

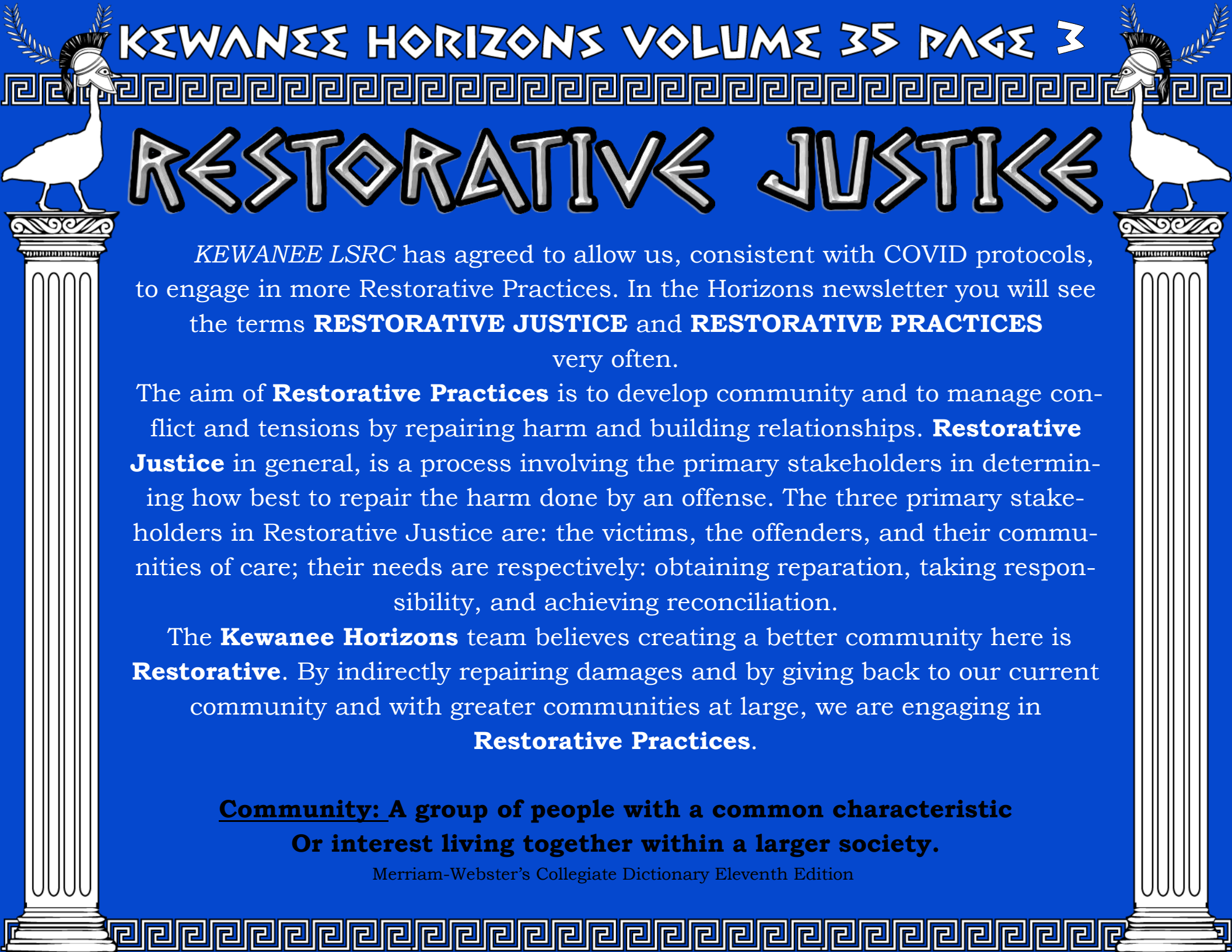


KEWANES HORIZONS



VOLUME THIRTY FIVE

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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.

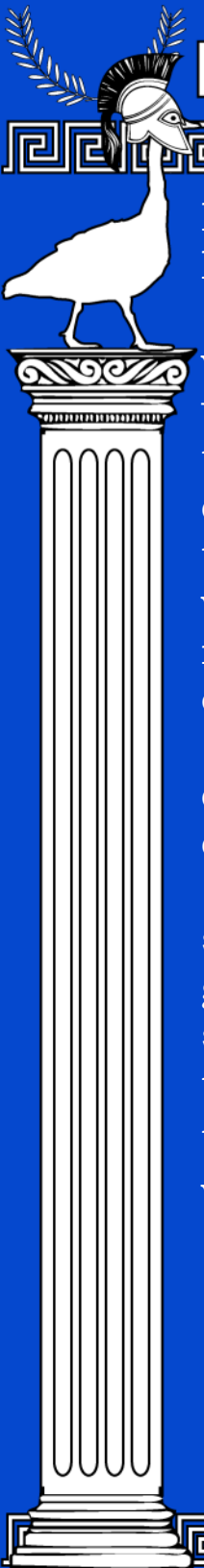
We give back because of what we have been given. We rebuild, by restoring back to a state of before our offenses. We uplift, by a conscious and consistent effort to better ourselves as well as those around us.

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.

PHILOSOPHY: SOME GREEKS!

Welcome back to our run of Philosophy articles. The graphic theme for Volume 35 of **KH** is the “Greeks”, so we figured this would be an opportune time to give a quick synopsis of the ‘**Big 3**’ of **Greek Philosophers**. These are the names everybody knows even if they have no idea what the hell those dead dudes were talking about. **Socrates, Plato, and Aristotle**. Sprinkled throughout this issue you will find 3 brief articles on the “Big 3.” We hope you enjoy this and that you can use some of this info to build your own philosophical reading and/or discussions. To still be a household name 2,500 years after your death is a pretty big deal, there’s not many people in history that that can be said about so take the time to delve into the ideas that made these guys famous. There’s a reason that they are still talked about to this day.

In the West, Philosophy begins with a group of philosophers variously known as the natural philosophers or the pre-Socratics. Men (the history of Western philosophy has been dominated by males, probably not the way we would like to

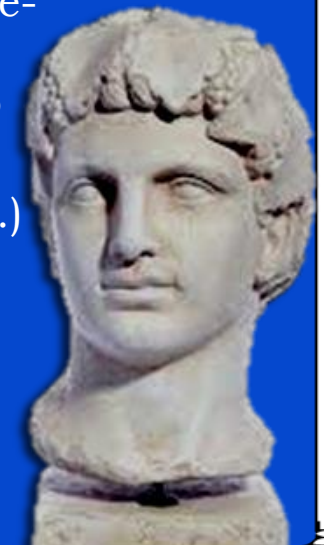


have it these days, but the times that were are the times that were) such as Thales, Anaximander, Anaximenes, Parmenides, Empedocles, and Heraclitus (Greeks yo!) were all engaged in an attempt to discover the secrets of the natural world, to reduce the mass of phenomena to a few manageable principles, and to understand their natural environments. What held them together was a belief that one could reason one's way to the truth, that by looking at natural effects one could deduce their causes. What distinguished one from the other was that they each reasoned their way to different causes. For some, the natural world was reducible to one immovable substance. For others, there were four basic elements (earth, air, fire, and water). Others saw five or six or even more basic causes.

This led a group of philosophers, the Sophists, to react against the program of the natural philosophers. Whereas the natural philosophers assumed that an educated person, a wise person, was one who knew the *truth* about things *natural*, the Sophists claimed that since "reason" generated so many different conclusions, there was something unreliable about reason itself. If, the Sophists suggested, reason were a reliable tool, it should always yield the same results. It did not; so, the Sophists shifted inquiry away from an attempt to discover the truth about the natural world to an attempt to teach a useful skill, how to think about thinking. (Plato, as one would expect from a student, took much from his teacher Socrates.)

"It is the mark of an educated mind to be able to entertain a thought without accepting it."

-Aristotle



WORD FROM THE OUTSIDE

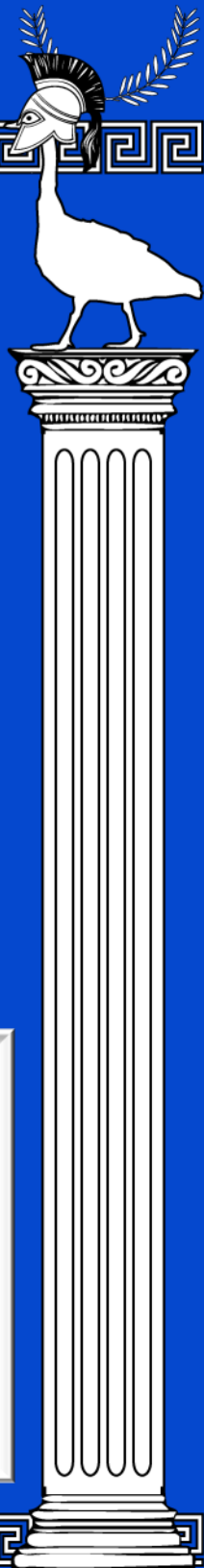
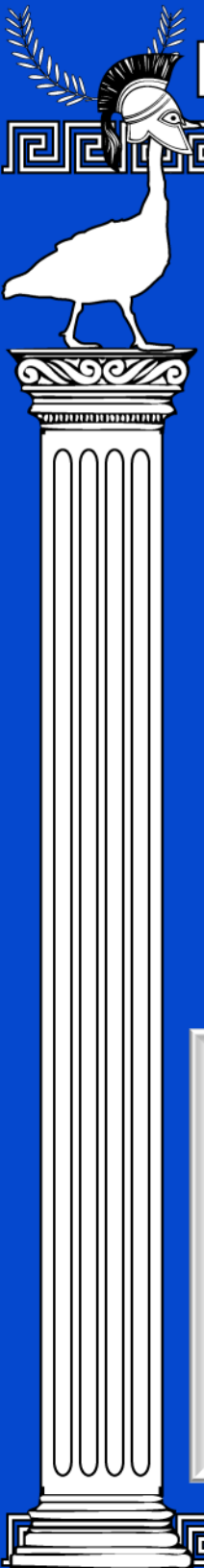
Why would anyone want to go back to prison?



Our incredible **Restore Justice** interns and fellows asked me this as we sat in the waiting area at Dixon Correctional Center. It puzzled them. Why, after I served 25 years in prison, would I go back to any correctional center?

To me, it's simple; I understand what it's like to be in a place constantly looking for **hope**, signs of hope, even one iota of **hope**. On this specific day, I was able to be the face of hope. I endured so much, faced so much adversity, but am now seizing this opportunity to be the face of **hope** for so many people I care about.

I understand the gravity of gaining entry to a prison as an "Official Visitor." When I was still incarcerated, I felt that surge of energy when someone would come back. So, when given the opportunity to go to Dixon, I decided to gladly wear that **hope**. The reason our Restore Justice team went to Dixon was to watch "The Story of Violence," presented by Dixon Performing Arts.



The “Story of Violence” was written by **Toussaint Daniels** and a team, including **Timothy Jones, Jamar Lopez, James Warren, Jose Saucedo, and Brian Beals**. The play was produced by DPA Facilitators **Brian Beals, Delandis Adams, Jesse Martinez, Apolinar Sernas-Jacobo, and Toussaint Daniels**. The play included rapping, spoken word, and thought-provoking dialogue.

Dixon Performing Arts illustrates the range of talent that exists within our carceral system. These brothers handled every angle of this production, from conceptual to visual. This story examines violence and asks why. These men took a profound look at one of the largest plagues in urban communities. I am so proud to call them my brothers.

To some, the gravity of a moment like this can’t be measured. So, for those that understand **hope** (is real) and progression (is constant), please know I’m forever in solidarity with you. I’ll continue to share my testimony and be the best reflection of you. This is my journey!

Thank You DPA!
Peace and Love,
Wendell

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.

