Kewanee LSRC, where we will all participate in games, puzzles, scavenger hunt as well as showing our community some military traditions such as color guard, national anthem, taps and team work. We will love to have you all come celebrate with us and remember we are still all in this together.



TOP ROW: Mr. Aguirre, Mr. Davila,  
LT. DeCoster, Mr. Best, Mr. Hanserd

Men of the Veterans Group  
of KLSRC  
Thank You!

SEATED: Mr. Talley, Mr. Adams,  
Mr. Kennedy, Mr. Fuller, Mr. Anderson

# PEER-LED SHOWCASE

The Kewanee Campus along with Kewanee Horizons wants to shine a light on the individuals that have taken it upon themselves and volunteered, not only to lead these classes, but to build the curriculum and advocate for the creation of many of the programs themselves.

These men have dedicated themselves to bringing our community some amazing avenues for self-improvement. They have not only taken it upon themselves to invest the time and effort in improving their own prospects for the future, but an equal (and sometimes more so) amount of time in effecting change in the future of the rest of the men who live here on campus. They serve as an example to all of us that with: effort, dedication, hard work and a generosity of spirit, great things can and do happen for us here on campus. Our hats go off to you. We hope to include more Peer Educators from other facilities throughout the state in future editions of the HORIZONS.

**Kewanee Strong!**





# Computer Fundamentals

Computer Fundamentals is a class for people that need to learn the basics of using a computer. We will be learning things as basic as turning on the computer and shutting it down correctly up to creating charts and graphs. The main focus of the class will be on learning how to use Microsoft word and Microsoft excel. But will also touch on things like what is the bios and how to run a recovery, how to create a folder and how to find the documents that you save.



Windows



# CDL Class

The commercial motor vehicle industry is the backbone of our economy. Here at Kewanee we offer a peer-led group that teaches the ins and outs of the trucking industry. We have a 10-week program that can be taken repeatedly. Our goal is to provide individuals in custody with the knowledge and steps needed to obtain a C.L.P. (Commercial Learner's Permit) and then go on to receive a Commercial Driver's License upon their release.

Remember, what you put in is what you get out! So let's ride...



# Commercial Driver's License

## Peer-led Group



By: Rockie Douglas & Forrest Bayer



Welcome to the Kewanee CDL Study Group. My name is Forrest Bayer and I am one of the co-facilitators for the CDL study group here! I previously held a Class A CDL prior to my incarceration and am looking forward to teach everyone about the opportunities and benefits of having a CDL.

My name is Rockie Douglas (aka "BALBOA"). What's up guys, I'm also a co-facilitator. I believe that obtaining the CDL is not hard fellas; in the following months, I'm going to be handing over all my knowledge and experience. I can remember when I was just like you, incarcerated, broke, and not wanting to go back to hustling or selling drugs. Fellas, I had absolutely no clue what I was going to do for money, especially with multiple felony convictions. All I knew was that I had to make a lot of money legally in order to not go back to my old ways. Once released, and with proof of my Incarceration Letter, I was able to get a \$5,000 grant in just 2 weeks! I then attend a local trucking school in my area, and within 30 days, I had my CDL and was driving making \$2,000 a week. I ended-up making \$3,500 a week until my current incarceration. I've driven Over-the-Road, local, and I have

even functioned as a dispatch, hunting down loads for other drivers. Our focus in the peer-led group here is to prepare individuals for the written exam taken at the DMV in order to obtain your permit. Due to new Illinois law you must now also attend training through a CDL school to get you license.

Together, we are hoping that through these newsletters we can now also prepare YOU for the written exam too as well as give you other cool info about trucking and opportunities for schooling and grants! Every month we will ask you to read sections in the Illinois CDL Study Guide located on your tablets and kiosks under the GTL Documents/Education icon, then we will give you questions to answer that are REAL test questions you may see on your exam. The first test you will have to pass is a 30 question General Knowledge test.

To prepare you for next month how about you check out sections 1 & 2 in the book! We will be back next month with questions for you.

