

WANTED  
HORIZONS  
VOL. 31





# KEWANEE HORIZONS VOL. 31 PG. 2



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WHITE=KLSRC CONTRIBUTOR  
**ORANGE=OUTSIDE FACILITY  
CONTRIBUTOR**





# RESTORATIVE JUSTICE

*KEWANEE LSRC* has agreed to allow us, 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 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 within a larger society.**

Merriam-Webster's Collegiate Dictionary Eleventh Edition



# 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.



# Some Facts About: The Irish

What is Ireland known for? An abundance of green landscapes, a proud literary heritage, and a passion for sport might come to mind. But that's not all:



Happy  
St. Patrick's  
Day!

✧ The first fact you need to know is that the island of Ireland is split into two: The Republic of Ireland and Northern Ireland. (The latter is part of the United Kingdom, along with Scotland, England and Wales.)

✧ Ireland is incredibly proud of its literary heritage. Some of the greatest writers in the English language have hailed from the island of Ireland in recent centuries. And its literary culture remains very healthy today. Consider the dandyish wit of the Victorian playwright, Oscar Wilde. Then there's the formidable intellectual works of literary giants, James Joyce and Samuel Beckett. More recently, the late Northern Irish poet, Seamus Heaney, delighted and moved audiences with his Nobel Prize-winning verse.



✦ It's a bit of a stereotype that **the Irish enjoy a drink or two**. Just like Scotch in Scotland or wine in the Mediterranean, Irish whiskey and ales have a diverse history and a large following of very serious connoisseurs. Dublin's **Guinness Storehouse** is a place where you can experience the history of Ireland's beer culture. It's the site where Guinness – Ireland's most famous beer – was brewed, stored, and fermented.

✦ **Ireland's music** is diverse, wildly popular globally, including U2, Sinéad O'Connor, and Van Morrison.

✦ **Ireland is the only country in the world to have a musical instrument as its national symbol**. As a testament to the country's love for music, Ireland boasts a harp as its national emblem. It dates back to the 13th century.

✦ **The 2 most popular sports in Ireland** are entirely homegrown. The first is Gaelic football, in which 15 players from opposing teams kick or punch a ball into their opponent's goal. Interestingly, it's one of the last strictly amateur sports in the world. The second is hurling, an ancient Gaelic game that's again played with 15 players, this time controlling the ball with sticks known as "hurleys". Hurling claims to be the world's oldest sport.

✦ **Ireland is the most successful country in the Eurovision Song Contest**. The nation has won a massive 7 times since the contest started in 1956. However, it has finished in the top 10 only once in the last 14 years.

✦ **Halloween was invented in Ireland**. The roots of Halloween can be traced back 2,000 years to the Celtic Samhain festival,





which celebrated the end of summer.

✧ **Ireland has the largest percentage per capita of red-haired people of any country in the world.** Over 10% of the Irish population are estimated to have red hair. That compares to about 1% in Southern Europe, for example.

✧ **It's estimated that there are 30,000 castles and ruins in Ireland.** While Blarney Castle and Bunratty Castle are among the most famous, you can see literally thousands more. This staggering number is likely the result of Ireland's tumultuous history of conquest and unrest.

✧ **St. Patrick** is the most famous Irish in the world. Yet, he wasn't actually from Ireland! He was born in Wales and sent to Ireland as a missionary. At the time, Protestants were

taking over most countries in Northern Europe. The Catholic church felt the need to "protect" Ireland from protestants and sent St Patrick on a mission. He quickly became a bishop and the patron saint of Ireland. His death is celebrated each year on St. Patrick's Day which is on the 17th of March.

✧ Ireland is one of the rare places in the world where you can't find any snakes. According to the legend, St. Patrick chased them into the sea after they started attacking him. Although this is a beautiful tale, scientists disagree with that. According to the science community, the reason why there aren't any snakes in Ireland is geological. The island of Ireland was disconnected from the mainland during the ice age. At this time, there were no cold-blooded reptiles. They only appeared later on. (It's the same thing





for other islands in the world such as Hawaii.)

✦ Here is a bit of a surprising fact about Ireland as the Irish themselves are known to be open-minded people: however, **there are simply no female Leprechauns**. You can check all the books where they appear, they are always male.

✦ **The Irish do not stay in Ireland**, it is part of their culture and beliefs to leave. Mostly to countries like the USA or Australia. A couple of centuries ago, over 1 million Irish left to take their chance in America. At the time, it was a quarter of the population. The Irish are everywhere and it's normal for an Irish to have part of his/her family all over the globe. They know what it is to leave so they know how to welcome. There is a general feeling of love towards foreigners in Dublin and Ireland in general.

✦ Spellbinding, awe-inspiring, and often painful too, **Ireland's complex history of emigration** is something to behold. Perched on the edge of the Atlantic, Ireland has forever been a place from which people have set sail in search of opportunity and discovery. Remarkably, for example, Irish monks were early settlers of Iceland, back in the 12th century.

✦ **Ireland is home to 18% of born-foreign citizens** which means that 1 person out of 5 was not born Irish. With this kind of cultural diversity comes an open-minded spirit. Also, immigrants in Ireland are extremely mixed and from all backgrounds which avoid having one group being the target of racism. Immigration is a very important part of the Irish culture.





✦ **Legends are a very important part of the Irish culture** and are transmitted from generation to generation for thousands of years. Knowing, believing in and inventing stories is something that the Irish cherish and that's why they developed such an incredible imagination. They love making up and telling stories. This spirit still exists today, the perfect example of it being the Pat Noise plaque on O'Connell Bridge in Dublin. In 2004, a commemorative plaque to Father Pat Noise appeared on O'Connell bridge, **Dublin**'s most famous bridge. On the 10th of August, people started bringing flowers to the bridge to commemorate the death of this hero that Father Pat Noise was. It's only a couple of years later that the city realized that the plaque was installed by two brothers as a joke and that Father Pat Noise never existed. The portrait engraved was of their own father and the name was an anagram. But because Irish people have an amazing sense of humor and most of all, they always love a good story, they actually congratulated the two brothers for pulling off such an amazing prank. The plaque has been on the bridge ever since!



### APOLOGY CORNER

We'd like to apologize for not attributing the article titled "Black is a Vibe" to its author, Mr. Brandon Bell in Volume 29, in addition to making him mail in a Meme Caption Submission to Kewanee LSRC, when he himself is a resident of Kewanee LSRC. We'd also like to thank him for being a founding member of Book Club.





# PEER LED SHOWCASE

The Lady and Gentlemen that you see pictured above are the very people that help make our vision come to life. These individuals dedicate their time and effort to help teach our fellow peers things that are much needed in their personal development in life, which we anticipate will inspire us all to step up and do the same. We are beyond appreciative for the submissions we've received from other facilities, and other peer educators, and it's truly a wonderful thing to see. We all lead by example, and the example that we've set with these peer-led classes show that we are more than determined to prove our worth. We are all leaving behind a roadmap to success, and for all of those that are involved, to everyone that makes this possible, our gratitude cannot be expressed in simple words.

However, thank you to **Everyone**, and please, keep up the good work!

