



KEWANEKE

VOLUME 34

HORIZONS





KEWANEE HORIZONS

VOLUME 34 PG. 2



- 1) COVER PAGE
- 2) TABLE OF CONTENTS
- 3) RESTORATIVE JUSTICE
- 4) MISSION STATEMENT
- 5) DANVILLE C.C.
- 6) BLACK HISTORY MONTH
- 7) REVIEW: 2023
- 8) EIU GRADUATION
- 9) @ DANVILLE C.C.
- 10) HANGIN' TOUGH
- 11) FOUNDATIONS FOR LIFE:
- 12) TAKING THE LEAD
- 13) GRADUATION
- 14) GRADUATION
- 15) GRADUATION
- 16) GRADUATION
- 17) GRADUATION
- 18) GRADUATION
- 19) GRADUATION
- 20) GRADUATION
- 21) GRADUATION
- 22) IRISH-AMERICAN HISTORY
- 23) IRISH-AMERICAN HISTORY
- 24) WOMEN'S HISTORY
- 25) WOMEN'S HISTORY
- 26) WOMEN'S HISTORY
- 27) WOMEN'S HISTORY
- 28) WOMEN'S HISTORY
- 29) WOMEN'S HISTORY
- 30) PEER LED SHOWCASE
- 31) CDL GROUP LESSON
- 32) CDL GROUP
- 33) CDL GROUP
- 34) CDL GROUP
- 35) CDL GROUP
- 36) KH KITCHEN
- 37) KH KITCHEN
- 38) PHILOSOPHY PT. 4:
- 39) THE EPICUREANS
- 40) THE EPICUREANS
- 41) THE EPICUREANS
- 42) THE EPICUREANS
- 43) THE EPICUREANS
- 44) THE EPICUREANS
- 45) THE EPICUREANS
- 46) THE EPICUREANS
- 47) MENTAL HEALTH
- 48) MENTAL HEALTH
- 49) MENTAL HEALTH
- 50) THE MARKET CORNER
- 51) THE MARKET CORNER
- 52) ADVENTURES OF J-DAWG
- 53) TRIVIA Q AND A
- 54) TRIVIA Q AND A
- 55) HOROSCOPES
- 56) HOROSCOPES
- 57) HOROSCOPES
- 58) STATEWIDE CALLOUT
- 59) STATEWIDE CALLOUT
- 60) SENDING US SUBMISSIONS
- 61) SOCIAL MEDIA PAGE



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.**



KEWANEE HORIZONS

VOLUME 34 PG. 4



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.



DANVILLE C.C. BLACK HISTORY MONTH REVIEW 2023

The LTS department at Danville C.C. has completed one of its most successful Black History Months to date. LTS staff partnered with 8 Black History Month committee members from the population to offer programming that was just as enjoyable as it was meaningful. The list of events and programming offered included:

- 1) Screening of black history movies in the chapel, followed by discussions
- 2) Presentations on the Bill of Rights, entrepreneurship, the culture of poverty, freedom, and self-healing
- 3) 2 Guest Speaking Events involving 5 different speakers (1 previously incarcerated speaker)
- 4) Basketball League Tournament
- 5) Dodgeball Tournament
- 6) Art Contest
- 7) Slam Poetry Sessions
- 8) MLK Speech Re-enactment Concert
- 9) Rap Concert
- 10) The playing of several Black-centric movies on the institutional channels



KEWANEE HORIZONS

VOLUME 34 PG. 6



Individuals in Custody Pictured with 3 of our guest speakers (Far Left: Johnny Page; Middle: Yaacov Delaney; Far Right: Orlando Mayorga)



Orlando Mayorga | Reentry Policy Coordinator –
Justice, Equity, and Opportunity Initiative | Office of Illinois Lt. Governor Juliana Stratton
Yaacov Delaney | Office of Illinois Lt. Governor Juliana Stratton
Johnny page | Office of Illinois Lt. Governor Juliana Stratton



KEWANEE HORIZONS

VOLUME 34 PG. 7



RAP PERFORMERS



Black History Month Rap Performers and MC's (Left to Right: Keith Roberson, Trey Hamilton, Chuck Brost, Jovan Jones, Brady Wakeland, Dionte Wells, Jaquarion Scott, Lamont Ware)



ETU GRADUATION!



Left to Right: Anthony Jaynes and William Jenkins make remarks as they graduate with their degrees from Eastern Illinois University

For the second time in program history, in cooperation with Eastern Illinois University, Danville Correctional Center hosted a college graduation. Anthony Jaynes and William Jenkins both received their bachelor's degrees in Interdisciplinary Studies.





KEWANEE HORIZONS

VOLUME 34 PG. 9





HANGIN' TOUGH COMPETITION

RULES

- ◆ OVERHAND GRIP
- ◆ NO GLOVES/STRAPS
- ◆ MUST USE STRAIGHT BAR
- ◆ MUST BE TIMED BY AN LTS WORKER
- ◆ FEET MUST NOT TOUCH THE GROUND

KLSRC RECORD HOLDERS

DEMARIO BOLDEN	2 MIN 30 SEC
JAMES HUDSON	2 MIN 20 SEC
ERIC HENDERSON	2 MIN 08 SEC
DERRICK SMITH	1 MIN 45 SEC
TYRONE JONES	1 MIN 41 SEC
R. BOLLINGER (STAFF)	1 MIN 36 SEC



**KEWANEE HORIZONS WANTS TO KNOW WHO'S GOT THE STRONGEST GRIP IN IDOC.
THIS COMPETITION IS OPEN TO BOTH STAFF AND INDIVIDUALS IN CUSTODY.
HAVE YOUR LTS SUPERVISOR SEND US THE TOP 5 TIMES.**



KEWANEE HORIZONS

VOLUME 34 PG. 11



GRATITUDE

Students of the Taking the Lead course are thankful to: Ms. Donna V. Wemer, Josh Motley and Cliff & Sue Parrish for a day to remember. On March 4th, Freedom From Within Organization brought two guest speakers in to speak before students of the Taking the Lead course here at Kewanee.

Ms. Donna V. Werner, Founder and Executive Director of Dorcas Destiny International (D.D.I.); and Mr. Joshua Motley, Christian Church Pastor and Youth Mentor. Both spoke for an hour encouraging us to develop plans before paroling.

Mr. Josh Motley spoke about his upbringing and transition to becoming a Pastor to his Church. His testimony was unique, that it mirrored so many of us who ventured out into the street to find trouble and he spoke of his faults in life, but how he thanked God for the transformation in his heart to be a Servant of the Kingdom. He mentioned that when he preached, he used stories from the Bible in updated, relatable ways.

Ms. Donna V. Wemer informed everyone about her non-profit organization, Dorcas Destiny International, which helps, assists and supports disenfranchised neighborhoods in Kenya. The money raised helps feed school students and children, and it helps develop learning programs like gardening, sewing and crocheting. The adults who completed these programs teach young children in the neighborhood and at local schools how important having these skills are. Ms. Donna V. Wemer showed photos of “her kids” gardening the fields, eating meals and creating wonderful African themed garments and art pieces with needle and thread.

The following week, March 11, 2023, the Freedom From Within Organization graduated its “Taking the Lead” class.



BY: MARCUS HARRIS





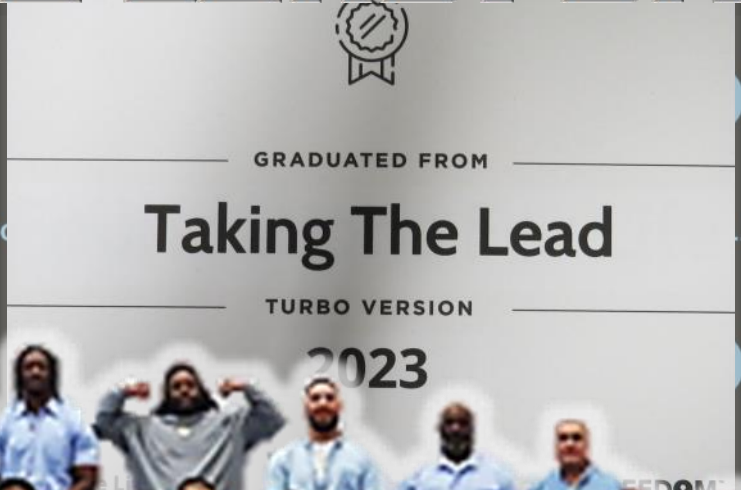
KEWANEE HORIZONS

VOLUME 34 PG. 12



FREEDOM FROM WITHIN

TAKING THE LEAD: GRADUATION



FREEDOM
FROM WITHIN



FREEDOM
FROM WITHIN



CONGRATULATIONS



CONGRATULATIONS



FREEDOM
FROM WITHIN



FREEDOM
FROM WITHIN



CONGRATULATIONS



CONGRATULATIONS





CONGRATULATIONS

By: Ronnie Carrasquillo

So far the Freedom from Within Organization presented 20 Practices and 20 Life Skills through two courses; Foundations for Life and Taking the Lead.