- **So what is a CDL?** CDL stands for Commercial Driver's License, which is needed to operate any combination of vehicles with a gross combination weight rating (GCWR) of 26,001 or more, provided the gross vehicle weight rating (GVWR) of the vehicle being towed is in excess of 10,000 pounds, not to exceeding 80,000 pounds total.

#### **DID YOU KNOW?**

- Wal-Mart is starting their drivers at \$110,000 a year with no experience required!!!
- There are many trucking companies that are eager to hire ex-cons and the Illinois State Pell Grant will pay for your training at no cost to you.
- Trucking is one of the most felon-friendly occupations offered.



# KEWANEE MENTAL HEALTH

As a part of our look into Restorative Practices here on our campus at K.L.S.R.C. we try to make the point that our environments are, in the most fundamental ways, the product of the people who inhabit, participate in and contribute to that environment. We feel like it is already an understood idea that a major point of emphasis here are the daily interactions between all of the differing segments of our community. Periodically we are going to take the time to highlight some people who really make a difference, in our view, in a positive way here...

Today we'd like you, loyal reader, to take some time to become acquainted with Mr. Kuster one of the Mental Health staff members here at K.L.S.R.C.. Mr. Kuster has worked at K.L.S.R.C. since June of 2009, (which, for people who may be unaware, means that he was working here when it was a juvenile prison, before there was even a thought of a Life Skills Re-entry Center.) We asked him a few basic questions just to try and get some insights on his thoughts about our Campus and our community at large. He plays a very important part in the rehabilitation and re-entry side of things here, besides doing the things that mental health staff at other facilities do such as managing a

caseload and providing individual services and feed back for the individuals here, he also conducts mental health groups such as a P.T.S.D. Trauma Group and a Grief Group. These groups could be considered a necessity for many of us and the opportunity to gain the insights and tools that they offer can be beneficial. However, something that we believe is: what allows many of us to internalize these tools in a foundational way that makes these groups truly effective are the ways that they are taught, coupled with the baseline interactions that are created by Mr. Kuster's everyday attitude toward the men he is charged with providing care for. It is abundantly obvious that the delivery of any information, especially beneficial information has to be conveyed in an environment that is conducive to the reception of that information. To put it bluntly, if you can't have a comfortable, truly human interaction with someone, it doesn't matter if you've got the winning lottery numbers, they "ain't going to be trying to hear that shit" to quote a phrase we hear regularly. That being the case, Mr. Kuster goes out of his way to contribute to the successful re-entry of everyone here.

We asked what he most enjoys about working at Kewanee. He set the context for his answer by telling us that he worked in outpatient services for a year after graduation before coming to Kewanee, and while he knows there is a need for that type of work, he felt that his calling was to work in a setting that was more akin to an E.R., in that the needs of individuals at Kewanee were extremely traumatic in nature, especially when it was a juvenile facility. We also talked about the fact that he has occasionally spent time filling in at other facilities. When we asked about the comparisons he could

make between the type of work he does in the different environments he explained that working here, especially in the last few years has been some of the most meaningful work of his career. The importance of helping prepare guys to acclimate to re-entry is rewarding in ways that are more obvious and easy to see. That is not to say that working with different people in different settings isn't rewarding to him, it is, but the environment here is special and he appreciates that.

We also asked if there was one thing, mental health-wise that he felt he would promote to everybody in any and all of the specific cohorts of our community that would be beneficial to engage or practice regularly. His recommendation was mindfulness, to set aside some time every day to work on this approach to mental health, the way he explained mindfulness was that there are three main aspects to it 1) in the moment, 2) on purpose and 3) without judgment. He gave us some information about something called "grounding techniques" that he thought could be very helpful for anybody who may be struggling at any given moment. Here is a recap of part 1 of this information (we will continue with another section in our next issue.)

After a trauma, it's normal to experience flashbacks, anxiety and other uncomfortable symptoms. Grounding techniques can help control these symptoms by allowing you to focus the present moment.

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

What are **5** things you can see? Look for small details to focus on such as shadow patterns or the way light reflects off of surfaces.

What are **4** things you can feel? Try to notice how your clothes feel on your skin or how it feels where ever you are sitting or laying, try picking something up and noticing its weight or texture.