—Albert Einstein—

SOCRATES

Why should Socrates, who lived 2,500 years ago, be so relevant today? Here are four reasons:

- Socrates and his fellow Athenians were the first to express *our* most treasured values and principles.
- Those Socratic values and principles have shaped much of our subsequent history.
- Most of the earth's people now aspire to those values and principles.
- Most important, Socratic values and principles can inspire and guide people to live fuller lives and to create a better society.

Among those Athenian values and principles are:

- Self-understanding is the basis for authentic living.
- We must question “conventional wisdom” to verify the truth for ourselves, rather than rely on tradition.
- The individual has moral and spiritual authority over his or her own “soul.”
- Free speech, open dissent, and questioning of authority are essential to a healthy society.
- To be most productive, thinking should be disciplined by logic and personal experience.
- Our human dignity mandates that we rule ourselves through participation in constitutional government.





- A sound economy should have due respect for private property, markets that work, and individual enterprise.
- The state's military powers should be under civilian control.
- We should value and appreciate the body, physical fitness, and the enjoyment of our sexuality.

Socrates' Famous "Method"

1. Choose a statement widely accepted as self-evident or unquestionable. *Courage means standing your ground in battle and not retreating.*

2. Now, treat the statement as if it were false. Look for situations in which the statement would not be true.

When might one be courageous even while retreating?

When might one stand one's ground, yet not be truly courageous?

3. When you find such exceptions, you know that the definition is inadequate.

We can see now that it is possible to be courageous even while retreating.

We can see now that it is possible to stand firm in battle, yet not be truly courageous.

4. Clearly, the original proposition must be modified to accommodate these exceptions.

Courage in battle may involve both retreat and attack.

5. Continue this process by seeking other situations that clarify the concept. By this process of correcting inadequate concepts, you will approach more and more closely a truly adequate idea of what you are talking about.





HOW TO BUY A HOUSE ALMOST ANYWHERE IN THE U.S.

Actually let's take a step back, the first question I should ask myself is – should I buy a house? Or should I rent?

It is not always the best option to buy a home. One scenario is you may be certain you will not be staying in the area for very long. Another would be your job places you on the road or traveling often and you are responsible for up keep and repairs of a home. And yet another is, for whatever reason you do not wish to take on the responsibility and expense of maintaining, repairing or remodeling, you'd rather call a landlord or property manager to come by and fix the running toilet.

Sorry folks, but just buying a home is not an “easy ticket” to prosperity. It requires much expense and care, most people do not take into consideration anything more than can I afford the mortgage payment and tax bill. So make sure your daily life can accommodate such a major purchase. I have

seen too many people go broke or become miserable over making the wrong choice.

I will cover all the steps needed to buy a home in upcoming articles, but choosing the right move to fit you and your family's life style should be paramount to all.

If you decide that a home purchase is right for you the very first step is to ask people you fully trust if they have a mortgage broker they trust without hesitation, and they have personally used to obtain a home loan. Your second option is to go to an online source such as LendingTree.com. Preferably interview 3 mortgage brokers that are highly rated as having outstanding service. Do not just shop rates. Next, find an agent (Real Estate Broker) that is an expert in the areas you want to live. A top agent will also have access to outstanding mortgage brokers. Mortgage brokers specifically, have access to 100's of lending institutions. I prefer a Mortgage Broker over a local bank, I want lenders to compete for my business.

I do not recommend looking at any homes until you are fully pre-approved (not pre-qualified). Pre-approval requires documented proof of your



credit and income. A pre-approved buyer is almost as appealing as a cash buyer because a financial institution is stating in writing they will finance your purchase... Give you the money needed. This gives you great power in negotiating strength. Remember, the listed price of a home is simply an asking price, and I am not paying asking price nor should you. As a pre-approved buyer you will have the ability to better negotiate price and terms. Best wishes with your search.



Update from Mr. Jones

Dear Kewanee Horizons Family,

Sorry it took so long to reach back. Life is busy and Fast paced on this side of the fence, especially when you're in work release with limited free time within your first few months (which is cool). The objective is to work and stack money. Honestly, I'm able to write today because my employer went out of town and I got the day off so I'm stuck inside the center. Might as well use this time wisely and reach back with a story of my experience thus far.

The transition from prison to freedom has been all about the beforehand preparation. Meaning: Everything you are doing right now will determine what type of reactions you have to the path that awaits you outside. And the path you walk will come down to your self control, perspective, patience, and perseverance to withstand all that goes against your preparations.

First, When I came to work release I knew no one was obligated to help me out, but I was surprised at how not many people did. However, had I not PREPARED myself through saving my money from



the jobs I was blessed to have, it would've been a rough transition just getting my basic necessities.

Secondly, I think It's imperative that you truly work on yourself and develop your OWN perspective of this world and the people within it in a positive manner.

Right Now you reside in a place that can be dark and full of negativity . But if you can find it within yourself to wake up everyday at peace, with a positive attitude and outlook you will thrive once free. The reason being, Your thoughts shape your views so what you think is what you will see. There is more positive in this world than negative. There is more good people

than bad willing to help you . All I've encountered is nice and politeness from all races. So I say develop your OWN perspective because you will have family, friends, etc pressing their negative views onto you ; they're depressed mindset on to you, and you have to block that negative energy. But it starts from your preparation inside prison. If you can't conquer these things within the confines of prison, this BiG world with so many temptations and distractions will surely





eat you alive .

And with all the successful preparations I acquired, I still ran into a hurdle I had to check myself on: PATIENCE After serving 21 years, and mapping out a blueprint of goals I wanted to accomplish upon my Release, I tried to hit the ground running with MY PLAN. My drive and determination to succeed is on another level (most of you can understand) So I had a preset monetary goal that would lead to my ultimate Goal... Real Estate.

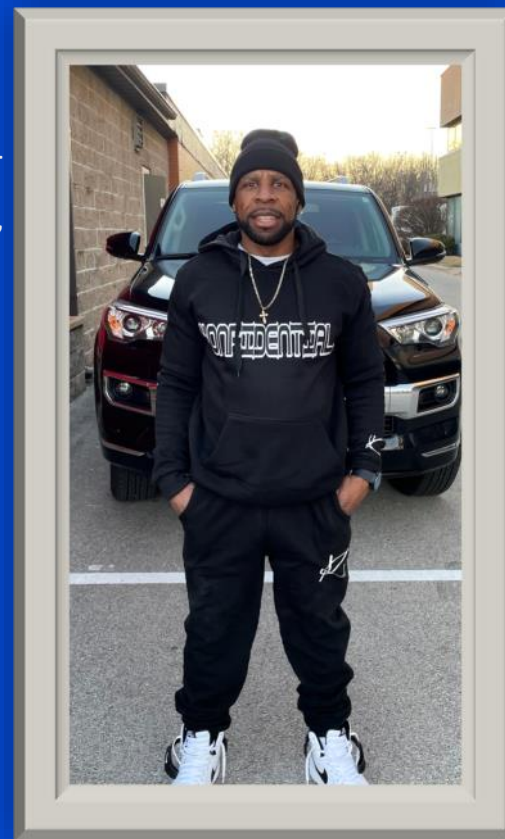
My first hurdle was learning how to navigate through my iPhone.

The phone can be your best friend to make things simple for you but the process to learn all it can do was a Real challenge Next, was the job hunt. Although I was getting tons of emails from my well put together Resume, none of the jobs were coming back as a solid hire and if they did it was well below my weekly monetary plan. This was my second week at work release, and I was getting frustrated and impatient because I knew the work ethic I possessed, as well as the desired pay I desired, and it just wasn't happening. I was trying to force feed My Plan. I had to tap into my mental preparation and tell myself to be patient because I felt myself stressing too much.



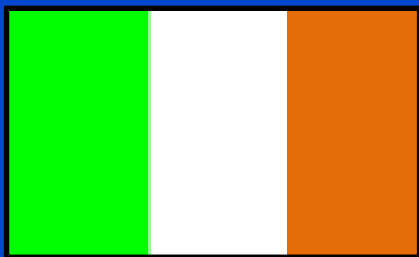
Then the blessing happened... A guy with his own Real Estate company came to the center looking for guys. I went down and interviewed with him on a Saturday, that Monday I was working for him. I work 7 days a week(by choice). And we just finished up the biggest property he has ever invested in; a 2 million dollar commercial property. I'm around a millionaire who has been doing real estate since the age of 16, and he has taken me under his wing, willing to teach me everything he knows because of my character and work ethic. I'm Blessed... So you see, when you tap into that internal core of self in a truthful manner and all that you had been preparing yourself for; keeping those attained attributes at the forefront, GODS PLAN will fall in your lap. It's beautiful and peaceful out here, as long as that's your perspective on life.

Main advice: Focus on yourself and build your character to withstand anything your gut tells you isn't right for you. And when it's all said and done, if all else fails, YOU know YOU can always count on YOU!



IRISH HISTORY MONTH BOOK CLUB BOOK:

"HOW THE IRISH SAVED CIVILIZATION"

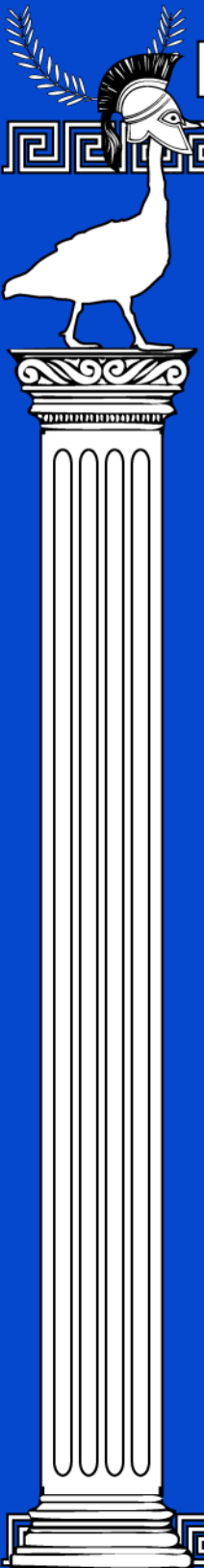


In acknowledgment of Irish-American Heritage Month, our most recent selection for the KLSRC Book Club was Thomas Cahill's bestseller, *How the Irish Saved Civilization*.

The civilization in need of rescue was that of the classical world—Greek and Roman law, philosophy, literature, and science. This culture was nearly extinguished with the fall of Rome to external invaders and internal decay. With the collapse of Roman society, its living culture disappeared, surviving only as ruins and scattered texts.

This civilization's saviors were the Irish. More precisely, it was Irish monks. It was these ascetics in their huts and cells to whom the textual relics of a dead civilization flowed. And it was these men whose love of the written word and whose missionary zeal compelled them to assiduously copy and eventually disseminate every scrap of classical writing that fell into their hands.

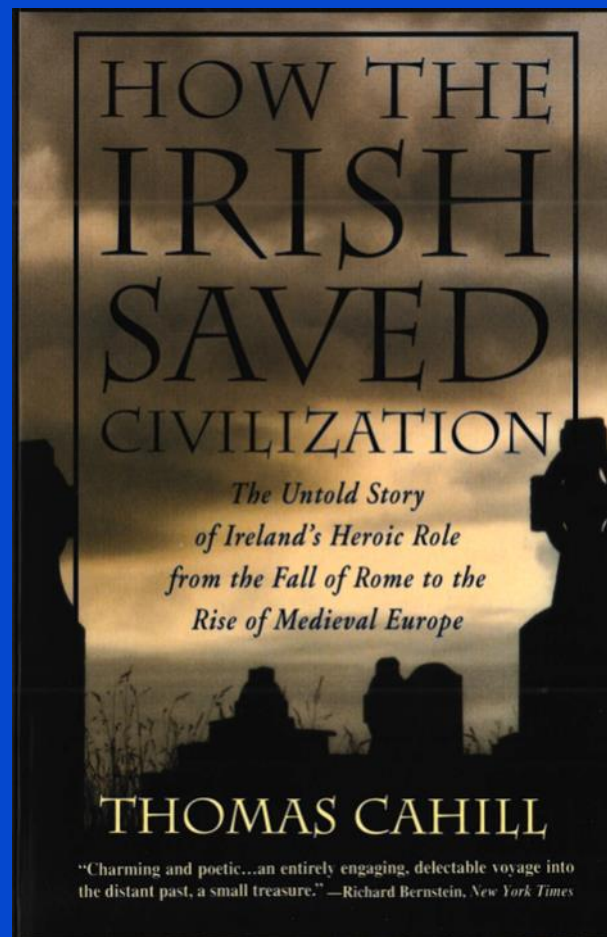
Cahill's bestseller explores this loss and recovery of classical culture with a wandering tour through the magical realm of ancient Ireland. He dips into Irish prehistory to meet its mythological heroes, linking them to semi-legendary figures of the early dark ages, men such as Padraig—St. Patrick—and the warrior-monk



Columcille. These men set the template for the dedicated monastics who reproduced scripture and pagan texts alike, and who carried them with them as they emigrated beyond their emerald shores to found new monasteries in continental Europe, codices bound to their waists as their wild forebears bore the heads of enemy clans.