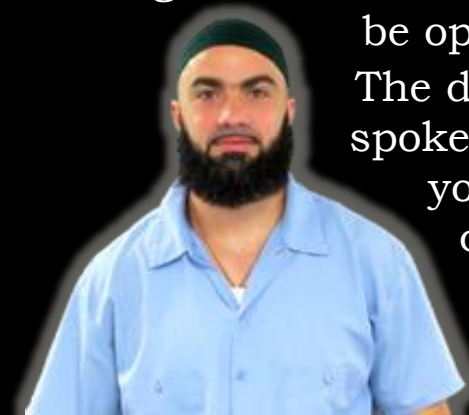
While the students read their statements written on their certificates, I was keenly listening to hear the Practices and Life Skills language come out through their writings. Hearing the many students use the learned terms in their writings show me how attentive they were in doing the course. A special thanks to Cliff & Sue Parrish for bringing John Wright to the graduation where he showed himself to be a great and meaningful speaker. We thank him for his hands-on work; spending time in many of the engage groups to share with the students.

The Kewanee Community thanks Chaplain York, Warden Carothers, Warden Jones and all Staff who do their part in ensuring the success of the program.

Facilitator: Jesse Myers says: "I was skeptical at first about taking the Freedom from Within courses, mainly because it was going to consist of someone preaching to me. I also thought it would be a onetime event, but found out it was an ongoing course. I decided I would be open-minded and check it out.

The day Cliff & Sue Parrish introduced himself to us he said some truths that spoke to me. He said the course would require some dedication and work and if you thought it was easy then you should evaluate if it is worth your time, because his only requirement was that you "Want to want to be here." He spoke about Transformational Rhythms, the power of a team and your individual power within that team.

Team of 10=10% power per person. He said you should be willing to





KEWANEE HORIZONS

VOLUME 34 PG. 14



give 100% of your 10% to the team. He spoke about knowing your truth and being open for facing and hearing your truth from those around you. Cliff said you should consider evaluating your principles and values (which is part of the course work), and you should always be adding value to your life, to help you unleash your one of a kind Masterpiece and help others unleash their one of a kind Masterpiece. He explained that much of the course contained Biblical guidance and if it was a problem to try and “Chew up the meat and spit out the bones.”

I pride myself on bringing an open-minded, humble Muslim man, so my thought was I have already been doing this for quite some time, that is receiving and taking in what is good and useful and leaving the rest.

Through the course, I have gained a better understanding of what areas of Practices & Skills I need to work on. I am currently Deconstructing and Reconstructing my foundation, working on “Life Balance,” and utilizing my network of family, close friends, and authentic friend to keep me on track.

I had the opportunity to participate as an Assistant facilitator in the Taking the Lead course. It was a great opportunity and unique experience. I discovered a good leader first “Shows Up.” One who leads himself well and understands the effects of influence.

This course teaches the importance of anticipating the future and preparing for it by adjusting expectations and not reacting to things in a negative way when they happen. In the past couple of months I have really begun to think about how I lead myself and what characteristics and traits I have that are worthy of being emulated by others. We are all mirrors to those around us. Let us all think about what mirror it is we are looking in; who or what do we aspire to be like, and learned much more and hopefully in the future I can share more. I am enthused to take the next course, Thriving Teams; seeing what it has to offer, thanks to Allah.”



KEWANEE HORIZONS

VOLUME 34 PG. 15



STUDENT: Patrick Brunt says: “It was a privilege to be a part of the 2023 Taking the Lead course. I didn’t expect the gain as much from the course as I did. Taking the Lead reshaped my mind frame and way of thinking when it comes to leadership.

First I had to know what leadership really is, and that can be summed up with one word: Influence! If you have influence, you have leadership. Influential Leadership! Throughout the course, I was able to attain the knowledge, understanding, and grasp of the full concept of leadership, and learn to not only lead effectively but also further expand my influence throughout the world.

The course teaches five Practices of Taking the Lead, each Practice paired with two Influential Skills. Self-Leadership is the first Influential Skill, and I feel it is the most important skill because this is the foundation of leadership, which is ironic because self-leadership is paired with the Practice Foundation Building.

I realized I needed to have this skill before any other, because unless I lead myself intentionally and consistently well, I would not be able to lead anyone else. That may sound like common sense but as the saying goes, all sense is not common. So I had to become more aware of how well I was leading myself. And results of leading myself well consist of “Controlling my feelings and overcoming my weaknesses, pursuing what I think is right despite temptation to abandon it, making myself do things that should be done.”

With the solid foundation of leading myself well, I am an authentic mirror for my family, friends, co-workers, business partners, and everyone I come across on my journey through life, and am hopefully someone they would like to model in the near future.

I am encouraged to take the next course provided by the Freedom from Within Organization because the Practices & Skills pointed out to me the need to learn more and be able to apply what I am learning every day.”



KEWANEE HORIZONS

VOLUME 34 PG. 16



WORDS WRITTEN BY: Chad Combs



I just finished the course called Taking the Lead. Which is perfect since often in life my bad decisions come from someone else leading or my poor leadership skills. This class was a guide to help aid in the transformation of what is detrimental to my success in life.

Some of the Influential Skills hit home for me. A huge one, one that I consider a stepping stone, is Self-Leadership. I must be able to move correctly and be able to make life-altering decisions in the blink of an eye. Oftentimes in environments such as the one I am in, a bad decision is easy to make. I must be able to play the tape all the way through.

Personal Openness is another one that comes to mind. If I am being true and authentic to all those I come in contact with, then my integrity shines through. I become another one of the skills on the list which is Role Modeling. In that I continue to progress each day, to not let my learning become stale or stagnant. Becoming the change I wish to see.

Effective Communication was a skill I learned a lot about. Communication is not all about speech, but also about actions. It is about finding a common language between me and everyone else. Some people just want to be heard, they are not looking for feedback. To figure out the audience, the language is critical to succeed and becoming the Masterpiece I was intended to be. This is not all the Skills I learned, but one thing I can say: it is constant and learning is forever.

Looking back I can see I was selling myself short. The biggest problem with that was I didn't even realize I was selling myself short. This class gave me the tools I needed to not only see my shortcomings but also the tools to work on them.

I am grateful for this course and look forward to the next block in my foundation for life.



KEWANEE HORIZONS

VOLUME 34 PG. 17



SHARING HIS VIEW: Michael R. Lee

Kewanee was designed to help those of us who have been out of society for many years and prepare to become productive members of our communities upon our release.

A big part of this is we need to leave as much of this prison experience, or prison mindset, behind us as we can. This program teaches us how to actively go about doing that more than any other program I've been involved in.

This program encourages us as men to learn how to open up and learn to talk through our daily issues with someone we trust. It has shown me and other men that opening up and actively seeking help is not weakness like we as men have been taught our whole lives. This is a character building program that will in the end help us to not only be able to get a job, but most importantly keep a job. We all know it's the keeping the job that will help us to not come back.

Cliff told us at the start he can teach anyone how to get a job, but our character is what will make sure we keep the job.

The only way to truly assure that people do not re-offend is to change their minds. To change their way of thinking. The bible calls it the renewing of the mind. That is what this program is all about.

I would like to encourage the Administration to not only consider but to actively try to find a way for this program to become a permanent part of the Kewanee experience. I want to thank all who were involved in making this pilot program possible. I believe I'm all the more ready to successfully return to society after participating in the first half of this program and am looking forward to the second half.





KEWANEE HORIZONS

VOLUME 34 PG. 16



EARL PROPER'S PERSPECTIVE:

Hello everyone! I would like to share my personal experience and growth after completing the first half of the course provided from the Freedom from Within Organization.

Foundations for Life and Taking the Lead has taught me many valuable intra-personal, inter-personal, and influential skills that are essential for everyday life. Some of these skills include Self-Leadership, Personal Openness, Role Modeling, Effective Communication, Servant-Leadership, Self-Awareness, Positive Attitude, Purposeful Living and Self Discipline.

The Freedom from Within Organization has helped me to identify areas within myself that needs improvement and focus on making the changes before I can become the true authentic version of myself. I see how these courses has greatly impacted everyone involved and I strongly encourage everyone that has the opportunity to take this course, to do so.

I am excited about starting the next section of the course here shortly. I want to personally thank Cliff & Sue; plus all the Staff at Kewanee for allowing us the opportunity to participate in this life changing program. Thank you for your time.

Three things in life – your health, your mission, and the people you love.


That's it.

—Naval Ravikant—



KEWANEE HORIZONS

VOLUME 34 PG. 19

GRADUATED FROM

Taking The Lead

TURBO VERSION

2023

Kewanee Life Skills Re-Entry Center

FREEDOM
FROM WITHIN





KEWANEE HORIZONS

VOLUME 34 PG. 20





KEWANEE HORIZONS

VOLUME 34 PG. 21



TAKING THE LEAD: GRADUATION





IRISH HERITAGE MONTH

ERIN GO BRAGH

WRITTEN BY: ANONYMOUS, THE WRITER OF THIS ARTICLE GETS NO LOVE!