What are **3** things you can hear? Try to pick up on some of the specific background noises you may have automatically tuned out.

What are **2** things you can smell? Can you smell some rain moving in or freshly mown grass? What about some food cooking or your new deodorant?

What is **1** thing you can taste? Toothpaste or something like that works well for this part of the exercise.

The idea of this exercise is to take some time and bring yourself into the current moment, therefore removing yourself even momentarily from the thoughts or situation that is agitating you. We hope that you can use some parts of this technique to give yourself some peace on a daily basis and that it might improve your mental health in some way.



# The Market Corner: Indexes

Stock markets around the world are powerful indicators for global economies. An index is a measure of ups and downs in the stock market. The U.S. stock market consists of approximately 5000 indexes.

The 3 most widely followed indexes in the U.S. are the Standard and Poor's 500, the Dow Jones Industrial Average and the Nasdaq Composite.

The Dow Jones Industrial Average (DJIA), most commonly known as the "Dow", is the oldest and most recognized of the 3. It consists of 30 U.S. companies, considered "Blue Chip" stocks. A Blue Chip stock is a stock of a nationally known company that has a long record of profit, growth and or dividend payment with a strong reputation for quality management, products and services. The value of the Dow is calculated by Dow Jones and Company, a major financial publisher since 1882, and is considered a price-weighted index. In other words, the company with the highest stock price has the most influence on the Dow. The company with the lowest stock price has the least amount of influence on the Dow. Many financial experts consider this index to be a less efficient



BY: Robert Kennedy

method of gauging the U.S. Stock market as a whole.

The Standard and Poor's 500, better known as the S&P 500, is widely considered a better U.S. market indicator. The S&P 500 has 500 of the top valued companies in the country with a market capitalization-weighting. In other words, the larger the market cap (stock price X outstanding shares), the more influence the company has on the S&P 500 index. It is widely considered the benchmark index for the U.S. Stock market as a whole.

The Nasdaq Composite, commonly referred to as the Nasdaq, has over 3,000 companies on its index, comprised mostly of technology companies. However, investors will find a variety of other sectors including financials, industrials, insurance, bio-tech and transportation stocks, among others. Unlike the S&P 500 and the Dow, the Nasdaq includes many speculative companies with small market caps. In other words, up and coming start up companies trying to make a name for themselves, exploring new innovation for the future.

How would you like to buy a basket of many different stocks contained in each of the 3 major indexes, all at once for one price? Imagine purchasing one stock that contained the entire S&P 500, the Dow Jones Industrial Average, or the Nasdaq Composite indexes. Good news, you can do just that. It's called an ETF, an Exchange-traded fund, and I will discuss those with you next time!

**WHEN YOUR CELL IS GETTING SHOOK DOWN**



**AND YOU HEAR THE TOLIET FLUSH**

**WHEN YOUR NEW CELLY**



**K.H. MEMES**

**K.H. MEMES**

**SAYS HE'S A RAPPER**

# HOROSCOPES



**ARIES:** There can be new beginnings or attitudes toward living arrangements and family and home related affairs.

TRANSLATION: A new celly is in your future!



**TAURUS:** You are in take-charge mode, ready to accept a challenge, and willing to put yourself out to get where you want to go. It's also a vital time for attracting others. Your presence is powerful now.

TRANSLATION: Time to sign up for Writeaprisoner.com!



**GEMINI:** Sound energy is with you for healing activities—you gravitate toward regenerative activities. It's a good time for gaining new information through study and observation.

TRANSLATION: Put the hot shots down and pick up a book!



**CANCER:** Using your personality and influence to advance your interests can be especially effective in August. You are getting noticed, and even minor improvements to your manner and appearance can have a significant impact.



**VIRGO:** August holds opportunities to improve friendships, connect with your deeper needs and desires, and grow romantic affairs or creative pursuits

TRANSLATION: Start callin' your side chick again!



**LIBRA:** it's a strong month for accounting work and taking charge of your intimate or financial life. Unhealthy dependencies need to go! It's a power period for strategy, research, and development.