**Trust me, it's not going unnoticed.**



# BIG ROB'S ROOFING GROUP

## LESSON EIGHT GAMBREL ROOFS:

### Construction Details and Dimensions for Gambrel Roofs

Figure 47-23

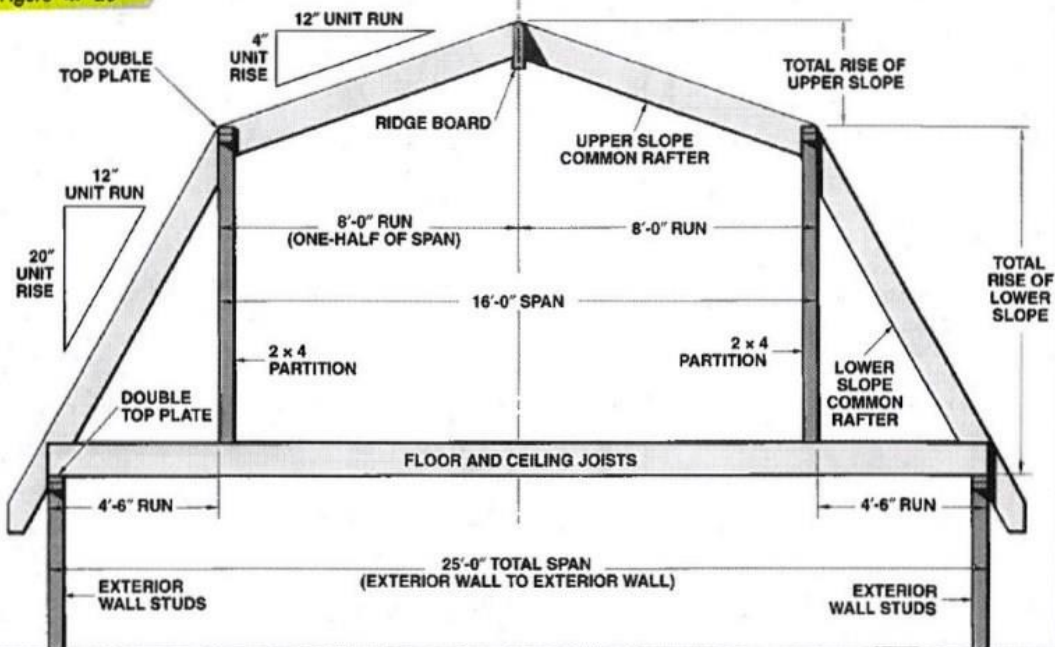


Figure 47-23. A gambrel roof is essentially a gable roof with a double slope on each side. Note the walls supporting the meeting points of the upper and lower rafters. The length of the rafters for the lower portion of the roof is based on a 20" unit rise and a 4'-6" run. The length of the rafters for the upper section is based on a 4" unit rise and an 8'-0" run.

Welcome back to another lesson from Big Rob's Roofing Group. This time we are talking about gambrel roof systems. Also I'm adding something new at the end of each lesson, I'll be putting in a "roofing tip." Ok let's "go."

A gambrel roof is basically a gable roof with double slope on each side. The double slope is created by two common rafters that meet between the top of the wall and ridge. The rafters must be supported either by a wall or by purlins and posts where the rafters meet. The meeting point of the upper and lower rafters in this gambrel roof

# BIG ROB'S ROOFING GROUP

are supported by walls.

## Calculating Length of Common Rafter

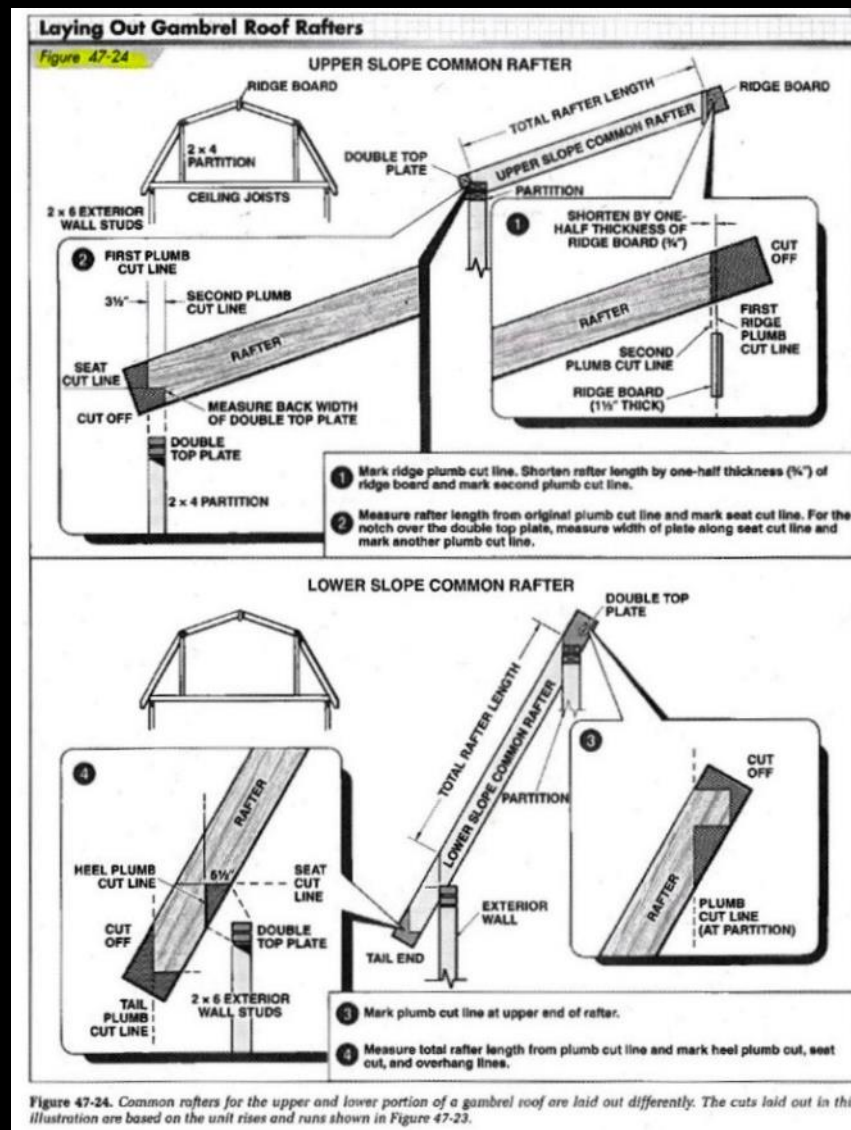
The procedures used to calculate the length of common rafters for gable roofs also apply to common rafters for gambrel roofs. The length of rafters for the upper portion of the roof is based on the total run for the upper portion and length of the rafters for the lower portion of the roof is based on the total run for the lower portion.

## Laying Out Common Rafters

For laying out common rafters for the gambrel roof shown in figure 47-23 (previous page). Angles for plumb cuts are marked at the ridge, tail, and heel of the common rafters. A seat cut is marked where the rafter rests on the wall. Finally, the overhang cut is marked.

## Constructing Gambrel Roofs

If the attic space provided by a gambrel roof is to be used for a living area, the subfloor should be installed before roof framing begins. The two outside rows of subfloor panels should be held back or cut so the seat of rafters can be easily nailed to the top of the wall plates. One recommended procedure for framing a gambrel roof is





# BIG ROB'S ROOFING GROUP

shown here in figure 47-25. Now let's talk about a shed roof.

## Shed Roofs

A shed roof has only one slope. Common rafters for shed roof are marked on each end for seat cuts where the rafters will rest on the two opposite walls of the building. The rafters are also marked for overhang cuts on each end. The length of the common rafters is based on the unit rise of the roof and the total run. The total run for a shed roof is the width of the building minus one wall thickness. Here is a procedure for laying out a shed roof.

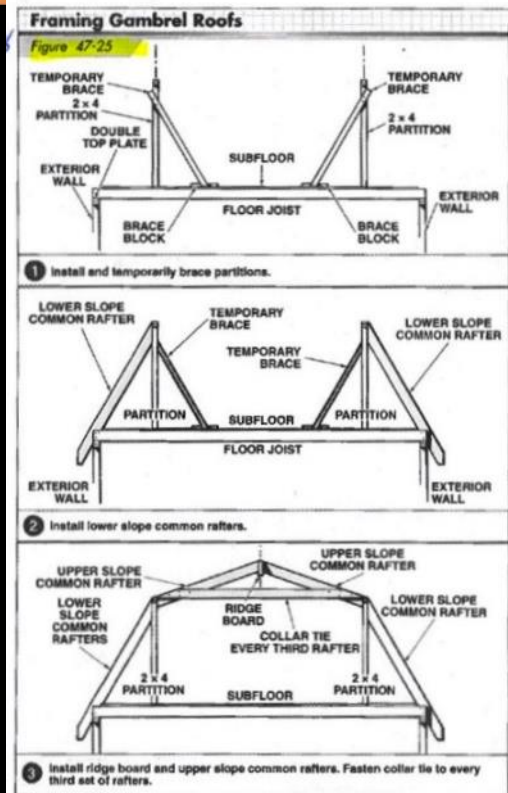


Figure 47-25. When constructing a gambrel roof, the lower portion of the roof is constructed first. If the attic space is to be used for a living area, the subfloor should be installed before the roof is constructed.