Or: “Ireland Forever,” as the saying goes. Irish-American History is a complex and fascinating subject that spans several centuries. The Irish have a long and storied history in America, dating back to the early Colonial period. From the earliest days of America the Irish have played a significant role in shaping the country’s history and culture. Irish immigrants arrived here in the early 17th century. By the mid-19th century the Irish had become one of the largest immigrant groups in the country. The Irish were drawn here to America for economic opportunity, political freedom, and religious tolerance.

Despite facing discrimination and prejudice, the Irish quickly established themselves in America and began making huge contributions to American Society. The Irish played a key role in building American infrastructure. Working on projects like the Erie Canal and the Transcontinental Railroad, the Irish also played a significant role in America’s politics with many Irish-Americans serving in elected office at the local, state, and national levels. The most famous Irish-American politician was probably John F. Kennedy, who served as the 35th President of the United States. Irish-Americans have also made significant contributions to our culture, particularly in the areas of literature, music and sports. Irish-American writers such as James



KEWANEE HORIZONS

VOLUME 34 PG. 23



Joyce and Eugene O'Neil have had a profound impact on American Literature. While Irish and Irish-Americans such as Bono and Bruce Springsteen, respectively, have shaped American Pop Music.

In sports, Irish-Americans have excelled in a variety of different areas including boxing, baseball, and football. One of the most famous Irish-American athletes was Babe Ruth, who is widely regarded as one of the greatest baseball players of all time.

Despite their many contributions to American Society, the Irish have also faced many challenges and obstacles. Irish Immigrants were often subjected to discrimination and prejudice, particularly in their early years of arrival, much like African-Americans were. The Irish were often portrayed as lazy, drunk, and violent, and were the targets of violence and harassment.

Despite these challenges, the Irish persevered and established themselves as an assimilated integral part of American Society. All without complaint or claims of victimhood.

**Do not spoil what you have by desiring what you
have not; remember that what you
now have was once among the things you only
hoped for.**
— Epicurus —



WOMENS HISTORY



In light of Women's History Month, I would like to share some interesting facts on Equal Rights and a biography on Ruth Bader Ginsburg. I hope you enjoy.



Women's History Month is an annual observance of women's achievements and contributions to society. It is celebrated in March in the U.S., U.K., and Australia, where it coincides with **International Women's Day (IWD)**, March 8). Women's History Month is celebrated in October in Canada, where it coincides with Person's Day, (October 18) The first IWD was held on March 19, 1911. It was observed by over one million people in Austria, Denmark, Germany and Switzerland. Women participated in hundreds of demonstrations and demanded the right to vote and to hold Public Office. They also protested against sex discrimination in employment. IWD was held on March 8 for the first time in Germany in 1914. The day was intended to promote suffrage (the right to vote) for German women. After that many countries began observing IWD on March 8. In 1975, as part of International Women's year, the UN began officially recognizing and sponsoring IWD on March, and it became a national holiday in even more nations. Today IWD is celebrated in more than 100 countries.

Women's History Month has its roots in the second wave of the women's movement that emerged in the United States beginning in the 1960's. During this period, women sought greater equality in the family, in the workplace, and in Political life. In the 1970's, women historians in the U.S. increased their focus on the contributions of women throughout history. In 1978, a school district in Sonoma County, California, organized a women's history week to promote the



KEWANEE HORIZONS

VOLUME 34 PG. 25



teaching of women's history. School officials chose the week of March 8 to include **IWD**. Women's History week was so popular that in 1981, the U.S. Congress passed a joint resolution requesting the President to make the week a country-wide celebration beginning in 1982.

Over the next five years, Congress continued to pass joint resolutions designating a week in March as women's history week. In 1987, after receiving a petition from the National Women's History Project, congress passed a public law that designated the month of March 1987 as women's History Month. From 1988 to 1994, Congress passed additional resolutions authorizing the President to proclaim March of each year women's history month. Since 1945, each U.S. President has issued annual proclamations to that effect.

Women's History Month has been celebrated in March in Australia since 2000, and in the U.K. since 2011. In Canada, Women's History month has been celebrated in October since 1992. It coincides with a commemoration of the Persons case. The case involved a legal decision on October 18, 1929 that changed the political status of Canadian women. Some other countries celebrated a similar month dedicated to women's achievements. For example, the Philippines celebrates a Women's Month in March. South Africa commemorates a Women's protest march that took place in August 1956 with Women's Day on August 9 and Women's Month in August each year.

EQUAL RIGHTS AMENDMENTS

The Equal Rights Amendment is a proposed amendment to the United States Constitution. It states that men and women must be treated equally by law. The Amendment reads: "Equality of rights under the law shall not be denied or abridged by the United States or any state on account of sex." The Amendment, often called the ERA, was first introduced in congress in 1923 through the efforts of the National Women's Party. This party led by Alice Paul, worked for equality for women. In 1972, after years of nationwide controversy involving state



KEWANEE HORIZONS

VOLUME 34 PG. 26



labor laws, congress passed the ERA. But to become law, a constitutional amendment must also be ratified by Legislatures of three-fourths of the states. Congress required that the ERA, like most amendments passed by congress since the early 1900's, be ratified within seven years. Supporters of the amendment had until March 22, 1979, to obtain ratification by 38 states. But in 1978, Congress voted to extend that deadline until June 30, 1982. By the 1982 deadline, only 35 of the necessary 38 states had ratified the amendment. Since 1983, the ERA has been reintroduced in congress a number of times, but it has not been passed. Critics of the amendment argue that the constitution already guarantees equal rights to women. They claim the ERA would undermine, or weaken, the institution of Marriage, require women to register for the Military Draft, and outlaw protective labor legislation. Supporters of the ERA, including the National Organization for women (NOW), argue that the amendment would not affect personal relationships within marriage. Supporters also argue that, despite the guarantees of the

constitution, women do not always receive equal treatment in education and in the workplace. Passage of the ERA would make unconstitutional all state and local laws that discriminate by sex. :That was some pretty interesting facts, I hope you learned something new from them. Next, I would like to share a biography about Ruth Bader Ginsburg. Also known as:

“R.B.G.”

Ruth Bader Ginsburg has inspired generations of women to break gender





KEWANEE HORIZONS

VOLUME 34 PG. 27



barriers. Even after facing gender discrimination as she pursued her academic goals, Ginsburg forged ahead and became the second woman and first Jewish woman on the U.S. Supreme Court.

Ruth Bader Ginsburg was born on March 15, 1933, in Brooklyn, New York. Born to a Jewish family, her father Nathan Bader immigrated to the United States, while her Mother Celia Amster Bader was native of New York. Ginsburg's family valued education and instilled in her a love of learning. She attended P.S. 238 for elementary school and James Madison High School in Brooklyn before continuing to attend Cornell University. Ginsburg graduated from Cornell with a bachelor's degree in 1954, earning high honors in Government and distinction in all subjects. She was also the college of Arts and Sciences Class Marshal. That same year, she married Martin D. Ginsburg and the couple have two children together. After graduating from Cornell, Ginsburg subsequently started attending Harvard Law School. While at Harvard, Ginsburg was one of only 9 women in a class of 500 students. She often faced gender discrimination and was asked to explain how she felt about taking a spot in the program instead of a man. Ginsburg and her female colleagues were called on in class for "comic relief" and they were even excluded from using certain sections of the library. Ginsburg transferred to Columbia Law School in 1958 for her final year. During her studies, she made both the Harvard and Columbia Law Review. Ginsburg graduated with her law degree from Columbia in 1959 at the top of her class. However, even with all of her academic accomplishments, it was hard for her to find employment after graduation. She explained "In the 50's, the traditional law firms were just beginning to turn around by hiring Jewish people... But to be a Jewish woman, and a Mother to boot, that combination was a bit much." Ginsburg was able to land a position as a law clerk for the honorable Edmund L. Palmieri, Judge of the United District Court for the Southern District of New York in 1959. She served in that office until 1961.



KEWANEE HORIZONS

VOLUME 34 PG. 28



Following her clerkship, Ginsburg began working as a research associate for the Columbia Law School Project on International Procedure. After a year as a research associate, she became the associate director and continued in that position for a year. In 1963, Ginsburg began as a Professor of Law at Rutgers University School of Law and taught classes until 1972. She also became involved with the American Civil Liberties Union (ACLU) and she was central to the founding of their Women's Rights Project in 1971. Ginsburg returned to Columbia Law School 1972, where she became the first woman hired to receive tenure. While teaching at Columbia, she also served as the general counsel for the ACLU from 1973 – 1980 and on the National Board of Directors from 1974 – 1980. During that time, she became a fellow at the Center for Advanced Study in the behavioral Science in Stanford, California from 1977-1978. Ginsburg was appointed to the United States Court of Appeals for the District of Columbia Circuit in 1980 by President Jimmy Carter. She served there for thirteen years, prior to being nominated as an Associate Justice of the Supreme Court by President Bill Clinton in 1993.