What inspires the book club is the knowledge that these men who formed the linchpin between the old civilization and the new were men in many ways like us. Their lives were spent in cells, their days filled with thankless drudgery. Their names, largely, are unknown. Yet they kept the embers of a departed civilization glowing in a benighted world. With a singleness of purpose, they bent their heads to their parchments, filling the pages with law, religion, philosophy, and culture. They were dedicated above all to pulling themselves and their brethren into a better way, and to pulling the rest of the world with them.

What civilizing influences have we lost, individually and in our neighborhoods? In society at large? What can we do to retrieve what we have lost, to document it, reproduce it, share it, and in so doing restore it to our communities? We'd like to think we are doing some small share of this work at KLSRC and **Kewanee Horizons**. As always, we welcome any help or suggestions on how we can do more.





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.



T.R.E.O.

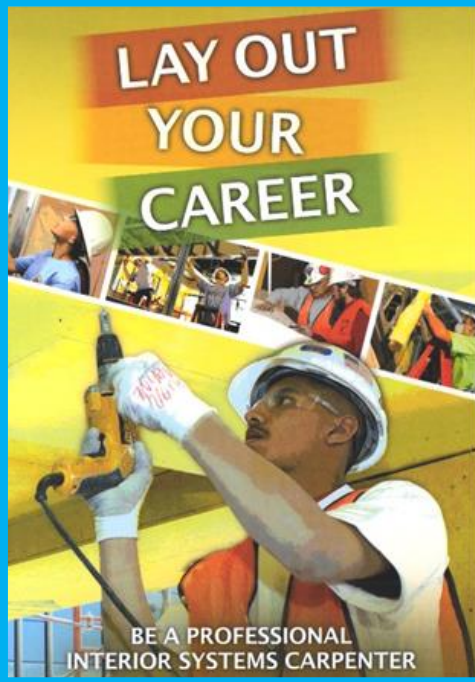
Trade Ready Employment Opportunities



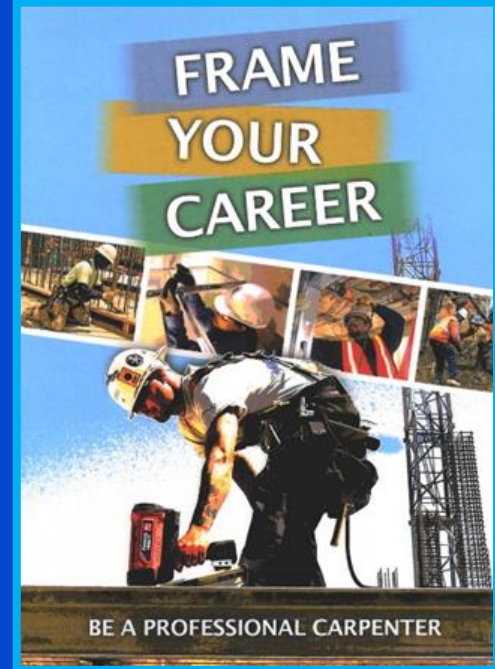
Introduction

Our mission at T.R.E.O. is to educate and equip you with the knowledge necessary to succeed upon your release from IDOC. We focus mainly on hands-on trades and unions which you can find anywhere in Illinois, as well as all over the country. Throughout our articles, you will learn of the various trades and unions which will be available to you once released. In addition to this, we will provide you with educational resources such as OSHA training, employment requirements, basic tool use, and the things you can do to make yourself a more desirable candidate before applying to a potential employer. The majority of the trades which we will be discussing are “felon friendly” and are great places to





start a long-lasting and fulfilling career. Just because you're currently incarcerated does not mean that you have to wait until you're released to start planning your future. Do not wait until it's too late. Join us here at T.R.E.O. and begin equipping yourself with the tools necessary to not only stay out, but to build the life that you want and deserve.



Why choose a career in the trades?

When you enter the trades, one of the first issues you should consider is whether or not to join a union. Depending on where you're at in life, either choice can have it's benefits. We believe that union is usually the better option for someone like us. Coming out of prison, we already have a shadow hanging over us because of our criminal records. This can present significant difficulties when it comes to finding gainful employment. Many of the unions are willing to look past your criminal record, as long as you meet their requirements. Recently, we had a **"Union Day"** here at Kewanee. We were visited by representatives from several unions, including, *Laborer's, Plumbing & Pipefitters, Electricians,* and *Carpenters*. Some of the main things they look at when it comes to hiring

are whether someone can show up to work on time, work hard, and remain drug-free. When working for a union, you will receive excellent pay, great benefits, constant up-to-date training, and plenty of room for advancement.

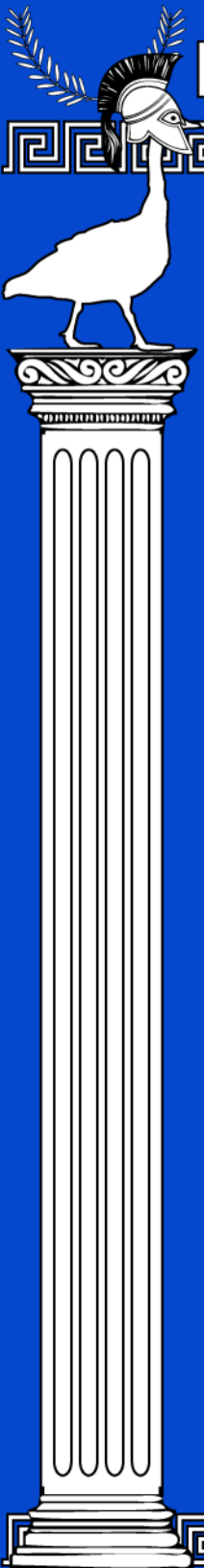
Depending on where you go, you will have to complete a 2-5 year apprenticeship program. This is something all unions have. During this time, you will be trained in the skills of your **chosen** trade, go to school, and work out in the field perfecting your craft. How much you're paid during this process, depends on what stage you're at in the apprenticeship. After you complete the apprentice program, you will be considered a journeyman in that specific trade. The pay you receive during your apprenticeship will vary, but typically it is 70% of journeyman wages, and it will increase by around 10% each year, until you have completed the process. Once you're considered a journeyman, you will receive the full hourly wage. Over the next several issues, we will be discussing different unions, and the requirements and benefits that come with them.

First on our list is **The Laborers' International Union of North America**,

also known as LIUNA.

These are the men and women you see fixing highways and bridges. What a lot of people do not know is that this only represents a small percentage of the work that

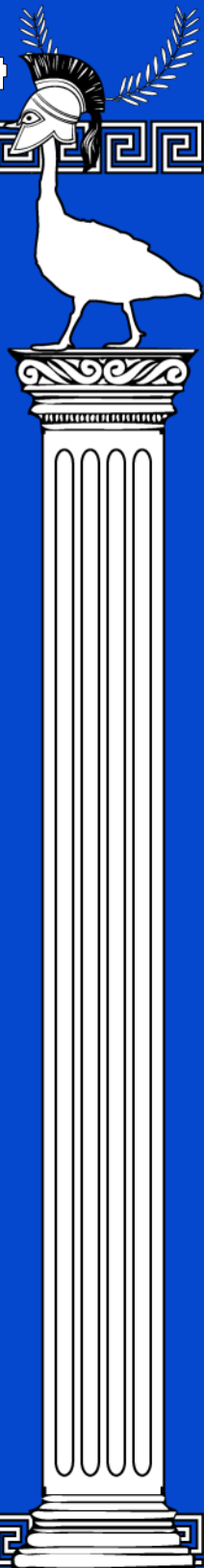




LIUNA does. As a member of LIUNA, you will work in landscaping, material processing, demolition, asbestos removal, subway rehabilitation, mason tending, excavation, energy infrastructure, concrete building, new tunnel construction, and general construction. In order to apply for LIUNA, you must be 18 years old, have a high school diploma or GED, and be drug-free. LIUNA, requires you to complete a 3 year, 1,000 hour apprentice program. During this time, you will complete 4 weeks of in-classroom training (completed in your first year), work in the field with trained journeymen, and have over 120 classes available to you at no cost to you. You can go in and take these classes anytime that you want. In some cases you can complete your apprenticeship in as little as two years. It all depends on how hard you're willing to work. The pay scale varies from \$28-\$44 dollars an hour, depending on the area you're working in. During the first year of your apprenticeship, you will receive 70% of this pay, and it will increase by 10% each year after that.

During your apprenticeship, you will also receive the full benefits and retirement package. Some benefits you will have are full family health and welfare, dental, and vision. You can build a pension and annuity to retire as early as 58 years old. The best part is that all of these benefits are on top of your hourly pay, meaning that it is provided at no cost to you. Once you factor in all of your added benefits, you're probably looking at somewhere around \$65-\$75 dollars an hour. This is one of the reasons why unions are so strict when it comes to showing up on time, working hard, and remaining drug-free.

Now that we have discussed the benefits of working for the Laborers' Un-



ion, lets discuss the downside. Most of the work that you will perform as a member of LIUNA is outdoors. This means that there are times throughout the year that you will get laid off. Typically, you can be expected to be out of work for 3-4 months each year. This is not as bad as it seems. If you do find yourself out of work, you will always be eligible for great unemployment benefits, and if you're willing to travel, LIUNA operates in all 50 states. As a member,

you're able to work anywhere in the country and even internationally. LIUNA receives calls all the time from other areas looking for laborers. When this happens, LIUNA will pull from a list of laid-off workers, call them, and see if they want to go work. If this does not happen to you, enjoy your time off and head back to work in the spring. Once you're released, applying to LIUNA is easy. Go to IL-Laborers.org. You can apply for the 1st two weeks of each month from 8 a.m. to 8 p.m., so don't miss your opportunity. Thank you for joining us for another addition, we will see you next time, where will be discussing the International Brotherhood of Electrical Workers (IBEW) and the National Electrical Contractors Association (NECA).

NECA IBEW LOCAL 176
JOINT APPRENTICESHIP & TRAINING COMMITTEE

ELECTRICIAN'S APPRENTICESHIP PROGRAM

A CAREER WITH A FUTURE
 A career in the electrical construction industry will provide you with high wages, exceptional health insurance benefits, a stable pension, challenging work environments and great advancement opportunities to catapult your career.

EARN WHILE YOU LEARN
 The average apprentice earns over \$15,000 in wages and benefits WHILE they learn.