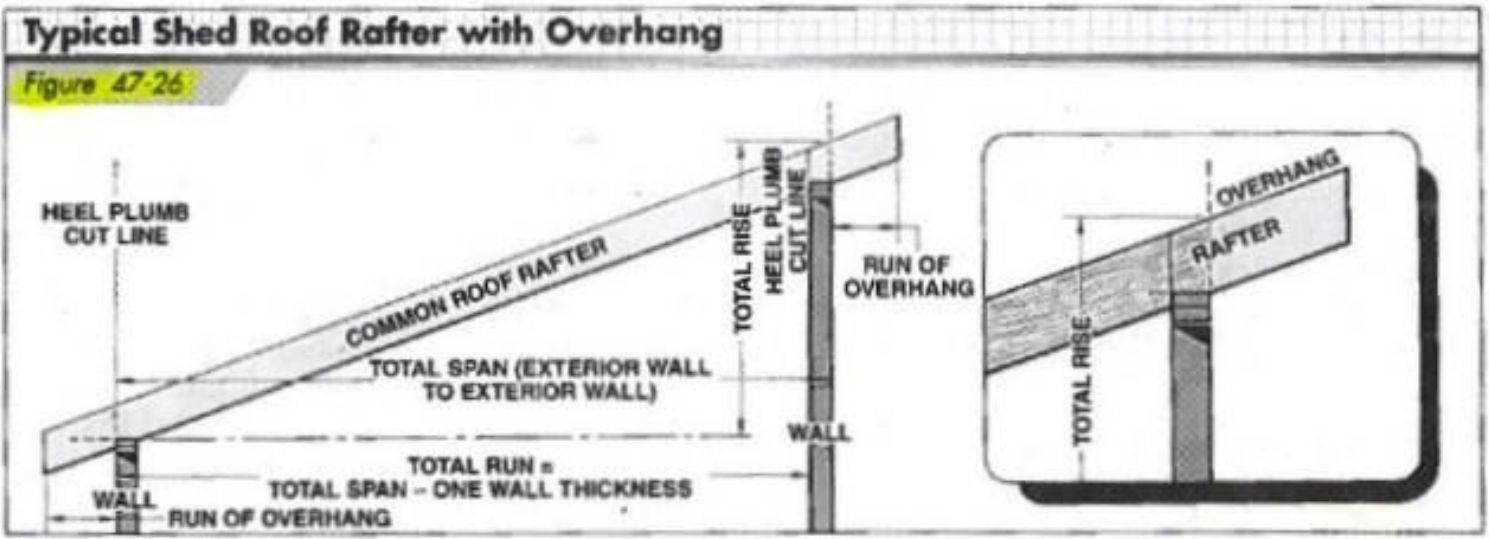


Figure 47-26. A shed roof has common rafters with overhangs at each end.

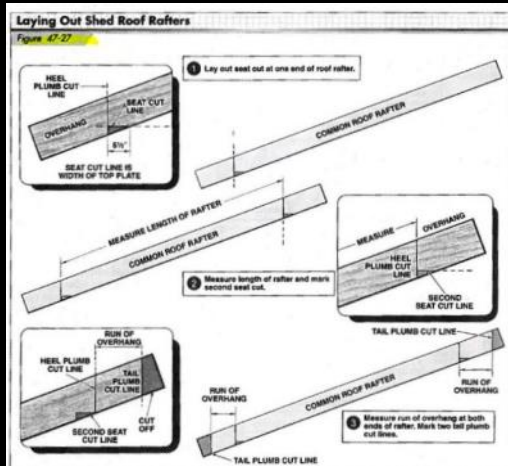


Figure 47-27. When laying out common rafters for a shed roof, the length of common rafters is based on the unit rise and total run of the roof.

# BIG ROB'S ROOFING GROUP

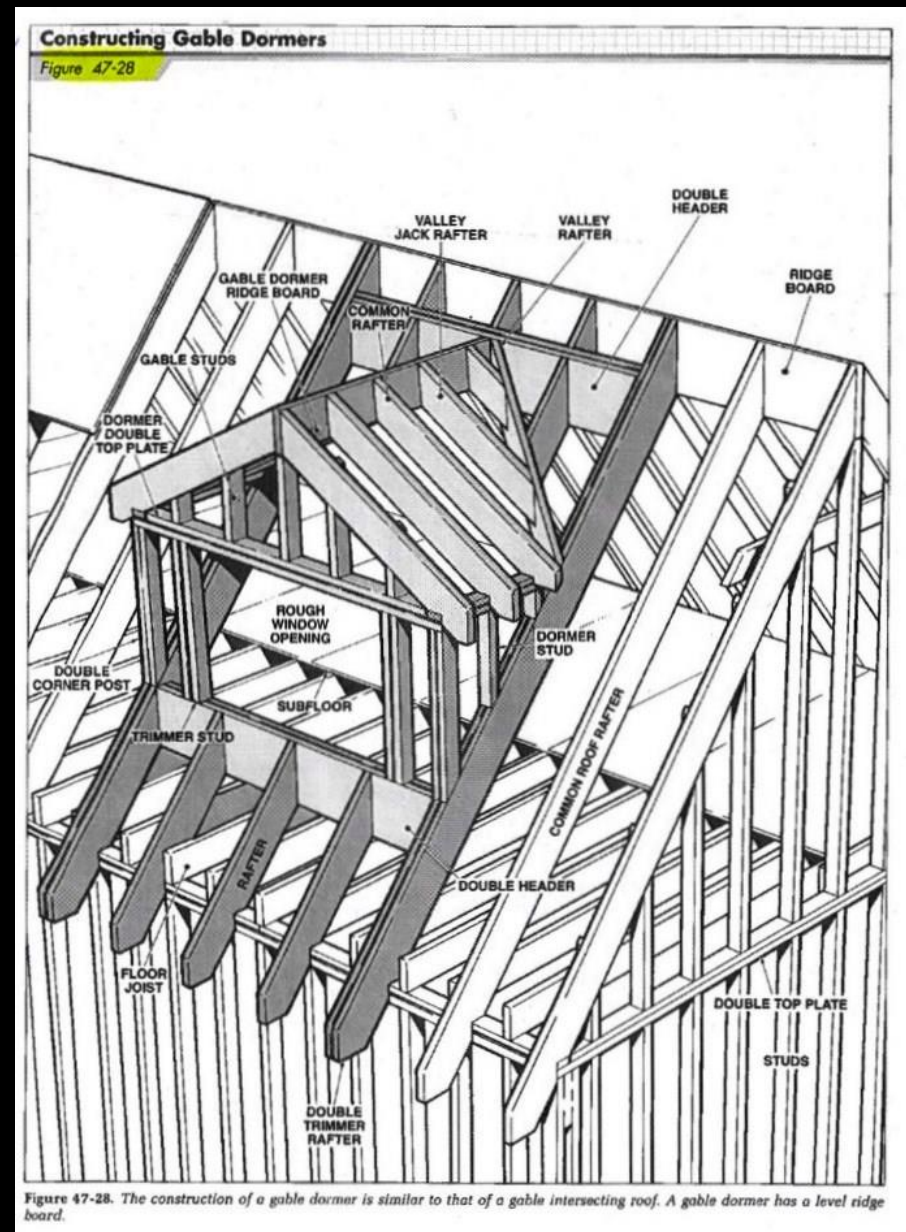
## Dormers

Dormers add space and provide light and ventilation to a one-and-one-half-story house or to an attic area. Dormers require a roof with a steep slope and high ridge. Gambrel roofs are particularly well suited for dormer construction.

Most dormers are of gable or shed design. The construction of a gable dormer is similar to the construction of a gable intersecting roof. The gable dormer consists of a ridge board, common rafters, valley rafters, and valley jack rafters.

The front wall of a shed dormer is usually directly over the exterior wall of a building. The dormer rafters extend from the main ridge. They must be pitched enough to shed water and snow.

When an opening is framed for a dormer roof, the rafters on both sides of the opening are doubled. Also, double headers are placed at the top and bottom of the opening. The orig-





# BIG ROB'S ROOFING GROUP

inal purpose of a gambrel roof was economy; the less pitched upper section required less lumber than would be needed if the steeper section was extended to a peak. Dutch gambrel roofs use shorter upper slope common rafters. Queen Anne gambrel roof rafters extend close to the ground.

“Here’s a roofing tip”

Have a 5-gallon pail with a rope attached to put extra hand tools in. Tie the rope to the top of the ladder and also use the rope to tie-off the ladder

“Tip #2”

Keep at least one hand on the ladder side rail when climbing, not the rungs which require letting go of the ladder.

Thank you for reading another lesson from Big Rob’s Roofing Group. Remember, knowledge is power! Next we will start talking about hip roofs. See you then and God bless!