She accepted his nomination and took her seat as a Supreme Court Justice on August 10, 1993.

She became the second woman, and first Jewish woman, to serve on the Supreme Court. During her tenure as a Justice, Ginsburg has fiercely advocated for gender equality and women's rights. For example, she wrote the Court's opinion in the *United States V. Virginia* case, ruling that qualified women could not be denied admission to the Virginia Military Institute. She was also a voice of dissent to the Court's decision in the *Ledbetter V. Goodyear Tire & Rubber Company* case, denying a woman's gender pay dis-





KEWANEE HORIZONS

VOLUME 34 PG. 29



crimination claim. Ginsburg subsequently worked with President Barack Obama in 2009 on the Lilly Ledbetter Fair Pay Act to combat pay disparities. At 87 years old, Ginsburg continued to work for gender equality as a Supreme Court Justice.

Ginsburg died on September 18, 2020 due to complications of Metastatic Pancreas Cancer.

Thank you all for taking time to read this, thank you to Horizons for giving me the opportunity to share this information. I would like to take this time to thank the women who sacrificed the most for me. Thank you Mom. I would also like to give a shout out to all the women staff members in IDOC and especially here at Kewanee we see you. We appreciate you and what you do. Thank you!

Written by: Raaid

"Real change, enduring change, happens one step at a time."

— **Ruth Bader Ginsburg**

K.H. is always looking for content like this (especially from our Women readers!), if you have a contribution you'd like to submit about Women's History, or any other uplifting, empowering story, now or in the future, there is no time limit to Women's History especially if you are learning from our peers or you'd like **to teach our community** about the facts and stories that have moved the Equal Rights agenda forward, **PLEASE**, get at us! Check out the "**SENDING US SUBMISSIONS**" page at the end of every volume for ways to get in touch with us! We need to pay tribute to the pioneers that have paved the way to get to where we are now, so we can be inspired to keep pushing forward! Thank you! —**K.H.**



KEWANEE HORIZONS

VOLUME 34 PG. 30



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.



KEWANEE HORIZONS

VOLUME 34 PG. 31



PEER LEAD GROUP

Funding Options for C.D.L. Training

www.careeronestop.com

www.fasas.gov

<https://nationalregistry.fmcsa.dot.gov/NRPublicUI/Drivers.seam>

www.cyberdriveillinois.com/departments/drivers/drivers_license/CDL/cdl.html#medical

Title 49, U.S.D.O.T., CFR PART 383, 384, 390, 391

The Trucking Truth Blog or AllTrucking.com could also be a good start for information.

With trucking schools costing between \$3k-\$7k, it is **important** to know of some alternative financing options. These funding options can take some time to unlock but may be necessary. Illinois requires a driver to complete **160 hours** minimum of school training before obtaining a Commercial Driver's License, and as of February 2022, any one that does not already have a valid CDL, **must** attend an accredited CDL Training School to obtain a CDL in Illinois.

Here are the most common options available to finance trucking school:



KEWANEE HORIZONS

VOLUME 34 PG. 32



W.I.O.A. Grant: The Workforce Innovation & Opportunity Act (*Grant means you don't have to pay it back!*) went into effect in 2015 and supersedes the Work Investment Act (WIA) of 1998. The Workforce Innovation & Opportunity Act is a federal program that provides training and job placement services for dislocated and displacement workers. W.I.O.A. training funds are designed to serve laid-off individuals who are in need of training to enter or re-entering the labor market. To get more information about the **W.I.O.A. Grant** visit www.careeronestop.com (It does take some time, possibly up to 2 months and your participation in some Job Readiness type classes to unlock this funding.)

FASFA: Free Application for Federal Student Aid includes grants and scholarships, which you don't have to payback as well as student loans, which you have to payback with interest. **FASFA** requires that you attend an "Accredited College" to access its funds. If you decide to use this option, it is suggested that you should sign up early in the enrollment year because the funding does run out. The **Free Application for Federal Student Aid** is the starting point for accessing all federal student aid. You can file a **FASFA** anytime between January 1st of the school year when you'll be enrolled and June 30 of the end of that school year. You can file for **FASFA** while incarcerated, but some offenses could exclude you for eligibility. To get more information about the **FASFA** visit www.fafas.gov or you can request a paper copy from 1-800-4-Fed-Aid 1-800-433-3243. WIOA or FASFA may be able to fund the entire cost of the training schools with no out-of-pocket cost to you.

Company financing: Many Truck Driving Company's offer funding for Training. This could mean that you train out-of-state for a few weeks, (keep in mind that out-of-state traveling could pose an issue for some of us). Some company's accept you with just a valid Drivers' License, while others would require you to have a *Commercial Drivers' License Permit*. *With this option keep in mind that many of these Truck Driving Company's require you to **sign and complete***



KEWANEE HORIZONS

VOLUME 34 PG. 33



some type of contract stating that you would work for their company for up to a year, which means they will work you according to their needs, and sometimes ignoring yours. This is Contracted Training, (a Legally Binding Agreement); **you could be responsible for the full cost of this training even if you don't complete the training.** If you don't mind staying on with a company for a year, and/or you need to start earning some money quick as many offer some type of **Signing Bonus and/or Paid Training**, this could be a viable option for funding. An additional advantage is that it gives some of us as an opportunity to just get a fresh start.

Cash option: Paying out of pocket for classes is probably the fastest option; however, remember **you always get what you pay for.** So research these schools to get the best bang for your buck!

It's been advertised that at **Star Trucking School** if you show up to school with a permit in hand that you can actually *drive* that Same Day. So Study the Illinois Rules of the Road & CDL Study Guides!

There are over **51** trucking schools in Illinois alone. If you have someone who can, ask them to **Google Search** to find **Certified Commercial Driver Training Schools** in your area; also ask them to check if they have **Job Placement.**

CDL Training Requirements & Sponsorship Qualifications for the State of Illinois

- Applicant must be at least 21 years of age.
- Have a **valid** US Drivers' License.
- Have no convictions for DUI (drug or alcohol related) within the **past five years.**
- Must be able to pass the IDOT Drug Screening Test and Physical.





KEWANEE HORIZONS

VOLUME 34 PG. 34



During the first few days of the CDL Training Program, student drivers will undergo an IDOT physical examination by an approved Medical Examiner. The US Department of Transportation has regulated certain medical conditions that must be met for CDL Drivers. Below are a few of the IDOT requirements, and all IDOT physicals are subject to the Medical Examiner's discretion:

- Allowed Medications vary. Contact the local IDOT office in your area or have someone visit www.fmcsa.dot.gov for more information.
- Blood Pressure: 140/90 to 159/99 will get you a One Year Certificate, 160/100 to 179/109 will get you a 3 month Temporary Certificate (at the Examiners discretion), and above 180/110 will disqualify you from obtaining a CDL Drivers' License.
- Diabetes: current treatment of diabetes under approved physician. Oral medications are allowed. Insulin injections require completion of form MCSA-5870 by treating physician within 45 days of IDOT physical.
- Blood Sugar Level: A1C test of less than 10% (at Examiner's discretion). Oral medications are allowed.
- Cardiac Issues: No current diagnosis of cardiac insufficiency, collapse, congestive failure, or any other cardiac disease. If you have had previous cardiac issues, you will be required to have an annual stress test and a release from your physician.
- Sleep Apnea: if you have been diagnosed with sleep apnea, you must demonstrate that your condition is under control. You must have an annual sleep study (within the last 12 months) and a release from your physician.
- Vision: 20/40, correctable in each eye. Eyeglasses or contacts are permitted to correct vision.
- Hearing: Must be able to hear a 'forced whisper' from more than 5 feet away in at least one ear. Hearing aids are allowed to meet requirements.



KEWANEE HORIZONS

VOLUME 34 PG. 35



- Other factors or Conditions which **could** prevent you from obtaining the required IDOT clearance at the time of your medical exam include: loss of a limb; recent major surgery; or a current hernia.

In addition to the IDOT physical, you will be required to take an IDOT Drug Screen test upon arrival at the training facility. The Drug Screening test can detect small traces of legal and illegal drug use including:

- Marijuana (even though Marijuana use is legal in Illinois, it is still illegal at the Federal level).
- Cocaine and Crack cocaine
- Amphetamines
- Opiates, including prescription opiates
- Phencyclidine (PCP)

In addition, IDOT requires trucking companies and training centers to administer random drug and alcohol screenings for all CDL licensed and CDL permitted drivers throughout the driver's employment.

160 Driving Academy® has at least 12 different locations throughout the state including Peoria, Moline, Rockford, Waukegan, Chicago Heights, Springfield, Belleville, and Champaign just name a few. There are however, many other driving schools in the state, including many Community Colleges that have certified CDL Driving programs, and at differing price ranges.