TRANSLATION: Stop blowin' so much money at the store!



**SCORPIO:** You're in a great position to smooth over conflicts over money, debts, or other imbalances. Intimate relationships can get a considerable boost.

TRANSLATION: Ask her for an extra hundred!



**SAGITTARIUS:** You can be challenging yourself to improve your habits this month, or you can be pumped about getting organized.

TRANSLATION: You're a hoarder and need to clean your damn cell.



**AQUARIUS:** You may need to jump over some hurdles to get to a positive head-space. You may feel caged in at times. However, you're energized to deal with any problems or stagnation in your domestic life.

TRANSLATION: No commissary truck in sight but you'll be aight!



**PISCES:** You're going to find pleasure in just about anything you do now. You're feeling relaxed and peaceful. Don't commit to anything that would spoil your vibe.

TRANSLATION: Stay off the poker table!



**LEO:** Whether it's a relationship, a way of life, or an attitude you need to put behind you, it becomes evident that you need to make some adjustments. You're preparing yourself to move on to bigger and better things.

TRANSLATION: Stop hangin' out with goofies!



**CAPRICORN:** There is more fire, passion, and motivation to express yourself in unique, special ways, and more courage to chase your heart's desire. For best results, aim to channel excess energy into exercise, dance, music, and art that involves movement.

# Celebrity Birthdays

August 12, 1930 - George Soros, financier

August 13, 1899 - Alfred Hitchcock, director

August 14, 1968 - Halle Berry, actress

August 15, 1990 - Jennifer Lawrence, American actress

August 16, 1930- Frank Gifford, NFL football player, sportscaster

August 17, 1943 - Robert De Niro, actor

August 18, 1937 - Robert Redford, actor, director

August 19, 1871 - Orville Wright, aviator, "first in flight"



Answers to last weeks trivia questions:

1. Jackie Joyner-Kersey

2. "Pistol" Pete Maravich

## TRIVIA

1. Which singer's real name is Stefani Joanne Angelina Germanotta?

2. Which is the highest waterfall in the world?

3. Ludwig Van Beethoven was born in 1770 in which city?

4. What is Ariana Grande's brother's name?

5. What is your body's largest organ?

6. Which mammal doesn't have vocal cords?

7. How many hearts does an octopus have?

8. How long is an eon in geology?

???

???





## Don't Mess with a Streak– Warning EFA Kewanee LSRC

Over the past few months I've become "addicted" to a game on my phone called Marvel Strike Force. The premise of the game is you collect Marvel characters to make different combinations of 5 heroes or villains to take on other players or campaigns within the game. After a few weeks of playing I unlocked the "Streak Mode"! Every morning when I would log in, the game would light up bright green and award me my streak bonuses. The streak bonus consist of certain aspects of the game being unlocked and some daily missions being completed with out me doing them. The bonus was always a great feeling to received in the morning and made it so the game was one of the first things I did when I woke up! About a week ago, my iPhone 8 started malfunctioning so I ordered a new phone. When my new phone arrived for some reason Marvel Strike Force did not load correctly and I missed a day and in turn lost my streak! It may have been a blessing in disguise. As I logged in the game was not nearly as fun, the idea of playing so many days in a row to get the streak going again was not enticing. But the incident did make me think about all the other things in my life that act in this same way. How coming up with a consistent pattern, behavior or habit and doing that same thing day in and day out starts paying huge dividends and bonuses in your life. For example, since losing the streak in the game, I've started using about that same amount of time each morning to start my day with a 25 minute yoga flow. It's only been a little over a week so this "streak" hasn't started giving the bonuses that I'm hoping for YET. With this thought in my mind now, I'm finding different areas of my life where I can bring the idea of starting a streak into it. Drinking water, reading a book, listing items on EBay, weeding the garden, filing paper in my office, all the little task that if I hit a little each day will add up in the long run. I've went as far as making "x"s in my day planner for each of the activities so I can visually see how long my streak is, just as a little extra motivation to not break it.



# THE ADVENTURES OF J-DAWG



THESE ARE SOME GOOD PICS FOR THE **NEW ISSUE**

THEY'LL GO GREAT WITH THESE **ARTICLES** THE GUYS WROTE

HELL YEAH!!