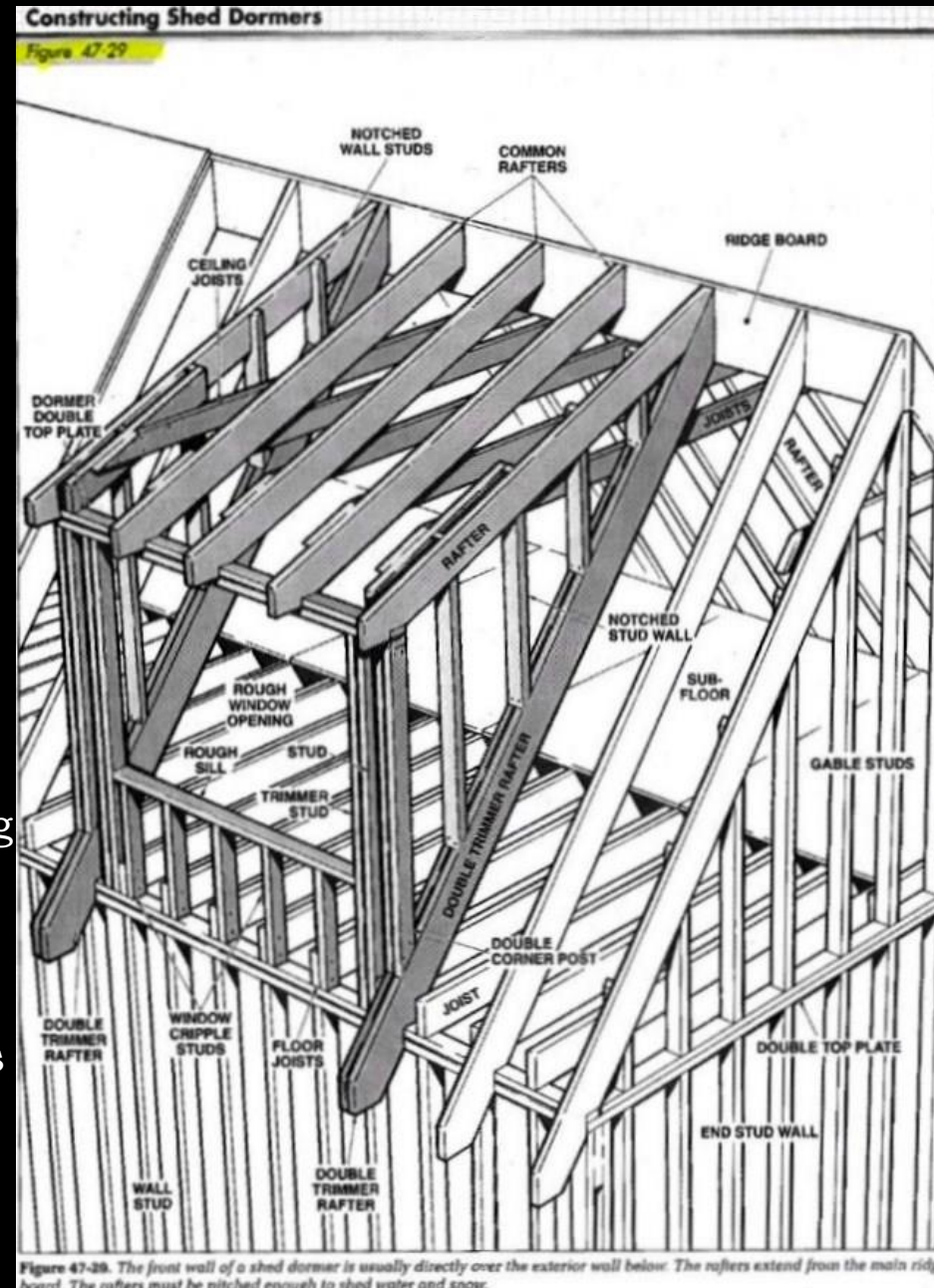


Figure 47-29. The front wall of a shed dormer is usually directly over the exterior wall below. The rafters extend from the main ridge board. The rafters must be pitched enough to shed water and snow.



# The Market Corner: Stocks vs. Bonds

Here at the Market Corner, I usually discuss the stock market with you, but what about bonds? As a matter of fact, what are bonds? How do they work? Let's take a look. First of all, a bond is a loan given to a company or government by an investor. When a company or government issues a bond, they borrow money from an investor and in return, the investor is paid a specific amount of interest on the money being borrowed. Companies and governments issue bonds for a variety of reasons, such as covering ongoing expenses or possibly funding a new project, just to name a few. Investors buy bonds to preserve the money they already have, while generating additional income.

Bonds are viewed as a less risky alternative to stocks and are sometimes used to diversify a portfolio. Bonds are generally issued in \$1000 increments, referred to as the bond's "face value" or "par value". The amount of interest



**ROBERT "BULLDOG" KENNEDY**





paid on the bond by the issuer is called the “coupon rate”. Bonds can range anywhere from a couple of months to thirty years. Bonds with an expiration date, known as a “maturity date” of less than a year are called “commercial paper” or “treasury bills”. Bonds with a maturity date of one to ten years are called “treasury notes”, while bonds with a maturity date of ten to thirty years are just called treasury bonds.

Let’s look at an example of a bond purchase. Let’s say I purchased one \$1000 10-treasury note with a “coupon rate” of 4%, essentially loaning the US government \$1000 of my money for the duration of ten years. The government will pay me 4% or \$40 ( $.04 \times 1000 = 40$ ) annually. Payments are usually split into two per year, so I would receive \$20 twice a year ( $20 \times 2 = 40$ ) for ten years, reaching a total of \$400 (40 dollars X 10 years = \$400). After ten years, the maturity date will be reached and the bond issuer, in this case the US government, will return the original \$1000 they borrowed from me, fulfilling its obligation by repaying me the full amount of money I loaned them with interest ( $\$1000 + \$400 = \$1400$ ). This deal worked out for both the government and myself. This is clearly a long term investment tool, with regularly scheduled payments and the return of the original investment amount in full over a ten year period. This, in my opinion, is a pretty safe, conservative way to invest. Stocks are driven by the many forces in the market and are generally less predictable. However, not all bonds are safe. Government bonds are pretty much money in the bank. Government bonds are considered low risk and offer a lower coupon rate than corporate bonds. Corporate bonds are a bit riskier because some companies can and will go



bankrupt. When a company goes bankrupt this is considered a default. However, companies that go bankrupt have to pay bond holders before stock holders, if there is any money left after the company goes bankrupt.

Corporate bonds typically represent a greater risk of default. Usually, the higher the coupon rate the riskier the company may be. The company might offer you a 10% coupon rate for a bond with a 5 year maturity date, but will the company even be around long enough for you to get all your investment back in 5 years? If it sounds too good to be true, it probably is. There are credit agencies that rate the default risk of corporations such as S&P, Moody's and Fitch. There are generally two grades of bonds: Investment Grade Bonds and High Yield Bonds. A bond is considered to be what is known as "fixed income" because the coupon rate is locked in or "fixed" for the entire life of the bond. Bonds are bought and sold through brokerage firms such as Charles Swab and Fidelity but can also be purchased directly through the website [www.treasurydirect.gov](http://www.treasurydirect.gov), online. I hope this helps you understand and perhaps decide whether or not bonds are something you may or may not be interested in. I just want to inform you of other possible opportunities there are to help you create and sustain wealth. Stay encouraged. Stay invested.

**I hope to catch you again soon on the Market Corner!**



**FLOOR - LAYING - INTERIOR - PAINTING**



**F.L.I.P.**



**FLOOR - LAYING - INTERIOR - PAINTING**

**F.L.I.P**

**(Floor Laying and Interior Painting)**

**(By Brian Lehnert and Britt Craig)**

**F.L.I.P** is dedicated to bringing you the information you need to be successful when you are released. Creating your own business, will create generational wealth for you and your family (if done right), so here are the basics on how to start and run your own company. Follow these steps, because this is exactly what I looked up out there on the internet to get started with my painting business.