Striving to keep you informed on the latest information in the transportation industry.



KEWANEE HORIZONS

VOLUME 34 PG. 36



WII KITCHEN



TURKEY AND NOODLES

By: Milton Jones

I heard someone had problems with Chicken Alfredo and Turkey Noodles. Don't worry, I got you. The recipes I'm sharing are guaranteed to work in any institutional kitchen, and I've already made the shortcuts for you.

It's best to cook the Turkey one day prior to preparing your meal. Place turkey inside pot with enough water to cover. Bring to boil over high heat. Adding chopped celery and onions is optional. Next, add cornstarch and cold water in bowl and stir until mixture resembles milk, set aside.

Cook noodles inside separate pot. When close to done, shock noodles with cold water or ice to fully stop the cooking. Add cold noodles to turkey and bring back to temp. Thicken with cornstarch mix and adjust seasoning with black pepper and very little salt if needed.

Taste food as you go because you can always add but never take away. Add carrots and peas for color.



Tips from KH Kitchen

There's something magical about homemade biscuits, fresh from the oven. Biscuit dough is usually kneaded just a few times to blend the mixture together. Over mixing will cause the biscuit to be tough.

CARMEL APPLE PEANUT BRITTLE/PAYDAYS

By: Brian Lehnert

2 Packs of Caramels

1/2 Bag of Peanuts (If big bag or 2 small bags peanuts)

1 apple Cinnamon Oatmeal Pack



1) If you're in a joint lucky enough to sell caramels on commissary, then open 2 bags of caramels, and place into an empty rice bag. Close bag airtight, place in a regular hot pot and melt for 20 minutes.

2) Take the bag out, and smash up caramels in bag, add the apple cinnamon oatmeal pack, and knead together for a few minutes, combining the oatmeal throughout the caramel.

3) Put the bag back into the hot water for another 20 minutes, add peanuts and knead again for a few minutes combining evenly all the ingredients.

4) Dump mixture into a bowl, flatten out, cut pieces or just eat. Hot or cold. Share some with a friend, cause its so good.





PHILOSOPHY

PART 4: EPICUREANISM

Welcome once again. Thank you once again. We are going to do the best we can to keep this Philosophy section running as continuously as possible. We hope you are getting something out of it and that you are thinking of what your writing is going to sound like when you put your piece together to let us know how you are trying to apply a specific philosophy to your life, whether that looks like a specific classical school of thought, the writings of a particular philosopher or even your own learned lessons from your lived experience as a human being on planet Earth. This volume we are going down the rabbit hole of the Epicureans and Epicureanism, pretty exciting huh? Let's go:

“No pleasure is a bad thing in itself, but the things which produce certain pleasures entail disturbances many times greater than the pleasures themselves.”

Epicureanism is an ancient Greek philosophical system founded by Epicurus in the 4th century B.C.E. After Epicurus' death, Epicureanism became one of two major schools of thought in the Greek world, alongside Stoicism. Along with the more analytic side of the philosophy dealing



KEWANEE HORIZONS

VOLUME 34 PG. 39



with the nature of the universe, matter, and the soul, Epicureanism, like Stoicism, included many practical recommendations as to how to live a good life.

Epicureanism is best known for its theory of value, namely that humans are ultimately driven by the pursuit of pleasure and the avoidance of pain and that a good life is a pleasurable life. In this view, there is no objective value system that exists independently from human experience. For Epicureans, all human action is motivated by pleasure and pain. In cases where this seems untrue, it is simply because what humans find pleasurable or painful is differs greatly amongst people and isn't always obvious.

Epicureanism differs from hedonism, because it has a specific definition of pleasure:

Pleasure is what comes of meeting our desires, or is the lack of desires all together (a state of tranquility or ataraxia), which is the highest pleasure of all.

For Epicurus, there are different types of desires, with different qualities of pleasures associated with their fulfillment:

There are natural necessary desires, like the desire for water, food, sleep etc., which cannot be eliminated, but can usually be fulfilled with relative ease. There are natural non-necessary desires, such as rich foods, comfortable beds, and beautiful art.

According to Epicureanism, pursuing the fulfillment of these desires should be avoided, because as we fulfill them they continue to grow and soon our desire for luxury can become untenable. Epicureanism holds the same to be true of passionate love and sex and marriage is discouraged. If we come to constantly need the best food, or beds, or entertainment, or sex, it leaves a much greater chance that we can't have those things at the levels which we come to desire them.



KEWANEE HORIZONS

VOLUME 34 PG. 40



In that case we are left with unfulfilled desires, which cause us pain.

The third is vain desires, which are socially driven desires like fame, power, and money. These desires cannot ever be completely fulfilled, one can always be more powerful, richer, more famous, so we should destroy these desires.

So, despite the common use of the word Epicurean as relating to the enjoyment of fine food and beverage, Epicurus' desire based system of value leads to the unexpected conclusion that the good life is an extremely simple life of meeting basic needs and seeking the tranquility of being free of desires.

Friendship is strongly recommended by Epicurus, who apparently said,

“Friendship dances around the world bidding us all to awaken to the recognition of happiness.” (Vatican Sayings, 52)

Interestingly, Epicurus promotes a type of friendship that involves taking in that friend's pain and even laying your life down for them, which seems to chafe against the value system he has set out. Epicurus maintains, however, that the benefits of a trusting friendship, and the pain of the lack of it, make the chance that it will cause pain or even death worth it. Epicurus goes a little beyond this though, uncharacteristically claiming friendship is an “immortal good.”

Other than this, however, the idea of any “universal good” or “ultimate purpose” for humanity is absent from the Epicurean philosophical view. This is in part due to his theory of the universe as being composed of only atoms and space. In his view, there was no ethereal, non-physical substance that could make up a soul or disembodied mind. The human mind, rather, resides in the chest and is made up of atoms, and when we die, those atoms break apart and our mind ceases to



KEWANEE HORIZONS

VOLUME 34 PG. 41



exist. So, even if the Gods, or some Platonic form of perfected morality existed, they would have to be non-physical (immortal and indivisible), and Epicurus maintained that non-physical and physical substances cannot interact. The mind, therefore, has only the information it gains from sensory experience to provide it with a value system, so our pleasure and pain are all we have to base our values off of. But in a world where pleasure and avoiding pain are the only motivators, why does anyone act morally?

In Epicureanism, justice, rather than being some kind of universal system with necessary rules, amounts to humans abiding to mutually agreeable rules (i.e. I won't kill you if you won't kill me). This is one of the first expressions of contractarianism as a theory of justice in Western philosophy (the idea that moral systems can be developed from self-interested parties looking out for their own well-being). Epicurus held that a social ethical system would maintain in the absence of universal values enforced by deities, because it is less fear and anxiety inducing (painful) to live in a society where mutual trust and safety are ensured. In order to maximize pleasure, a person must minimize the fear of reprisal. In addition, a truly pleasurable life would be virtuous, honorable and just, because a truly pleasurable life is one of minimal desires, which leaves one without need to steal, swindle, and lie to get what they want. According to Epicureanism, unjust behavior is a function of an unpleasurable life, not the means to achieving a pleasurable one.

Although Epicurus stated that there were gods (possibly to avoid getting in big shit for being an atheist), he claimed that as non-physical beings, they had no impact on our lives and frankly didn't care about humans, because if they did then why was there so much suffering and evil on earth? From the gods, we can only learn one thing— a complete disinterest in human affairs and politics, which often produce more pain than pleasure and destabilize one's tranquility.



KEWANEE HORIZONS

VOLUME 34 PG. 42



Epicureanism was a response to the problem that has faced philosophy ever since we began to have a more scientific view of the world: when we observe the world and don't see meaning and morality obviously present in it, what do we do? Epicurus' answers to this question were far ahead of their time in their aim to establish morality and justice as existing in the absence of objective values and deities, and in their complex portrayals of human psychology. Of the ancient philosophical schools, Epicureanism most closely maps onto the way we view the world today, but this perhaps worked against it during the time when Christianity had a firm grip on what was and wasn't okay to think. The secular naturalism of Epicureanism was much more difficult to incorporate into Christian thought than the works of Plato and Aristotle, and so, Epicurus' works went missing and were edged out of the western canon.

Notable Practitioners:

Lucretius (99BC-55BC) wrote the poem *De Rerum Natura* (On the Nature of Things), which is a poem that lays out the ideas of Epicureanism. The poem was lost for many years, but made a large impact on philosophers

Virgil (70BC-19BC) another poet who was greatly influenced by Epicureanism. He attended the Epicurean school of Siro in Naples, and was influenced by the work of Lucretius. His works *Aeneid* and *Georgics* both have strong Epicurean influences.