PROGRAM DETAILS

- 5 YEAR SYSTEMIC PROGRAM OF LEARNING
- 2000 HOURS OF ON THE JOB TRAINING
- 600 HOUR MINIMUM OF RELATED STUDY
- MEET OUR MINIMUMS TO BE A JOURNEYPERSON

QUALIFICATIONS

- BE AT LEAST 18 YEARS OF AGE AT THE TIME OF ENROLLMENT
- BE UNEMPLOYED UNDER UNEMPLOYMENT COMPENSATION
- HAVE HIGHER THAN AVERAGE GRADES IN HIGH SCHOOL
- HAVE A COMMITMENT TO ACCUMULATE 2000 HOURS OF ON THE JOB TRAINING
- BE A RESIDENT OF THE SERVICE TERRITORY OF THE LOCAL UNION
- BE WILLING TO RELOCATE TO ANYWHERE IN THE UNITED STATES

HOW TO APPLY

- WORK LOCATIONS ARE MOSTLY OUTSIDE METRO AREAS
- RESIDENTS OF OTHER STATES MUST BE WILLING TO TRAVEL
- MUST BE ABLE TO PASS A PHYSICAL EXAMINATION OF HEALTH
- MUST BE ABLE TO READ AND UNDERSTAND ENGLISH
- MUST BE ABLE TO WORK OUTDOORS

IBEW LOCAL UNION #176
INSIDE AGREEMENT WAGES EFFECTIVE 7/4/2022 TO 6/30/2023

	2022-1	2022-2	2023-1
2022-1	\$16.00	\$16.00	\$16.00
2022-2	\$16.00	\$16.00	\$16.00
2023-1	\$16.00	\$16.00	\$16.00

APPRENTICE WAGES RATES

	2022-1	2022-2	2023-1
1ST YEAR	\$12.00	\$12.00	\$12.00
2ND YEAR	\$13.00	\$13.00	\$13.00
3RD YEAR	\$14.00	\$14.00	\$14.00
4TH YEAR	\$15.00	\$15.00	\$15.00
5TH YEAR	\$16.00	\$16.00	\$16.00

JOINT APPRENTICESHIP & TRAINING COMMITTEE INFO

- OFFICE: 312-467-1766
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- LOCATION: 100 W. PULASKI ST. CHICAGO, IL 60607

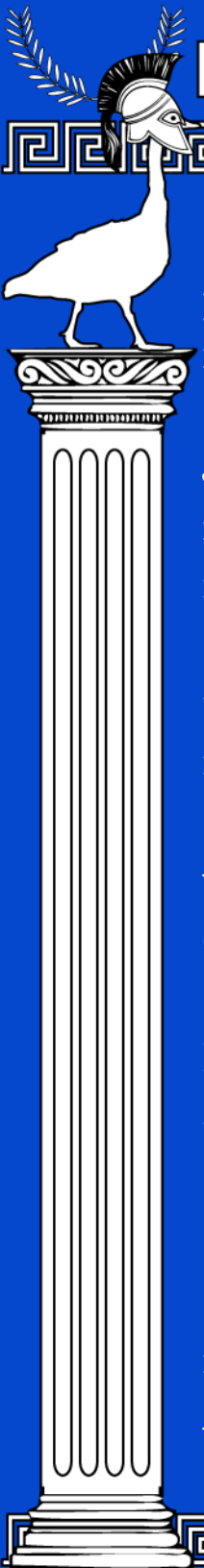
ARABIAN HISTORY MONTH

As-Salama-Alaikum, Ramadan Mubarak (Blessed Ramadan) that is to say “May the peace of Allah (swt) be with you all.” My name is Raaid. Being of Arab decent and Muslim, celebrating Arab Heritage and the Holy Month of Ramadan is important to me. This month is a time of blessing, peace, love and devotion. I hope over the next four weeks to share some knowledge about the Arab and Islamic influences to civilization. I hope you will all take something away from this. Thank you for reading.

“ARAB INFLUENCES TO CIVILIZATION”

The Arab influence on modern civilization is something that cannot be overlooked. During the 7th and 13th centuries the Arab civilization was a mixture of different groupings that joined the people of Spain as well as North Africa in the Western part to the ancient regions of Syria, Egypt, Mesopotamia, and the current middle East.





The period between the 7th and 13th centuries experienced rapid Islamic expansion that consolidated its empire. There were several alliances that were formed. The formation of trade routes and conscription of people and land into a strong force. This age of civilization brought together Christians, Muslims and Jews. It brought unity among Africans, Arabians, Egyptians, Barbers Canaanites and many other races. This rich diversity created a vibrant and dynamic modern civilization.

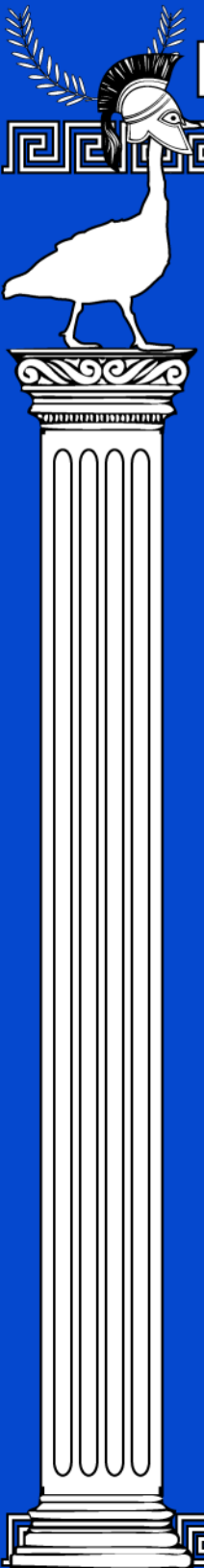
The intercultural exchange promoted the deployment of sciences and arts that enabled the preservation of libraries for the cultures of ancient Greek, Roman and Byzantine.

It is also important to note that during the dark ages in Europe most of the world's advancement came from the Arab and Islamic world. There were new discoveries in the fields of arts and sciences that generally improved the living standards of man. Major libraries were situated in Morocco, Mali and Egypt. It is interesting to note that it was during this period that the world's sugar, orange, coffee, sofa, algebra and satin penetrated into European languages.

Here is something pretty cool about Mathematics:

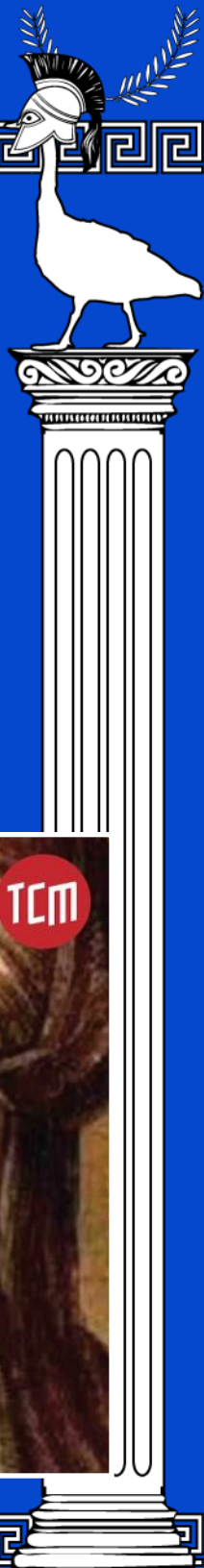
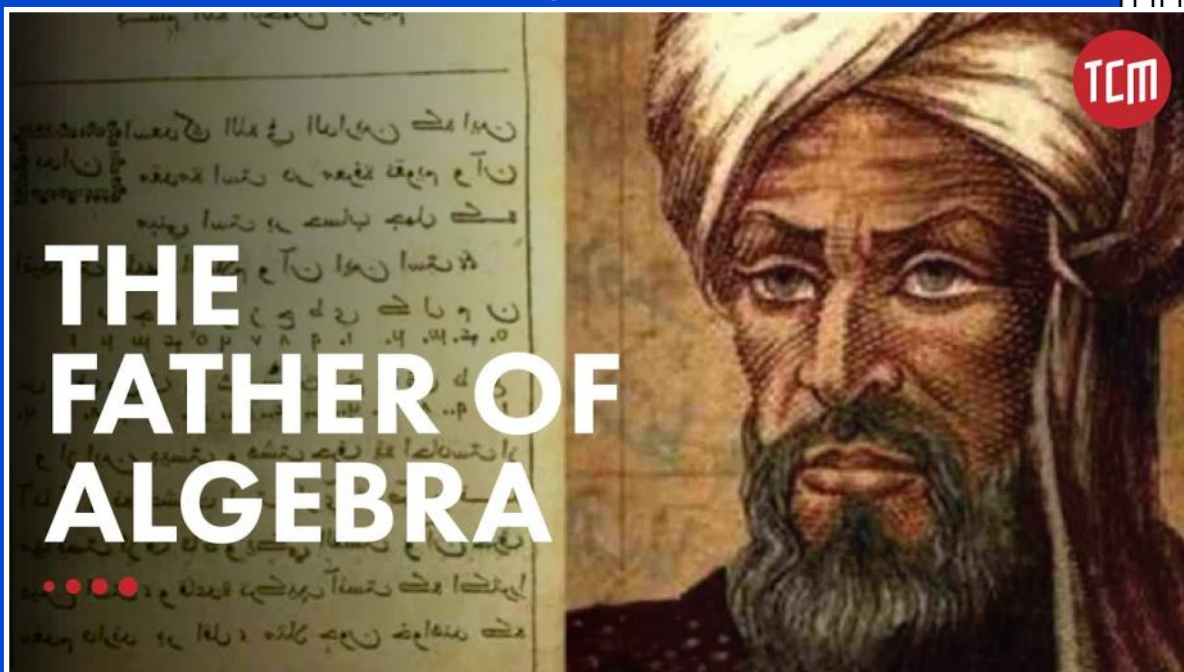
MATHEMATICS

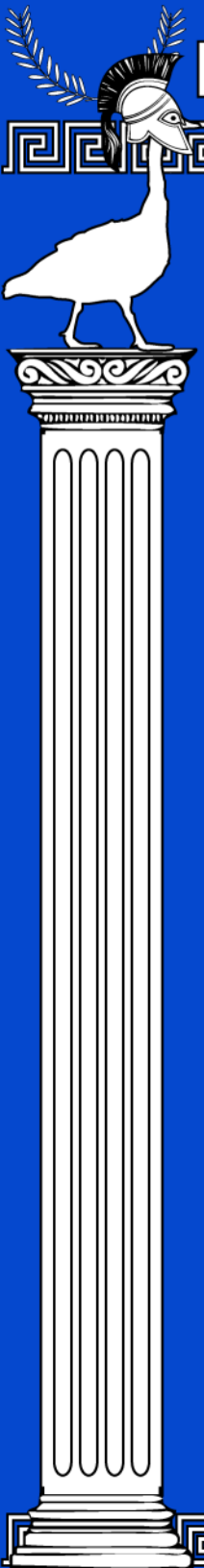
There is a great influence of Arab civilization in the field of mathematics. A man named Muhammad Ibn Musa Al-Khwarizmi, Muslim Mathematician and Astronomer whose major works introduced Hindu-Arabic numerals and the con-



cepts of Algebra into European Mathematics. Latinized versions of his name and of his most famous book title live on in the terms Algorithm and Algebra. Al-Khwarizmi lived in Baghdad, where he worked at the “House of Wisdom” under the Caliphate of Al-Ma’Mun. The House of Wisdom acquired and translated scientific and philosophic treatise, particularly Greek, as well as publishing original research. Al-Khwarizmi’s work on elementary algebra. (“The compendious book on calculation by completion and balancing”) was translated into Latin in the 12th century, from which the title and term algebra derives. Algebra is a compilation of rules, together with demonstrations, for finding solutions of linear and quadratic equations based on intuitive geometric arguments, rather than the abstract notation now associated with the subject.

It’s systematic, demonstrative approach distinguishes it from earlier treatments of the subject. It also contains sections on calculating areas and volumes of geometric figures and on the use of algebra to solve inheritance problems according to proportions prescribed by Islamic laws. Ele-





ments within the work can be traced from Babylonian Mathematics of the early 2nd millennium BCE through Hellenistic, Hebrew and Hindu treaties.

In the 12th century a second work by Al-Khwarizmi introduced Hindu-Arabic numerals and their arithmetic to the West. It is preserved only in a Latin translation, *Algoritmi de Numero Indorum* (“Al-Khwarizmi concerning the Hindu art of Reckoning”). From the name of the author, rendered in Latin as *Algoritmi*, originated the term *Algorithm*.