**Getting started**, Illinois has a website about starting a business @ Illinois business startup guide. The 1st thing you need to do is choose a business structure, and register your company name. Decide what business structure you want to register your business as. These are typical options for small businesses:

- Sole proprietorship- This means you run your operations alone and want complete control over your business.
- Partnership- your opening your business with 2 or more people who are still legally considered self-employed.
- Limited Liability Company (LLC)- you run a medium or high risk business, and you want to protect yourself from personal liability.
- Corporation- this means you will actually have shares in your company you can sell,( I had an S-Corp)

**You can register your business in Illinois @ <http://tax.illinois.gov/business/register.htm>**

- Pick a name for your business



**F.L.I.P.**



- Buy a domain-I recommend godaddy.com but there are a few different domain retailers out there. The Domain is what people type in to go to your website (like Google or apple.com)
- Create a logo
- Get a Business License
- A business license is what legally allows you to run your business- NO EXCEPTIONS.
- The specific kind of license you will need will vary from state to state, so contact your local chamber of commerce or to the Small Business Administration to find out what you need.
- Licensing and registration can cost between \$75 and \$400 per year. You will need to display this license when needed.
- File for a Federal EIN #- An EIN is like a social security # for your business. You'll need this to file taxes and to get a business bank account.
- Set up accounting and bookkeeping
- Open a business bank account to keep your businesses' finances and assets separate from your personal ones. This is the first step to easier bookkeeping, and it's a requirement if you decide to incorporate your business. A separate account is also important for monitoring business cash flow so you can pay overhead costs, yourself, and your employees or subcontractors.
- Purchase general liability insurance

There are 2 types of insurance you will need to be concerned with;

**General liability**- this insurance covers and protects you in



**F.L.I.P.**

case someone tries to sue you, or if there's an accident that results in property damage (like spilling paint on the carpet, or knocking over a fish tank) To get a million dollar coverage is going to cost you around \$600-\$800 a year.

**Worker's compensation**- this covers injuries to you or one of your employee's if they happen to get hurt on the job, (such as falling off a ladder or shooting their self in the foot with a nail gun) But this insurance is very costly, and it varies from company to company.

### Marketing

Sign your company up with online companies, these will send you job leads in your area, and then you have to go do your estimates, and pay a fee to these companies, but there is also a lot of competition out there;

Thumbtack; Home Advisor; Craftjack; Angi's List

### **Other marketing Options:**

With a brand new business you will have to work extra hard to find clients to hire you. Here are some of the best, low cost marketing strategies:

- Create and order business cards
- Create and pass out flyers door to door
- Create a craigslist account and market on there.
- Create magnetic signs with your phone # and company name, to stick on the side of your car.
- Buy signs for when you're working on a house, you can put your signs in their front yard, and the neighbors will come talk to you on the spot or call you later



# F.L.I.P.



- Networking/ Word Of Mouth is your best marketing skill, so it is important to always do the best job possible, because one bad review can ruin you. You want people talking, and let your work speak for itself
- Start a referral program and reward clients for spreading the word about your business
- Create your own brand of work clothes for you and your employees, that represents your company wherever you're working
- Get dedicated phone # and an E-Mail address. There are free E-Mail options available, or you can use a custom name after the @ symbol if you've purchased a domain name for your website.

**Here are a few ways to build an online presence:**

- Create a Facebook business page and share before and after pics, client reviews, and discounts on services.
- Create profiles on Instagram and LinkedIn
- Claim your Google my business listing
- Make a simple website (using online website builders like Wix or Squarespace)
- Create listings on online directories like Yelp, Houzz, Home Advisor, or Angi's List

Decide whether you want to hire Sub-Contractors or Employee's

Sub-Contractors- are great for projects that require specific skill sets, and they are responsible for their own insurance and tools.

Employees on the other hand, will stay with you on a consistent, permanent basis- so you have a team you can train and grow with.



**F.L.I.P.**

**Decide what types of services to offer:**

Choosing what services you want to offer will help you hone your skills, focus on your marketing strategy and save you from promising work that you're not prepared to do

**For example; here are some types of Painting Services I would offer:**

- Interior Painting
- Exterior Painting
- New Construction
- Repaints
- Remodeling
- Staining
- Drywall Repairs
- Wallpaper removal
- Metal door painting
- Decks
- Pressure washing
- Commercial
- Industrial
- Property Management
- Accent walls
- Cabinets

**Equipment you will need to run a successful Painting Company:**

- Brushes
- Rollers
- Paint trays
- Drop cloths
- Sandpaper
- Painters tape
- Scrapers
- Ladders
- Caulking gun
- Pressure washer
- Paint Machine
- Tape measure
- Poles/sticks
- Utility Knife
- 14-in-1
- Rags
- Painter's pants
- Screwdrivers

Well, guys and girls, here are the basics you need to start your own business when you get out of here. I recommend you definitely researching all these matters more thoroughly before you do. It is better to work for yourself. Learn a trade your good at, and develop and hone your skills, and be the best at that one thing, and you will be straight for life, I promise. Starting your own company doesn't cost much, but you have to do it right. Follow these steps, and it will help. Blessings to you all...



# I AM MY FUTURE

Although time and education has changed me, I still remember where I came from. Those moments of pain and pleasure of my childhood into adulthood will always stay with me. They are what keeps me forever moving forward, in the hope that I may make a difference.

My reality is today, yet my past is what taught me about tomorrow's sorrows. About my concept of right and wrong, and about the consequences of my actions. Where I came from does not define me, but guides me, does not confine me, but frees me, does not belittle me, only strengthens me. It is only one moment in time in my steps of yesteryear. It is only where I've been, not where I am going. It is only of memory, to be viewed in perspective, and left as an objective.

My future is uncertain, tomorrow's promise, yesterday's unwritten message, and as I step forwards in time alongside the brighter continuance of choice, I realize, that in life the shackles of the past can only speak as loudly as a whispered warning. I take heed, and believe, that my definition continues to be written as I travel one moment at a time, one step into the concept of the past being a test of mine. I am... **MY FUTURE!**

By: Manuel Enrique Aceituno





# EMCC BAND







# KEWANEE HORIZONS VOL. 31 PG 27

My name is Miguel Rocha, I am taking the time to write this because I want to encourage every individual to take advantage of L.T.A programs if available in your facility. If instruments are available, pick them up and jam out!

Every concert we do is one more achievement for every individual that participates in the Spanish band, because it takes commitment, responsibility and dedication to give a good performance for all the individuals that go to see us play live music straight out of East Moline.

## Current Band Members are:

- **Jonni Romano, Singer/Guitar**
- **Danny Lopez, Drummer/Singer**
- **Miguel Rocha, Bass/Singer/Drum**
- **Victor Mendoza, Keyboards/Singer, Guitar**
- **Victor Nunez, Singer/Percussions**
- **Ericsson Julio, Guitar/Singer**
- **Rigoberto Lopez, Drummer**
- **Gilberto Montes, Sound Engineer/Singer**

And finally I want to thank our A.W.P Ms. Allen, Mr. Kirby and Mr. Sellers for allowing us to do what we love to do which is play live music for everybody in East Moline. Spanish Band (Los Bravos Del Tambo) concert coming up soon on March 2nd and 3rd!

# Shawnee CC Library

Exciting news . . . Shawnee CC is now completing its second book for its book club. For Black History month, the book that was chosen was *To Kill a Mockingbird*. Furthermore, I wanted to add that the library worker has adapted KHs concept of PVG (peaks, valleys, and gratitude) into the book club that was written about in the horizons. Book club members cannot state that the peak is the book club or they are grateful for the book club. They have to answer each week with different answers.



Anthony Ellis M49525

The book club is a refreshing escape from the constant chaos, negativity, and folly of this environment. For the brief time that we meet every week I feel as if I am back in regular society and valued as an equal and seen as a human being.

Andrew McDonald B84784

Someone told me not long ago about the importance of the library and how it is one of the only places where individuals in custody can choose where they want to go. By picking up a book we can travel to the past, to the future, and that's what the book club is to me a group of men talking about our travels, sharing our life experiences, and helping each other grow



# Shawnee CC Library

This month Shawnee CC Library held a poetry contest for Black History Month. The winner was Antwone Williams

So I guess I wasn't suppose to remember me	But Beneath these Wings are Remedies For Generations to Come
Seeing that I am of a Heritage that is of a stolen identity	Were they will fly been all of our Forgotten identities!
Librarians of knowledge I had words deep as the Atlantis But you took advantage of what I've established	So I guess, I wasn't suppose to remember me?
But I guess I wasn't suppose to remember me?	By Antwone Williams
Being that you've robbed me of my Belief, dreams, goals and Memories	

Forgotten

CELEBRATING

**BLACK  
HISTORY  
MONTH**





# YOUR VISION MATTERS

By: Maurice Jones

If you could define “vision” in your own words, what would it be? How can you utilize “your vision” to promote the life you want to live? Does it empower you? And, if you lack “vision”, what does that mean for your future? I’ll never forget having this discussion in one of the Building Block classes at Danville when the program first started. I remember a group of younger guys who were serving short sentences and they were getting ready to re-enter society without analyzing a real plan for themselves. I could relate because I served 18 months without analyzing anything and returned shortly back to prison eight months later.