Important Works:

Epicurus' works were largely destroyed, possibly due to his depictions of the gods as completely removed from human affairs being incongruent with Christian thought. Five important texts remain:



KEWANEE HORIZONS

VOLUME 34 PG. 43



Vatican Sayings

This is a really basic introduction to Epicureanism, just a collection of great quotes from various Epicureans. It's available for free here: <http://www.epicurus.net/en/vatican.html>

Principal Doctrines

Here's another easy to digest collection of quotes. These 40 quotes are from Epicurus and give a broad sense of his ethics: <http://www.epicurus.net/en/principal.html>

Letters to Menoeceus, Pythocles, and Herodotus

Each of these letters, written by Epicurus, summarize areas of Epicurean philosophy. The Letter to Menoeceus discusses his ethics, the Letter to Pythocles meteorology and atomism, and the Letter to Herodotus his metaphysics.

The writings of Lucretius and Cicero are where the rest of the Epicurean doctrine has been rendered from.

De Rerum Natura

This text by Lucretius was, for a long time, the only access point to Epicurean philosophy. A six book poem, it largely deals with Epicurean metaphysics and atom theory.

The Swerve

2012 Pulitzer Prize winning book by Harvard professor Stephen Greenblatt tells the incredible story of a 15th century book hunter stumbling upon Lucretius' lost book "On The Nature of Things" which in turn brought the world out of the dark ages and into the Renaissance, essentially making the world "modern."



KEWANEE HORIZONS

VOLUME 34 PG. 44



Here are some things you might like to try and utilize to get into the Epicurean mindset:

Exercises:

Think about the things you desire. Are there desires you have that you could try to get rid of? See if you can get rid of 5 desires and see how it makes you feel to be free of them.

Epicurus' theory of justice involved making mutually beneficial agreements and sticking to them. What do you think of this theory of justice? Are there laws that you think should exist that wouldn't necessarily continue in this system?

Epicurus felt that all human action was motivated by the pursuit of pleasure or avoidance of pain. Does this seem true to you? If not, what would a counter-example be?

Quotes:

“No pleasure is a bad thing in itself, but the things which produce certain pleasures entail disturbances many times greater than the pleasures themselves.”

“What cannot be satisfied is not a man's stomach, as most men think, but rather the false opinion that the stomach requires unlimited filling.”

“Let us completely rid ourselves of our bad habits as if they were evil men who have done us long and grievous harm.”



KEWANEE HORIZONS

VOLUME 34 PG. 45



“The love of money, if unjustly gained, is impious, and, if justly, shameful; for it is inappropriate to be miserly even with justice on one’s side.”

“Some men spend their whole life furnishing for themselves the things proper to life without realizing that at our birth each of us was poured a mortal brew to drink.”

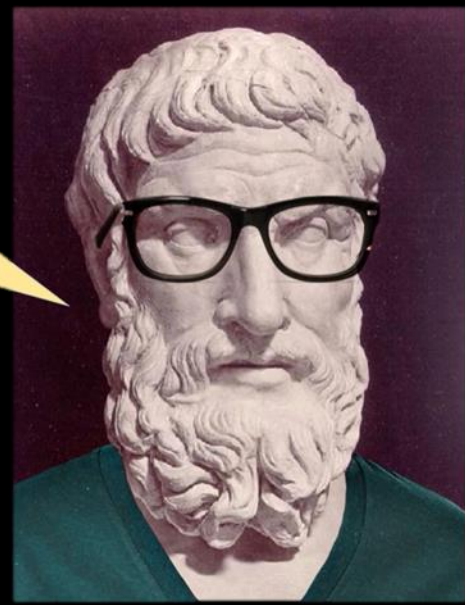
Our Take:

So what exactly is Epicurus talking about? I like to think of Epicurus was an OG millennial; he preached the importance of gratitude, humility, and acceptance. This is 2000 year old advice that is still applicable to this day, in fact, even more so today with globalization and advertisements blasting in your face telling you that you need to look better and buy more stuff in order to achieve happiness. We buy things we don’t need with money we don’t have to impress people we don’t even like and then wonder why we feel so empty inside.

Epicurus was on to something. He said that the 1 key to serenity is peace of mind and this can be acquired by living a simple life with less “things” to worry about.

In our society today we are led to believe that more money will equal more happiness but what studies have found is that wealth and possessions usually decrease happiness rather than increase is. Money buys stress, not happiness. However, money is a necessity, as most of us know living paycheck to paycheck doesn’t bring peace of mind either. The goal is enough money to cover our

THE MORE
YOU HAVE,
THE MORE
YOU WANT





KEWANEE HORIZONS

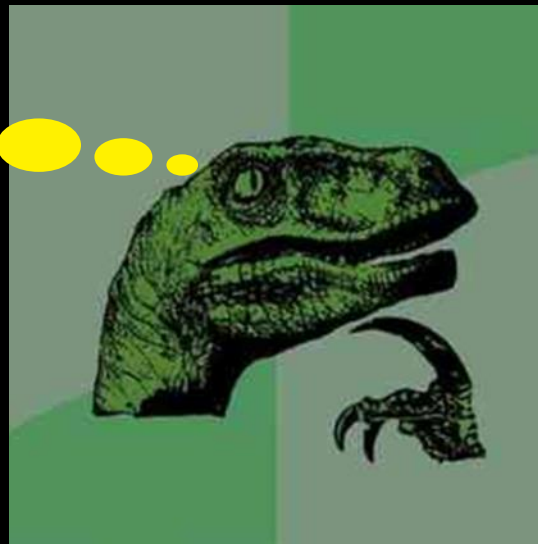
VOLUME 34 PG. 46



basic needs and a little bit extra so as not to have to worry. Basically, the more people have, the more people will want. We see this play out all the time because people quickly grow accustomed to what they have and then end up wanting more. The guy with the \$20/hr job desires a \$40/hr job, the guy in the condo longs to be the guy in the big house, the millionaire wants to be the billionaire.

The things we own end up owning us and it drives us to drink or worse. Think of the guy with the brand new Lexus who parks his car way in the back of the parking lot because he's worried something will happen to his car, meanwhile the girl with the beat-up daily driver, she drives around care free. The less stuff we own, the less we have to worry about, (or as B.I.G. says, "Mo' money, mo' problems..."). I know this is a crazy concept in today's day and age but it's true. Epicurus says "stoke your gratitude" meaning love and appreciate the few things you do have, especially authentic friendships, instead of focusing on your desires of the things you don't have. Gratitude and humility are the antidote to stress and anxiety.

**Mo' Money,
Mo Problems?**





MENTAL HEALTH

This week **K.H.** would like to use our Mental Health pages to talk about dealing with anger issues. We appreciate all of our readers out there who take the time out to check out the different info we try to include in this section of **K.H.**, as we have stated a few times Mental Health is of vital importance in our lives, it affects everything we do and experience. The info we include in these pages is presented with the hope that it can be helpful to you in some way, we all know how hard days in prison are, we all know that person who thinks they have all the answers to our problems, maybe we are that person sometimes, one of the things about mental health is that it takes work on your part for you to maintain it. Another important fact about mental health is that it should be thought of in the same way as oxygen masks on airplanes: the first instruction you get is to make sure to put your own mask on first, then you can try and help someone else. The idea is that you cannot help anybody else without first helping yourself. It is not selfish to take care of yourself first when it comes to mental health, it is necessary. Please take note of this information about anger and at least try to take care of your mental health with purpose and meaning. There are a number of steps that all of us can take to help us to manage our anger more appropriately.

Start to Understand Your Anger

Anger is an emotion like any other, and the first step towards being able to control any emotion is to understand why it happens. Many people use anger as a way to cover up other emotions, such as fear, vulnerability, or embarrassment. This is particularly true for people who were not encouraged to express their emotions as children, but it can apply to anyone. When you start to feel angry, look behind your anger to see if you can identify what you are really feeling. Once you name the feeling, you will find it easier to express it more appropriately.



KEWANEE HORIZONS

VOLUME 34 PG. 46



Know Your Triggers and Signs

We all have certain things that make us angry, and also telltale signs that we are starting to lose our temper.. Triggers are often very personal, but there are a number of general themes that can help you to identify them. Negative thought patterns are often associated with angry outbursts. People or places that you find stressful may also make it harder to control your emotions. If your anger is a mask for other emotions, it may therefore be likely to emerge. Being aware of what makes you stressed can help you to avoid those situations.

Learn Ways to Cool Down Your Temper

Just as we all have triggers for anger, so we all have ways that we 'cool down'. Learning some techniques means you can use them when you notice your telltale anger signs. Some useful techniques include:

Consciously Breathing More Slowly and Relaxing: The idea behind this is to try to reverse some of the physical symptoms of anger. When you start to feel tense and angry, try to isolate yourself for 15 minutes and concentrate on relaxing and calm, steady breathing.

Even if you cannot take yourself away for 15 minutes, stopping and taking some deep breaths can help you to relax and give you time to think.

Focus on How You Feel Physically: Sometimes, just noticing the physical changes in your body can help to calm you down, because it turns your mind to something other than the immediate problem.

Slowly Count to Ten: Give logic a chance to catch up with your emotions. Slowly counting to ten before saying or doing anything will help you to avoid saying anything you may regret.