A third major book was the image of the earth which presented the coordinates of localities in the known world based, ultimately, on those in geography of Ptolemy (Flourished 127-145 CE) but with improved values for the length of the Mediterranean Sea and the location of cities in Asia and Africa. He also assisted in the construction of a world map for Al-Ma’Mun and participated in a project to determine the circumference of the earth. Which had long been known to be spherical, by measuring the length of degree of a Meridian through the plain of Sinjar in Iraq.

Finally, Al-Khwarizmi also compiled a set of astronomical tables based on a variety of Hindu and Greek sources. This work included a table of sines, evidently for circle of radius 150 units. Like his treatises on Algebra and Hindu Arabic numerals, this astronomical work was translated into Latin.

A WORD FOR RAMADAAN...

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**RAMADAAN MUBAARAK!
(BLESSED RAMADAAN)**

Allah (The ONE worthy of worship) says in the Qur'aan:

“O you who believe! Fasting is commanded for you, even as it was commanded for those before you, that you may attain Allah-consciousness.” (2: 183)

“In the month of Ramadaan the Qur'aan was revealed, a book of guidance with proofs of guidance distinguishing right from wrong. Therefore whoever of you is present in that month let him fast. But who is ill or on a journey shall fast a similar number of days later on. Allah desires your well-being, not your discomfort. HE desires you to fast the entire month so that you may magnify HIM and to return thanks to HIM for giving you HIS guidance.” (2:185)

Fasting during the daylight hours of the ninth month of the Islamic lunar year, the blessed month of Ramadaan, is the fourth of the five pillars of the di-



vinely inspired faith Al-Islaam; its significance rests in the believer's obedience to GOD's commandment to fast, to practice self-restraint and to purify themselves.

Through fasting, the fasting individual reveals to their Glorious Creator their faith-driven ability to rise above their low, baser instincts, relinquish daily

needs and desires, and exercise an inspiring mastery of self. The Islamic fast is the most intense of fasts imposed on mankind by any prophetic faith tradition. Total refraining from food, liquid and sex is required from dawn to sunset throughout the entire lunar month of Ramadaan, while it is highly encouraged to also spend the month displaying an increased level of charitable



and kind acts.

Temporary restraint and the consequent self-mastery, though beneficial, is not the primary objective of the fast. On the contrary, the ultimate hope is that this temporary restraint will afford and enable humanity the opportunity to direct their energies and attention to loftier thoughts and higher purposes, thereby cultivating a harmonious relationship with their Lord, Creator and Sustainer – experiencing a life in this world full of purpose, peace and contentment – and ultimately, a life in the Hereafter that is better and more lasting than anything that can be conceived of by the human mind. Muslims (those who submit their will to the will Allah) voluntarily obey and cheerfully submit to this rigorous fast only because

The Most Gracious and The Most Merciful GOD asked it of them. As-Salaamu Alaikum (Peace Be Upon You)

The Most Gracious and The Most Merciful GOD asked it of them.

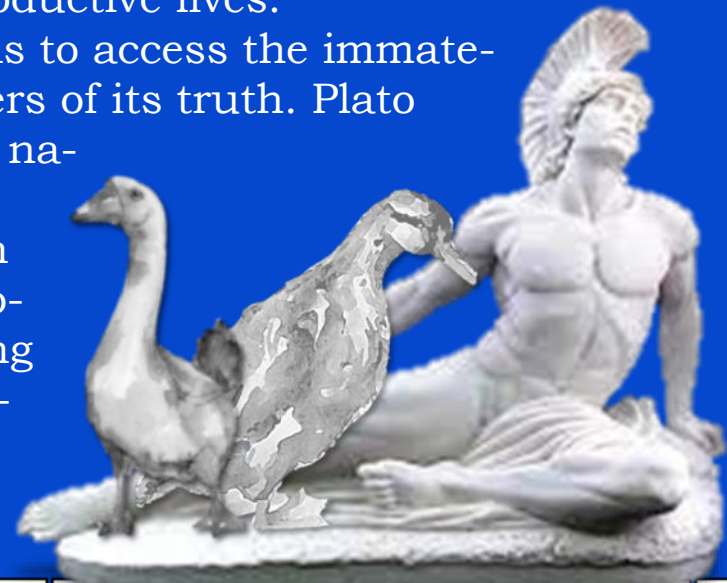
As-Salaamu Alaikum
(Peace Be Upon You)

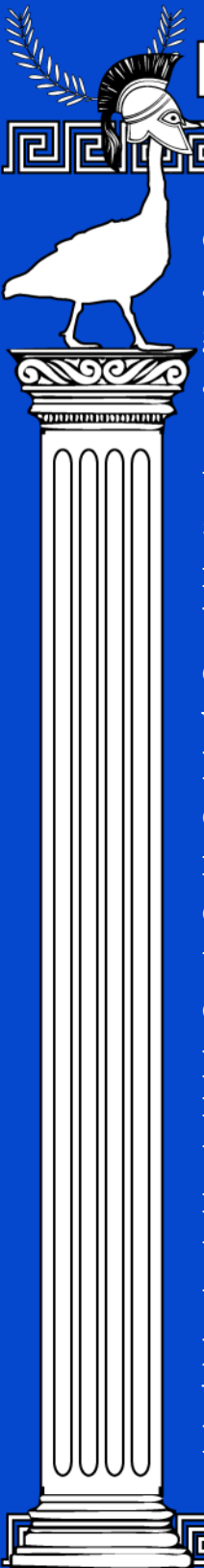


PLATO

For Plato, education is a matter of leading a person from mere belief to true knowledge. In his classic “Allegory of the Cave,” Plato suggests that we, as uneducated persons, are chained in a cave, seeing shadows on the wall and mistakenly believing that the shadows (and the cave itself) are the real things. Education involves breaking those chains and leading a person from the cave into the bright sunshine. The good teacher does this through the dialectical process, leading the student as far as she or he is capable. The best students—those most philosophical, those best educated—will use the dialectical process to discover true beauty, goodness, and justice. Plato is different from his teacher, Socrates, precisely because the wisdom that Plato’s students would discover is worth a good deal; that is, it involves knowledge of objective standards (the Forms) that will enable people to lead good, productive lives.

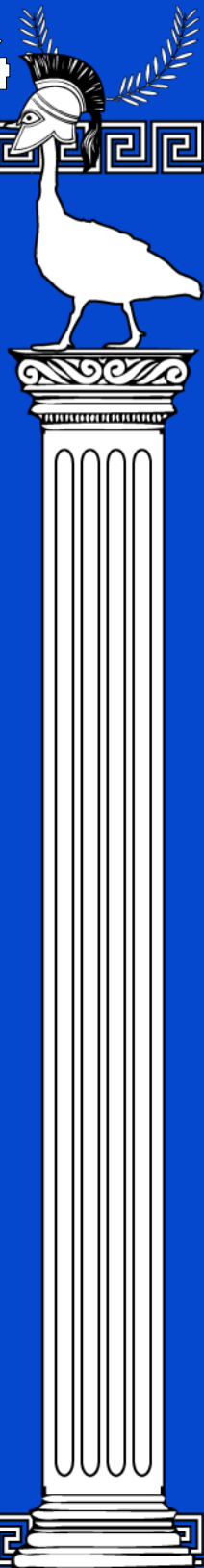
Plato believed that the philosopher’s task is to access the immaterial realm of the forms and try to convince others of its truth. Plato further believed that if we understand the true nature of virtues like **wisdom**, **justice**, and **courage**, we cannot avoid acting in accordance with them. Hence, rulers of states should be philosopher-kings who have the clearest understanding of forms. Yet philosopher-kings never have perfect knowledge because our understanding is based on a material realm that is always





changing. True knowledge is only possible in the abstract realms, such as math and ethics. Despite the fact that his ideal statesman was a philosopher, Plato generally sought to keep philosophy distinct from the grubbiness of real politics and was concerned about the messiness of democratic politics in particular.

Plato advanced a theory of “**the Forms**”, a metaphysical doctrine that holds that every particular thing that exists participates in an immaterial form or essence that gives this thing its identity. The invisible realm of the forms differs fundamentally from the changing realm we experience in this world. The invisible realm is eternal, unchanging, and perfect. In Plato’s dialogues, participants don’t always land on a determinate answer, but they as well as readers are always left with a clearer understanding of the correct way to reason. Plato offered his allegory of the cave, which depicts prisoners who have mistaken shadows cast on the wall of the cave for real beings and therefore have mistaken illusion for truth. The prisoners have been imprisoned throughout their lives. They are chained in place and have been positioned so that they can only see shadows that are cast upon the wall in front of them. They have come to treat the shadows not as the reflections that they are, but as something real. In an unexpected plot twist, one prisoner escapes and reaches the cave entrance. There, for the first time, he sees the sun—the true source of light (knowledge). After adjusting to the overpowering light emanating from the sun, the prisoner realizes that a fire was causing objects to cast shadows on the cave wall. The shadows cast by the fire within the cave were reflections. He realized that the shadows are not actual being or truth—they were merely fading facsimiles of reality. The escaped prisoner, freed from the chains of his earlier captivity (metaphorically speaking), understands the true nature of being and truth. He returns to the cave to “free” his fellow captives, but his claim is rejected by those in chains.



Landmarks in Life

By Warnsing

In the summer of 2021 I made a trip to Reykjavik, Iceland to go to a Jiu Jitsu camp. The trip more than anything for me was an adventure that was needed after being locked up due to COVID for the past 18 months. I learned a lot while on the trip not just about Jiu Jitsu or Iceland but about myself. One of the greatest lessons I learned from the trip was to always make the investment to have an international plan on your phone while traveling. Getting around Reykjavik without having access to the internet was difficult.

We did all of our training at Mjolnir MMA, which is located close to the downtown center of Reykjavik. I would usually train for 6-8 hours of the day and then spend 3 to 4 hours exploring and seeing the sights downtown. Without have GPS on my phone and not being able to use the internet without connecting to people's WIFI made it super easy to get lost. Luckily I am old enough to remember a time without cell phones so I quickly adjusted my thinking back to when I was a kid. I picked up a bus route map and started to take a good

Mjolnir MMA



Landmarks in Life



Perlan

look at my surroundings and found some key landmarks that I could see from almost anywhere any town. I made marks on the map as to their locations of these key places. The gym itself was on the hillside of a large hill that had the Historical Landmark, The Perlan. I also had to large churches, Hallgrimskirkja and Háteigskirkja, that were able to serve as points. No matter where I was in the city, not matter how lost I thought I was, I just had to look up and see one of these three landmarks and I could find my way back.



Hallgrimskirkja Church



Háteigskirkja

As I spent day in and day out navigating my way around the city always looking for one of these three landmarks, it really got me thinking about life. In life it can be very easy to get reliant on technology, not be prepared for the world around us and get lost. I feel that just like I did in Reykjavik it is important in life to

Landmarks in Life

find those landmarks that can act as anchoring points in our life and always help us find our way. Ironically for me those real life landmarks were a gym, a couple churches and a historical landmark, many people find metaphorical landmarks to help guide them in health and fitness, their spirituality and connections to their past.

Over the next couple of volumes of the KH, I'm going to be taking a look at the landmarks that one of our country's founding fathers used to keep his life on track. Ben Franklin during his life kept a journal where he documented his weekly dedication of keeping what he saw as a key 13 virtues. So over the next few weeks I will breakdown each of the virtues and how Ben kept track and how we can live within these same virtues today.



WOMEN'S HISTORY

It is with great honor that I get to share with everybody a short glimpse into the lives of two women. March is Women's History Month but I remind you that women should be honored every day of the year. One of the following women contributed to the Civil Rights Movement in a brave and profound way. The others contributed to science, continue to contribute to science, and died without ever knowing or receiving credit for what she had done. I wish I could share the entire story. I feel I would be doing an injustice to you and them if I did not suggest you read these books: *The Immortal Life of Henrietta Lacks*, written by: Rebecca Skloot (Pt. 1; KH Vol. 35), and *The Dismissal of Miss Ruth Brown* written by: Louise S. Robbins (Pt.2; KH Vol. 36).