At that moment, I realized that my biggest mistake before leaving prison was the “lack of vision” and the “maturity” it takes to make wise choices on evaluating who I was as a man.







For me, vision is a creative way to enhance yourself or the life you want to live by seeing it within your mind. When I was released from prison in 2011, I felt like believing in images that didn't exist was fairytale and I had to focus on the present. I had to focus on staying alive, clothing, and feeding myself along with being new father, something I knew nothing about. Unconsciously, I was under a lot of pressure and was so clouded by stress that I neglected the time to plan for my future.

Everybody is under pressure trying survive in this economy especially the youth today experiencing the trauma that's life changing on the streets. With time, I had to learn that's nothing new, the sun will continue to rise in the east and set in the west. I knew I wanted something more than a prison cell or working a job living pay check to pay check. I needed to find myself, I had to embrace my trials and tribulations, understanding that my life served a bigger purpose. I had to utilize "the power of my vision" to see beyond the appearances of the present and look towards the possibilities of who I am or what I could become as a man.

That could be challenging for a lot of us that are dealing with the everyday stresses of incarceration, it's hard to see beyond the very something that oppresses your growth. Prison is a unnatural place that exists, the environment isn't conducive to positive progression nor our mental health, Yet, prison still exists so if you don't push for transformation and take charge to vision a better life for yourself, "who does it benefit when you fail to plan?" Who does it serve when you see nothing for yourself? We have to push through adversity commit-



ting to our vision because your vision starts out an idea, “made into a reality through action.”

Women are some of the strongest people I know and I had the privilege of witnessing what resilience looks like from my mother. My grandmother lost both of her parents by the age of 12, she grew up on the west side of Chicago at a disadvantage and still was a successful business woman. Sometimes we have to look for success stories from people like us, having a role model or advisor naturally produces guildness. Also, I had to realize that I was already in a position where I was surviving with little to nothing. It doesn't take a whole lot of money, make way with the resources you do have and the rest will follow.

Lastly, being committed to your vision promotes change within your life because your vision requires you to make sacrifices. While everybody is choosing new music on the tablet and commissary, you're investing time wisely at the drawing board. Make sure you prepare for the criticism as well, your vision will encourage you to change up the circle of friends you have. The key thing is understanding that you have to believe in your vision even when people don't see it for you, “you see it for yourself.” You hold the power of forming whatever mental images that gives you a different position, course or direction in your life because your vision matters the most.

**“The best preparation for tomorrow is to be committed to today's work.” - B. R. Jones**





# THE SECOND TIME AROUND

By: Shondell Walker

## GREETINGS:

My soon to be graduates of every curriculum. My name is Shondell Walker. I remember vividly my very first prison that I got sent to in June of 1992. It was Vandalia C.C. Someplace very very far. Coming off of the bus I was greeted with the use of the N-Word by a C/O.

As an 18 year old I was terrified and confused. Yet I did not use this terror nor confusion to allow myself to do what's right by myself or society. Instead, I left prison for work release, I got a job at McDonalds for 1 week and as soon as I got off of work release I dabbled back into what I was accustomed to, an disruptive behavior disorder. One that allowed me to sell drugs, gamble and carry guns again.

3 months into parole I was arrested again, this time for first degree Murder and although I was wrongfully imprisoned, nevertheless, I was sent back to prison to serve a 70 year sentence at 50%. I ultimately ended up at Stateville, Henry Hill, Dixon and of course Vandalia again.



# KEWANEE HORIZONS VOL. 31 PG 34

My emotions were all over the place coming back to Vandalia so in 2021 I stood in orientation and told everyone in attendance that "Something isn't right about this place." I reminded them that Vandalia C.C. is known throughout the world as Clandalia. I was subsequently led out of the auditorium by Denesa Armstrong, an employee at Vandalia. She asked me if I feared for my life and I politely explained to her my feelings.

Through further discussion she told me that, this place is not going to harm you and so I stayed, instead of walking myself to segregation, in that process I was allowed to go to the (Building Block Dorm) and six months later I became a Peer Facilitator tasked with the assignment of teaching the Dorm Curriculum of all sorts. I had already had two prison assignments and all of the staff had gotten to know me very well, I was greeted with so many good mornings that it became common to hear it and of course, I treated the Staff there with respect.

Denesa Armstrong always had a kind word to say about me. Kristi Barber, a lady who Mrs. Armstrong turned over her duties as the person in charge of Building Block to. Allowed us to dig a bit deeper and teach all sorts of curriculum, she was a very kind woman, she listened and was very instrumental in getting us Certificates and material, unlike my first visit to Vandalia, my second time around allowed me to be a Peer Educator of Civics Education, as well as a Facilitator of Building Block, and I sat in on a Web ex with the Cook County States Attorney initiative on resentencing.





# KEWANEE HORIZONS VOL. 31 PG 35

I gave myself a chance at Vandalia, I also earned a year of Goodtime and I learned a lot not only from other Individuals in Custody – shout out to Abdul Riley, but I learned a lot about the Staff and things from Staff.

My second time around was unlike my first, the Warden who was a female walked up to me one day and said I want to get you to Kewanee, at that time, I had too much time to come and so when the criteria changed Mrs. Armstrong not only put me in, but she sent Kewanee a personal recommendation.

Thanks to everyone at Vandalia and all of the Individuals in Custody who were part of Building Block. I am finally in Kewanee and it has by far exceeded my expectations therefore, if any of you are on your second and third bits give yourself a chance and I promise you that if you put in the work, you will see the fruits of your labor, just remember one thing stay the course and do not give up on you the second time around.

**"People tell you the world looks a certain way. Parents tell you how to think. Schools tell you how to think. TV. Religion. And then at a certain point, if you're lucky, you realize you can make up your own mind. Nobody sets the rules but you. You can design your own life."**

**— Carrie Ann Moss**

# MENTAL HEALTH

## URGE SURFING

Urge surfing is a technique for managing your unwanted behaviors. Rather than giving in to an urge, you will ride it out, like a surfer riding a wave. After a short time, the urge will pass on its own.

This technique can be used to stop or reduce drug and alcohol use, emotional reactions such as “blowing up” when angry, gambling, and other behaviors.

**TRIGGER:** An urge is triggered by a person, place, thought, feeling, or something else.

**RISE:** The urge becomes more intense. This may happen gradually or very suddenly.

**PEAK:** The urge reaches its most intense point. It may feel as though the urge will never go away.

**Fall:** The urge loses intensity and eventually fades away.





# MENTAL HEALTH

## How to Practice Urge Surfing

1. Acknowledge you are having an urge.
2. Notice your thoughts and feelings without trying to change or suppress them.

**Note:** It is normal to feel some discomfort during an urge.

### 3. Remind yourself...

- It is okay to have urges. They are natural reactions to addictions and habits
- Some discomfort is okay. I don't have to change it.
- An urge is a feeling, not a "must." I can have this feeling and choose not to act.
- An urge is temporary. Like any other feeling, it will pass on its own.

## Other Skills

**Managing triggers:** Use coping skills to reduce the power of triggers. Know your triggers ahead of time, and have a strategy or skill prepared for each one.

**Examples:** Deep breathing if stressed, eating if hungry, leaving a location if it is high risk.

**Delay & Distraction:** Do something to take your mind off the urge. Every minute you delay increases the chance of the urge weakening on its own.

**Examples:** Go for a walk, listen to music, call a friend, read a book, practice a hobby.

# MENTAL HEALTH

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# PHILOSOPHY

Philosophy is an effort to see how things – not just objects and persons, but also ideas, concepts, principles, and values – hang together. Philosophical questions explore the foundations and limits of human thought and experience. What is there? What can we know? What is good? How should we live? What is a person? What is reason? How do words have meaning? Philosophy can introduce central concepts, key figures, and classic texts so we may broaden and deepen our own understanding as we learn how others have approached foundational questions in the past. An education in philosophy also teaches us to think and write with clarity and precision – intellectual resources that can be very useful to future study and rewarding lives.

## Branches of Philosophy

There are 7 branches of Philosophy, namely, Metaphysics, Axiology, Logic, Aesthetics, Epistemology, Ethics and Political Philosophy. Philosophy is the study of the search for the truth and equally an effort to know the hidden realities/truths about ourselves. As an academic discipline, Philosophy is hardly any different. People who are engaged in studying Philosophy are engaged in a pursuit of asking, answering, and resolving problems.