Stretch: Slowly stretching out can help you relax a little, which again reverses some of the physical signs of anger and therefore makes you feel calmer.



KEWANEE HORIZONS

VOLUME 34 PG. 49



Find Other Ways to Express Your Anger

There are times when anger is appropriate. However, exploding is not. You need to find a healthy way to express your anger calmly, so that your message is heard.

Plan 'Difficult' Conversations: Make notes beforehand, planning what you want to say in a calm and assertive way. You are less likely to get side-tracked during your conversation if you can refer to your notes.

Focus on Solutions not Problems: Rather than dwell on what has made you angry, try focusing on how to resolve problems so that they do not arise again in the future.

Give Yourself Time: Wait until you have calmed down from your anger and then express yourself in a calm and collected way.

Focus on the Relationship, and Don't Hold Grudges: Instead of focusing on the immediate issue, focus on the relationship. Try to be realistic and accept that people are the way they are, not how we would like them to be. You cannot change how other people behave or think but you can change how you deal with others but working on a positive attitude.

Use Humor to Defuse Situations: If you can introduce some humor, resentment will be reduced and your mood lifted. The simple act of laughing can go a long way to reduce anger.

Look After Yourself

Exercise and Keep Fit: The hormones that we release when we are angry are similar to those produced when we are stressed. When you exercise regularly, your body learns how to regulate your adrenaline and cortisol levels more effectively.

Sleeping Well: Sleep is an important part of life and good quality sleep can help combat many physical, mental and emotional problems, including anger. One of the most rewarding exercises we can engage in is Yoga. Yoga is both physically and mentally stimulating and rewarding. It can calm you down and give you space to weigh your thoughts in dealing with life.

Here at Kewanee a Yoga class is available every Wednesday at 2:00pm in the West Gym.



KEWANEE HORIZONS

VOLUME 34 PG. 50



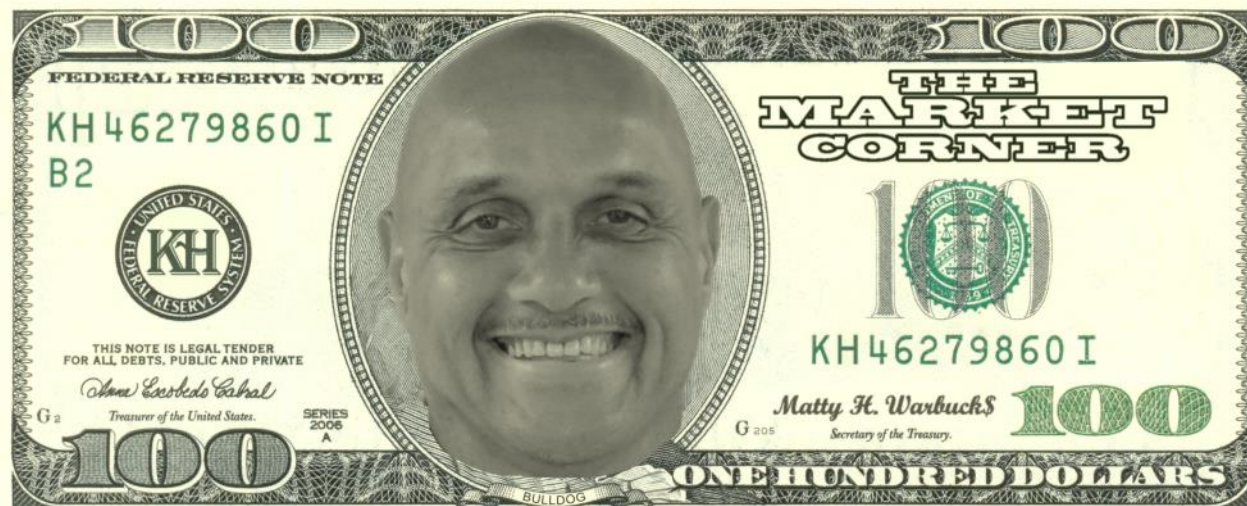
THE MARKET CORNER

“The Fed”

By: Robert “Bulldog” Kennedy

At the time of this writing the stock market is trading in “**bear market**” territory. A bear market is usually brought on by the **anticipation of declining economic activity** and **rising interest rates**.

The **Federal Open Market Committee, (FOMC)** sets **interest rates** and **credit policies** for the **Federal Reserve System**, commonly known as “**The Fed**”. The **FOMC** has **12 members** and this committee decides whether to **increase or decrease** interest rates and are closely watched and interpreted by **economists and stock market analysts** who try to predict if “**The**



Fed” is seeking to **tighten** credit to stimulate the economy. **Inflation** is at a **40 year high**, so “**The Fed**” has been **raising** rates, (after almost a **decade** of **near zero** rates) to try and **slow** down consumer demand to match supply **without** causing a recession. A **recession** is defined by many economists as the downturn in economic activity of



KEWANEE HORIZONS

VOLUME 34 PG. 51



at least **two consecutive quarters** of decline in a country's **gross domestic product (GDP)**. Many economists say we **already** fit this criterion. As you know, our supply chains have been affected **significantly** by many factors, including but not limited to, ongoing **Covid-19** lockdowns in **China**, the **Russian invasion** of **Ukraine**, the **rise in energy prices** and the **strengthening** of the **US dollar**.

Company's **stock prices** are being **revalued** due to these factors as **liquidity** is **leaving** the market coupled with **negative** views of **upcoming quarterly earnings reports**. The stock market is a **forward** looking mechanism. **If there is a recession**, or **if we are already** in one, the **economy slows** down, the consumer **doesn't** spend as much, and businesses profit margins are negatively affected, **usually** resulting in stock prices **decreasing** in value. So, what does all this mean? **In my opinion**, these are when **buying opportunities** are **created** and where **wealth** is obtained. Stocks **don't** always simply go up. **Bear markets** occur and are simply a **regular part** of the market **correcting** itself. Stocks get **overbought** in **bull** markets and are **oversold** in **bear** markets. Sometimes, as the saying goes, "the **baby** gets **thrown out** with the **bath water**." In other words, people are **selling good stocks** for many **unknown** reasons and this **could** be your **opportunity** to buy in at **incredibly** low prices. It's **difficult** to determine when the market hits its **bottom**. Just realize, when that time actually arrives, the market **often** bounces back **very strongly**. If you are **patient**, **disciplined** and **consistent** in your **long term** investing, your "**dollar cost average**" will be **very** respectable. Remember, you want to **buy low and sell high**. However, it's **extremely** difficult to keep buying stocks when the price is **continuously** dropping. It requires a certain amount of **intestinal fortitude**. On the other hand, there are **plenty** of ways to **make profits** using **call and put options**, as well as buying good **dividend paying stocks** that **literally** pay you **while you wait**. The key is to **not give up** and **stay invested** in **good companies**. Eventually, the stock market **will reward you handsomely** for "**staying the course**". Remember, "**Fortune favors the brave**".

I hope you come back and hang out with me next time at "**The Market Corner**"!