Henrietta Lacks, written by: Rebecca Skloot.

A short story on the immortal life of Henrietta Lacks.

Henrietta Lacks was born Loretta Pleasant in Roanoke, Virginia on August 1, 1920. Her Mother died when she was a child. Her Father struggled to raise her and her 9 siblings, so they were divided to the care of other family members. She was sent to live with her grandfather Tommy Lacks in Clover Virginia where she continued to live out her youth. By the age of 21 she was married to David Lacks and had two children.

At the age of 29 Henrietta noticed a pain in her womb and told her cousins that she felt a knot. Her cousins guessed she



By: Jesse Myers

may be experiencing the pains of pregnancy or pains from the birth of her most recent child.

Henrietta knew it was something else. Several weeks later, she discovered she was pregnant with her fifth child. Naturally, her cousins felt her pregnancy confirmed their thoughts. Henrietta disagreed because she felt the knot before the pregnancy. Then four months after delivering her fifth child Joseph, she began bleeding heavily outside her normal menstrual cycle.

Upon self-examination of her cervix, she discovered lump. Henrietta then goes to John Hopkins Hospital to receive a biopsy. On February 5, 1951 she is given news that the results are positive for malignant cervical carcinoma. She soon begins receiving radium treatments, which at the time was often worse than the cancer itself. After suffering for months from the side effects of radium treatments (vomiting, nausea, and severe pains) she admits herself to John Hopkins. Henrietta spends the last days of her life at Hopkins, suffering from seizures and violent fits of pain. On October 4, 1951 at 31 years of age Henrietta Lacks passes away.

Henrietta dies without knowing that cells removed from her body are still living and being used for research in the same hospital. It will be more than 20 years before her family is aware that Henrietta's cells are still living and have been used in some of the biggest breakthroughs in science. That not only was a scientific revolu-





tion launched from her cells but a multimillion-dollar industry has sprung from the sales of her cells.

In 1951 when Henrietta goes in for her biopsy, Dr. Howard Jones removes a tissue culture from the tumor on her cervix. He then delivers it to Dr. George Gey the head of tissue culture research at John Hopkins. Gey and his wife Margaret were attempting to grow the first immortal human cells. These cells would constantly and rapidly divide and replenish themselves. They would be used for consistent results and research on a larger scale. Not even Gey himself could imagine exactly how big this would be for science.

Henrietta's cells would become the first and only cells to divide themselves and keep living on their own under the proper conditions. Gey began to divide and distribute the cells to other Doctor's and Scientists' around the nation. Soon the cells would be distributed sold globally. They labeled them the Hela Cells and soon gave credit to a woman named Helen Lone (A woman who never existed). "Scientists used the cells in reason of genes that come cancer and those that suppress it; they helped develop drugs for treating helpers, Leukemia, Influenza, Hemophilia, and Parkinson's Disease; and they've been used to study Lactose Digestion, Sexually Transmitted Diseases, Appendicitis, Human Longevity, Mosquito Mating, and the negative cellular effects of working in sewers." They also aided in finding the Polio Vaccine, research on Down Syndrome and HIV. The Hela Cells are reported to be one of the most important things in medicine in the past 100 years. And almost every cell culture lab in the world has millions if not billions of them on hand to this day.

Henrietta's family had no clue what she had done for humanity and the scientific world. It was not until 1971 that it became public that the Hela Cells were

from Henrietta Lacks. The family still did not discover this until 1973. By chance Henrietta's daughter-in-law Bobbette and a researcher met at a friends over lunch. Through conversation and Bobbette mentioning her last name (Lacks) it was discovered by the family.

Excited and overwhelmed they did not understand what all this meant. They struggled with disputes over money, research, facts, media and trying to get their mother the recognition she deserved. Finally on October 11, 1996 Roland Pattillo organizes the first annual Hela Cancer Control Symposium and successfully petitions Atlanta's City Mayor to declare Deborah gave a short but beautiful speech. She opened with expression of frustration that she had felt for so many years, then she went on to directly address her mother.

You don't get to choose how
you're going to die. Or when.
But you can decide how
you're going to live now.
-Joan Baez-

» TO BE, OR NOT TO BE! «



BY: TIYON T. BYRD

One of the things that has always been bothersome to me was the stigma that comes with being an incarcerated individual. Prison in itself is a toxic environment being that everyone involved always feels the need to be on edge. People that know nothing about the prison system assume that we're all deserving of the things we have to go through while being incarcerated. From what I've always understood, the prison system was meant for the punishment and rehabilitation of those that have committed crimes. Over time it seems as though the only thing that's focused on is the "punishment" aspect, and because of that, nothing is ever being corrected.



The beautiful thing about **Kewanee Horizons** is that we're able to highlight the wonderful things that we've all done statewide, are currently doing, and would like to do. I know that being locked in a cell day in and day out is something that no one enjoys, but for the time being, until that changes, we have to think of things, and do things that benefit our growth and not just things that help us individually, but collectively as well. Throughout all of the years that I've been incarcerated and experienced different facilities, the norm for those of us that are incarcerated is for us to "complain & talk" about all of the things that we're not able to do, and things that we wish we could be doing. I used to do the very same thing. What changed for me was advocating for myself and my fellow peers, getting different jobs, and talking to people in administration and understanding the process for getting ideas heard and possibly put in motion.

I have been around some truly bright individuals that have wonderful ideas and that if heard by the right people, might be able to make things happen that would change things for us all for the better. The biggest thing with that is having the support of their fellow peers and a maybe some staff as well. Something that we do here at Kewanee is write proposals for anything that we'd potentially like to do or incorporate as a program. Not every proposal is approved, which is fine, but that process teaches you how to deal with things the right way, and also teaches you how to accept the word "no" sometimes.

The point is not to compare any other facility to Kewanee, instead I want you to understand how to properly go about presenting an idea to administration with the hopes of getting something implemented that would benefit the entirety of the population. With any great proposal, you also need to keep in mind that you're going to have to play devil's advocate with yourself, asking and answering the questions that you should expect administration to ask you. You may feel like there's no flaws with your idea, however, I can assure you that there always will be. Nothing on this earth is perfect, except for hot wings and ranch dressing, other than that, perfection doesn't exist. What you must also keep in mind is that you have to start off small with "request".

Whatever facility that you're in, I'm sure you know the issues that are there, (staffing, space, equipment, volunteers, etc...), so when approaching something, have a game-plan on how to address each and every issue that may arise. Our time on this earth is precious, we've all made mistakes in life, and for some of us, we've had to pay heavier prices than others for our mistakes, but that doesn't mean that it's the end of the world. I want to do everything in my power to change that stigma about those of us that are incarcerated. I want all of us that are incarcerated to know that we have the power to make things better, we just have to take the necessary steps to make it happen. Everyone that's sitting in their cell, bored, thinking that there's absolutely nothing to do, you're wrong. There's plenty to do.

For all of the things that you would much rather be doing, try writing a practice proposal, try practicing what your pitch is going to be when you get the chance to present your idea to administration. The most important thing for you to be doing while you're doing time is to take yourself serious. Please don't ever think that I don't know how difficult it is to get in school, or programs, because I do, but I also know how simple it is to be productive and teach yourself things. Not every day is ever going to be the best day, or even a good day, but definitely try to make the best of it. I'm inspired by the many people that have been out there fighting for us, and continue to fight for us. I'm also inspired by all of you, every single person that is dealing with the difficulties of being incarcerated. This isn't easy at all, and I know this. I can assure you this though, if we all display sincerity with wanting to be better and do better, we can surely change the environment of IDOC as a whole, which will also change the stigma of incarcerated individuals.

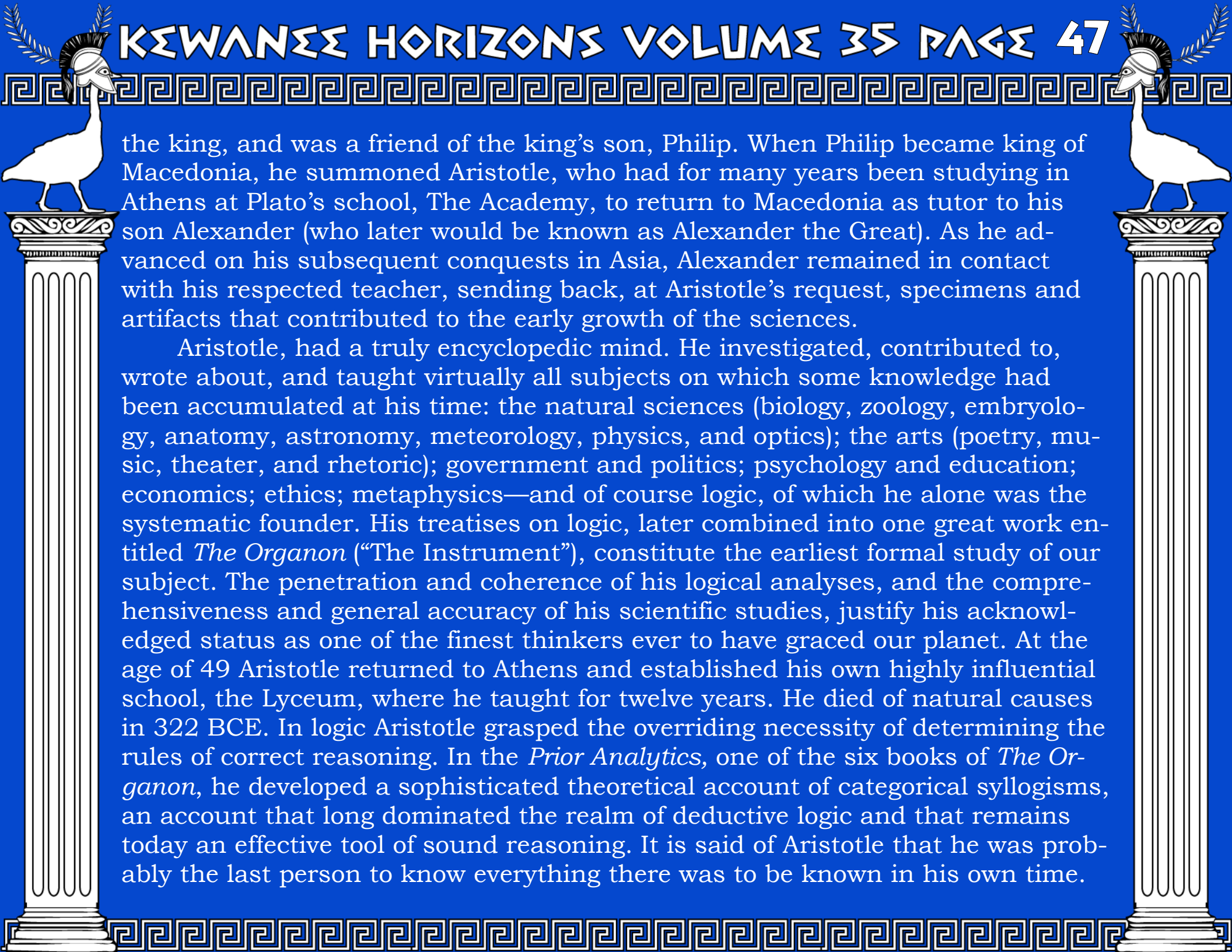
I will say this until I'm blue in the face, please take yourself serious, stay positive and promote positivity. You want something in life, you have to work for it, it will never just fall in your lap. As always, I leave you all with love and well wishes.