CLICK!



# STATE WIDE REQUEST FOR UPDATES

Kewanee Horizons' guiding principles include Restorative Justice practices with an emphasis on community building. We remembered how important the Statewide Informer was to us during some of the darker stretches of the on going COVID lockdowns around the IDOC and we wanted to create something like that. We really wanted to make our own thing though, based on what drives us, something we could be passionate about ourselves, namely community. Our unique community of the incarcerated men and women of the IDOC. Our thought is to try and encourage each other through highlighting some of the most positive achievements of members of our community. In this issue (again) you will see our efforts in that direction, however, what is missing are the updates from all of the things that our fellow brothers and sisters around the state are doing! We want to give a huge shout out in recognition to the amazing achievement to the Master's Degree recipients from Stateville! You are awesome! You are an inspiration to so many of us. (If you haven't read the pieces written on the Feather Bricks document you are tripping! It is really good, get to it.) So, we are pretty sure you can guess where this is going... send us your updates! Let us know about the things you or others are doing in your facility. We are working out a way for these submissions to be submitted to us here at Kewanee so that we can put them together and show the immense talents and drive that our community has. The ability to see each other's accomplishments can only serve to inspire each other to reach for more. At least that is the belief that we have. And so, we are asking for you to let us know what's up. Of course there are guidelines that will have to be



followed, for example the first thing we'd ask to hear about are any graduations or certificates earned or anything in that space.

We would like to take a moment here to break down the things we would ask as far as anybody's submissions because we'd like to maintain an adherence to our defining Mission Statement. Everything we try to highlight meets with a few criteria that we have outlined to ourselves. Those criteria are: keyword: **COMMUNITY**, first and foremost is our belief that a healthy and thriving community culture is fundamentally important to Restorative Justice Practices, so that is a through line principle of any writings we'd like to see from you. The second thing is that any article should be beneficial and informational towards that community goal. The way we try to do adhere to these simple ideals is by asking ourselves, "How does our information apply in that way?", "Is your article impactful to our community?", "In what way is your article impactful? Is it promoting some community spirit, activity, or ties?" Please interpret these guidelines in the ways that are important to you. We know that our views may not agree with other people's views, we welcome different ideas, thoughts and solutions that are solutions based.

We welcome all submissions and we reserve the right to edit for clarity, grammar, spelling etc. the main idea though is to be able to put your work on the tablets and kiosks to share with the rest of the community at large here.

We are working out a way for these submissions to be submitted to us here at Kewanee so that we can put them together and show the immense talents and drive that our community has. The ability to see each other's accomplishments can only serve to inspire each other to reach for more. At least that is the belief that we have. And so, we are asking for you to let us know what's up. Of course there are guidelines that will have to be followed, for example the first thing we'd ask to hear about are any graduations or certificates earned or anything in that space. We welcome all submissions and we reserve the right to edit for



clarity, grammar, spelling etc. the main idea though is to be able to put your work on the tablets and kiosks to share with the rest of the community at large here.

Danville, Taylorville, Centralia, Big Muddy, Dixon, Stateville, Sheridan, East Moline, Illinois River, Jacksonville, Graham, Menard, Pinckneyville, Shawnee, Mount Sterling, Vienna, Robinson, Lawrenceville, Pontiac, Hill, Lincoln, Southwestern, Vandalia, Logan, Decatur, Murphysboro...

This is a call to you, think about some things you could write about. We want to hear from you, all across the state, we know you are trying to do some amazing things and any successes you achieve need to be highlighted!

# THANKS TO OUR CONTRIBUTORS

We' would like to extend a special thankyou to all of our contributors who have gone above and beyond to help make KH possible.

- Mr. Warnsing, E.F.A.
  - Ms. Cambron
  - Ms. Coulter
  - Ms. Trigg
  - Ms. Scott
  - Mr. Afolabi
- The Financial Lit Guy
  - Ms. Wisniewski
  - Warden Jackson
  - AWO Carothers

# THE KEWANEE HORIZONS TEAM