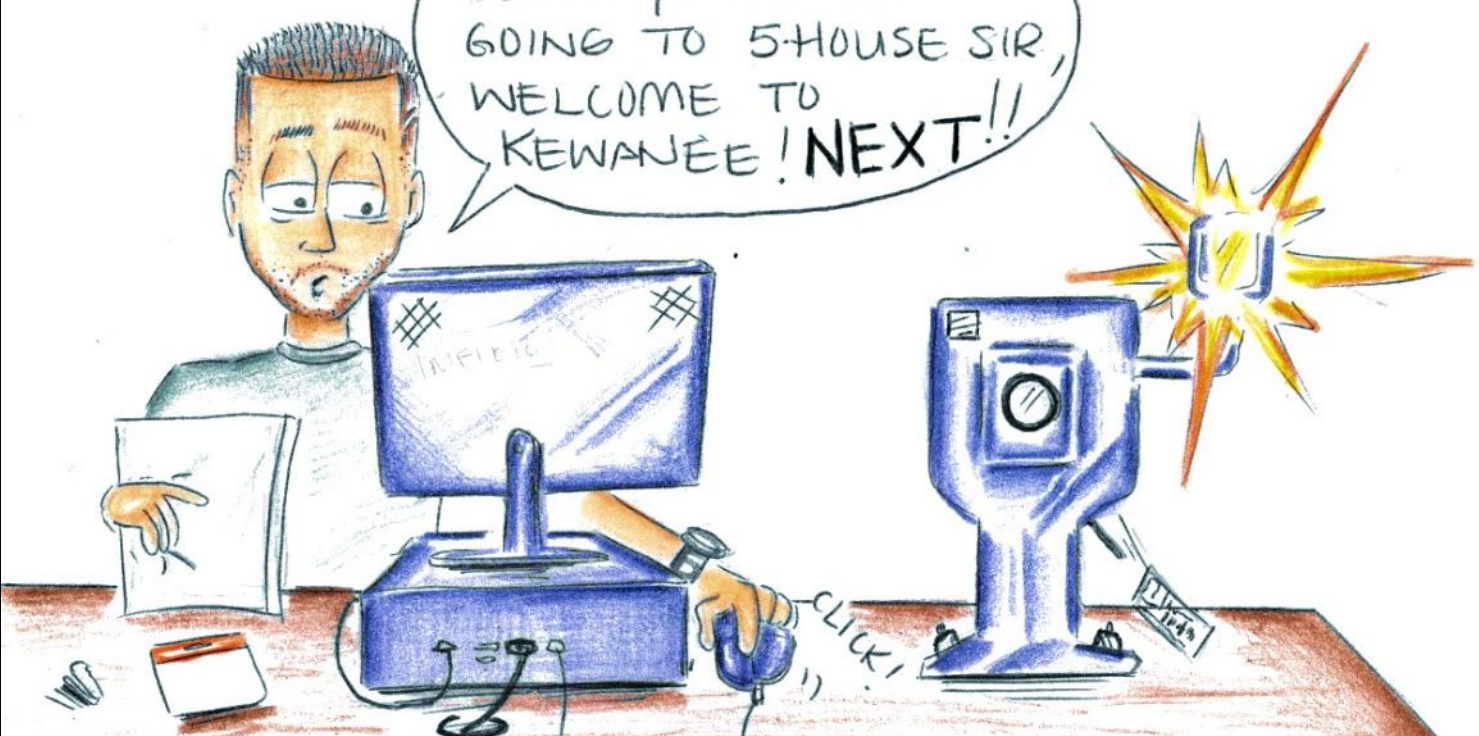
A
D
V
E
N
T
U
R
E
S

F
J
D
A
W
G

A
D
V
E
N
T
U
R
E
S

F
J
D
A
W
G

ALRIGHT, WE'RE ALL
DONE. YOU'LL BE
GOING TO 5-HOUSE SIR,
WELCOME TO
KEWANEE! NEXT!!



I WONDER IF
I CAN WORK
GROUNDS CREW
HERE?



[Handwritten signature]
23



KEWANEE HORIZONS

VOLUME 34 PG. 53



TRIVIA QUESTIONS!

- 1) A sporting event is held every year on Memorial Day. What is it?
- 2) In horse racing, the Triple Crown is awarded to a horse that wins which three races?
- 3) What was the biggest margin of victory ever in a Triple Crown race?
- 4) Who was the first woman to win the woman's World Figure Skating Championship?
- 5) What coach came off the bench to play for his team in the Stanley Cup finals?
- 6) What sport did bank robber John Dillinger play?
- 7) What was the first NHL team to win back-to-back Stanley Cup titles?
- 8) The first NHL All-Star game was held as a benefit for what injured star?
- 9) How old was Tiger Woods when he won the Masters?
- 10) The dimples on a golf ball give it traction on the terrain and cut down on drag during flight.
How many dimples does an average golf ball have?
- 11) Which golf tournament did Tiger Woods win by 12 strokes in 1997?
- 12) How big is a baseball?
- 13) What material was first used to cover baseballs?
- 14) Which baseball player holds the record for the most home runs in a single season?
- 15) This openly gay player was the first ever to be drafted by an NFL team. What was his name?
- 16) All NFL franchises move around and change their names throughout the seasons, but there is one that has retained its name and location, earning it the name of the oldest existing NFL franchise.
- 17) What is the only team in the NFL to neither host nor play in the Super Bowl?



TRIVIA ANSWERS!

- 1) **Answer:** Indianapolis 500.
- 2) **Answer:** The Kentucky Derby, Preakness Stakes, and Belmont Stake.
- 3) **Answer:** 31 lengths.
- 4) **Answer:** Madge Syers.
- 5) **Answer:** Lester Patrick.
- 6) **Answer:** Baseball.
- 7) **Answer:** Montreal Canadiens.
- 8) **Answer:** Ace Bailey.
- 9) **Answer:** 21.
- 10) **Answer:** 336.
- 11) **Answer:** The Master's Tournament.
- 12) **Answer:** 9 to 9 1/4 inches in circumference.
- 13) **Answer:** Cowhide.
- 14) **Answer:** Barry Bonds.
- 15) **Answer:** Michael Sam
- 16) **Answer:** What is it? Green Bay Packers
- 17) **Answer:** Cleveland Browns.

**To make no mistakes is not in the power of man;
but from their errors and mistakes
the wise and good learn wisdom for the future.**

—Plutarch—

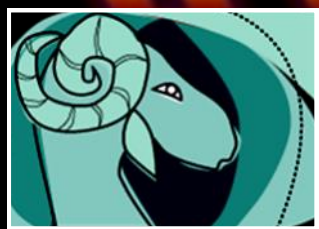


KEWANEE HORIZONS

VOLUME 34 PG. 55



HOROSCOPES



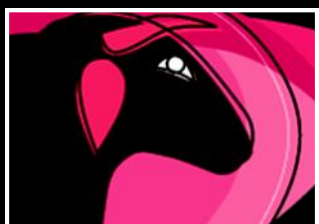
ARIES: Oh joy! Today you are full of marvelous, creative ideas! Not only that, you're keen to socialize and enjoy the company of everyone. Accept all invitations to party. Enjoy sports events and fun times with kids.

TRANSLATION: It's your turn to cook!



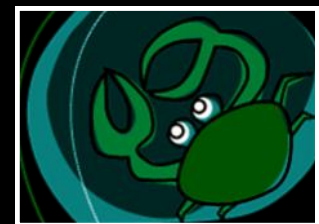
GEMINI: This is a wonderful, upbeat day! Today you have something to say, which is why you want to share your ideas. You're full of positive energy, which makes conversations with others, especially siblings, relatives and neighbors pleasant and invigorating!

TRANSLATION: Those new phone numbers finally gonna be on your list!



TAURUS: This is a great day to entertain at home and enjoy family gatherings. It's also a lovely day to explore redecorating ideas or to shop for beautiful things for your home. Many of you will explore real estate ideas either for speculation or personal use.

TRANSLATION: You're finally getting that bottom bunk!



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

TRANSLATION: Ask for an extra bag of chips at the store!



KEWANEE HORIZONS

VOLUME 34 PG. 56



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

TRANSLATION: To go to dayroom or not to go to dayroom, that is the question!



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

TRANSLATION: Put down the tablet and go to yard!



SCORPIO: You make a great impression on everyone today, which is good because people notice you today. In fact, some are discussing personal details about your private life. Fortunately, you are confident about whatever happens.

TRANSLATION: Haters gone hate!



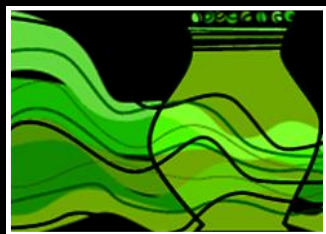
SAGITTARIUS: Grab every chance to get away and do something different today. If you can travel, by all means get outta dodge. You will also be stimulated by the adventure of learning something new and meeting new people from other cultures. Do whatever you can do to expand your world!

TRANSLATION: Cut off the TV and pick up a book for once!



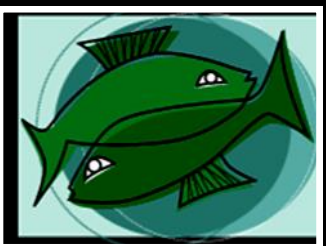
KEWANEE HORIZONS

VOLUME 34 PG. 57



AQUARIUS: This is a great day to socialize with others. You will enjoy talking to partners, close friends or members of the general public. In fact, you might attract someone who is very energetic.

TRANSLATION: Send that article to Kewanee Horizons!



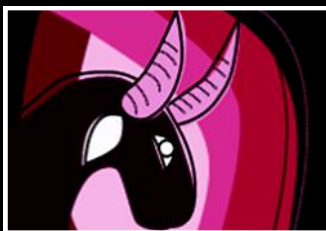
PISCES: Relations with coworkers are excellent today. People are upbeat, warm and generous. In particular, others will respond in a positive way to your positive energy by wanting to please you. Certainly, they will listen. You might see ways to boost your income or get a raise!

TRANSLATION: See how much smoother life is when your not complaining about every single thing?



LEO: This is a wonderful, powerful day because the moon is in your sign getting energy from Mars while it also dances with lucky Jupiter. (It doesn't get much better than this.) Trust your good fortune. Rally your forces and set them marching!

TRANSLATION: Sorry homie, even I don't know what this means... probably something about an outdate or... I don't know?



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

TRANSLATION: State pay is on the way!

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!**





KEWANEE HORIZONS

VOLUME 34 PG. 60



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

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

ILLINOIS HORIZONS
#KEWANEEHORIZONS

THEN LIKE AND SHARE THE POST!



AND DON'T FORGET TO CHECK US OUT ON THE IDOC WEBSITE!

IDOC HOME PAGE → CLICK "ABOUT" → CLICK "NEWS"