ARISTOTLE



During the Middle Ages, people referred to Plato's most famous pupil Aristotle as simply "the Philosopher." This nickname is a testament to his enduring fame, as well as to the fact that he was driven by philosophical curiosity to try to understand everything under the sun. The first sentence of his famous work *Metaphysics* states, "Philosophy begins in wonder." He exemplified this claim in his writing. His works ranged widely across all the main areas of philosophy, including logic, metaphysics, and ethics. In addition, he investigated **natural philosophy**, the fields of study that eventually gave rise to science. Aristotle also researched topics that would today be classified as biology and physics. Stylistically, his work was very different from that of his teacher. While Plato's work was literary and even dramatic, Aristotle's writings are presented as lecture. Aristotle has a functional conception of the soul. He defined the soul based upon what the soul does. In Aristotle's understanding, all living things have souls. Plants have a vegetative soul that promotes growth and the exchange of nutrients. The animal soul, in addition to taking in nutrients and growing, experiences the world, desires things, and can move of its own volition. Added to these various functions in humans is the ability to reason.

Born in Macedonia, in the city of Stagira, where his father was physician to

The page features a blue background with a white Greek key border at the top and bottom. On either side of the text are classical columns with birds perched on top. The text is in a white, serif font.

the king, and was a friend of the king's son, Philip. When Philip became king of Macedonia, he summoned Aristotle, who had for many years been studying in Athens at Plato's school, The Academy, to return to Macedonia as tutor to his son Alexander (who later would be known as Alexander the Great). As he advanced on his subsequent conquests in Asia, Alexander remained in contact with his respected teacher, sending back, at Aristotle's request, specimens and artifacts that contributed to the early growth of the sciences.

Aristotle, had a truly encyclopedic mind. He investigated, contributed to, wrote about, and taught virtually all subjects on which some knowledge had been accumulated at his time: the natural sciences (biology, zoology, embryology, anatomy, astronomy, meteorology, physics, and optics); the arts (poetry, music, theater, and rhetoric); government and politics; psychology and education; economics; ethics; metaphysics—and of course logic, of which he alone was the systematic founder. His treatises on logic, later combined into one great work entitled *The Organon* ("The Instrument"), constitute the earliest formal study of our subject. The penetration and coherence of his logical analyses, and the comprehensiveness and general accuracy of his scientific studies, justify his acknowledged status as one of the finest thinkers ever to have graced our planet. At the age of 49 Aristotle returned to Athens and established his own highly influential school, the Lyceum, where he taught for twelve years. He died of natural causes in 322 BCE. In logic Aristotle grasped the overriding necessity of determining the rules of correct reasoning. In the *Prior Analytics*, one of the six books of *The Organon*, he developed a sophisticated theoretical account of categorical syllogisms, an account that long dominated the realm of deductive logic and that remains today an effective tool of sound reasoning. It is said of Aristotle that he was probably the last person to know everything there was to be known in his own time.

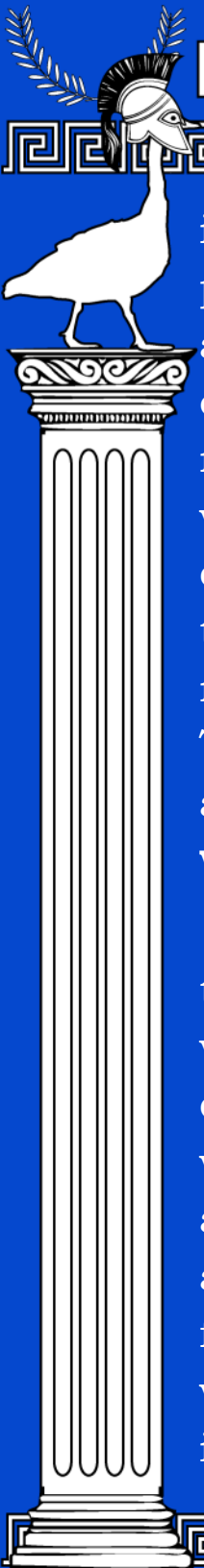
THE MARKET CORNER "UNCERTAINTY"

By: Robert "Bulldog" Kennedy

At the time of this writing, the stock market is in total disarray. There is so much "**uncertainty**" going on with the recent **bank crisis**, the **Federal Reserve** and its continuous **interest rate hikes**, inflation, the **war in Ukraine**, the rising **tension with China** and many more things I've failed to mention.

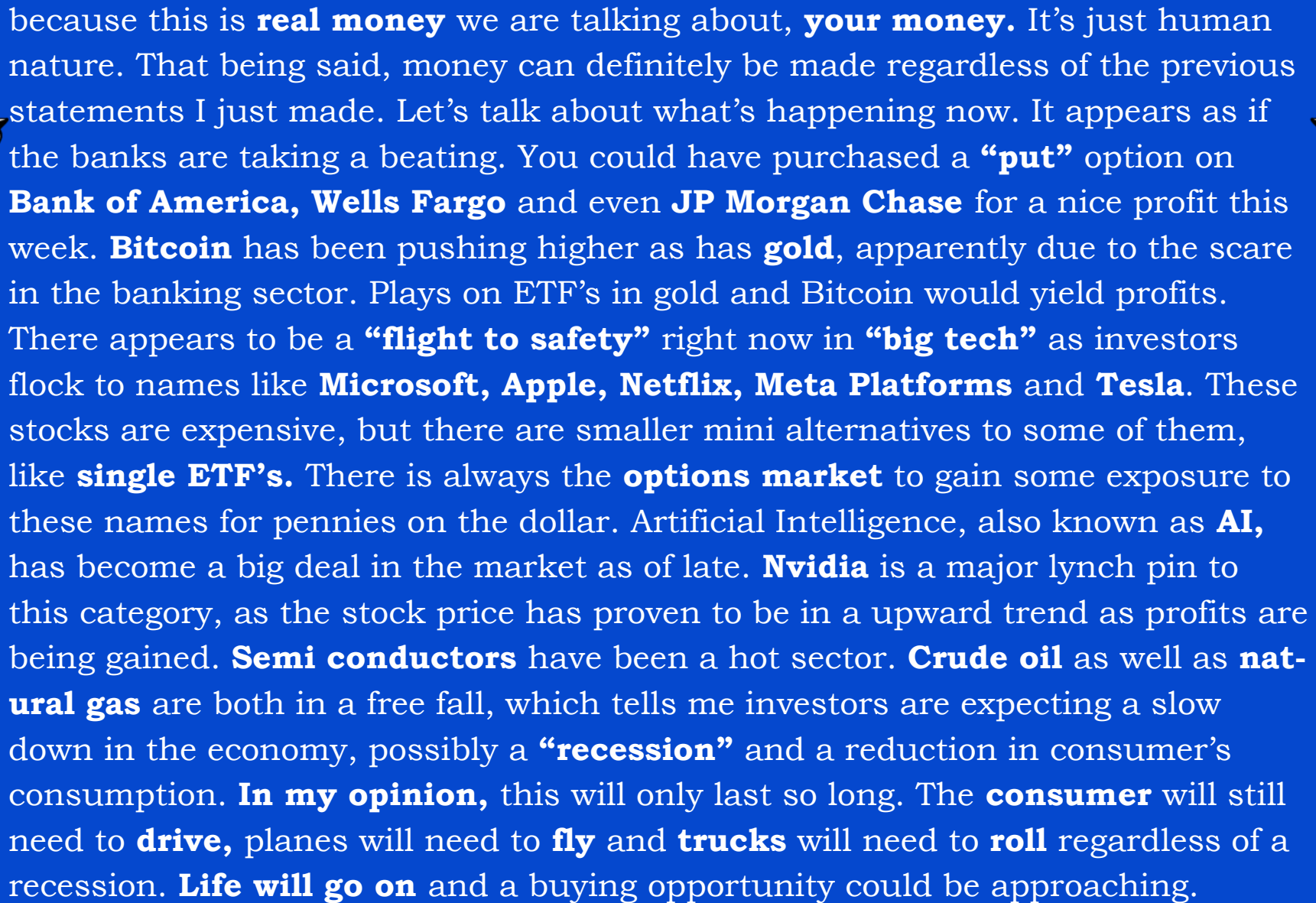
What's an investor to do in this current environment? Well, up until this point, I've tried to only put out **factual** information to help you, the reader, understand how the stock market actually works and how to navigate your way through it, with the tools I've attempted to provide you with in all my previous articles. Moving forward, I would like to provide you with my personal **opinion** on how I see the market unfolding, as a current investor and trader. For the record, I am not a fiduciary or a professional trader. I am only a retail





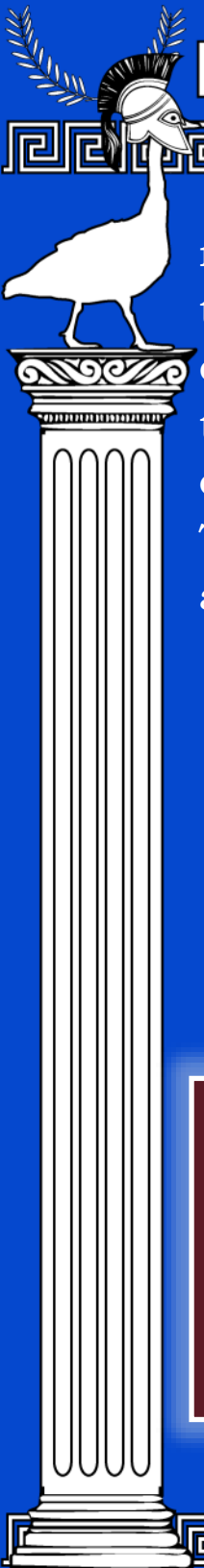
investor, with a small amount of **assets under management (AUM)**, in several personal accounts. However, in my defense, I have been successfully investing and trading in real time with real money for about four years now, while incarcerated, using only a phone in the dayroom. If you stop and think about it, you might agree that's not an easy task. I know several people in the free world, with what I like to call all the "**bells and whistles**" at their access, such as a computer with multiple screens, many apps and a mouse at their finger tips to make a trade as quickly as possible, who have gone belly up and lost everything due to market conditions and just plain bad decision making on the stocks they traded. The stock market can destroy you. Hedge fund giants and professional traders are there, ready to take every dime from your account, simply because **that's what they do.**

Trading in the market is not as simple as you may think. It requires a certain amount of discipline and hard work to become successful at it. It's easy to watch **CNBC** and act as if you put a significant amount of capital into the market on a particular stock, then claim how much profit you would have made in a week, if had you put your trade in play. You can't "**paper trade**" with the same ability as you can with a "**live trade**" with real money. When you don't have any actual capital in the trade, you can never understand what it's like for a stock to fluctuate in price, especially during a major swing, smack dab in the middle of a wild trading day, when there's real money involved. Contrary to what many trading books try to teach you, **there is emotion involved** in trading and investing



because this is **real money** we are talking about, **your money**. It's just human nature. That being said, money can definitely be made regardless of the previous statements I just made. Let's talk about what's happening now. It appears as if the banks are taking a beating. You could have purchased a "**put**" option on **Bank of America, Wells Fargo** and even **JP Morgan Chase** for a nice profit this week. **Bitcoin** has been pushing higher as has **gold**, apparently due to the scare in the banking sector. Plays on ETF's in gold and Bitcoin would yield profits. There appears to be a "**flight to safety**" right now in "**big tech**" as investors flock to names like **Microsoft, Apple, Netflix, Meta Platforms** and **Tesla**. These stocks are expensive, but there are smaller mini alternatives to some of them, like **single ETF's**. There is always the **options market** to gain some exposure to these names for pennies on the dollar. Artificial Intelligence, also known as **AI**, has become a big deal in the market as of late. **Nvidia** is a major lynch pin to this category, as the stock price has proven to be in an upward trend as profits are being gained. **Semi conductors** have been a hot sector. **Crude oil** as well as **natural gas** are both in a free fall, which tells me investors are expecting a slow down in the economy, possibly a "**recession**" and a reduction in consumer's consumption. **In my opinion**, this will only last so long. The **consumer** will still need to **drive**, planes will need to **fly** and **trucks** will need to **roll** regardless of a recession. **Life will go on** and a buying opportunity could be approaching.