In a sense, Philosophy is a type of Science, a reservoir of knowledge that can only be understood through thoughtful investigation and study. Read this article to know all about

the branches of Philosophy, the nature of philosophy and more! MA (Doctor of Philosophy)

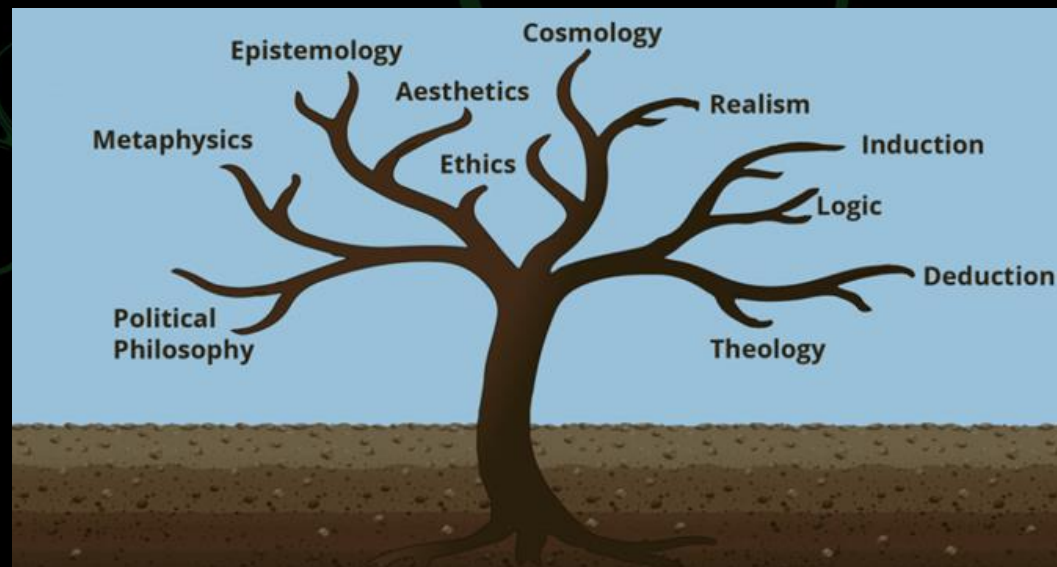
### What are the 7 Branches of Philosophy?

To unburden ourselves from the discouraging task of going through fat books and dense literature on every concept of Philosophy, experts of this field came up with the idea of creating various branches of Philosophy. In this article, we have collated a list of major and much-discussed branches of Philosophy, which have triggered some famous debates in this field.\* (We read some articles and drew upon some knowledge that we have gained through our own studies and we have come up with a short series of articles that we hope give you something to think on and grow with, please feel free to send us some commentary on this or future articles about these concepts, although we are mostly just quoting and passing on information we have found, not elucidating upon our own “new” ideas, thanks.)

### Here are the 7 main branches of Philosophy:

1. Axiology
2. Metaphysics
3. Epistemology
4. Ethics
5. Aesthetics
6. Logic
7. Political Philosophy

Here some details about each branch:







## **Axiology**

Also referred to as the theory of value, Axiology explores the nature of value and its metaphysical aspects. Value Theory is often interchangeably used as Axiology and this branch of Philosophy peruses upon the value of goodness. To put it simply, Axiology looks at the concept of value in terms of its philosophical terms and argues questions about nature and what actually is valued.

## **Metaphysics**

Metaphysics has been a primary area of philosophical debate. It is mainly concerned with explaining the nature of being and the world. Traditionally, it has two different study areas, including Cosmology and Ontology. Cosmology is focused on understanding the origin, evolution, and the eventual fate of the universe, which include laws that keep it in perfect order. On the other hand, Ontology investigates various types of things that exist and their relationship with each other. Much before the discovery of modern science, all the science-related questions were asked as a part of Metaphysics.

## **Epistemology**

Another major component of Philosophy is Epistemology. Going back into history, this term originated from the Greek word episteme which literally means 'knowledge', and the other half of the word logy means 'the study of'. Basically it is about the study of knowledge. What can we know? A fundamental question concerning Epistemology is, what is knowledge? It also asks questions like, can knowledge ever be absolute? Is there a limit for humans to know certain things? If we are living in a world of simulation, how can



we know it? These are some of the essential questions Epistemology seeks answers for.

## **Ethics**

Everyone in their day to day life tries to conduct themselves according to some established ethical norms. This philosophical concept has different applications in a person's real life. For instance, there are certain organizations that have ethical committees which lay down rules of behavior for its employees. Ethics is concerned with the definition of right and wrong. It elucidates schools of thought that instruct us how to act in a given situation, which has always been a matter of contention between philosophers. Every philosopher has defined it according to their own subjective understanding.

## **Political Philosophy**

Combining the two fields of Politics and Philosophy, Political Philosophy studies political government, laws, liberty, justice, rights, authority, political states and systems, ethics, and more. It explores the concepts of why we need governments, the role of played by governments, what are its constituents, amongst others.

## **Aesthetics**

Every person defines beauty as per his or her own perspectives. This philosophical subject is wholly devoted to defining the different aspects of beauty, even its contours. How do we find something beautiful? Is beauty always subjective or can it be objective too? Can everyone find a thing beautiful? It also examines individual taste and attempts to provide answers about these things in a scientific manner. Aesthetic Philosophy's primary topic of investiga-



tion is beauty and art. It is often debated inside its classrooms. It also talks about performing arts like music.

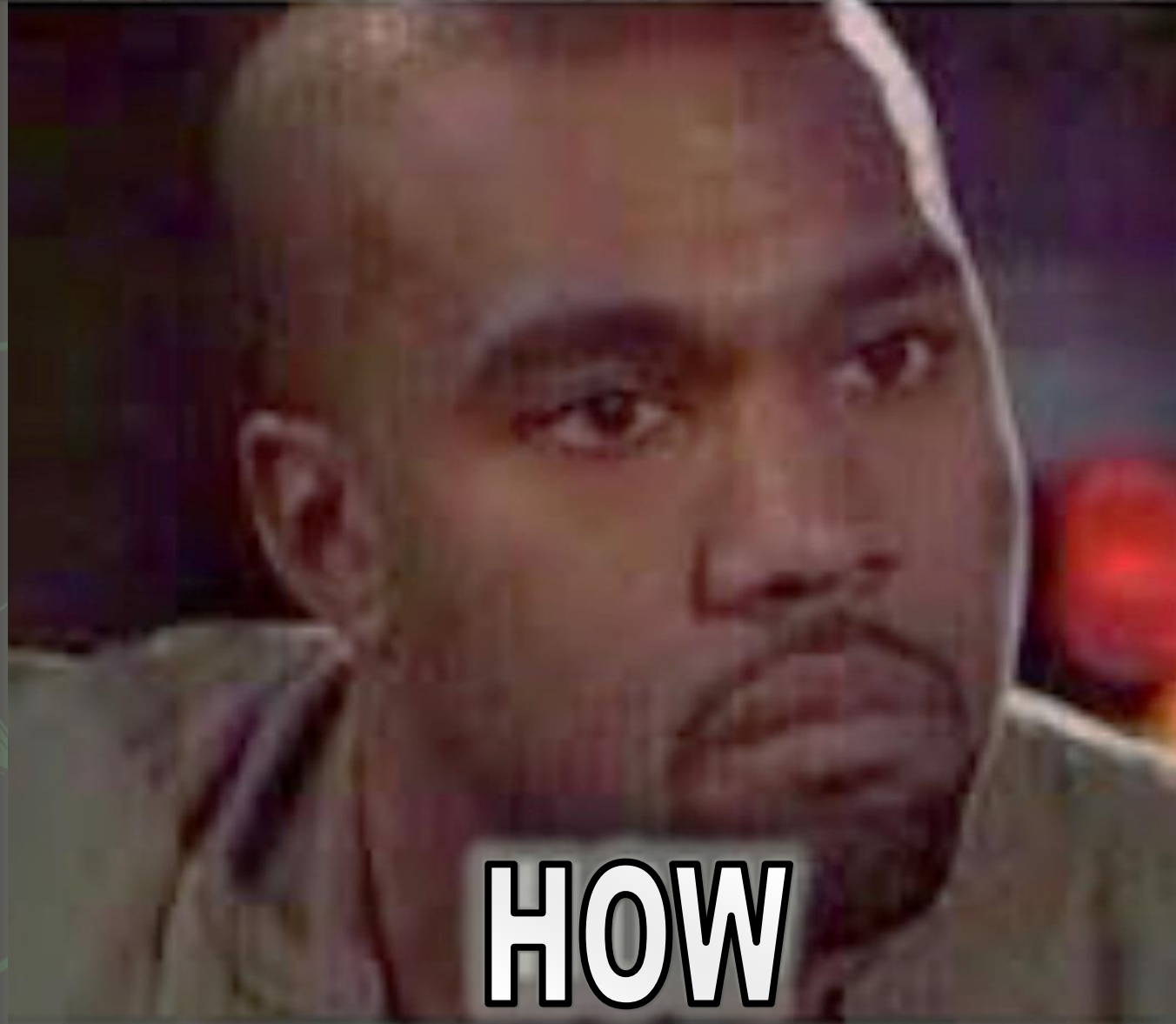
### Logic

We use this word in our commonplace conversations, so we are all aptly familiar with it. People constantly ask each other, “where is the logic behind this or that?”. People even acknowledge a good thought or act by calling it logically correct. Hence, the question arises, what does Science of logic have to do with Philosophy? In logic, we usually construct two sentences which are called premises, and they are used to make a conclusion. This sort of logic is called a syllogism, pioneered by Aristotle.

So, there you have it. This our first in a short (depending on our responses to this stuff) series of articles to try and share some base knowledge about philosophy. We hope to try and bring you some more in depth breakdowns of specific philosophic ideas and thought problems. There have been thousands of years of humans trying to just figure some things out by thinking about them. We hope you can spend some time thinking about things and use this information to formulate and organize your thoughts in new and exciting ways.

**"If you make your internal life a priority, then everything else you need on the outside will be given to you and it will be extremely clear what the next step is."  
— Gabrielle Bernstein**

# COMMISSARY IS OUT OF NOODLES?



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HOW



# KH MEME



## MEME CAPTION

### REQUEST

HEY EVERYONE! WE WOULD LIKE TO TAKE A SHOT AT NEW MEME CAPTION REQUEST. WE KNOW YOU ALL ARE THE FUNNIEST PEOPLE YOU KNOW, AND WE'D LIKE TO BE ABLE TO THROW YOUR CAPTION TO THIS MEME IN A FUTURE ISSUE OF KEWANEE HORIZONS.

WE RECEIVED A WHOLE BUNCH OF HILARIOUS MEME CAPTIONS FOR THE LAST ONE WE DID AND WE APPRECIATED EVERYONE WHO SENT SOMETHING THROUGH. OUR COMMUNITY IS THE SOUL OF KH AND WE NEED TO HEAR FROM YOU, (EVEN COMPLAINTS,) SO THAT WE CAN DO BETTER FOR US ALL. THANK YOU TO EVERY ONE OF YOU!



# THE ADVENTURES OF J-DAWG



DAMN, I'M TRAPPED.

I'M STILL LOOKING INTO IT.

DID I GET IT?

HUH?

YOU IN LINE FOR LUNCH?

NAH, I'M TRYIN' TO HOLLA AT MRS. SCOTT

OOH, MRS. SCOTT. MY GOOD-TIME!





**Aries:** The new moon happening now is looking rather delectable for you. For a start, it's taking place in your love zone. Cue new beginnings with anyone and everyone in your life that you care about. Plus, it's triggering lucky Jupiter in your sign. This really could be your lucky week.

**Translation:** Look through your e-mail contacts and reach out to someone you haven't talked to in a min.

**Taurus:** Are you willing to do the work emotionally and mentally for a happier life? The energies this week are urging you to start all over again when it comes to your daily routines so that they're healthier and you're more functional. A little bit of meditation will go a long way.

**Translation:** Bored with chasing the phone, playing cards and watching TV? Try writing some letters, playing chess and reading!

**Gemini:** Truly, you have fun written all over your chart right now. The new moon this week is triggering your fun zone. Be more creative, get out and have some fun, do what lights you up. Plus, expansive Jupiter in your social life zone means more friends and more invitations.

**Translation:** Go play some basketball next yard. That jump shot weak asl but you'll have some fun.

**Leo:** Now's the time for you to change the way you think. Have you fallen into negative thought patterns? Once you start to listen to your self-talk, you might be surprised at how often even you, put yourself down. Change that and new worlds will open up for you.

**Translation:** Start telling yourself some daily affirmations!





**Virgo:** There's a new moon this weekend that's triggering the lucky planet Jupiter. It's also making you the lucky sign in some ways. Reason being, these two astrological events are straddling your two money boxes. In other words, things really are looking up for you financially. Remember, hard work usually pays off.

**Translation:** **Someone finna hit yo books! Cha ching!!\$**



**Libra:** You truly have great stars this week. There's a new moon which means it's time for you to start all over again in terms of.. Everything! Forget about the past and see this period in your life for what it can be—happier and feeling more loved.

**Translation:** **Somethings been blowing you lately, leave it in the past and keep it moving, it's not worth your attention!**



**Scorpio:** After everything that you've been through in the past couple of years, do you think there might be a little bit of room for some self-help in your life? Perhaps a little bit of mediation or contemplation? Being more magical and intuitive? Your stars are urging you to get more cosmic.

**Translation:** **Ain't no shame in choppin' it up with Mental Health.**



**Sagittarius:** This week be sure to write down 3 wishes. Choose the most important wish and turn it into an affirmation as though it has already happened. For example, "I love my new job and my new job loves me," if you're job hunting. Keep saying it. Magic is possible now.

**Translation:** **Set some goals, write em' down, MAKE IT HAPPEN!**





**Capricorn:** Some signs get all the luck, and this week you're one of the luckiest signs. The new moon is triggering your ambitions zone. This is great news for you since Capricorns tend to have big plans. Go forward! Meanwhile your home life looks good, too. Life really can improve.

**Translation:** **Waiting on a joint transfer? New celly? New Job? Something good is coming your way, be ready!**



**Aquarius:** Your stars this week are asking you to find a balance between where you are now and where you want to be. Making the most of your current situation is crucial. Don't take anything for granted on the home front.

**Translation:** **Not happy at work? Buck for a new job!**



**Pisces:** As the planet Mercury retrogrades in your love zone, it's a really good time for you to get back in touch with people you've not seen in a while. Reach out to someone this new moon where you could find everything works out for the best. Extend the hand of friendship.

**Translation:** **Did one of your homies stop writing/emailing? Give them a call! They've been busy but they still wanna hear from you.**



**Cancer:** You have all the elements needed to be a happy Cancerian this week. The new moon is triggering a precious part of your chart; the one that's connected to home and family, and where you feel you belong.

**Translation:** **You may be on lockdown but you can still knock out a lot of that to-do list!**

# STATEWIDE CALL OUT



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.





# STATEWIDE CALL OUT



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!**





## MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

**Kewanee Horizons Editor, KLSRC**

**ATTN: EFA Mr. Warnsing**

**2021 Kentville Rd.**

**Kewanee, IL 61443**

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

- **DO** try to have someone official from your facility contact EFA Mr. Warnsing before you send anything through the mail, they may be able to e-mail it directly to him at **doc.kewaneehorizons@illinois.gov**
- **DO** try to stick within the ideals we have tried to promote in your article, namely Community and Restorative Justice principles, i.e. how the subject of your piece is community related and affected, stay positive
- **DO NOT** expect to have whatever you send, however you send it, returned to you under any circumstances
- **DO NOT** write to any individuals in custody at Kewanee Horizons directly, or indirectly if you are in prison, incarcerated, locked up, doing a bit or anything in that direction
- **DO** write to or e-mail our liaison E.F.A. Mr. Warnsing if you are a free person in the free world and would like to submit something for possible publication
- **DO** understand, your submission is not guaranteed publication in Kewanee Horizons, we have internal and external guidelines that we adhere to



KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

[doc.kewaneehorizons@illinois.gov](mailto:doc.kewaneehorizons@illinois.gov)

TELL YOUR FAMILY AND FRIENDS TO SCREENSHOT THIS PAGE AND SHARE IT TO THEIR SOCIAL MEDIA WITH THE HASHTAG:

**#KEWANEEHORIZONS**

THEN LIKE AND SHARE THE POST!



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IDOC HOME PAGE → CLICK "ABOUT" → CLICK "NEWS"  
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# WILLIAMSBURG HORIZONS VOL. 31