Between **Europe's unusually mild winter**, and a glut of **Liquefied Natural Gas (LNG)** in the **U.S.** due to **exporting** issues and a **mild winter** here as well,



natural gas is at a **ten year low**. However, **summer is coming**, and a spike in the commodity **could be** arriving soon with some **potentially hot weather**. Air conditioners in the summer as well as furnaces in the winter use plenty of electricity and the leading component in electricity is still currently **natural gas**. This **could create** another buying opportunity now for the commodity at these prices. This is how I view things and how I make money in the market. I **pay attention** and use my **best judgment**, then **I put my money where my mouth is**.

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

“The Market Corner”

INVESTING IN THE STOCK MARKET INVOLVES RISK. THE MARKET CORNER IS MEANT AS AN INFORMATIONAL TOOL, NOT AS INVESTING ADVICE. INVEST AT YOUR OWN RISK!

MENTAL HEALTH

Thank you to Mr. Kuster and Mr. Ross. They are KLSRC's mental health staff and they have gone above and beyond at every opportunity to help K.H. Bring this information to you.

For this volume's Mental Health pages we would like to take a moment to talk about healthy versus unhealthy coping strategies. Coping strategies are the actions we take either instinctively or with purpose to deal with stresses, problems, emotions etc. We can all admit that we have engaged in some unhealthy coping strategies. Sometimes these unhealthy strategies feel like the right thing to do because they are rewarded or they drown out the uncomfortable feelings we are struggling with, that is not the same as being right or healthy.

We know that the healthy things to do are not always the most comfortable things to do, that is why we stress the fact that maintaining good mental health is work. It is worthwhile work just like most positive things in life require work, and just like those other positive things in life, the more work you put into it the more you will get out of it. That is a real fundamental truth of life, every important thing requires work on your part if it is going to be beneficial to you. Physical health, relationships, education, personal finances... you can only benefit from all these things by doing the work! So, please, read the descriptions of healthy vs. unhealthy coping strategies and then **try the work sheet**. Try it at least once, going through the process with purpose and intention is the point. You may not enjoy it, but the results are beneficial, no cap.

Unhealthy coping strategies

Examples:

- Drug or alcohol use
- Overeating
- Procrastination
- Sleeping too much or too little
- Social withdrawal
- Self-harm

Healthy coping strategies

Examples:

- Exercise
- Talking about your problem
- Healthy eating
- Seeking professional help
- Relaxation techniques
- Using social support

Describe a problem you are currently dealing with:

Unhealthy coping strategies:

Consequences of unhealthy strategies:

Healthy coping strategies I do, or could use:

Expected out comes of healthy strategies:

Barriers to using healthy strategies:

How I overcome can those barriers:

ADVENTURES OF J-DAWG



TOGA PARTY



BRO! THIS IS THE "GREEK ISSUE!"



I THOUGHT IT WAS THE "B-BALL ISSUE"?

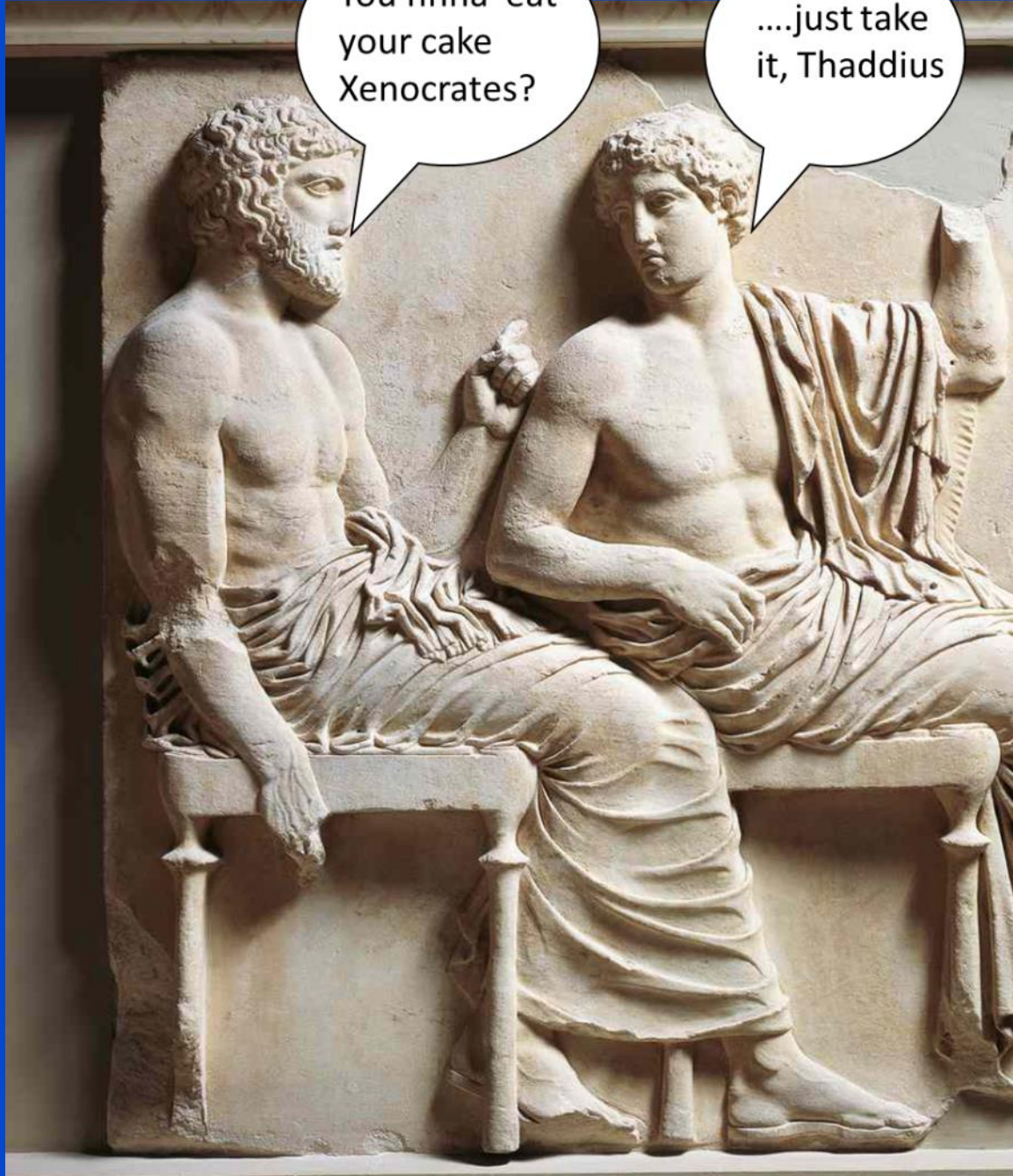


WELL, IT KINDA FITS. IT IS THE "GREEK FREAK'S" JERSEY!

HA
HA



ΚΗ ΜΕΜΣ ΡΔΓΣ



ΚΗ ΜΕΜΣ ΡΔΓΣ

TRIVIA Q AND A

Questions

- 1) Which great wonder of the Ancient World still stands today?
- 2) The ancient Egyptians worshiped what dung beetle?
- 3) The Peloponnesian War was fought between Athens and which other ancient Greek state?
- 4) How did Alexander the Great solve the puzzle of the Gordian knot?
- 5) Which Greek historian is known as the "Father of History"?
- 6) Where were the first modern Olympics held?
- 7) Who is the Greek goddess of victory?
- 8) What was the first city to reach a population of 1 million?
- 9) The ancient city of Rome was built on how many hills?
- 10) What year did the War of 1812 end?
- 11) What was the name of the first Space Shuttle to go into space?
- 12) When did the first Space Shuttle go into space?
- 13) Who was the first man to walk on the moon, and in which year?
- 14) Who was the first woman in space?
- 15) Which mountaineer and his Sherpa became the first men to conquer Mount Everest?

Try to learn something about every-
thing and everything about something.

—*Thomas Henry Huxley*—

Answers

- 1) Answer: Giza Pyramid
- 2) Answer: The scarab
- 3) Answer: Sparta
- 4) Answer: He cut it with a sword
- 5) Answer: Herodotus
- 6) Answer: Athens, Greece 1896
- 7) Answer: Nike
- 8) Answer: Ancient Rome
- 9) Answer: Seven
- 10) Answer: 1815
- 11) Answer: Space Shuttle Columbia
- 12) Answer: April 12th, 1981
- 13) Answer: Neil Armstrong, 1969
- 14) Answer: Soviet Cosmonaut, Valentina Tereshkova
- 15) Answer: Sir Edmund Hillary and Tenzing Norgay

HOROSCOPES



Aries: You need some downtime, Aries You've been pushing yourself for a long time, and you're at risk of burnout. Turn down every outside activity you need to now.

Translation: You've been going ham in the gym, so when your celly calls you out for the yard, Just say NO!



Taurus: You've got to widen your social circle, Taurus. You tend to keep to yourself, which is causing you unanticipated problems. Open up to someone one you trust, and make a new friend.

Translation: Sittin' on your bunk and binge watching the Game of Thrones for the third time is not going to help with celly time.



Gemini: Someone at work isn't appreciating you, Gemini, so you're looking everywhere for approval. You could decide to take a full-time gig, if you're willing to make a change.

Translation: Hit em' with that Anna Kendrick song, "Cups/Miss me when I'm gone". They may not get it then, they'll get it when you're gone!



Leo: Prepping for a rainy day is your drive now. Leo, You've got to restore what you've depleted financially and emotionally. You know what it takes to be an independent soul.

Translation: New noodles in commissary? Fuh'git about it! New variety of chips in commissary? Fuh'git about it! Save those coins for the rainy day...you'll appreciate yourself later on for it.



Virgo: Offering someone assistance doesn't mean you do it for them, Virgo—but you know that. Ask yourself why you think this person isn't capable—the answer will be illuminating.

Translation: So what if you basically lifted the 315 for that dude....just tell him that you barely touched it.



Libra: Pay attention to any health issues that pop up, Libra. You can't ignore your well-being forever—you'll start paying the price for this soon if you don't do some self-care now.

Translation: When the doctor snaps on the glove, tells you its your birthday and you're at that age for the TEST, just say yes.



Scorpio: Give yourself permission to have fun, Scorpio. You could work yourself to death and still be right where you are—so focus on those activities that restore you.

Translation: When you think no one's watching, go ahead and bust out those dance moves and singing skills while you're swinging that broom and mop.



Sagittarius: You're prepared for a problem at home, Sagittarius, but maybe you've misread the situation. Others don't want to fight with you—they do expect you to listen. It's the least you can do.

Translation: There is no reason to yell, your partner was just missing you and having a moment...when they blocked you on the tablet and didn't answer the call.



Capricorn: An issue getting along with someone you see regularly is coming to a head, Capricorn. You may have to be brutally honest about your feelings, but you'll be relieved.

Translation: Tired of that same person asking you for a shot of coffee huh? Welp, time to start asking them for a shot as well...they'll catch the hint.



Aquarius: Speak your piece, Aquarius. You've been waiting long enough to share your opinion—so make sure you take every opportunity to do so. Make your stance known.

Translation: Stop biting your tongue, no one is a mind-reader...go ahead and let it be heard what needs to be known!



Pisces: Spring is in the air, Pisces, and you're delighted to share your good vibes with everyone else. This year you'll want to open your heart to new people. Appreciate your established group, of course, but give yourself permission to bring someone new in, too. Your personal growth depends on it.

Translation: That new person that just transferred in, the one who everyone in your circle knows is smarter than all of you...yeah, go ahead and bring them in so that your PSR's (personal survival rate) points can climb.



Cancer: Brush up on some skills you haven't used for a while, Cancer. Big changes are coming and you'll need every resource you've got to cope.

Translation: You stay ready, you never have to get ready. Be prepared for when that new job slip slides through your door crack. Remember? That job you wanted working maintenance that you may have exaggerated knowing everything about...yup, that's happening.

STATEWIDE CALL OUT

KH



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

KH



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



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:**

#KEWANEEHORIZONS



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